

# Meeting with your MP on nutrition

This month, we are asking you to visit your MP to explain why nutrition is important and discuss how nutrition programmes and Government priorities are changing. Please ask them to write to Secretary of State Penny Mordaunt MP, urging her to ensure that the Department for International Development (DFID) continues to provide adequate funding to nutrition programmes and ensure we meet global nutrition goals. Meeting face-to-face is one of the most effective ways to engage with your MP. If you've not visited your MP before, this advice should help you to plan for a successful meeting. As always, please **let us know the result of your meeting!**

## Getting the meeting

- If you're not sure who your MP is, visit [TheyWorkForYou](#) to find out.
- Find out when and how you can meet your MP by visiting their website. They often hold constituency surgeries on Fridays or over the weekend.
- To book in a meeting, call your MP's office and ask to make an appointment.

## Before the meeting

- Do some research in advance of the meeting to find out what issues your MP cares about and think about how these relate to nutrition. [TheyWorkForYou](#) contains lots of information on your MP's responsibilities and their voting record.
- Plan how you would like to structure your meeting in advance. You might find it helpful to draft an agenda or outline the key points you'd like to make.
- If more than one person is attending the meeting, make sure you agree who will be saying what and who will take on other roles, such as taking notes or keeping time.
- Prepare and practice a 2-3 minute pitch that introduces the issue to your MP.

## At the meeting

- If this is your first meeting with your MP, you could start the meeting by sharing why you care about and campaign on these issues.
- Make sure you thank your MP for making the time to meet with you.
- Be concise! Be ready to summarise the issue and request quickly.
- Sharing a story or case study will help to make the issues real and memorable, instead of just using facts and figures.
- Make sure you end the meeting with a clear request and ask for a response.

## After the meeting

- Well done! Meeting with your MP is a great achievement and important step in engaging with them.
- If your MP committed to do something, make sure you follow up in a few weeks' time. You could also follow up with a thank you for taking the time to meet with you.