



August 2025

One Big Ugly Bill Toolkit for Advocates in the Deep South

Introduction

The Republican-led Congress and President Trump just passed H.R. 1, the One Big Ugly Bill that cut \$1 trillion from Medicaid and \$180 billion from SNAP — **all to give massive tax breaks to corporations and the wealthy**. (See how your members of Congress [Senate](#) and [House](#) voted.)

Over 15 million people will lose health care coverage because of cuts, unnecessary red tape, and harsh restrictions to Medicaid and Affordable Care Act (ACA) credits. The bill also included, for the first time ever, requirements for states to pay for SNAP benefits — costing states **billions** — forcing states to make hard choices about whose benefits to cut. This law will cause people to lose health care coverage, will lead to preventable illness and death, and leave families without food. The bill also shoehorned in a private school voucher program that gives more tax breaks to wealthy parents and undermines funding opportunities and repayment plans for low-income students.

We must not let members of Congress hide behind delayed implementation and force them to face the grave harm they unleashed on your state. We must continue to share the impact these cuts — the largest cuts to [Medicaid](#) and [SNAP](#) in history — will have on YOU and your community.

These terrible cuts are happening amid the Trump administration's [funding rescissions](#) and [staff layoffs](#), which are reaping devastating consequences to individual and household financial stability. In addition, President Trump's FY26 [budget](#) includes even more harmful cuts and changes to agencies and programs. (Note the current budget reconciliation bill is a separate and distinct process to the FY26 process; see explainer below for more information.) Eliminating federal support for those who need it most will shift costs to states like ours that cannot make up the gap and lead to widespread and preventable suffering.

Learn more about the [federal budget and its impact](#) on the social safety net. Here's a blog on the five [reasons to oppose the "One Big, Beautiful Bill"](#) and five ways you can continue to fight the One Big Ugly Budget Bill. Read the SPLC's [Cuts and Consequences](#) series featuring stories from the Deep South. You can also share the SPLC's new accountability Action Alert for folks to email their member of Congress.



Learn more at
[splcenter.org/
budget-bill](https://splcenter.org/budget-bill) or
by scanning
the QR code.



How to Engage Your Member of Congress

Here are ways you can engage your member of Congress now and during recess:

- Meet with your member of Congress virtually or in their district office.
- Call, email or tweet your member of Congress about this issue.
- Attend a town hall.
- Organize a town hall or issues forum yourself and invite your member of Congress.
- Speak out about the issues on social media and tag your member of Congress.
- Write an op-ed or letter to the editor sharing your story and what's at stake with these cuts.

Sample Talking Points for Town Halls and Meetings

My name is _____ and I'm with _____. I am disappointed that [member of Congress] voted to take health care and food away from people with low incomes — at a time when many are dealing with high costs and a potential economic downturn.

Many people here are struggling to put food on the table, dealing with the high costs of housing, grappling with high child care costs, and facing other challenges to making ends meet.

[Share your own experiences too!]

I urge you to reject any additional federal funding cuts in the appropriations bills, the rescission package, or changes to programs that further undermine public education, health care, food assistance and housing.

Deep South Statistics

See SPLC's Fact Sheets on the Impact of Trump's One Big Ugly Budget Bill:
Mississippi, Louisiana, Georgia, Florida, Alabama

Alabama: 35% of the state is low income, 22% of children face hunger (fifth in the nation), and 28% of adults are at risk of eviction. As a result of this bill:

- Over 199,000 people in Alabama will lose health coverage.
- 61,000 Alabamians will be at risk of losing some of their food assistance.
- Annual household energy prices increased by roughly \$490 and 23,000 energy jobs lost in 2035.
- The richest 1% of Alabamians, earning more than \$779,700 a year, get a \$65,430 tax cut, but the lowest-income Alabamians, earning less than \$22,200, will see a net increase in their taxes by an average of \$20.

Florida: 30% of the state is low income, 18.7% of children face hunger, and 14.6% of adults are at risk of eviction. As a result of this bill:

- Over 2.2 million people in Florida will lose health coverage.
- 253,000 Floridians will be at risk of losing some of their food assistance.
- Annual household energy prices increased by roughly \$610 and 23,000 energy jobs lost in 2035.
- The richest 1% of Floridians, earning more than \$1.1 million a year, get a \$95,110 tax cut, but the lowest-income Floridians, earning less than \$22,800, will see a net increase in their taxes by an average of \$150.

