



National WIC Association

Preparing for Hill Visits

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Session Plan

- Logistics overview
- Group work time: plan out your meetings
- Group sharing time



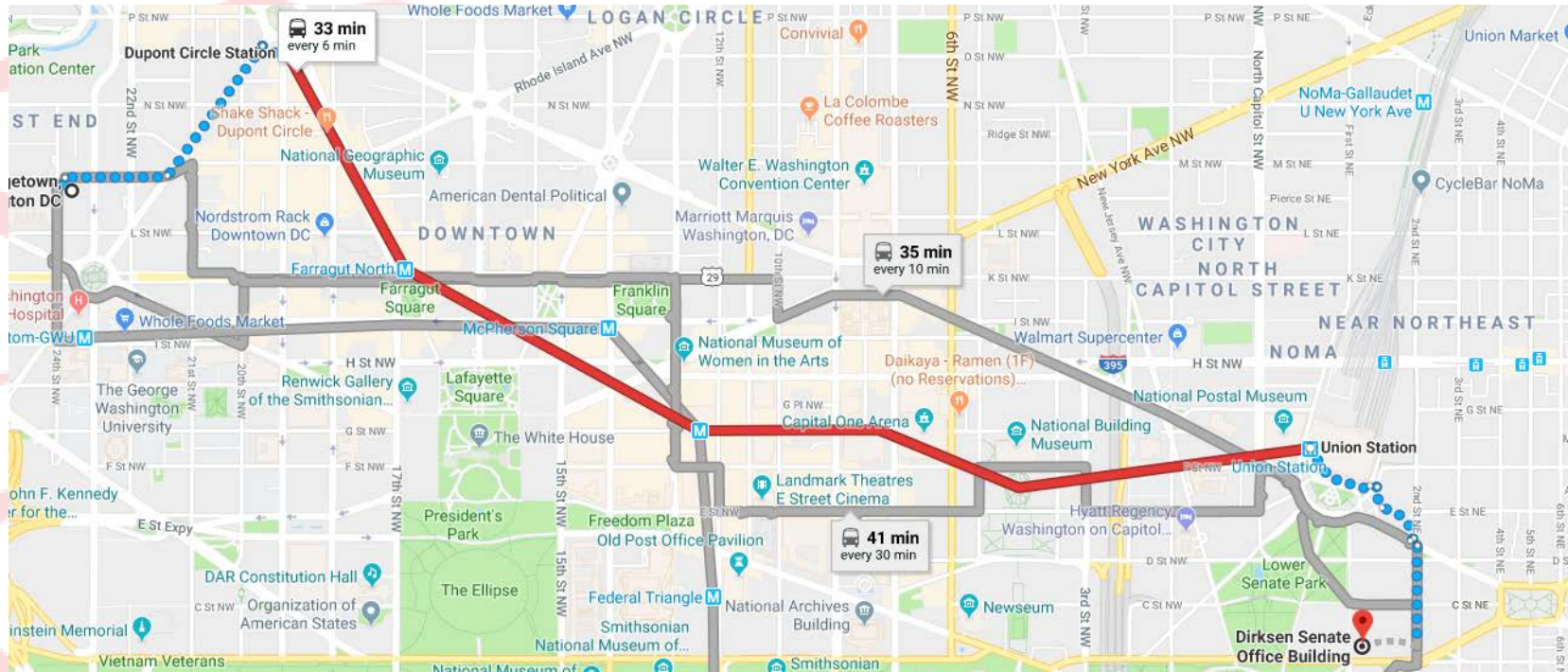
Logistics: What to Bring

- “Leave behinds” in folders for each meeting
 - State fact sheets
 - NWA FY19 policy priorities
 - Other handouts
- WIC padfolio
- WIC buttons
- Business cards
- Comfortable shoes
- Umbrellas if needed
- Snacks & water

