

Metro Region

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Hello Metro Folks, and welcome to the month of February! Not only does this mean we are officially another month into the New Year of 2026, it also means we are closer to getting winter over with! I know a lot of you, myself included, are looking forward to when the weather is warmer.

Before we start thinking about this month, it's helpful to look back on what we did last month in January. It was the first month of the new year, and we all came together to start it off strong! Our very own Katherine Sally started us off with a wonderful discussion as to why SNAP benefits are important! For those of you who may not know, SNAP benefits allow for people who are struggling financially to get better access to food and things like toiletries. SNAP is

a government funded program! During this conversation, everyone had decided that they wanted to write a letter to their local politicians to let them know why SNAP benefits are important, and should remain protected by the government.

At our meeting in January, we went around and looked up the state representative, and congressmen/woman of where each meeting attendee lives. This was so we could figure out who to contact, and send our letter to! It's important to know who your local legislators are, because they are meant to represent you and the things you care about, and if they aren't - by knowing their information you can let them hear your voice!

During our February meeting, we will be writing our actual letter! If you are someone that believes SNAP benefits are important, and want to make sure our local politicians know this, join our regional meeting and share your thoughts with us! We will be meeting Tuesday, February 17th from 4:30 to 6:00 on zoom!

Here is the zoom link:
https://us02web.zoom.us/j/226456287

