**Sample message to invite someone to be part of your Local Action Network**

Hello friend,

I urge you to watch this [helpful video from RESULTS volunteers](https://www.facebook.com/RESULTSEdFund/videos/10155411433979601/) about how easy it is to make your voice heard in Congress. By taking action, you can make a difference in the lives of our fellow Americans struggling with poverty. Use the video as inspiration to call (202) 224-3121 and ask for your congressional offices. When the receptionist answers, leave this message:

“My name is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and I am a constituent of Sen./Rep. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and a RESULTS volunteer advocate. I want to leave him/her a message to oppose any budget that threatens cuts to basic assistance programs like SNAP (formerly Food Stamps), Medicaid, and the Earned Income Tax Credit. Instead, I urge Sen./Rep. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to focus on strengthening effective anti-poverty policies to expand opportunity and ensure that all Americans can make ends meet. Will you tell Sen./Rep. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to oppose any measures that take away health and nutrition assistance from struggling Americans?”

I hope you will call. It does make a difference. And if you are interested in taking more actions in the future, please let me know. I would love to add you to our “local action network” of people who want to contribute when the need arises.