



## GRASSROOTS: ALL POLITICS IS LOCAL

- Grassroots advocacy is defined as any advocacy activity that takes place at the local or community level.
- It means identifying, embracing and promoting a cause to shape public perception or influence public policy regarding nutrition.
- The power of grassroots advocacy can be extremely effective when many individuals come together.



As nutrition experts, it is up to us to advocate for our profession. We are all members of the Academy who represent our profession at the state and local level.

If we do not use our collective voice on critical health and nutrition policies and share our personal experiences in practice, **legislators and regulators are less likely to have the information they need to create and implement sound legislation or regulation** that supports our profession and our community.



Achieve our vision of “a world where all people thrive through the transformative power of food and nutrition.”

You became an RDN to promote health and reduce the burden of chronic disease through nutrition services. **The Academy is your toolbox** for communicating evidence-based nutrition information with policymakers.

## HOW TO BE AN ADVOCATE



**Connect with your local elected officials.**

Email is one of the most effective ways to communicate with your elected official. Introduce yourself and let them know you are a constituent and share why a particular issue is important to you, and to them. **Tell them your story and make it memorable.**



**Speak at a town hall or public meeting in your district.**

Town halls conducted by members of Congress typically occur in-district during a congressional recess. Public meetings and town halls can be used to discuss upcoming legislation and/or regulations or hear from constituents on topics of interest. **Look up where they will be speaking and attend that event.**



**Meet Your Member of Congress In-District**

Request a meeting with the member of Congress and the district staff. The scheduler may not be able to guarantee that both will be in attendance, and that is fine. **Request a 15-20 minute "brief meeting"** and bring fellow RDNs, dietetic technicians or students with you. Better yet, take your Congress Member to work with you!

The Academy of Nutrition and Dietetics engages member leaders on a broad range of issues through the Legislative and Public Policy Committee, the Academy's political action committee, state affiliates, DPGs, MIGs and thousands of grassroots supporters. For tools and resources visit [www.eatrightpro.org/advocacy](http://www.eatrightpro.org/advocacy)