

LEGISLATIVE MEETING TIP SHEET

BEFORE THE MEETING:

- Gather in your group and assign roles. Your meetings will likely be short, so you want to know who will cover which topic—Who will share their story? Who will make the ask? Who will complete and submit the meeting report?

DURING THE MEETING:

- Introduce yourself to the lawmaker and indicate where you live (on what street in his/her district?)
- Share your story to set up the ask
- Let your lawmaker know why you are visiting (make the “asks”)
 - **Deliver the Healthy School Meals ask**
 - **Deliver the Summer EBT ask**
 - **Make it personal**—share your own expertise and why these issues matter to you.
 - **Ask your member for their support.**
- Thank them for their time, exchange information, and give them the leave behind.
- Ask for a photo opportunity to post to social media later using the #HeartattheCapitol hashtag.

AFTER THE MEETING:

- Compare group notes, and have the assigned group member turn in the meeting report form to Sarah Adair or Aline Stone, or submit it online via the QR code on the front.
 - Be sure to provide details if your lawmaker needs more information.
- Stay in touch with your lawmaker:
 - Follow up with a thank-you letter.
 - Make an appointment in your calendar to call the legislator again in a few weeks and plan to check in periodically.
 - If new information or research is released, send it to them.

TIPS FOR SUCCESS:

- Whether you speak to a legislator or a staff member, it will make an impact. Remember to always be friendly and thank them for taking the time to speak with you.
- You can persuade your legislator by presenting facts and resources provided by the AHA.
- Sharing your story can be the most convincing part of the conversation—it makes the issue real to people who may otherwise not have a vested interest.

What to do if your lawmaker is unavailable:

- Leave a note for your lawmaker!
 - Using the notecard in your folder, leave a note with a message like this: *Dear [Representative or Senator Name], I'm a constituent living in Brookhaven. I'm sorry I missed you today, but I'd like to ask for your support for policies that will help Tennessee kids stay healthy. You can reach me at 504-606-0834 if you have any questions. Thank you, Aline Stone*
- Leave the leave behind sheets and your note card with your contact information.

Questions? Contact Sarah Adair (615-419-8955) or Aline Stone (504-606-0834)

TALKING POINTS

HEALTHY SCHOOL MEALS (HB 1153/SB 740)

- No student should have to think about their stomach instead of their classes. When kids aren't hungry, they pay better attention and learn more.
- To help, this bill eliminates reduced meals and instead provides no-cost meals to those students.
- Providing more no-cost meals promotes long-term healthy habits, leading to lower rates of hypertension, obesity, and diabetes.
- Supporting better access to healthy school meals will ensure our students are ready for success.

Ask Your Lawmaker: Will you support Healthy School Meals?

SUMMER EBT (HB 1835/SB 1911)

- No child should have to worry about where their next meal will come from when school is out for the summer.
- Summer EBT gives families a simple way to buy the healthy foods their kids need during the summer months.
- This legislation enables Tennessee to accept federal Summer EBT funding so families across the state can access healthy food for their children, helping them grow, stay healthy, and return to school ready to learn.

Ask Your Lawmaker: Will you support funding for Summer EBT?

Let us know how your meeting went by snapping this QR code or filling out the form in your folder and giving it to Sarah Adair or Aline Stone at the event or emailing it to sarah.adair@heart.org or



REMEMBER — You do not need to be an expert. Share these key facts and your personal story. If a lawmaker asks a question you cannot answer, make a note of it and let them know you will follow-up with them.