



Toolkit: Calling on Congress to Fund and Fix EPA

Introduction

Although the federal shutdown has ended, political leaders are still trying to shut down EPA's ability to protect Americans' health and safety. Congress faces a critical choice: accept massive cuts to EPA's budget and capacity, or reject them and ensure scientists and experts remain on the job safeguarding our families.

The House and Senate Appropriations Committees have passed competing bills for FY2026. The Senate's bipartisan compromise trims EPA's budget by about 5% but preserves key programs and capabilities and includes guardrails against executive branch abuses. The House proposal would slash over \$2 billion and eliminate vital science and research programs that identify and combat public health threats.

EPN is urging the Senate to finalize a bipartisan bill that rejects House cuts, keeps smart levels of funding and directs the administration to rehire staff and reopen shuttered offices. Every day of delay puts public health, local jobs, and trust at risk.

Your voice matters. Our toolkit makes it easy to take action: ready-to-use messaging for social media, guidance for contacting your representatives, and tips for writing letters to the editor to spread the word.

Talking Points

Topline Messaging

- Clean water and air are critical for the health and safety of every American.
- Slashing the budget of EPA will lead to dirtier air, unsafe drinking water, slower toxic waste cleanups, and fewer safeguards against environmental disasters.
- It would remove the “cop on the beat” that protects us every day from toxic chemicals like lead, arsenic and mercury. Congress should demand laws be upheld and enforced and ensure that EPA actually protects American families from the pollution in our air and water that can cause cancer, liver and kidney disease, and the other health risks.
- That means rejecting proposals to slash the EPA’s budget for this year by more than \$2 billion.
- Nearly nine in ten Americans support strong environmental protections. Communities in every region depend on EPA’s work.
- Congress should side with American families and make sure EPA stays on the job protecting us from harm.

What you can do: Social Media

To maximize our collective impact and social media algorithms, please share the social media post by EPN:

[LinkedIn](#)

[Facebook](#)

[Instagram](#)

[Twitter](#)

Please repost or share widely to your networks, using the draft copy below.

Remember, your voice and expertise make the message even stronger:

You can also post your own, personal messages to social media. Add a quick thought, personal observation, or expansion of one of the key points based on your personal expertise.

If relevant, relate your post content to your state or community.

Reshare Copy:

OPTION ONE:

My family and I depend on clean drinking water for our health. But without guardians on the job protecting us, we could end up with toxic chemicals in our water. Congress should not cut funding for the EPA “cops on the beat” that protects us from pollutants and dangerous chemicals such as arsenic, lead, mercury and other toxics.

OPTION TWO:

EPA’s scientists, engineers, and public servants are the “cops on the beat” keeping toxic chemicals out of our water and air.

Congress is debating whether to fund those protections—or let them be shut down.

If you’ve ever worked to protect public health, your voice matters.

Call, write, and post your message to Congress today.

What you can do: Urge Congress to protect EPA

Members of Congress pay close attention to letters and calls to their offices, especially when they are heart-felt and personal. You and your friends and neighbors can help encourage those members of Congress who support EPA funding and let those who consider slashing EPA’s budget know that you are paying attention.

You can look up the member of the House of Representatives who represents you [here](#), and you can find your state’s two senators [here](#).

Tips for writing your representatives and Senators:

- Members of Congress pay much closer attention to calls, emails and letters from people who live in their district or state, so focus on the members who represent you.

- Most members of Congress have contact forms on their website that you can use to send a personal email.
- Use your personal experience and expertise; “As a longtime EPA staffer ...” or “As a scientist who has studied the effects of toxic chemicals on human health ...” are good ways to start.
- Make your points as succinctly as possible; longer isn’t necessarily better.
- Firm but polite is the rule; name-calling and insults damage your credibility.
- Write in your own words and share personal experiences or observations; campaigns built on sending form letters with identical language carry less weight in most House and Senate offices.

Sample letter/email language

Dear Rep. _____,

As your constituent, I urge you to reject the nearly \$2 billion cut to the EPA’s budget contained in the House’s version of the appropriations bill. Instead, please move quickly to finalize a bipartisan appropriations bill that maintains FY25 funding levels, and orders the administration to rehire EPA staff and restore shuttered offices. Every day of delay risks public health, local jobs, and public trust.

I have spent my entire career <studying the effects of toxic chemicals such as lead, mercury and arsenic on human health>. These chemicals can be especially harmful to children and pregnant women. By supporting reasonable funding for EPA, you can protect my family and millions of others by making sure EPA can protect us from these harmful chemicals. Proposed cuts to EPA’s budget would shut down its ability to protect our health and safety.

These threats are no different from national security threats, natural disasters or crime. Your constituents expect you to protect us from harm; I hope you will do so when you cast your vote on EPA’s budget.

Tips for calling your representatives and Senators:

- ALWAYS be polite, whether you are talking to an actual staffer or if your call is routed to voicemail.

- Don't hang up if you get a voicemail line; most offices catalog those calls and report them to the member.
- Often you will be asked to provide your ZIP code or mailing address so the staffer can confirm that you live in the district or state they represent.
- Make your points quickly; you will usually be talking to a very busy junior staff member who must respond to many calls. It can help to write down or type out a short outline before you call.
- "Thank you for listening" goes a long way!

Sample call outline

- Hi, my name is _____ and I live at _____.
- I'm calling to urge Rep./Sen. _____ to reject the proposed cut of more than \$2 billion to the EPA's budget and support the bipartisan EPA budget proposal from the Senate.
- I have spent my entire professional career studying the effects of toxic chemicals like mercury and lead on human health, and without EPA protecting us, my family and millions of others will be at risk from these chemicals and other threats to our health.
- I hope Rep./Sen. _____ will vote to protect families – especially children and expectant mothers – from these kinds of threats and reject drastic cuts to EPA's budget.
- Thank you for listening and have a great day.

What you can do: Write a letter to the editor

Writing to your local newspaper or local-news website is a good way to help people in your community understand what's at stake.

Tips for letters to the editor:

- Pay close attention to the publication's rules for submissions. Do they have a word-count limit? Follow it; most will automatically reject letters that are too long. Most publications also reject anonymous submissions, and some will only print letters about local issues.

- If you have particular expertise or credentials, you could contact the publication about submitting a longer opinion article that draws on your expertise and experience in more detail.
- Some publications also have conflict-of-interest rules; if you are a current or former EPA employee, you may need to mention that.
- If there is a local connection, use it: Local coal plant that EPA monitors for pollution? A nearby Superfund site still in need of cleanup? A local EPA lab? Be sure to mention them.
- Focus on the effects on your neighbors and community.
- Consider naming your local member of the House of Representatives or your two Senators.

Sample letter to the editor language:

I spent a 25-year career at the Environmental Protection Agency, working to protect our community and others like it from health risks from toxic chemicals like lead, arsenic and mercury. So I know first-hand the importance of EPA's role in protecting our health and safety.

Right now, Congress is considering EPA's budget for the next year, and it has two choices: the House plan, which would slash more than \$2 billion from EPA's budget, or a bipartisan Senate budget that would allow EPA to continue protecting us from toxic chemicals and other health and safety risks.

Our federal tax dollars should go to protecting us from threats: national security risks, natural disasters, and the risk of cancer, liver disease, and other harms from pollutants and toxins in our water and air. Congress should not shut down the government's ability to protect us from these threats. I hope Rep. ____ and Sens. ____ and ____ will stand up for American families and make sure EPA can stay on the beat, protecting us from harm.