

# Sample Letter to U. S. Senators and Representatives

[Date]

Senator Dick Durbin,  
711 Hart Senate Office Building,  
Washington DC 20510

Senator Tammy Duckworth  
524 Hart Senate Office Building  
Washington DC 20510

Representative \_\_\_\_\_

<https://www.house.gov/representatives> (To find your representative and his/her address)

Dear Senator \_\_\_\_\_, Dear Representative \_\_\_\_\_,

Hunger is reaching historic levels. The COVID-19 pandemic continues to devastate communities across the United States with a disproportionate impact on Black, Latino, and Native American families, and immigrants, and worsening the effects of hunger and poverty around the globe. The pandemic has exposed vulnerabilities in our safety net and food systems from farm to fork. And child hunger in both the U.S. and abroad has skyrocketed. Specifically, Congress should:

- Make permanent a universal child allowance that will streamline monthly benefits to families. A universal monthly benefit will get to all families more efficiently, especially those that need it the most. It promises to lift millions of children out of poverty and create more financial security for all families.
- Increase U.S. leadership and funding for global nutrition programs without which an entire generation may be denied of their God-given right to flourish.

Now more than ever, my Catholic Social Teaching on the preferential option for the poor and vulnerable calls me to stand alongside impacted people in my community and around the world. Let us work together to ensure U.S. policies help people move out of poverty and feed their families in the U.S. and around the world.

Sincerely,

[Your Name]

[Your Address]

[City, State ZIP]