

There are several ways to lobby your legislator. Whether you write a letter, send an email, call or meet with a representative in Washington or in the district, it helps to know the issue and be a “persistent constituent.” There are at least three important Members to lobby – the two Senators from your state and the Representative from your Congressional district.

- **Meeting with the Representative or staff** is the most effective way to get your message across and make sure that he or she knows the importance of the issue to his/her constituency.
- **Letters and emails** are effective ways to contact your representative. To find out the address or email, go to www.house.gov or www.senate.gov. In any communication, make sure you let the office know your name and address so they know you are a constituent.
- **Phone calls** to the representative’s office in Washington or in the district are an effective and direct way to communicate your position. To get the phone number of the office, you can call the Capitol Switchboard at 202-224-3121.

Lobby Day

Lobby Day presents an opportunity to meet with the representative or his/her staff to show that there are constituents who care about the issue. Remember – your representative works for you and it is his/her job is to listen to your concerns and requests.

They are extremely busy people so here are some tips to making it a successful visit:

Be polite: Whether it is a Member or a staff person, always be polite.

Be succinct: The members and staff are very busy so get to the point and be brief.

Be specific: The more specific your request, the easier it is for the Member or staff to understand the reason for your visit and the issue/request you’re making, e.g., include the appropriations request in their list of requests.

Be relevant: Explain how your request will help constituents in the district, e.g., create more jobs.

Be credible: You should be an informed advocate for your issue but if you don’t know something, be honest and tell them you will get back to them with the information.

Make a brief record: Take a moment to jot down the person’s name, contact information, the important points from the meeting, and any requests for information.

Follow-up: Following up after the meeting indicates your interest and demonstrates persistence. Try to follow up with the same person you met with so you can build a relationship, important to helping to move the issue forward.

Also, make sure you [contact mgriffin@ncba.coop](mailto:mgriffin@ncba.coop) to let us know what happened!!