

Quick Tips for an Effective Letter

- 1** **Ask for a specific action, using your own words or this sentence:**
 - I urge you to fully fund and strengthen WIC, and provide robust funding for global nutrition programs.

- 2** **Give reasons for your request and make it personal.**
 - Share a personal reason or story that motivated you to write.
 - Show own organization's commitment: "My church is helping by (example), but I also urge you to fully fund and strengthen these pro-family, life-affirming nutrition programs."

- 3** **Write your name and address at the end of your letter and on the envelope, so your members of Congress know you are one of their constituents.**

- 4** **For more impact, consider scheduling a meeting at your members office (or online) and personally deliver the letters with a delegation from your congregation/organization. You can contact your regional organizer for support.**

- 5** **Send your letters to your member's local office or DC offices, and please don't mail them to Bread for the World. If you're mailing your letter, put each letter in a separate envelope and address it. To send a personalized email, go to bread.org/emailOL**
 - Find addresses here:
 - > <https://www.house.gov/representatives/find-your-representative>
 - > <https://www.senate.gov/senators/senators-contact.html>

- 6** **For the OL group leader: Be sure to report your letter and results at the bottom of the OL home page or [click here](#).**