

Lend Your Voice: **Ask Congress To** **Increase Funding** **for Meals on Wheels**

As a Meals on Wheels recipient, you know how valuable this service is. You do not need to be an expert in government or politics to speak up — your personal experience is what matters!

Instructions

Call the **toll-free** Capitol Switchboard number: **1-800-985-9059**. Enter or say your ZIP code, and ask to speak with one of your senators or your representative.

Read the script to the right or say it in your own words. **If you reach their voicemail**, leave a message. **If they ask for your address**, please provide it so they know you live in their district or state.

If you can, please make three calls to your two senators and one representative.

Phone Script

Use the script below to urge your members of Congress to support Meals on Wheels:

Hello, my name is [YOUR NAME], and I live in [YOUR TOWN, STATE]. I receive Meals on Wheels, and I am calling to ask [REPRESENTATIVE/SENATOR NAME] to support more funding for senior nutrition programs.

*Meals on Wheels helps me and older adults nationwide receive the meals we need to stay independent and connected. But **federal funding is falling short**, and many older Americans who need meals aren't able to get them. Meals on Wheels is More Than Meals to me. In addition to nutritious meals, my delivery provides a wellness and safety check, a friendly visit, and a connection to my community.*

*These services help me remain **safe, independent, and connected** in my own home. For many older adults, a Meals on Wheels driver may be the only person they see that day.*

*Meals on Wheels America is requesting \$2.285 billion for the Older Americans Act Nutrition Program. Please support this funding increase so Meals on Wheels can continue providing **Community, Care, and Connection** to older adults like me. Thank you for your time and service.*



Would you like to send an email to Congress?
You can send pre-written emails
using our online form at
MealsonWheelsAmerica.org/ContactCongress

