2014 MID-TERM ELECTIONS:
Use Your Voice to Send a Powerful Message

ELECTION TOOLKIT
Engaging in the 2014 Mid-term Elections

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Thank you for downloading the 2014 CARE U.S. Elections Toolkit!

It’s a different kind of CARE package.

Thank you for downloading the Elections Toolkit. This is a joint project of CARE and our sister organization, CARE Action Now, working to change U.S. foreign policy and change lives for the better.

Every day, CARE works with people in the poorest communities to fight poverty and deliver lasting change. Our Washington D.C. office is guided by insight from the 87 countries where CARE works as we advocate for U.S. policies that can improve global development.

We’re known for:

• our unshakable commitment to comprehensive maternal health care, having championed the importance of family planning in that continuum for two decades;
• our work on food aid, our principled stand on local purchase and our leadership advocating against monetization;
• tirelessly fighting for girls, her right to an education and pursuing policies that would eliminate child marriage;
• advocating for timely and adequate responses to humanitarian emergencies with special attention to the needs of women and children and a stop to gender based violence;
• and supporting more and better foreign assistance.

However, we consistently hear from U.S. policy-makers that too few Americans support legislative action on poverty-fighting issues, so they aren’t a priority for our elected officials. But when the U.S. plays such a critical role in shaping policies that directly impact the people CARE serves, we feel a responsibility to speak up.

America’s goodwill, innovation and investment can address some of the world’s greatest challenges. CARE’s goal of helping poor people lift themselves out of poverty reaffirms America’s tradition of moral leadership and helps create a stable and more prosperous world for us all.

We know from our generous supporters and like-minded friends that you agree. It is incredibly important to act now. With every House seat and 36 Senate seats up for election, it is a critical time to engage in this effort.

With your help, we intend to send a powerful message to the candidates for the House and Senate: There is an energized, organized constituency in the United States that is passionate about fighting global poverty. By interacting with and questioning candidates and their staffers, we can demonstrate broad and informed support for improved U.S. policies.

On behalf of CARE and all of the people we serve, thank you for what you’ve done and what you’ll continue to do. As you use your voice to influence candidates, you are not only building a more just world, you are changing people’s lives.
There are multiple ways to reach out to candidates and have your voice heard.

Traditional Media
Social Media
Open Forum
Meet Face to Face
Join a Campaign
Fund-raising Events

All 435 members of the House of Representatives are up for re-election. Senators serve a six-year term, and therefore only some of the Senate is up for re-election.

It is important to remember that your overall goal is to build a relationship with candidates and establish yourself as someone they can trust and respect. The most important message to convey is: We support U.S. foreign assistance.

Politico is an excellent source of information on federal elections. Just click on your state to determine which Senate and House candidates are running in your district.
Objectives

• Offer CARE’s policy statement (in the resources section) – Many candidates are still solidifying their positions on global development.

• Ask probing questions – Learn where all candidates, incumbents and challengers alike, stand on issues relating to global development.

• Build relationships – Demonstrate that there is an informed and passionate constituency dedicated to fighting global poverty.

Importantly, CARE is not trying to influence who gets elected. When you serve as a CARE volunteer, it is important to be fair, even-handed, and nonpartisan. The purpose of this effort is to connect with every candidate, to educate them about global development, and to let them know there are people who care. Whoever is elected, we want them to know their constituents are concerned.

Be Comfortable with the Information

• Familiarize yourself with issues on CARE’s legislative agenda by downloading materials online. Read through the materials carefully and get answers to any questions you have by contacting your regional advocacy coordinator. Remember, the main message is: We support U.S. foreign assistance.

• Learn about your candidate and their positions on these issues.

• Visit different online resources so that you are comfortable with current facts as well as differing opinions on the issue. (See the resources section for more information.)

Communicate Effectively

• You are most effective when the candidate or staff member immediately understands what you are asking them to do. Advocating effectively means that your communication is simple, polite and concise. It is also effective to relate the issue to things that happen in your district or tell a compelling personal story that illustrates why you are advocating for the issue.

• Keep records of all your communications and send them to your regional advocacy coordinator.

The key to influencing the people who represent you is proving to them that you are a committed, well-informed and a persistent constituent. It is important that you take time to prepare your thoughts, familiarize yourself with your candidate and follow up as many times as it takes. No matter how you make contact, be clear that you want to learn what their positions are, and you want them to know that they have constituents who care deeply about global development and support U.S. foreign assistance.

