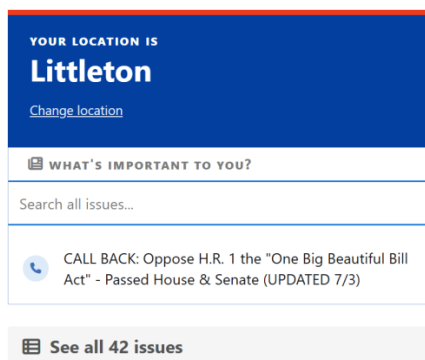


It is Easy to Call Your US Elected Officials

AAUW members wanting an EASY way to contact their U.S. Senators and Representatives can use www.5calls.org. 5 Calls Civic Action is a non-profit that helps the public make their voices heard on numerous critical issues. Research has shown that elected officials pay attention to phone tallies on issues. As the 5Calls website explains, congresspeople use call tallies and personal stories from constituents to support their positions when talking to colleagues. Congresspeople get regular call tally reports, letting them know how strongly their constituents feel about an issue.

Here's how:

1. Go to www.5calls.org. Set your location. This step identifies your U.S. Senators and Representatives.
2. Look at the list of active topics.



YOUR LOCATION IS
Littleton
[Change location](#)

WHAT'S IMPORTANT TO YOU?

Search all issues...

CALL BACK: Oppose H.R. 1 the "One Big Beautiful Bill Act" - Passed House & Senate (UPDATED 7/3)

[See all 42 issues](#)

All active topics

Budget

[Save the Fair Housing Initiatives Program](#)

[Fund US Weather & Climate Science](#)

[Save the Department of Labor's Job Corps Program \(UPDATED 6/26\)](#)

[Save the National Endowment for the Arts \(NEA\)](#)

[Defend CDC Funding and Programs](#)

[Protect Native American Healthcare](#)

[Oppose Funding Cuts to NPR and PBS - Passed](#)

3. Click on an issue/topic from the list displayed. The system displays a summary of the issue and where the issue currently stands in Congress.

Restore USDA Funding for Food Banks and Schools

The Trump administration recently cut federal programs providing [over a billion dollars annually to help schools and food banks buy food from local farms and ranches](#). The USDA has also [abruptly and significantly reduced shipments to food banks and food kitchens from The Emergency Food Assistance Program \(TEFAP\)](#) without explanation or warning.

In addition to feeding the hungry, these programs also support the local food production economy, especially in more rural areas, and [farmers are already being affected](#).

4. Dial the phone number of your elected official displayed below the summary. (If you do not want to contact that person, click the blue SKIP button to go to the next official in the

Contacts for this topic:

	Jason Crow (D-CO) This is your representative in the House.
	Michael Bennet (D-CO) This is one of your two Senators.
	John Hickenlooper (D-CO) This is one of your two Senators.



Jason Crow (D-CO)

202-225-7882

Local office numbers:

720-748-7514 - Aurora, CO

list.)

5. When the call is answered, speak to the person or leave a voicemail. A brief script is provided by 5 Calls. You may read the script verbatim, or customize it. If you leave voicemail, provide your full street address to ensure your call is tallied.

Hi, my name is **[NAME]** and I'm a constituent from Littleton.

I'm calling to urge Rep. Jason Crow to assert their legal "power of the purse" and demand that crucial USDA funding for food banks, schools, and farmers be restored immediately.

Thank you for your time and consideration.

IF LEAVING VOICEMAIL: Please leave your full street address to ensure your call is tallied.

6. When finished, click the blue button that represents the result of your call.

After your call, share the result to show the next representative:

UNAVAILABLE	VOICEMAIL	CONTACT	SKIP
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The system now displays the phone number for your next elected official. Continue until you have finished all your contacts.

That's all there is to it!

You can also sign up to receive email updates from 5 Calls Civic Action. They also have an app you can download on your mobile phone.