Quick Tips for an Effective Letter

1. **Ask for a specific action, using your own words or this sentence:**
   - I urge you to support a farm bill that builds healthy, equitable, and sustainable food systems.

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 protect the Supplemental Nutrition Assistance Program (SNAP) from cuts.”

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/farmbill.
   - Find addresses here:
     - https://www.house.gov/representatives/find-your-representative
     - https://www.senate.gov/senators/senators-contact.htm

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](https://www.house.gov/representatives/find-your-representative)