



# HOW TO TALK ABOUT THE COST OF LIVING

## THE RED WINE & BLUE WAY!

When you connect with your friends and family about issues they care about, you are doing the single most important thing you can do to make change in your community. We know that the cost of living is top of mind for basically everyone. We also know talking about “the economy” can feel scary, but you know best what’s happening in your own life and that’s what talking about “the economy” is really about. Read up on the facts and keep in mind: Nobody manages money like a mom!

### STEP ONE: START WITH SHARED VALUES

If you care about it, there’s a good chance your friends do too. We are ALL worried about the cost of groceries and health care. We ALL want to plan for our future and retire.

Talking to your friends and family about these shared concerns is a good reminder that we just want the best for our families and community.

### STEP TWO: EXPLAIN HOW EXTREMIST POLICIES IMPACT THE COST OF LIVING.

- **Health care:** Recent legislation [cut Medicaid by \\$900 billion](#) and will cost 15 million people their health insurance by 2034 due to Medicaid and Affordable Care Act marketplace cuts and changes. Plus, because Congress let ACA tax credits expire, [premiums will double](#) for enrollees who use those subsidies. You don’t have to use either program to feel the effects of these cuts, though. When hospitals don’t get paid due to millions losing their health insurance, that drives up costs for everyone. Some rural hospitals across the country have already closed and nearly [500,000 healthcare workers could lose their jobs](#) in the coming years.
- **Child care and education:** The administration has gutted the Department of Education and increased funding for school vouchers. [Focusing on “school choice” leaves behind working class families, rural communities, and kids with disabilities — anyone who can’t or won’t pay for private school.](#) Plus, [Project 2025](#) lays out plans to eliminate Head Start, a program that has helped provide early childhood education for 60 years, and end student debt relief programs.
- **Energy:** [Cuts to clean energy incentives are making already rising electric bills even worse.](#) Natural gas plants are more expensive to run than wind and solar, but with the administration hostile to renewables, the country will have to rely more on natural gas while producing clean energy becomes more expensive. Plus, one of the major culprits contributing to higher prices are data centers, and [Trump has no plans to rein in his Big Tech buddies.](#)



## STEP THREE: USE FACTS TO CLEAR UP MYTHS AND MISINFORMATION

**FACT** The Republican agenda gutted essential services to fund \$4.5 trillion in tax cuts that mostly benefit corporations and people who are already super rich. In the meantime, corporations are sucking up to extremists in power in unprecedented ways. Even [the new White House ballroom is being funded by corporations](#), tech companies, and defense contractors — contractors paid for with our tax dollars! — in a clear attempt to gain preferential treatment, dodge regulations that protect consumers, and get taxpayer-funded projects.

**FACT** Tariffs are a tax on importers, which mean HIGHER prices for consumers — full stop. We've been seeing [impacts of these tariffs](#) for months, including increased inflation and higher overall prices. [Tariffs are not even bringing back manufacturing](#). In fact, between April and August 2025, the United States lost 42,000 manufacturing jobs.

**FACT** Giving away more than a trillion dollars in tax breaks to the wealthy while letting low-income families and children go hungry is immoral and a terrible use of our tax dollars. It also costs people who don't need nutrition assistance.

### [Who is on SNAP?](#)

- 39% percent are children
- 20% are elderly
- 10% are non-elderly individuals with a disability
- [74%](#) of non-elderly, non-disabled individuals on SNAP were working within a year of receiving benefits and more than 70% of those individuals work full-time.

[Many SNAP recipients work in the service sector](#), which provides low wages, few benefits, and irregular schedules. Instead of working on policies that would help individuals currently on SNAP — a minimum wage increase, affordable child care, paid sick days and paid leave — the Republican Agenda cuts SNAP by \$187 billion over 10 years. Like cuts to healthcare, [SNAP cuts impact state and local economies](#) and industries like grocery stores, food production, and agriculture.

### **SOURCES:**

Center on Budget and Policy Priorities

Kaiser Family Foundation

The George Washington University Milken Institute School of Public Health

National Public Radio

FedScoop

Fortune

CNBC

Center for American Progress

USDA Food and Nutrition Service

U.S. Government Accountability Office