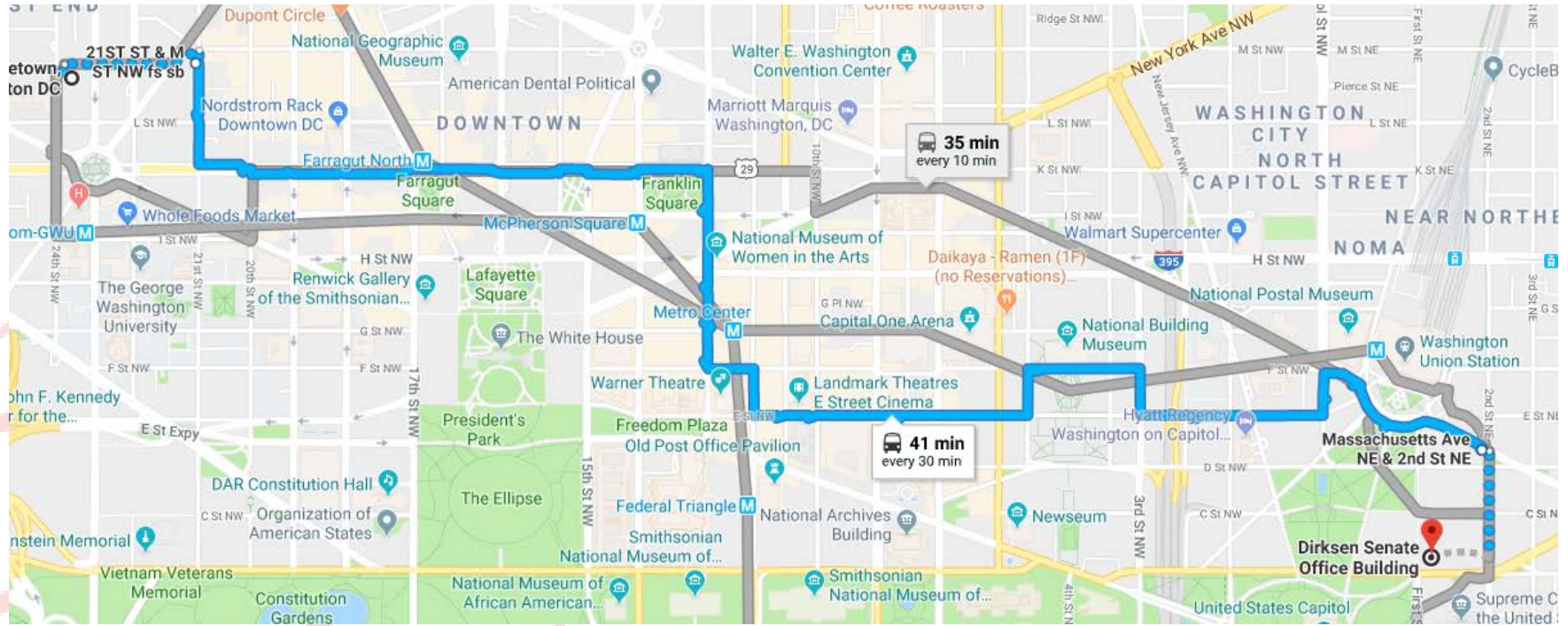


Logistics: How to Get There

Red Line from Dupont Station to Union Station (about 35 minutes)



D6 Bus from 21st Ave NW and M St NW to Massachusetts Ave NE and 2nd St NE (about 45 minutes)



... Or take a taxi/Lyft! (about 20 min depending on traffic)
Dirksen is at the corner of 2nd St NE and Constitution Ave NE

Logistics: What to Expect

- House & Senate office buildings are about 15-20 minutes apart
- Leave plenty of time for security (metal detectors)
- NWA staff will be in the Longworth House Office Building cafeteria & the Hart Senate Office Building lobby



Source: Politico

Basic Outline of a Hill Meeting

- Introductions & exchange business cards
- Present your ask: why are you there?
- Tell a story
- Share data & statistics
- Repeat your ask
- Say thank you
- Remember: the staffer may only have 15 minutes!



Document Your Meetings!



- Take photos/selfies of you and your group outside of your legislators' offices and/or with the legislators/staffers themselves!
- Post these directly to social media using the hash tags #WLC2018, #WIC, and/or #WICVoices
- If you are not active on social media, text your photos to Natalie at ---

After Hill Day

- Send thank you notes to everyone you met with – designate one point person to do this for your group
- Send any follow up materials & answer any follow up questions
- Keep the conversation going!



Your Turn!

- In your group, make a detailed plan for each meeting
- Who will say what & in what order?





Time to Share!



Questions?