

SAMPLE EMAIL:

Dear Congressman/woman [NAME],

My name is _____ and I am one of your constituents living in _____ (city and zip code). I am a member of the local Dining for Women chapter, which is one of 420 chapters across the U.S. Dining for Women is a nonprofit that supports gender equality and women's empowerment in developing countries by awarding grants, advocating for women and girls, and fostering global citizens here in the U.S.

I'm writing today to voice my opposition to the administration's proposed cuts to the International Affairs budget. These cuts would be devastating to communities in the developing world who depend on U.S. foreign aid, and they would disproportionately affect women and girls who suffer the greatest effects of global poverty and humanitarian crises.

I want you to know that I support a robust foreign aid budget that puts women and girls at its core. Promoting the rights of women and girls, and putting them at the core of foreign aid, can make our government's investments more effective. When women and girls are educated and empowered, they invest in the well-being of their families and communities, which makes nations more prosperous, stable, and secure.

I care deeply about this issue and I hope you do too. I would appreciate knowing how you stand on U.S. foreign aid and putting women and girls at its core. And I hope that you will stand with me in opposing cuts to the International Affairs Budget.

Best Regards,
[NAME]