



Iowa Food Bank Association
Feeding Iowa

Advocating to Legislators

Advocating to your legislators on behalf of your food bank is a vital part of your role. Legislators look to their constituents to receive information on how legislation might impact their food banks, food pantries, or area. It is important that you have a positive relationship with your legislator(s). If you don't know who your legislators are or have never met them, use the [legislator look up](#) and send them an email introducing yourself. That might look something like this:

Hello Representative/Senator XX,

I am XX, and I am the (insert role) at the (insert Food Bank). I wanted to reach out and introduce myself and offer to meet with you on food issues when you are back home. I have included my cell phone and email as ways you can get ahold of me. I hope that you will consider me a resource as you make decisions on how we can rid our state of food insecurity.

Thank you for your service and I look forward to meeting and working with you!

Sincerely,

It is always best to make these emails as personal as possible. Legislators get hundreds of emails a day, so it is important that you let them know you are a constituent.

Make an Impact with Your Message

Legislators hear from dozens of people a day and receive hundreds of emails daily. How do you stand out and make your message resonate? As you craft your message consider these points:

- Give specific examples of how legislation would affect your food bank
- Have data to back up your position
- Provide a personal story to the bill or issue
- Be brief in your message. 3-4 paragraphs are best
- Include your hometown or food bank service area. Legislators make a point to respond to their constituents
- Follow up with your legislator

Using these points, you can have your message stand out and have an impact for the people you serve!