So now you know who the incumbent and challengers are. How do you connect with them?
One way to reach your candidate is through traditional and social media. You can call your local paper to see if they will produce a voter’s guide. If so, ask them to consider putting a question on the voter guide that would help more people know where the candidate stands on global development. For example: What do you think the major causes of global poverty are and how can we tackle those problems?

A more direct option is to ask the paper if they accept opinion articles (also known as op-eds because they appear opposite the editorial page). If a publication accepts submissions, find out the name of the person to whom the material should be submitted and any editorial guidelines you need to follow. If the publication does not accept op-eds, send a letter to the editor (LTE), which nearly every paper publishes. If you mention CARE in your LTE, please send a draft to your regional advocacy coordinator prior to submission. Once your letter is printed, please share a link with your candidate along with a short note.

Here are some tips for your article or letter:

- Refer back to the article/column you are responding to.
- Express support for U.S. foreign assistance and share ways to take action OR point out that you disagree with the article’s premise and make suggestions for action.
- Explain what the existing legislation does/calls for, if appropriate.
- Use a compelling fact and expand on it.
- Emphasize what needs to be done and by whom.
- Explain the benefit of taking this action.
- A good article or letter can not only raise overall awareness on an issue, but can also be a good way to positively engage a candidate.

(See resource section for a sample Letter to the Editor.)

The other way to engage is through social media. Social media can be a powerful way to publicly connect with candidates during the 2014 Midterm elections. As a CARE advocate, you can use these platforms like Facebook and Twitter to let your candidate know what poverty-fighting issues matter to you. Below you will find links to CARE’s social media accounts, suggested messages, and tips for engagement.
Tips for Getting Started

1. Use the hashtag #CARE2014elections at the end of each message. That way, we can track all of the messages across the different social media platforms. Hashtags (#) are recognized on Twitter, Instagram Facebook and Pinterest so feel free to include #CARE2014elections in all your posts.

2. Follow CARE on social media! Feel free to like or share our content with the candidates and current Members of Congress you think need to know about global development and ending poverty.

   - Twitter: twitter.com/care
   - Facebook: facebook.com/carefans
   - Instagram: Instagram.com/CAREORG
   - Youtube: youtube.com/careusa
   - Pinterest: pinterest.com/careorg
   - Linkedin: linkedin.com/company/care
   - Google plus: plus.google.com/+care

3. Make sure to follow your Member of Congress on Twitter, Facebook or other platforms to keep track of what they are working on. To find your policymaker, visit their official website and look for the social media information on their webpage. You can also search on Twitter or Facebook but just check the page carefully to make sure it’s the official account.

Sample Tweets

Feel free to copy and paste these into your own Twitter feed or reword to reflect your own voice. Here are some sample tweets you can copy or modify. Be sure to look up your Member of Congress’ Twitter feeds and write their handle in the beginning of the message.

U.S. Foreign Assistance

YOU@Yourtwitterfeed
@RepXYZ The U.S. spends < 1% of the budget on global development. Make foreign assistance a priority in the 2014 Midterms #CARE2014elections

Food and Nutrition Security

YOU@Yourtwitterfeed
@RepXYZ There’s enough food in the world to feed everyone. Let’s make ending #globalhunger a priority in the 2014 Midterms! http://shout.lt/wzGL#CARE2014elections

YOU@Yourtwitterfeed
@SenXYZ Malnourished kids cost the US millions every yr. Healthy kids are an economic gain! http://ar.gy/5ZEx #CARE2014elections
Humanitarian Emergencies

YOU@Yourtwitterfeed
@RepXYZ 9M Syrians have fled their homes and they need our help. Let’s prioritize these emergencies in the 2014 Midterms! #CARE2014elections

Gender-based Violence

YOU@Yourtwitterfeed
@SenXYZ Up to 70% of women experience violence in their lifetime. Let’s make protecting women a priority in the 2014 Midterms! #CARE2014elections

Maternal health

YOU@Yourtwitterfeed
@RepXYZ Healthy moms around the world mean healthy societies. Let’s put moms first in the 2014 Midterms. #CARE2014elections

Writing your own Facebook messages or Tweets?

Great! Here are some questions to inspire you:

- How are the midterm elections relevant to fighting poverty globally?
- Why does fighting poverty inspire you to take action? What can your friends and family do to help?
- How can Members of Congress prioritize poverty-fighting issues?
- What will you do when you return home after a candidate’s town hall to continue the conversation?

