

When you speak to the media or lawmakers, use these points as a roadmap. Your message will be most powerful if you add a **personal story** about how these laws affect real people in your life.

## **Last year's cuts are hurting families**

Last year, a new budget law (H.R.1) cut off help for many immigrants who are here legally. Because of these cuts, 1.4 million people will lose their health insurance, and millions will lose access to SNAP.

- **The Choice:** Many working families now have to choose between buying groceries, paying for gas, or seeing a doctor.
- **The Impact on Kids:** In the U.S., 1 in 4 children has an immigrant parent. Most of these children (85%) are U.S. citizens, but their parents losing access means they may lose access, too.
- **The Result:** When parents can't afford a doctor or food, it immediately hurts the health and development of millions of American children.

***Your Turn:** Share a quick story about how a family in your community is struggling to balance health care and basic needs.*

## **H.R.1/"OBBBA" targeted refugees, crime survivors, and orphans.**

Last year's cuts took away help from people who need it most, including refugees, survivors of domestic violence, and children who have lost their parents.

- **It Doesn't Make Sense:** These people came to the U.S. for safety. It is cruel and against our values to take away help from those escaping violence or crime.
- **The "Five-Year Bar":** A rule from 1996 already makes people with green cards wait **five years** before they can get any help. The new cuts pile on, to make this "waiting period" even more difficult.
- **The Reality:** Imagine a 5-year-old with asthma who isn't allowed to get medical help until he turns 10. Or a hungry family told they must wait five years before they can get help with groceries.

***Your Turn:** (Share information about your family, or your community)*

## LIFT the BAR is a simple solution

The **LIFT the BAR Act** is a new bill that fixes these problems. It's a straightforward way to support our neighbors.

- **Restores Help:** This bill gives back access to healthcare and food programs for refugees, survivors of violence, and other lawfully present immigrants.
- **Ends the Wait:** It removes the "five-year bar." This means people won't have to wait years for basic programs like Medicaid (health insurance) or SNAP (food stamps).
- **Supports More People:** It ensures that people with DACA or TPS can get the medical care and support they need to stay healthy and keep working.

***Your Turn:** Explain why passing this law would make your community stronger or more fair.*