**Subject: Oppose Cuts to the WIC Program and Protect the Fruit and Vegetable Benefit**

Dear [Member of Congress],

As your constituent and a strong supporter of maternal and child health, I urge you to oppose any proposals that would cut funding for the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC), including the recent proposals to reduce the fruit and vegetable benefit.

WIC is one of the most effective federal nutrition programs we have. It supports the health of nearly half of all infants born in the United States and improves pregnancy outcomes, early childhood development, and food security. The fruit and vegetable benefit—expanded based on expert recommendations from the National Academies of Science, Engineering, and Medicine—has made a measurable difference in families’ ability to afford fresh produce. Cutting this benefit would reverse critical gains in nutrition equity and harm some of the most vulnerable members of our communities.

Please reject any budget proposals or appropriations bills that reduce WIC benefits. I respectfully urge you to support full funding for WIC and maintain the current fruit and vegetable benefit levels, in line with science-based nutrition recommendations.

Thank you for standing up for the health of women, children, and families.

Sincerely,  
[Your Full Name]  
[Your Address]  
[Your Email or Phone Number]