Short URLs

The following are short links to pages on CARE’s website that correspond with the issues/topics you may be asking candidates to learn more about. Feel free to use the links in your tweets or other social posts at any time.

- Food and Nutrition Security: http://shout.lt/wzGL
- Gender Based Violence: http://shout.lt/wg1w
- Humanitarian Emergencies: http://shout.lt/wg1r
- Maternal Health: http://shout.lt/wg02
- Youth Empowerment: http://shout.lt/wg1H
- Market access: http://shout.lt/wzGM
The easiest way to meet a candidate for Congress is to attend their public events. In order to get elected, the candidate will need to be out in public often, so you’ll have ample opportunity to ask questions about his or her position on global poverty. We urge you to attend the public events hosted by candidates from both political parties.

To find out the candidate’s schedule of events, simply call the campaign headquarters and ask when the candidate will be in your area. (Contact information is often found online or by calling directory assistance and asking for the campaign headquarters of your candidate.)

At an Event

- Q&A: At the event, put yourself in a position to ask a question. If you’ve brought a friend, station yourselves in different places to ensure that at least one of you is called on.

- Handshake line: Candidates love to shake hands. This is another opportunity to ask your question. Continue to shake the candidate’s hand until he or she answers your question.

- If you cannot talk directly to the candidate try to talk to a senior staff person such as the political director or the campaign manager.

Candidate Questions for a Public/Open Forum

My name is x, I am a voter and I support U.S. foreign assistance:

- What can you do to address the underlying causes of global instability that threaten our national security, such as poverty and lack of economic and social opportunities in poor countries?

- What do you think the major causes of global poverty are and how can we tackle those problems?

- [FOR INCUMBENTS]: What have you done to address the problems of global poverty, conflict and instability in your time as an elected official? What initiatives have you supported? How have they turned out? Are there any new initiatives that you think we should try? Have you visited the developing world?
Communication Guidelines

The impact you can have on global poverty is potentially enormous. Please take the following into consideration when you advocate so that we can operate effectively.

**General**

- If you are ever contacted by the media directly, please set up an appointment with them instead of taking the interview immediately. E-mail your regional advocacy coordinator so we can work together to maximize the opportunity.

- Engage both candidates equally.

- When asked a question about CARE, CARE’s work or a policy CARE supports for which you don’t have an answer, tell the person you will get the answer and get back to them. Contact your regional advocacy coordinator.

**At a Public Appearance for a Candidate - Do**

- Discuss the importance of public policy approaches to a broadly-stated issue.

- Discuss how CARE has been trying to educate candidates about these issues.

- Be clear that CARE is encouraging candidates to develop some type of plan for addressing these issues.

- Be clear that CARE does not support or oppose candidates.

- Be clear that CARE will not suggest that one candidate is better or more qualified than another.

- Point out that these are important issue to voters and they deserve to know how candidates would try to address them.

- Be prepared.

**At a Public Appearance for a Candidate – Do Not**

- Comment positively or negatively on statements or positions of any of the candidates.

- Suggest that one candidate or political party is more responsive on this issue than the other.
MEET FACE-TO-FACE

Face-to-face meetings with a candidate or a senior staff member provide one of the best opportunities to express your opinion and discuss your concerns. These meetings are also a great way to build a relationship that can be continued or resumed in Washington, D.C., should the candidate be elected or re-elected.

Often, candidates will not be able to meet you, but a meeting with the right staffer can be just as effective. All candidates rely heavily on staffers, and often these campaign staffers become the legislative staff if the candidate is elected. These are the people who control the flow of information to the candidate. Remind your candidate that you vote in their district. Candidates and their staff have huge demands on their time and focus on those who can vote for them.

Arranging a Meeting
• Call or e-mail a letter, addressed to the candidate, but directed to the attention of the scheduler, requesting a meeting. (See resource section for more information.)

• Mention that you live in the candidate’s district and your affiliation with CARE. Include the number of CARE supporters in the candidate’s district (contact regional advocacy coordinator for detailed information on CARE supporters)

• Make follow-up phone calls to the scheduler until you can agree on a date. If they don’t return your call within two to three days, then call again.

• If you cannot meet with the candidate, try to meet with a senior staff member such as the campaign manager or the political director.

