



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!