Georgia: 30% of the state is low income, 20% of children face hunger, and 35.4% of adults are at risk of eviction. As a result of this bill:

- 721,000 people in Georgia will lose health coverage.
- 155,000 Georgians will be at risk of losing some of their food assistance.
- Annual household energy prices increased by roughly \$540 and 43,000 energy jobs lost in 2035.
- The richest 1% of Georgians, earning more than \$835,900 a year, get a \$66,240 tax cut, but the lowest-income Georgians, earning less than \$25,600, will see a net increase in their taxes by an average of \$20.

Louisiana: 38% of the state is low income, 26% of children face hunger, and 28% of adults are at risk of eviction. As a result of this bill:

- 357,000 people in Louisiana will lose health coverage.
- 67,000 Louisianans will be at risk of losing some of their food assistance.
- Annual household energy prices increased by roughly \$800 and 26,000 energy jobs lost in 2035.
- The richest 1% of Louisianans, earning more than \$702,200 a year, get a \$77,880 tax cut, but the lowest-income Louisianans, earning less than \$21,800, will see a net increase in their taxes by an average of \$40.

Mississippi: 40% of the state is low income, 27.6% of children face hunger, and 33.5% of adults are at risk of eviction. As a result of this bill:

- 161,000 people in Mississippi will lose health coverage.
- 33,000 Mississippi will be at risk of losing some of their food assistance.
- Annual household energy prices increased by roughly \$540 and 22,000 energy jobs lost in 2035.
- The richest 1% of Mississippians, earning more than \$645,600 a year, get a \$61,810 tax cut, but the lowest-income Mississippians, earning less than \$21,400, will see a net increase in their taxes by an average of \$40.

For additional details about other programs, see our state-specific budget letters ([Alabama](#), [Florida](#), [Georgia](#), [Louisiana](#) and [Mississippi](#)) and SPLC's Economic Opportunity Maps.

Will you **commit to undoing the harm of this budget bill, and instead focus on protecting Medicaid and SNAP, minimizing harm to our states?**

Request a Meeting With Your Member of Congress

Community members can and should request meetings in-district or virtual meetings with their member of Congress.

Sample meeting request email

I am writing on behalf of ____/____ local organizations to request a meeting with [the representative/senator] about the importance of federal funding in the Deep South. [Share your focus issues, location or other relevant information and connection to the district.] We would appreciate the opportunity to connect with [the senator/representative] [during the upcoming recess in their ____ office or another site in the community]. [Add times]

Meeting Checklist

- Organize and identify attendees: People directly impacted, community leaders
- Request meeting: Contact the local office or D.C. office for a virtual meeting
- Create an agenda: What will you share, what are the top three takeaways, what are your asks?
- Prepare any materials, talking points, examples of impact and harm

- Meet with office: Focus on building relationships and elevating why the budget cuts would hurt your community
- Follow up with any materials or resources

Sample call script

Switchboard Phone Number (202) 224-3121

Ask to be connected to each of your senators' and congressional representatives' offices. NOTE: You'll be connected to a staff person who will listen respectfully, note your comments and relay them to the member of Congress. While it can be intimidating to cold call offices, the most important thing to relay is: 1) you are a constituent 2) your opposition to cuts to critical human-needs programs.

Use this call script to urge them to support federal safety net programs:

Hello, my name is [first name, last name] and I am a constituent of Senator _____.

I am calling today because I am outraged by the One Big Beautiful Bill.

This bill **takes health care coverage and food away from people. It robs from the poor to give to the rich. Even though Congress tried to hide the true harms of this bill, we will remember.**

[specific talking points about the program]

Congress is now considering more federal funding cuts with its appropriations bills and expanding restrictions to other programs.

I urge [Senator/MOC ____] to **reject any additional federal funding cuts in the appropriations bills or expanding work reporting requirements that further undermine public education, health care and food assistance.**

Thank you for your time.

Sample Letters and Emails to Member of Congress

Sample Email to Member of Congress

SPLC [Action Alert](#) + email template to members of Congress

Subject line: Protect Health Care, Food Assistance and Families

As your constituent, I'm writing to express my disappointment that you voted for massive cuts to health care and food assistance programs that millions of American households rely on. It's unconscionable to cut these vital services and even worse to do so to give tax breaks to the wealthy.

Americans deserve a budget that puts us first. Families across America are already struggling with the high costs of caring for older or sick loved ones and putting food on the table. History will remember that this One Big Beautiful bill will lead to millions people losing coverage because of cuts, unnecessary red tape, and harsh restrictions to Medicaid and Affordable Care Act (ACA) credits. And for the first time ever, Congress will be requiring states to pay for SNAP benefits — forcing states to make hard choices about whose benefits to cut. More people will have a harder time paying bills, affording groceries, and accessing lifesaving health care. More children will fall into poverty, more families will face eviction, and the cost of care will rise — all while the wealthiest Americans get richer through expensive tax cuts.