• Schedule your meeting and make sure to mention if you plan to have additional supporters to attend.

• Email your regional advocacy coordinator to let them know that you’ve scheduled a meeting. It only takes a minute and increases our advocacy effectiveness exponentially.

• Follow up with the scheduler and let them know who will be attending your meeting and what the agenda will be. Get directions to the office and provide a number where you can be reached if anything changes.

Preparing for Your Meeting
• Make an effort to gauge your candidate’s interest or natural affinity for global development. (Was he/she in the Peace Corps? Has he/she participated in a CARE Learning Tour? Etc.) This can be done through online research, reading the campaign website, or talking to others in your community.

• Go to CARE’s website and/or familiarize yourself with CARE’s downloadable issue briefs and questions. (See resources section)

• Practice what you are going to say so you sound natural to the candidate or staff person, and not like you are reading straight from a script. Practicing will build your confidence and add to your effectiveness.
At the Meeting

- Be on time and wear business attire.

- Offer CARE’s policy statement as a resource to the campaign. (In the resources Section.)

- Be accurate. To build a working relationship and get results, you need to be a credible source of information. Never bluff. If you don’t know something, just say so. Tell them you will find out and get back to them.

- Be brief. They appreciate it when you get to the point and respect their time. Because your meeting or call might be interrupted, get to your request in the first few minutes. Make sure to exchange contact information and leave documents and any other appropriate items for the candidate/staffer to become more engaged with your issue. Effective advocacy is based on communication that is simple, polite and to the point.

- Be courteous.

- Be specific. In your communications with candidates and their staff, make a point to mention exactly why you are passionate about these issues.

- Be sure to ask questions that get to the candidate’s views on our topics

- Only chose up to three issues to cover in any one meeting – even one issue is enough.

- Bring along the fact sheets to leave behind. (In the resources section.)

Candidate Questions for a Face-to-Face meeting

Remember to choose only up to three issue questions and bring along the fact sheets to leave behind. It is most critical to include the question on foreign assistance levels. The others may only be appropriate for candidates who have already developed their positions on these issues.

Foreign Assistance Levels (essential question)

1. Less than one percent of the U.S. federal budget funds poverty-fighting U.S. foreign assistance programs. Do you support increasing the poverty-focused areas of the foreign assistance budget?

Gender Based Violence

1. Violence against women and girls is at epidemic proportions in many countries around the world. GBV primarily—though not exclusively—impacts women and girls; it includes rape, domestic violence, child marriage, female genital cutting and other harmful traditional practices. At least one out of three women globally will be beaten, coerced into sex, or otherwise abused in her lifetime, with rates reaching 70 percent in some countries. Would you be supportive of the U.S. government to implement a long-term comprehensive strategy to prevent and respond to GBV?
Food and Nutrition Security

1. Would you support authorizing legislation to codify Feed the Future?

2. The recently-passed Farm Bill enables the U.S. to continue to respond to hunger with life-saving emergency food aid shipped from the U.S., but it also included an important reform to enhance the effectiveness of international food aid programs. Specifically, the Farm Bill created a program that enables the U.S. – when appropriate – to buy food locally to respond to hunger crises, rather than being required to ship U.S. food. Would you support the funding of this provision?

Maternal Health

1. Improving sexual, reproductive and maternal health, and specifically addressing the unmet need for family planning and resulting high rates of unplanned pregnancy, is central to CARE’s commitment to gender equality and the reduction of poverty and social injustice. Do you support international family planning?

Humanitarian Emergencies

1. Do you support humanitarian access throughout Syria and support for Syrian refugees and host communities?

Following Up

After meeting with a candidate or a staff member, it’s important to maintain contact.

• Send a thank you/follow up e-mail to the person with whom you met, citing specifics from your meeting.

• Thank the person you met with for listening to your concerns, especially if the candidate takes action. Commend the candidate publicly, including on their Facebook page, letters to the editor etc. (Be sure to share these publications with your regional advocacy coordinator). Remember that if your candidate is helpful and you praise them publicly, next time they may help even more. The ultimate goal is to build a positive, long-term relationship.

• Get the name of the staff person you speak to and try to deal with the same person each time.

• Provide additional information on global development issues as needed by e-mail.

