Social Media is a great way to engage with your legislators on (and after!) Hunger Day on the Hill! Here are some helpful tips:

**Use #HungerDay2023 and/or #mnleg**
- Using a hashtag allows others to see and engage with your posts!
- Search the hashtags above and like, retweet and/or share the posts of your fellow Hunger Day advocates!
  - The bigger social media “buzz” we can create around Hunger Day on the Hill, the more impactful our efforts will be.

**Make sure to tag your legislators!**
- The Sierra Club put together a list of all Minnesota State Legislators twitter accounts – you can find that here.
- A lot of legislators are on Instagram and Facebook too – just a quick search on those platforms should lead you to them!
  - To tag on Facebook, simply use @ then type their name (i.e., @GovTimWalz)
- Not sure who represents you? Find out here!

**Not sure what to post? Here are some ideas to help you get started:**
- Thank you @yourlegislator for meeting with us today to discuss hunger in Minnesota. We hope to count on your support to pass meaningful legislation for the 1 in 9 Minnesotans currently facing food insecurity.
- Today we met with @yourlegislator to advocate for [insert policy priority].
- We are here at #HungerDay2023 to fight for struggling Minnesotans and encourage our lawmakers to pass anti-hunger policy efforts!

**Share a photo!**
- Screenshot a picture from your visit and post it. Here’s how to screenshot.
- Use #HungerDay2023, and tag @HungerSolutions! We’ll share it too!