

CALLING YOUR CONGRESSPERSON

Where Do I Find the Number?

- You can find the number to your Congressperson's district office in your local phone book. To call their Washington DC office, dial the Capitol switchboard at (202) 224-3121 and ask for your Representative or Senator.

Don't Be Intimidated!

- It's unlikely that you'll get to speak directly to your Congressperson; you will probably talk to an aide in the office who will relay your request. You may have to leave a message, so be prepared for both situations.

What Do I Say?

- First, introduce yourself and say where you're from. If you'd like, you can mention that you're affiliated with Women's Voices for the Earth, or another local organization that you might be working with.
- State your concerns. You can refer to the call script below for ideas, or simply read it.
- If you're speaking to an aide, ask them what your legislator's position is on the disclosure of ingredients in consumer goods. If they don't know, ask them to call you back with that information; this draws more attention to our issue.
- Thank them for their time, and be sure to ask for a response from the Senator/Representative.

Call Script

"Hi. My name is *(your name)* and I'm a constituent of *(legislator's name)* from *(your city)*. I'm calling to urge the Senator/Representative to introduce or support legislation that requires companies to disclose ingredients on product labels. I also want the government to require proof that chemicals are safe BEFORE they are allowed on the market instead of testing them on consumers. I would appreciate a response from the Senator/Representative on this issue. Thank you."