• After the meeting, send notes and any follow up actions to your regional advocacy coordinator.
Volunteering for a Campaign

If there is a candidate whom you support, by all means, get involved with their campaign! Campaigns run on volunteer help, so any candidate will gratefully put you to work for as much time as you have to volunteer. However, CARE does not endorse candidates, so any volunteer work on a campaign must be separate from work with CARE.

While you’ll be volunteering as a private citizen and not as a CARE representative, you will undoubtedly make connections with campaign staff and possibly with the candidate. If your candidate heads to Washington, you will already have built a personal relationship with some of the people in the office, which will make getting a meeting with them in their new official capacity far easier. You’ve already established yourself as someone who adds value to their work! Let your regional advocacy coordinator know.

Host a Fundraising Event

Candidates always look for ways to get in front of their constituents – these are voters; these are the people the candidate has to know. If you can gather a group of motivated friends, you can often get the candidate to come and speak at your event. Candidates are particularly likely to attend such an event if it will also serve as a fundraiser. If you have found a candidate you want to support, feel free to contact the campaign about hosting an event. Remember, CARE cannot support a specific candidate. Any actions, fundraising or otherwise, in support of a specific candidate or political party must be separate from work with CARE.
What do you need to know?
To help give you the big picture, here is some basic information about global poverty, the unique vulnerabilities of women and girls and current U.S. foreign assistance efforts.

- More than one billion people in the world live on less than $1 a day. In total, 2.7 billion struggle to survive on less than $2 per day.
- Chronic poverty disproportionately disadvantages women. Worldwide, women account for 75% of those living in extreme poverty.
- Women work two-thirds of the world’s working hours, produce half of the world’s food, and yet earn only 10% of the world’s income and own only 1% of the world’s land.
- Every year, 11 million children die before their fifth birthday from chronic hunger and related diseases.
- Too many women still suffer from complications related to pregnancy and childbirth. One woman dies in childbirth every minute of every day. Many of these deaths are preventable.
- Girls and women continue to fall short in school access, retention, and achievement. More than 40 percent of women in Africa do not have access to basic education.
- U.S. foreign assistance funds are used for a variety of purposes, including helping countries build roads, educate children, fight health crises and start small businesses.
- On average, Americans think that the U.S. spends 24% of the federal budget on development assistance, and they would prefer that only 10% be spent in this way. In reality, the U.S. dedicates less than 1% of total federal spending to development assistance.
What can the U.S. do?
The United States must be a leader in the fight to combat the underlying causes of poverty and poor health, especially among women. This means:

- **Maintaining a commitment to humanitarian principles through development assistance which supports the efforts of the world’s poor to improve their livelihoods.**

  *Providing aid for victims of natural disasters, famine and war, as well as refugee and migration assistance to those in need is a well-established American tradition.*

- **Providing more vigorous support to empower families and communities to sustain themselves.**

  *The U.S. investment in the developing world has already paid significant dividends; life expectancy has increased by about 33%, smallpox has been eradicated worldwide, and in the past 20 years, the number of chronically undernourished individuals has been cut in half.*

- **Holding other governments accountable when their laws and social practices disadvantage women or ignore the basic rights and needs of their people.**

  *The U.S. was established on the ideals of life, liberty, and the pursuit of happiness. The underlying values – relieving human suffering, providing economic and educational opportunity, and supporting human rights and democracy – have long been reflected in U.S. foreign policy.*

- **Taking every opportunity to reduce the risk of global violence that heavily disadvantages the most vulnerable.**

  *In conflict areas like Syria, South Sudan and the Democratic Republic of the Congo, the U.S. must be a leader in finding solutions that protect the most vulnerable and build healthy, sustainable societies.*

- **The United States must continue to be a leader in support for international family planning.**

  *These investments are highly costs effective. The U.S. Agency for International Development (USAID) found that in Zambia, one dollar invested in family planning saves four dollars in other development areas.*
John Smith  
326 Plains St.  
Kenosha, WI 53142  

Bob Roberts for Congress Campaign  
Attn: Susie Jones, Scheduler  
425 State St., Room 225  
La Crosse, WI 54601-3341  

August 16, 2014  

Dear Mr. Roberts:  

As a constituent and CARE supporter, I am writing to request a meeting in your La Crosse campaign office to discuss four key issues that play an important role in the fight against global poverty.  

