Calling Congress is an easy way to engage in IFAM, and it only takes a few minutes! To Call on Congress, call the switchboard phone number, and let them know the name of the Representative/Senator's office you're trying to reach. You will then be connected to the office. When the staff person answers, follow the basic script provided below (or write your own). The staff person will relay your requests to his/her boss, so make sure to include your name and home address, so it can be officially logged.

US CAPITOL SWITCHBOARD: (202) 224-3121

SCRIPT FOR IMMIGRATION REFORM:

Hi my name is _____, and I'm a constituent from [hometown]. I'm calling today to ask [Representative/Senator _____] to support humane, comprehensive immigration reform which includes a pathway to citizenship for all 11 million people in our country without documentation. I'd like to hear back from [Representative/Senator _____] on how he/she plans to pass meaningful immigration reform. My name is _____ and my address is [hometown address]. Thank you.

Your Turn (write your script here):

_____

_____

_____

_____

_____

INCREASE YOUR IMPACT:

After making your call, send out a quick tweet or post to encourage your networks to join you!

Sample Tweet: I just called @[Your Representative's Twitter Handle] to ask for support of humane comprehensive #immigration reform. Join me! @bit.ly/ifamcall | #IFAM14

Sample Facebook Post: Act now with #IFAM14: Call your member of Congress and tell them to support humane, comprehensive immigration reform that provides a pathway to citizenship for 11 million people in our country without documentation. @bit.ly/ifamcall

Calling Congress is an easy way to engage in IFAM, and it only takes a few minutes! *To Call on Congress, call the switchboard phone number, and let them know the name of the Representative/Senator's office you're trying to reach. You will then be connected to the office. When the staff person answers, follow the basic script provided below (or write your own). The staff person will relay your requests to his/her boss, so make sure to include your name and home address, so it can be officially logged.*

US CAPITOL SWITCHBOARD: (202) 224-3121

SCRIPT FOR ACCESS TO FOOD:

Hi my name is _____, and I'm a constituent from [hometown]. I'm calling today to ask [Representative/Senator _____] to **urge you to vote against any and all cuts to the Supplemental Nutrition Assistance Program in the farm bill** and ensure eligibility requirements for the program do not become needlessly more stringent. Further cuts to SNAP would be devastating to millions of Americans. I'd like to hear back from [Representative/Senator _____] on how he/she supports SNAP and hungry Americans. My name is _____ and my address is [hometown address]. Thank you.

Your Turn (write your script here):

_____

_____

_____

_____

_____

INCREASE YOUR IMPACT:

After making your call, send out a quick tweet or post to encourage your networks to join you!

Sample Tweet: I just called @[Your Senator's Twitter Handle] to ask him/her to oppose cuts to #SNAP. Join me! @bit.ly/ifamcall | #IFAM14

Sample Facebook Post: Act now with #IFAM14: Call your members of Congress and ask them to oppose **cuts to SNAP in the farm bill** and ensure eligibility requirements for the program do not become needlessly more stringent. @bit.ly/ifamcall

Calling Congress is an easy way to engage in IFAM, and it only takes a few minutes! To Call on Congress, call the switchboard phone number, and let them know the name of the Representative/Senator's office you're trying to reach. You will then be connected to the office. When the staff person answers, follow the basic script provided below (or write your own). The staff person will relay your requests to his/her boss, so make sure to include your name and home address, so it can be officially logged.

US CAPITOL SWITCHBOARD: (202) 224-3121

SCRIPT FOR FEDERAL MINIMUM WAGE:

Hi my name is _____, and I'm a constituent from [hometown]. I'm calling today to ask [Representative/Senator _____] to raise the federal minimum wage $10.10 by 2015 and index it to inflation. The federal minimum wage has lost more than 30% of its value and would be over $10 per hour today if it kept pace with the cost of living over the past forty years. I'd like to hear back from [Representative/Senator _____] on how he/she plans to raise the federal minimum wage. My name is _____ and my address is [hometown address]. Thank you.

Your Turn (write your script here):

_____

_____

_____

_____

_____

INCREASE YOUR IMPACT:

After making your call, send out a quick tweet or post to encourage your networks to join you!

Sample Tweet: I just called @[Your Senator's Twitter Handle] to ask him/her to raise the minimum wage. Join me! @bit.ly/ifamcall | #IFAM14

Sample Facebook Post: Act now with #IFAM14: Call your member of Congress and tell them to raise the minimum wage to $10.10 by 2015 and index it to inflation. @bit.ly/ifamcall