



The Two Minute Letter

An effective, personal letter to Congress needs only three things!

1) Put your name and address at the end of your letter AND on the envelope.

Members of Congress want to know that you are one of their constituents.

2) Ask for specific action from Congress *(Use these sentences or your own words.)*

Please support broad reform of the farm bill. I urge you to strengthen nutrition assistance and rural development programs, help farmers conserve the land, focus on farm families of modest means, and support the efforts of small-scale farmers in poor countries.

3) Give a reason *(Say something about your motivation and/or state a fact. Choose from the list below or share your own reason)*

- In the United States, 35 million people live in families that struggle to put food on the table. The Food Stamp Program is the first line of defense against hunger in the U.S.
- Some of the country's poorest areas are in rural America, where 1 out of 5 children are at risk of being hungry.
- By strengthening rural development programs, we can help struggling communities and generate much-needed jobs.
- Many farmers would like to participate in conservation programs that reward good land stewardship, but cannot take part due to lack of funding in the programs.
- Farm programs are designed to reward those who grow the most, concentrating payments among the largest producers.
- Our current farm policy has encouraged overproduction of a few crops, helping to keep prices artificially low and hurting farmers in developing countries.

Sample Letter

Dear Sen. _____ (or Rep. _____),

Date _____

Some of the poorest areas of our country are rural. Throughout the United States, rural communities are struggling. Our commodity payment system should be reformed to better meet the needs of small and moderate-sized farms and rural communities.

Please support broad reform of the 2007 farm bill. I urge you to strengthen nutrition assistance and improve rural development programs. Any reform should also focus on farm families of modest means and help U.S. farmers conserve the land, while allowing small-scale farmers in developing countries to make a living.

Sincerely,
 Your Name
 Your Address

4) Send your letter to Congress. *Put each letter in a separate envelope and address it.* [Note: It will take 2-4 weeks for your letter to get to Congress, but that's okay. It will make an important difference for hungry people and struggling rural communities]. *Send your letter to:*

Senator _____
 U.S. Senate
 Washington, D.C. 20510

Rep. _____
 U.S. House of Representatives
 Washington, D.C. 20515