As you know, we have the resources today to eradicate the worst forms of poverty and injustice. America has always been a generous nation, and it’s time to commit ourselves to bold goals that will improve life for millions around the world. But I am worried that our current investment in the fight against poverty does not reflect the high stakes: our economic stability, national security and moral standing in the world. I’d like to share ways that you could take a leadership role in Congress; namely to make the issue of global poverty a priority for the U.S. government. 

There are nearly 14,000 CARE supporters in Wisconsin who are passionate about supporting the fight against global poverty. CARE is one of the largest poverty-fighting organizations with nearly 70 years of experience. CARE works to address underlying causes of poverty through programs that advance education, improve health, increase economic opportunity and meet emergency needs during and after disasters. 

A group of us would like the opportunity to meet with you to discuss these important issues. I will follow up with your staff to find a time that works best with your schedule or you can contact me directly at 555-432-5968. 

Yours sincerely,  
John Smith  

NOTES: Call the campaign headquarters to find out who you should contact about arranging a meeting (contact information can often be found online or by calling directory assistance in the largest city in your district and asking for the campaign headquarters of your candidate). You can find the number of CARE supporters by contacting your regional advocacy coordinator.
Tips for writing a Letter to the Editor:

- Keep in mind the many different types of publications – national, local and daily newspapers

- Be concise (typically around 150-175 words max) and credible using statistics and personal experience where appropriate

- Refer to recent stories published in the paper. The letter-to-the-editor typically references an article or editorial published in the last day or two and either agrees with the writer’s thesis (usually adding additional detail or supporting information) or takes issue with the facts or arguments presented in the article (and offers an alternative point of view). Always be respectful and constructive.

- Include your name, address, e-mail and phone number

Sample: on the Mid-term elections:

The Bergen Record
Letter to the Editor
October 9, 2014

To the Editor:

Your paper has done a thorough job of providing extensive coverage of the mid-term national elections, which are just four weeks away, including yesterday’s article on [insert article title here]. While much attention is given to the impact of domestic issues such as health care and the economy, I fail to see any mention of an issue that should be on your front page each and every day – global development.

I support CARE and I’ve learned that 1.1 billion people still live on less than $1 a day and as a world leader the United States should be doing everything in its power to make a difference in the lives of the poor, especially poor women. Each year, more than half a million women die from the complications of pregnancy and childbirth - one death every minute of every day, and most are preventable. Not only should the media be talking about this more often, but both incumbents and candidates running for office next month should let us know how they’ll tackle this problem when they get to Washington. I plan on raising this issue with my local officials and hope that your paper will do the same.

Pete Kraft
Fort Lee, NJ
Sample: on a specific issue

San Jose Mercury News
Letter to the Editor
August 22, 2014
Re: “No thanks and keep your farm aid”

Many thanks for this column highlighting the wastefulness of the practice of selling U.S. commodities to fund anti-poverty and anti-hunger programs.

While providing food outright is one way to fight hunger, especially when a natural disaster strikes, there are many more creative ways of helping the hungry, not just in emergencies, but day after day. Unfortunately, these efforts are limited or prohibited by current US policies.

Right now, U.S. government food aid to needy people must be produced here and shipped overseas on U.S. flagged vessels. It would save time, money and lives if the law was changed to allow buying food locally or within the region where it is needed. At times, the issue is not food, but poverty. There is plenty of food available but people are simply too poor to buy it; they need small cash transfers to enable them to buy their own food, but cash is in short supply.

As your column suggests, buying and shipping U.S. food aid does not help small farm families in the United States. In fact, it can even hurt small farmers in developing countries who have to compete against the food that is imported into the country. For the past 3 years, I have volunteered with the poverty-fighting organization CARE to change this. Congress should realize that moving away from unneeded shipments of food and increasing cash and flexibility to fight hunger is a more efficient, faster and better use of my tax dollars.

Sincerely,
Alina Larson
Volunteer with CARE, the international poverty-fighting organization
CARE has a team spread across the U.S. working to educate and update advocates on CARE’s legislative agenda, facilitate local events to raise awareness for CARE’s work and help advocates build local networks to give a voice to issues in the developing world. Use this list to find a representative near you:

**Margie Lauter** – Based in New York, NY  
**Regional Advocacy and Global Partnerships Coordinator**  
CT, DE, MA, ME, NH, NJ, NY, PA, RI, VT  
**E-mail:** mlauter@care.org  
**Phone:** (212) 803-2901

