**The U.S. Capitol Switchboard is the main phone number for contacting members of Congress. You can call (202) 224-3121 and give the operator your zip code, and they will connect you to your elected officials' offices.**

**Script 1 – Lobbying Call (USE YOUR PERSONAL PHONE AND CALL ON YOUR LUNCH BREAK)**

**Hello, my name is [Your Name], and I live in [City], Wisconsin. I’m calling to urge [Senator/Representative Last Name] to oppose any cuts to the WIC fruit and vegetable benefit, including those proposed in the federal budget or House appropriations process.**

WIC is a lifeline for families with young children and pregnant women. Cutting the fruit and vegetable benefit would make it harder for families to afford healthy food at a time when grocery prices are already high.

This benefit was increased based on recommendations from the National Academies of Sciences and has been shown to improve nutrition and health outcomes. **I’m asking [Senator/Representative] to reject any proposal that would reduce this benefit and instead work to protect full WIC funding.**

Thank you for your time. I hope [he/she/they] will stand with families and support WIC.

**Script 2 – Non-Lobbying Call (You can make this call in your WIC role)**

**Hi, my name is [Your Name], and I’m a resident of [City], Wisconsin. I’m calling to share how important the WIC fruit and vegetable benefit is for the families I work with.**

Since the benefit was increased, I’ve seen families finally able to afford fresh produce consistently. Kids are trying new fruits and vegetables, and parents are telling us how it’s helped them stretch their grocery budgets and improve their children’s diets.

I wanted your office to be aware of how impactful this benefit is in our community, and how deeply concerned people are about the possibility of it being reduced. Families count on this support to stay healthy.

Thanks for listening and for your work on behalf of our district.