

Tips on how to request a meeting with your legislator

- You can find your member of the Indiana House and Senate at this link:
 - Indiana Legislators: <http://iga.in.gov/legislative/2014/legislators/>
 - Enter your home address and click Search
 - Click on your legislator's name to go to their home page
 - Once you are on their home page, click on 'send email' or find phone number
- Email your Indiana Legislator (Senator and Representative) or make a personal phone call. State your name, your purpose for making contact (See script below).
- If you have time, make a request for a meeting to discuss your issue.
- State that you are requesting a 15-30 minute meeting time. *If you can find other dietitians that live in your legislator's district, ask them to come along with you.*
- Record the name and e-mail address of the scheduler.

Sample Phone or Email Script – with Indiana Legislator/Scheduler:

Hello my name is {Insert your name} and I'm a Registered Dietitian and constituent of Senator or Representative {Insert Legislator's Name}. I would like to schedule a meeting with the Senator or Representative. I'm a member of the Indiana Academy of Nutrition and Dietetics, and we are the state's largest food and nutrition professional organization in the state with over 1,300 members working to improve the health of Hoosiers through food and nutrition expertise.

I would like to schedule a meeting to discuss {insert your issue topic}. Is there a good date and time to meet? (*If you are bringing other constituent dietitians, mention this so the legislator is prepared*).

Thank you.

- If the scheduler asks you to identify the issues, or transfers you to one of the Legislative Assistants you can briefly describe the issues and restate that you would like time to talk about the importance of these issues as they pertain to improving the health of Hoosiers through food and nutrition.

At the Meeting

- *What to bring*
 - Bring some business cards, and other materials to give to the legislator after the meeting.
 - Bring notes of your talking points to point out relevant statistics.
 - Show excitement and passion for what you do.
- *What to say*
 - Familiarize yourself with the talking points on the various issues and always relate those issues back to you and what you do as an RD.
 - Have a personal and or professional story ready to tell, preferably one that relates to one of the specific pieces of legislation. Personal stories from the workplace always resonate more deeply than facts or figures. These members care about the people they represent and so by telling a story about one of their constituents (your patients/clients) you will be able to make a stronger

- connection from the member's understanding of the issue to the actual policy.
- Always share your story **first** and then follow it with the relevant facts and figures.
 - Do not be afraid to say "I don't know". Nothing is worse than providing false information to a member/staffer. Simply say "I'm not quite sure about that, but I can get you the answer later."

Follow-up

- **Always follow up 1 to 2 days later with a thank-you email.**
- Reiterate your messaging on things discussed in the meeting/visit.
- Make sure to state that you will be reaching out the member's relevant staffer (**state their name**) to answer any questions the member had, or to provide supporting materials that were requested.