Writing a Letter to your Local M.P.

**Step 1: Determining the Right Person to Contact**

Writing to your Member of Parliament (MP) can help field your concerns and try to provide answers.

Nova Scotia has 11 Members of Parliament that represent different areas across the province.

As of Nov 1 2018,

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| --- | --- |
| Constituency | Name |
| Kings – Hants | Honourable Scott Brison |
| Cumberland – Colchester | Bill Casey |
| Cape Breton – Canso | Rodger Cuzner |
| Sydney – Victoria | Honorable Mark Eyking |
| Halifax | Andy Fillmore |
| Dartmouth – Cole Harbour | Darren Fisher |
| West Nova Scotia | Colin Fraser |
| Central Nova Scotia | Sean Fraser |
| South Shore – St. Margarets | Honourable Bernadette Jordan |
| Halifax West | Honourable Geoff Regan |
| Sackville – Preston – Chezzetcook | Darrell Samson |

MPs have both an office in Ottawa and in their home area. Postage is free for any mail going to your MP at the House of Commons address below.

House of Commons

Ottawa, Ontario Canada

K1A 0A6

**Step 2: Addressing your local MP**

Unless otherwise stated, most MP’s can be addressed by their first and last name, followed by M.P.

*Example:*

Ms. Jane Smith, M.P.

House of Commons

Ottawa Ontario

However, individuals who are current or former cabinet members are members of the Queen’s Privy Council and retain the title “Honourable” and must have “P.C.” after their name.

*Example:*

The Honourable Jane Smith, P.C., M.P.

House of Commons

Ottawa Ontario

**Step 3: Beginning and Ending your Letter**

When addressing your M.P. in your letter you may use “Dear Mr./Mrs./Ms./Miss (name):

When ending your letter, end with “Yours Sincerely, (name)”

Date

Mr./Ms [First and Last Name of MP]

Member of Parliament – [MP Riding]

House of Commons

Ottawa, Ontario, Canada

K1A 0A6

**RE: National School Food Program for Nova Scotia and Beyond**

Dear Mr./Mrs./Ms./Miss [Last Name of MP]:

As a constituent in your riding I want to bring forward the need for a national School Food Program for children and youth across the country and in particular those in Nova Scotia.

Kids come to school without food for many reasons including lengthy commutes, early morning practices, not being hungry when they wake up, busy family routines and/or household food insecurity. Nova Scotia research has identified a strong association between diet and academic performance, including evidence that school breakfast programs may help kids get the nutrition they need.1 Kids spend most of their day in school and this represents a crucial opportunity to help them reach their full potential by giving them access to good food.

An investment in a national School Food Program is an investment in our children’s health, academic achievement and success. Within G7 countries, Canada is the worst when it comes to nourishing students. It is time for Canada to adopt a national cost-shared school food program. The coalition for Healthy School Food is calling for an initial federal investment of $360 million, growing to $1.8 billion annually.2 We can’t afford not to do this as the return on investment for school food programs is an impressive $3-$10 for every $1 invested.3

As my elected representative, I ask that you support this call to action and follow [Senate motion no. 358](https://www.healthyschoolfood.ca/blog/senator-eggleton-tables-motion-to-launch-a-national-nutrition-program-for-children-and-youth) to initiate consultations with the government, provinces, territories and Indigenous peoples to collaborate in the development of a national cost-shared school food program for Canada.

**You can also support this work by:**

1. Supporting the Great Big Crunch on March 28th, 2019, by attending an event in your riding.

2. Attending local events in your constituency that support school food.

3. Visiting the #SpeakUp4SchoolFood website to get more information: [www.nourishns.ca/speakup](http://www.nourishns.ca/speakup)

Thank you in advance for considering this important issue and I look forward to hearing from you.

Sincerely yours,

[Your First and Last Name]

[Your Address]

1. Mcisaac, J., Kirk, S., & Kuhle, S. (2015). The Association between Health Behaviours and Academic Performance in Canadian Elementary School Students: A Cross-Sectional Study. *International Journal of Environmental Research and Public Health,* *12*(12), 14857-14871. doi:10.3390/ijerph121114857

2.The Coalition for Healthy School Food. (2016) Position Statement For a Universal Healthy School Food Program. Retrieved October 4th, 2018 from<https://www.healthyschoolfood.ca>

3.World Food Programme. (2016) Cost-Benefit Analysis: School Feeding Investment Case. Retrieved October 4th, 2018, from

<http://www1.wfp.org/school-meals>