

Sample Email to Representatives  
Oppose Cuts to CSFP (Seniors Program)

**Sample Letter for Senators and Congressional Representatives**

Note: To locate your Congress Person

- Use <https://www.senate.gov/senators/senators-contact.htm> to find your Senator and use <https://www.house.gov/representatives/find-your-representative> to find your member of the House of Representatives by entering your address.
- Your elected official will appear on screen, with a blue box to “mail” them
- Click and cut and paste this email or write your own.

Dear (insert Representative X or Senator X),

You and your fellow members of Congress need to fully fund the Commodity Supplemental Food Program (CSFP).

This program provides more than 700,000 seniors nationwide with nutritious USDA foods to help them maintain their overall health while helping them stretch their monthly fixed incomes. CSFP delivers meals directly to seniors in the community through its network of nonprofits and community-based organizations.

The current federal budget proposes eliminating this program and replacing it with “Make America Healthy Again” food boxes as implemented during COVID. That program was proven to be inefficient, provided a smaller quantity of food and food with less nutritional value, and had logistical challenges. The proposed elimination of the CSFP and implementation of food boxes will mean that the most vulnerable seniors will lose the monthly, healthy and nutritious food packages they have come to rely upon.

Thank you for your helping to feed seniors by fully funding the CSFP program.

Sincerely,  
(insert your name)