**[Your Name]**  
[City, State]

[Date]

[Senator/Congressman First & Last Name]  
United States [Senate/House of Representatives]  
[Office Address]  
Washington, DC [ZIP]

**Dear [Senator/Representative Last Name],**

I’m writing to ask you to protect and fully fund three important nutrition programs in the Agriculture Appropriations bill: *The Emergency Food Assistance Program (TEFAP), the Commodity Supplemental Food Program (CSFP), and the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC).*

These programs work together with food banks like Feeding South Dakota to help working individuals take care of themselves and their families while working toward self-sufficiency. They make a real difference here in your state. TEFAP provides food for food banks, pantries, and meal sites— providing essential food access available to rural communities. CSFP gives seniors a reliable box of healthy food each month, and WIC helps moms and young children get the nutrition they need to grow strong and healthy.

[Optional - share a personal/impact story: your own hunger experience, involvement with the fight against hunger, or examples of why food access is important in your community.]

Investing in these programs strengthens the economy. They support U.S. farmers, food producers and small retailers, while helping to reduce health care costs and improve nutrition.

Without these programs, too many families, seniors, and children would struggle to put food on the table. Please provide strong support for TEFAP, CSFP, and WIC remain fully funded so our communities don’t go hungry.

Thank you for your leadership and support.

Sincerely,  
[Your Name]