**Terriah Proechel** - Based in Miami, FL  
**Regional Advocacy Coordinator**  
AL, FL, GA, LA, MS, SC, TN  
**E-mail:** tproechel@care.org  
**Phone:** (305) 923-2379

**Ellen Carmichael** - Based in Huntington, WV  
**Senior Regional Advocacy Coordinator**  
DC, IL, IN, KY, MD, MI, NC, OH, VA, WI, WV  
**E-mail:** ecarmichael@care.org  
**Phone:** (312) 881-1443

**Philippe Nassif** – Based in Houston, TX  
**Regional Advocacy Coordinator**  
AR, CO, IA, KS, MN, MO, MT, ND, NE, NM, OK, SD, TX, WY  
**E-mail:** pnassif@care.org  
**Phone:** (832) 526-0624

**Jonathan Young** – Based in Seattle, WA  
**Regional Advocacy Coordinator**  
AK, AZ, CA, HI, ID, NV, OR, UT, WA  
**E-mail:** jyoung@care.org  
**Phone:** (206) 356-4824
POLICY STATEMENT

Helene D. Gayle, MD, MPH
President and CEO
August 2014

America faces extraordinary global challenges and opportunities in the 21st century that call for strong U.S. leadership and a bold vision of engagement with the world. At CARE, we address the root causes of poverty by ensuring that dollars invested in U.S. foreign assistance programs are used more efficiently. We seek to bring solutions to problems before they become costly crises. This means supporting basic human needs, particularly for the most marginalized women and girls around the world.

US foreign assistance works

Keeps Americans safer
• promotes international cooperation
• stabilizes weakened states and prevents massive human displacement
• builds international coalitions to reduce violent conflict

Builds economic prosperity
• creates jobs domestically and abroad
• supports enterprise development
• fosters more productive and sustainable agriculture
• promotes market access, international trade, and broad-based economic development

Demonstrates our moral values
• supports victims of disaster and conflict
• fights violence and discrimination against girls, women and other marginalized groups
• combats the spread of infectious disease and increases access to health care and basic education
• strengthens civil society, democratic institutions and the rule of law

CARE strategically works to empower women to fight poverty because women are the backbone of communities. Their efforts as farmers, wage-earners, and caregivers in poor communities throughout the developing world assure the well-being of families and the success of future generations.

Every day more than 800 mothers around the world will die during childbirth from preventable causes. Maternal health is a proxy measure of gender inequality and the rights of women in society. We must address the underlying causes of this inequality to address the barriers women face in accessing maternal health services. Maternal health interventions, including education and access to family planning, require a functioning health system—investments must be made in strengthening health systems to ensure the availability of skilled personnel and quality maternal health services. Family planning is a key pillar of our work. It is a proven and effective strategy for reducing maternal mortality.
The majority of the world’s chronically hungry people are also women and children. They tend to live in rural areas, where development processes have failed and growing numbers of people have fallen into cycles of poverty. For this population, the lack of access to sufficient food is a persistent, long-term problem that results from social conditions that limit their potential. **Chronic hunger affects all aspects of individual and community life.** It has led directly to a major crisis of child malnutrition, morbidity and mortality. Recently, worldwide increases in food prices have triggered a global surge in hunger. As commodity prices have increased, the purchasing power of poor people has quickly diminished. Since sending the first CARE Package® in 1946, we’ve worked with governments and communities to ensure sustainable food security for the world’s poorest people.

Increasingly, civilians — women and girls in particular — are victimized and terrorized in conflicts, causing long-lasting and haunting consequences. **Gender-based violence is both a cause and a consequence of poverty and gender inequality.** Sexual and gender-based violence has devastating consequences — not just for the victims, but also for their families, their communities, and the recovery of entire societies from conflict. In more than 30 countries around the world, CARE provides critical medical, legal, psychosocial and protection services to people experiencing violence. CARE also provides local activists with assistance and support to provide case management to survivors, advocate for improved policies and laws, raise awareness and change local norms that perpetuate violent behavior. Prevention and protection should be incorporated into all humanitarian assistance.

The interconnected global challenges and opportunities America faces today call for making greater and more effective use of our development and diplomatic tools in an effort to advance global health, economic prosperity and international cooperation.

