

Being involved in your profession, means you need to actively engage with those who determine our professional opportunities and limitations. The following steps should be followed to learn who your state and local legislators are and how to connect with them. We hope you will join the Florida Academy of Nutrition & Dietetics on their journey to keep Florida residents safe and allow our nutrition professionals to perform at the top of their profession.

Step 1: Locate your legislators:

Determine who your local representatives are:
MyFloridaHouse.gov: click on “representatives”;
click on “find your representative”; enter your
address.



This will list who your State House Representative and Senator is, as well as your congressional district representative and your US Senators representing Florida.

For FAND’s grass roots efforts you are going to reach out to both your State Representative and State Senator for your District.

Step 2: Schedule a meeting:

Reach out to your house representative and senator and request a meeting. Ask if your meeting can be in person, by phone or via video platform such as zoom, webex, etc, whichever you and your representative are most comfortable with. Request a brief meeting and if you are working on this with other dietitians, let them know you will have X number of constituents or colleagues with you. It is ok to meet with a staff member that can relay your messages to the Representative or Senator.

Step 3: Share your story:

The purpose of this meeting should be to demonstrate the importance of Florida Licensed Dietitians and how they protect the Florida Residents with sound, evidence based nutrition advice.

Share:

- That you are a constituent and a Registered and Licensed Dietitian
- Share where you work, if you are comfortable, and why you studied nutrition.
- Why licensed dietitians are most qualified to provide nutrition information.
 - If you have any great examples of patients or people who have experienced negative outcomes from receiving non-science and evidenced based advice, share it with them.
- That you are willing and able to support them with any health and nutrition issues and information.
 - Leave your contact information
 - Reach out to FAND's Public Policy Committee if you need any support with any requests.
- Keep it light and simple, but be sure you share the importance of Licensed Dietitians to provide safe and accurate advice

Step 4: Share your activities:

If you are a member of a local FAND district, please share with them who you are, who you are meeting with and who is attending the meeting with you. They are asked to track district grassroots outreach for FAND.

Tips for preparing to meet with your Legislators

If you are a little uncomfortable speaking to Legislators:

- Remember Legislators want to hear from you, they love connecting with their constituents
- Stay calm, there is no commitment from you or your legislator needed
- Offer to be of services with your expertise
- Practice your story ahead of time