

## Quick Tips for an Effective Letter

1

**Ask for a specific action, using your own words or language from the sample email to Congress. For example:**

- I urge you to protect and strengthen domestic and global nutrition programs.

OR

- I urge you to make ending hunger a top priority.

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](https://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](#).**