For the sake of your constituents and a future where this country works for everyone, I strongly urge you to undo the harm of this bill — such as the SNAP state cost sharing and the Medicaid work reporting requirements — and reject any additional federal cuts to education and basic needs programs that would harm communities for years to come.

Sample Letter to Members of Congress

- SPLC letter opposing the May [House budget reconciliation bill](#)
- [June Senate budget reconciliation letter](#)

See our state-specific budget letters:

- June letters before the Senate final text: [Alabama](#), [Florida](#), [Louisiana](#) and [Mississippi](#)
- April letters before the House budget final text: [Alabama](#), [Florida](#), [Georgia](#), [Louisiana](#) and [Mississippi](#)

Sample Op-Eds/LTEs

Use your voice and tell your story of how these budget cuts would impact you and your family.

Issue	Medicaid is a critically important lifeline for my family.
Personal story	My family relies on Medicaid for our health care coverage. Recently, my child was diagnosed with a major health issue requiring surgery; Medicaid covered the surgery and will pay for the annual exam and ongoing care. Without this vital coverage, there is no way we could afford to get my child the medical care they need.
Support statements/statistics	In Alabama, Medicaid and CHIP provide lifesaving health care to over a million Alabamians — 45% of children and 45% births in the state are covered by Medicaid. Federal funds account for 73% of the state's Medicaid budget — one of the highest percentages in the nation. How will our state be able to make up that gap?
Ask	We urge you to do everything in your power to protect those who need it most.
Signature	Your name, hometown, organization you represent

Feel free to reach out to the SPLC for help with drafting and placing op-ed or LTEs. See, for example: <https://www.deseret.com/opinion/2025/04/08/utah-state-lawmakers-representatives-oppose-medicaid-cuts/>

Attend or Host a Town Hall During Recess

The House and Senate will be in their home states to meet with their constituents throughout the year. During this time, members of Congress will likely host public events and town halls where community members can attend and raise concerns about the issues that matter to them. While some members of Congress may avoid hosting public events given the anger people are feeling around potential budget cuts, they should still be available for meetings in their local district offices.

Attend a Town Hall

Find out where your member of Congress will be and if they have a town hall scheduled: Check for upcoming events posted on their website, social media, or local county calendars and news. Call your [district office](#). Check organizations like Indivisible's [town hall search](#).

Prepare for a town hall

- Organize community members
- Identify and prepare potential speakers
- Strategize on how to highlight your issue
- Confirm venue limitations and restrictions
- Make a safety plan: See [Indivisible's Safety Guide](#)

Sample talking points/questions to ask

- What are you doing to protect [Social Security, Medicaid, SNAP, housing, etc.]?
- What are you doing to stop the Trump administration's actions to take away programs and services?
- Health care: Given the amount of money our state receives for Medicaid, federal funding assistance for health coverage provided under the Affordable Care Act credits, and other health care services and programs, how will you ensure people won't lose coverage or benefits?
- Food and nutrition: Given the amount of money our state receives to help families pay for groceries and have food at the table — and the cuts already happening — how will you ensure families won't go hungry?
- Education: Given the importance of public education, what are you doing to ensure we don't prioritize tax breaks for parents with students already in private school?

Don't forget to include the ask! Tell your member to reject harmful budget cuts designed to give more tax breaks to the already wealthy.

Organizing your own event

Is your member of Congress not hosting a town hall or event during the recess? Host your own! Call out your member for avoiding their constituents by organizing your own town hall, panel, press conference, mock/shadow hearing, issue forum, march or protest — sky's the limit. Use this event to raise your concerns and highlight stories of real people; invite your member of Congress and press.

Organize your community and plan your event:

- Set a date, time and place for your event.
- Identify and prepare potential speakers.
- Strategize on topics and set the stage to uplift the community's concerns.

Invite your member of Congress to speak at your event:

- If your member or his staff don't respond or can't attend, proceed with your event anyway. Make a plan in case they do show up.
- Indivisible: [Missing Members of Congress Action Plan](#).

Promote the event:

- Flyer, invite press, create and circulate an event page, tag your member of Congress on social media.

Additional In-State Advocacy

While members of the U.S. Congress drive the budget negotiations, **state legislators** and **governors** can influence federal decision-makers by sharing the impact the federal budget will have on states like ours. Reach out to your local elected officials and urge them to weigh in on this important issue.

Sample talking points:

The so-called One Big Beautiful Bill Act will have a huge impact on states like ours that rely heavily on federal dollars to pay for basic human-needs programs for people in our states.

