

## **Tips on Calling Your Western Mass Legislators for the WAMDA Legislators Breakfast 2016**

Visit <http://www.wheredoivotema.com/bal/MyElectionInfo.aspx> and enter your full street address to get a listing of your federal, state and local elected officials. You will see listings for “State senate” and “State representative”. Please note that the WAMDA Legislators Breakfast is geared to our members of the Massachusetts state legislature, not our members of the US Congress and we are focused on the areas west of Worcester ; Gardner is excluded.

Once you have confirmed the names of your state senator and your state representative, visit <https://malegislature.gov> and use the “find a legislator” function to find their contact information. In general it is better to contact the local legislators in their local offices rather than Boston because if you say that you are a constituent and a local dietitian, they are much more likely to listen.

Introduce yourself and say that you are calling to invite the senator or representative to the WAMDA Legislators’ Breakfast on April 29 at the Yankee Pedlar Inn in Holyoke, 8AM to 9:30. The person who answers the phone may take down the information, or you may be transferred to another person, or to voicemail. In any case, leave the same information.

State you are a Registered Dietitian Nutritionist and that you are a constituent of the elected official. Provide your address and phone number if asked. If you know the individual attended the event in the past, or sent an aide, suggest that you hope the legislator will be able to attend again this year.

Explain that at the event we will (1) discuss increasing access to healthy, affordable food in western Massachusetts and (2) highlight work done by dietitians.

Remember to stay positive and thank the person, even if they seem disinterested or in a hurry. Our legislators want to hear from their constituents, and the more often you contact them the more they get to know you. If the scheduler wants more information that you do not have, state that you will follow up with an e-mail and let me know. Once you have a confirmation of their plan to attend or need more information sent to their office, notify either Samantha McCarthy [samanthamccar@gmail.com](mailto:samanthamccar@gmail.com) or myself Judy Dowd [judyd@nutrition.umass.edu](mailto:judyd@nutrition.umass.edu) We appreciate your participation in this very important activity and look forward to seeing you at the Yankee Pedlar Inn on April 29, 2016.