

## Sample Letter to Congress

[Date]

Rep. \_\_\_\_\_  
U.S. House of Representatives  
Washington, DC 20515

Sen. \_\_\_\_\_  
U.S. Senate  
Washington, DC 20510

Dear Senator \_\_\_\_\_, Dear Representative \_\_\_\_\_,

Hunger is reaching historic levels. The COVID-19 pandemic continues to devastate communities across the United States with a disproportionate impact on Black, Latino, and Native American families, and immigrants, and worsening the effects of hunger and poverty around the globe.

The pandemic has exposed vulnerabilities in our safety net and food systems from farm to fork. And child hunger in both the U.S. and abroad has skyrocketed. Specifically, Congress should:

- Make the expansion of the child tax credit in the American Rescue Plan permanent and available to all children regardless of immigration status. The CTC expansion will lift millions of children out of poverty, as well as help reduce hunger and narrow the racial wealth gap exacerbated by unemployment amid COVID-19.
- Increase U.S. leadership and funding for global nutrition programs without which an entire generation may be denied of their God-given right to flourish.

Now more than ever, my faith calls me to stand alongside impacted people in my community and around the world. Let us work together to ensure U.S. policies help people move out of poverty and feed their families in the U.S. and around the world.

Sincerely,

[Your Name]  
[Your Address]  
[City, State ZIP]

## Quick Tips for an Effective Letter

Remember to personalize your letters.

- Make it personal. Share your experience and what motivated you to write.
- Be sure to include your address.

Some relevant talking points to personalize:

- Reducing malnutrition, especially for children, has become even more urgent as we struggle against COVID-19; malnutrition makes children and at-risk populations more susceptible to disease, including COVID-19.
- For millions of people living in households that struggle with hunger in the United States, COVID-19 presents unique challenges. It is clear that private individuals and organizations cannot mobilize the resources the U.S. government can to support those at risk of hunger during this crisis. In fact, federal nutrition programs provide roughly 10 times as much food assistance as private churches and charities.
- I wish to thank Congress for its expansion of the child tax credit in the last stimulus bill. The child tax credit has always left out the families with the greatest need and this legislation will do more to cut child poverty than any other policy, especially in Black and Latino low-income families who have less cash reserves than their white counterparts.
- I remain concerned about the impact of COVID-19 on all Americans, especially the most vulnerable who are likely to be hit hardest. I am also concerned about the impact of the pandemic on people living in developing countries. I urge you to consider their needs in future legislation, especially by investing in global nutrition through the appropriations process.
- It is critical that Congress expand support to those who are most affected by the health and economic effects of the virus and ensure that all families receive the support they need – including access to good nutrition.
- The importance of good nutrition in maintaining community health cannot be overstated.
- COVID-19 directly connects all people together and neglecting those who struggle with hunger threatens us all.