1. **INTRO:** In your first sentence, address the legislation you will be discussing and encourage your representative to become a co-sponsor.

Example: "I am writing about the Local FARMS Act in the 2018 farm bill and I encourage you to co-sponsor this Act.

2. **TELL A STORY:** Tell your legislator why the Local FARMS Act is important. Tie in personal stories of what this Act will mean for you, your family, and the farmers you support whenever possible.

3. **BUILD SUPPORT:** Include key talking points and facts where appropriate.

4. **IN CLOSING.** If needed, recap your main points. Thank your legislator and clearly state your request one final time. Offer to speak with the legislator by providing a telephone number where you can be reached.

Example: "Thank you for your time and I sincerely hope you will sign on as a co-sponsor for the Local FARMS Act. If you would like to learn more about this issue, I can be reached a XXX-XXX-XXXX or contact Illinois Stewardship Alliance at 217-528-1563."

**TALKING POINTS**

1. Local farms matter. They provide our communities with wholesome food that keeps our families healthy, they protect our soil and water, they foster wildlife and pollinators like bees, and they strengthen local economies by keeping money local. But local farms face many challenges, including a lack of support in the 2018 Farm Bill. We can change that. Co-sponsor the Local Farms Act.

2. I'm a mother/father and I care about feeding my family wholesome food. I believe in supporting local farms that I know and trust who are growing food to feed their communities, and I think you should too. Co-sponsor the Local FARMS Act to support local growers and help make fresh food more affordable and accessible for families like mine.

3. I love my local farmers market. It's where I go to buy fresh food and connect with my community. I believe in knowing where my food comes from and investing in farmers who protect their soil and water, treat their animals humanely, and care about the community and people they feed. We need more of these farmers on the land, and we need YOU to support them in order to make that happen. Co-sponsor the Local FARMS Act and help build a food system full of diverse farms, farmers markets, and happy, healthy people.

4. I want to be able to walk into my grocery store and find the shelves lined with wholesome, sustainably raised food all from local growers within my state. I want to be able to pick up asparagus grown in the USA, not Mexico, and grass-fed beef raised from a cattle producer in Illinois, not Canada. I believe local food should be easy to find and affordable, and that we need to support diverse fruit, vegetable, and livestock growers to make that happen. Co-Sponsor the Local FARMS Act and support American farmers and eaters.

5. The Local FARMS Act will support the small and medium-scale farmers that are the backbone of our local and regional food systems and increase access to healthy, local food for families in need.

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