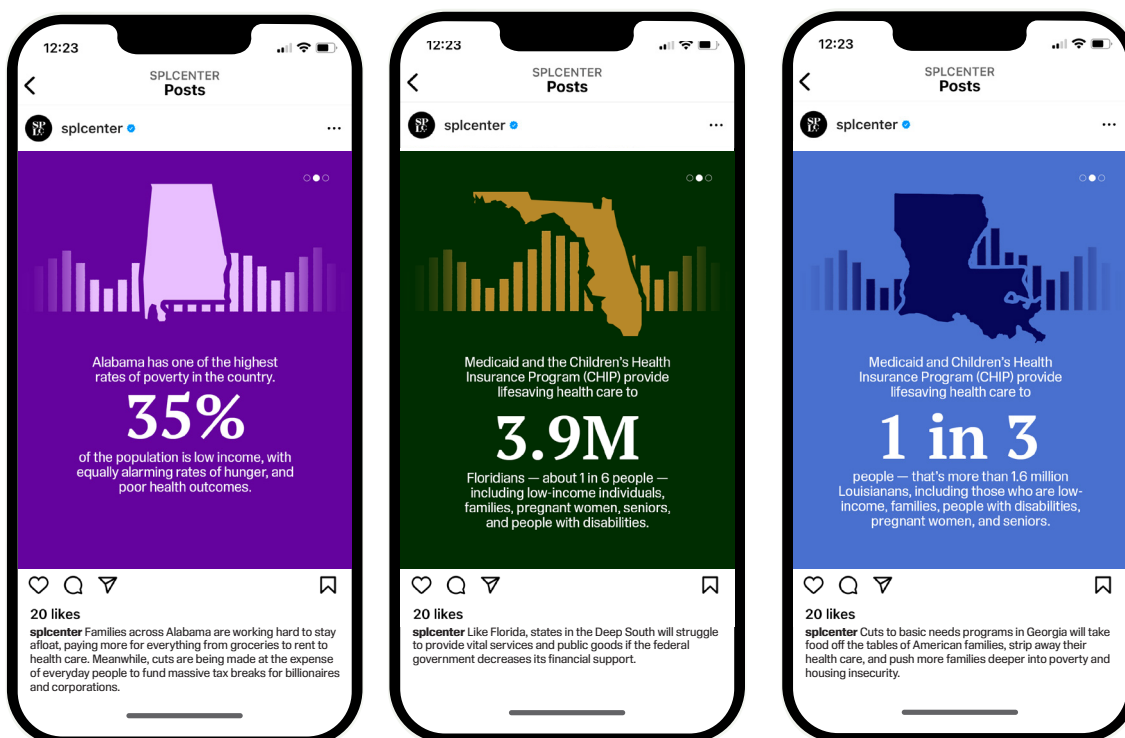
States will need to work to fill the gap in federal funding

- Our state just finished its budget process and is relying on federal support to meet our needs
- We need to demand members of Congress roll back these harmful changes
- We need to ensure our state applies for the Rural Health Fund
- We need to ensure the state works to reduce its SNAP error rates to limit the new costs
- We need to explore local solutions

Will you **speak out and use your platform** to urge our members of Congress to reject any additional to Medicaid, SNAP, housing assistance, and education?

Sample Social Media

- Share the SPLC's [Facebook post](#) (and some specific posts for [Alabama](#), [Florida](#), [Georgia](#), [Louisiana](#) and [Mississippi](#))
- Video explainer: [Instagram](#) and [Bsky](#)
- Tag your member of Congress: [Official X handles](#)
- Fair Share graphics: [NEW State Impact Sheets - Google Drive](#)



Download the social assets **here** or by scanning the QR code.



Additional Resources

General

- [CBO Analysis of Bill Impact](#)
- Six [State](#) toolkit [Resources to Respond to the Federal Tax Bill](#)
- Groundwork Collaborative and the Century Foundation released [new analysis](#) showing how Republican policies are driving up costs on essential back-to-school items, meals and transportation
- Center for American Progress released fact sheets for all 50 states and the District of Columbia, breaking down how OBBBA will drive up costs for families across the country: [CAP State Fact Sheets](#)
- Center on Budget and Policy Priorities released updated state fact sheets on the effects of the reconciliation bill: [CBPP State Fact Sheets](#)

Health

- [Kaiser Family Foundation analysis](#) of OBBBA's health provisions
- Center for American Progress [OBBBA's health provisions fact sheet](#)

Nutrition

Center on Budget and Policy Priorities [analysis on SNAP cuts](#)

Education

NCPE [Memo on School Voucher Federal Tax credit](#)

Immigration

The National Immigration Law Center policy [brief and toolkit](#) on the anti-immigrant provisions

Additional SPLC resources

- [Together We Fight](#)
- [Trump's executive order on the Department of Education, explained](#)
- [Trump funding freeze, explained](#)