

Writing Letters to Members of Congress

An effective letter contains these three essential elements:

1. State something specific.

The farm bill is our nation's most important national food system legislation. It is critical to the work of ending hunger at home and abroad.

2. Name the action.

As Congress works to renew our food and farm programs through the farm bill, I urge you to support legislation that builds healthy, equitable and sustainable food systems. Specifically, I ask you to:

- *Protect the current Thrifty Food Plan and ensure that future adjustments reflect food-price inflation, dietary guidelines, and the cost of healthy diets without cutting SNAP funding.*
- *Support a mandate that no more than 30 percent of the Food for Peace budget be spent on U.S. commodities and ocean freight, and reject harmful carveouts to ensure USAID has the authority to implement lifesaving emergency and development food assistance as it has for the past 70 years.*

3. Give a reason.

- State in your own words why these actions are important or why they matter to you.

Example: "As a person of faith, I am moved to help and advocate for people experiencing hunger and poverty – no matter where they live."

Send your letter to:

Rep. Monica De La Cruz
U.S. House of Representatives
Washington, DC 20515

Senator John Cornyn
U.S. Senate
Washington, DC 20510

Senator Ted Cruz
U.S. Senate
Washington, DC 20510

If you prefer to send an email, scan this QR code, which will take you to a form. First, enter your name and address. At the bottom, check off that this email is part of an offering of letters, then enter that it is coming from "First Presbyterian Church, McAllen." After that you'll get to the actual email addressed to our Senators and Representative, which can edit if you wish before submitting it.

