



## Write a Letter to Your Elected Official

Writing a personal letter to an elected official is one of the most effective ways we can influence public policy that effects issues of hunger and food insecurity. That's because public opinion is a critical factor in elected officials' decisions. In fact, most lawmakers count the number of letters, emails and phone calls they receive on an issue before they choose how to vote.

### Tips for Writing a Letter to an Elected Official

1. **Be specific.** Learn about anti-hunger laws and policies currently under consideration by your elected officials. Check out the online advocacy webpages for No Kid Hungry, Second Harvest Food Bank, and Food Research and Action Center for specific policies and their impacts.
2. **Identify the elected official.** Depending on whether you are writing about a local, state or national policy, you will want to find the appropriate lawmaker by checking your local City Council website, the San Mateo County Supervisors office ([bos.smcgov.org](http://bos.smcgov.org)), State Senate and Assembly ([findyourrep.legislature.ca.gov](http://findyourrep.legislature.ca.gov)) or Congress ([www.senate.gov](http://www.senate.gov) and [www.house.gov](http://www.house.gov)).
3. **Be personal.** Handwritten letters stand out from preprinted envelopes or emails. Legislators love hearing from students! Be sure to include your return address in the letter so your elected official can write back.
4. **Provide direction.** Get right to the point to tell your elected official why you are writing and clearly state what you would like them to do.
5. **Give facts.** Quote some facts about local, state or national hunger. Use the Winter Service Project [handout](#), "10 Things About Nutrition and Hunger" to get started.

La Entrada Middle School

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