

How to Host a Call-in-to-Congress Party **Make Your Voice Heard in Washington for Healthy School Meals!**

Thanks for volunteering to host a Call-in-to-Congress party for H.R. 4870, the Healthy School Meals Act of 2010! Hosting a party is simple and fun. All you need to do is reach out to your friends, family, classmates, and anyone else who wants healthier school lunches—and provide them with what they need to make the calls to their representatives in Washington:

1. Send party details to anyone you want to invite. You'll find a sample invitation with the WHY, WHEN, WHERE, and WHAT on the next page.

2. The day before the event . . .

- Print out enough call-in scripts for all partygoers. We recommend printing a few extras in case more people show up. See the sample at the end of this packet.
- Have enough room for everyone to sit down.
- Consider making some simply but healthful plant-based snacks. Check out these snack ideas: www.PCRM.org/Health/PDFs/Info_Snacks.pdf

3. The day of the event . . .

- After everyone arrives, hand out the scripts and start calling! It shouldn't take long, and it's so empowering to get in contact with your legislators to ask for action on a very important issue.
- If guests would like to do more, you can ask them to also write letters to their Member of Congress. This is a great activity for kids, especially those too young to call; they could even draw their favorite healthy lunch! You can send the letters yourself by finding your representative's address at http://support.pcrm.org/site/PageServer?pagename=hsl_find_us_representatives—or send the letters to PCRM and we will hand deliver them to Capitol Hill!

Physicians Committee for Responsible Medicine
Attention: Ruby Lathon
5100 Wisconsin Ave., N.W., Suite 400
Washington, DC 20016

4. After the event . . . Thank everyone for their help and pat yourself on the back for doing a great job!

Sample Call-in Party Invitation

WHY: To become a school lunch advocate and ask your representative in Washington to support H.R. 4870, the Healthy School Meals Act of 2010. Together we can make a difference for healthier school lunches!

WHEN: [Example: After school, this Wednesday, April 21, 2010, 4 p.m.

(OR on the West Coast before school, 8 a.m. or anytime before close of business in Washington, D.C. – that's 2:30 p.m. PST!)]

WHERE: [Example: 101 Main St., Concord, Calif. *(OR a coffee shop, church, school, house, etc.)*]

WHAT: Call-in to Congress to ask for healthier school lunch options. Bring your cell phone and be ready to make calls! We will provide the phone numbers of your representatives, as well as a quick, easy script to get the message across. All you need to do is call. Don't worry if you don't have a phone—just let me know!

Please RSVP to me at (INSERT PHONE NUMBER), and I'll see you at (INSERT TIME).

Sample Call Script

Locate your representative's phone number online at

http://support.pcrm.org/site/PageServer?pagename=hsl_find_us_representatives.

"Hello, I'm calling from *[name of your town/city]* to ask Representative *[name]* to support H.R. 4870, the Healthy School Meals Act of 2010.

[At this point or later on, the person you're talking with may ask for your full name and contact information; be sure to provide this whenever they ask for it so the office can respond to your request by mail.]

"The reason I want Representative *[name]* to support H.R. 4870 is *[give your specific reason.]*"

Here are a few ideas:

- All students should be able to choose healthy food at school, including fruits, vegetables, and vegetarian options.
- Healthy plant-based vegetarian options will help fight diseases like obesity and diabetes because they are naturally low in saturated fat, high in fiber, and contain no cholesterol.
- Lots of kids can't drink milk (because they are lactose intolerant or they just don't like it), so they need healthy alternatives that are rich in calcium, protein, and vitamin D, like soymilk.
- Many schools can't afford to serve healthier food. They need help from the government to offer all students healthful school lunch options.

Learn more about the Healthy School Meals Act at HealthySchoolLunches.org/Legislative/HSMA.cfm.

"Please co-sponsor H.R. 4870, the Healthy School Meals Act, and make sure its provisions are included in the Child Nutrition Act reauthorization."

When you've stated your message and contact information, thank the person you spoke with and say good-bye.