

## Quick Tips for Effective Letters in this year's Offering of Letters

- **Hand write** your letter, which will send a stronger message than a form letter. A short letter is fine; a longer letter may not be read.
- Ask for **specific actions** – for example, “I urge you to cosponsor S. 1918.” Be sure to include the text in **bold** in the sample letter.
- Make it **personal**. Briefly share your experience and **what motivates you to write**.
- Be sure to **include your address** on the letter and the envelope, so that the Senator knows you are a Maryland resident, and can respond to you.
- Write a letter to Senator Ben Cardin and/or Senator Chris Van Hollen. (separate letters, same message and same U.S. Senate address)
- When you are finished, you can either:
  - a. Put a stamp on each envelope and mail your letters, OR
  - b. Place the envelopes through the friary door at St. Camillus.
- **Pray** for all those who are hungry and malnourished, and for our U.S. Congress.

Thank you for your advocacy for hungry people! To learn more, go to [www.bread.org](http://www.bread.org)

## Sample letter:

Sen. Ben Cardin  
U.S. Senate  
Washington, DC 20510

Dear Senator Cardin,

Securing good nutrition, especially for children, has become even more urgent as we struggle against COVID-19. We must make investments in nutrition programs for the most vulnerable, here in the U.S. and abroad. In particular, I urge you to take action in two areas:

**1. Co-sponsor the Hunger-Free Summer for Kids Act (S. 1918), and work to increase funding for the Summer Electronic Benefit (EBT) pilot program.**

**2. Provide an additional \$12 billion (or more) toward global COVID-19 relief, including programs for nutrition, health, and economic assistance.**

*[Add a fact, or a brief personal statement in your own words, indicating your motivation for writing. See separate page for a few example talking points.]*

I look forward to hearing from you about these critical issues requiring U.S. leadership.

Sincerely,

[Your Name; Full Street Address; City, State ZIP]

## Some sample talking points to personalize your letter.

- More children need access to nutritious food during the summer months – the hungriest time of the year for children. 18 million children who receive free or reduced-price lunch at school do not receive food assistance in the summer.
- Each week, our parish school is providing more than 800 lunches to our students and children in the neighborhood of our parish. This is done through the federal school lunch program. These students need this food in the summer as well.
- Malnutrition makes children and vulnerable populations more susceptible to disease, including COVID-19. Good nutrition is vital to community health.
- I am concerned about the impact of the pandemic on people living in developing countries. I urge you to consider their needs in future legislation.
- COVID-19 directly connects all people together. And neglecting those who struggle with hunger threatens us all.