**About CARE**

CARE is a leading humanitarian organization fighting global poverty in over 87 countries. We place special focus on working alongside poor women because, equipped with the proper resources, women have the power to help whole families and entire communities escape poverty. For more information, visit [www.care.org](http://www.care.org)
REAL PEOPLE, REAL STORIES

Food and Nutrition Security for All:
From Emergency Response to Sustainable Solutions

In many countries in which CARE works, families are hungry every day for an extended period. It may have begun with a crisis, but it often turns into a protracted problem. Solutions to hunger and malnutrition have to address all aspects of the problem to meet emergency or chronic food needs and help farmers and families grow and buy enough nutritious food. Addressing food and nutrition security means everything from distributing food in the wake of a disaster to empowering families to buy food in local markets with vouchers; from educating farmers about restoring soil health to sharing information on nutrition with mothers and fathers; from helping farmers increase their yields to ensuring they can get fair market prices for their products.

Supporting Vulnerable Families through Food Aid

The Joint Emergency Operations Program (JEOP) is a Food for Peace (FFP) program that started in 2008 to address acute food insecurity in various parts of Ethiopia. In collaboration with the government of Ethiopia, JEOP fills the gaps in food availability for vulnerable households by providing survival food and nutrition rations.

Beya is a 25-year-old mother of seven children, four boys and three girls, living in a community outside Dire Dawa, Ethiopia. Beya has struggled to provide enough food for her family and due to poor weather conditions, has been unable to harvest enough sorghum to feed her family. Following the poor harvest, Beya joined the JEOP, in which CARE is a partner, to receive monthly food distributions. Her husband had already migrated in order to supplement the family’s income, but he had fallen ill, leaving the family with medical bills in addition to food shortages. Through the food distribution program, Beya and her family receive a basket of several kinds of food every month. Today she is also diversifying her income so that she can provide for her family and send her children to school. Given the extra challenges her family faces while her husband is ill, Beya is incredibly thankful for the program.

Going Beyond Food Aid: Helping Households Build their Assets

Graduation with Resilience to Achieve Sustainable Development (GRAD) is a $23 million, five-year program funded by the United States Agency for International Development (USAID) to assist poor households by linking them to microfinance services and functioning markets through a number of strategies such as strengthening women’s participation and skills, adapting new farming and natural resources techniques, improving nutrition, and enhancing modern agricultural services.

Asefa and his wife Almaze are participants in CARE’s GRAD program in Awassa, Ethiopia. As smallholder farmers, Asefa and Almaze, along with their seven children, grow maize, sugar cane, coffee, and the “false banana” tree.
The false banana doesn’t produce fruit, but the root can be used for food. As members of their Village Economic and Social Association, they can access loans at low interest rates in order to invest in their farm: Asefa raises sheep and goats, which he sells in the market. He has already paid off his loan and has been able to invest his profits in additional livestock. Asefa and Almaze also cultivate a vegetable garden, growing cabbage, carrots, onions, and sweet potatoes. Several times a week, Almaze goes to the market to sell produce. Because of the gender equality training Asefa received as part of the GRAD program, he knows the importance of helping his wife, and he picks her up in the market when she goes there to sell vegetables. They are considered gender role models in their community. Together, Asefa and Almaze are working to better their lives and provide for their children.

Empowering Farmers to Grow Food and Incomes

“Welcome to the potato capital of the world,” Edilberto says, proudly explaining that the Andes are home to over 3,000 potato varieties. He could not always say that with such pride. Twenty years ago, Edilberto drove a truck full of native potatoes to Lima, desperately trying to salvage the native potato farming traditions being ripped apart by conflict. Poverty, hunger and malnutrition, already a problem in Ayacucho, Peru, had grown more severe as families abandoned their farms out of fear.

Edilberto knew people in Lima normally ate white potatoes but thought surely, they would jump at the chance to buy these flavorful pieces of Peru’s natural heritage, a crop that can only grow in the rich soil high in the Andes. As the days went by in Lima, though, Edilberto realized he had been very wrong. No one wanted the native potatoes in their shades of blue, red, purple, and yellow.

So in 2010, Edilberto jumped at the chance to join a CARE program designed to help improve native potato production and connect farmers to markets. Through the program, Edilberto and his fellow farmers improved their farming techniques and banded together in a consortium, in which the farmers were able to improve their marketing and command better prices for their products. The resulting consortium’s big break came just one year later when renowned Peruvian chef Gaston Acurio tasted a few of their potatoes. Acurio loved them, demanded to know exactly where they came from, and traveled to meet the farmers. Because they were united as a consortium, Acurio was confident he would have a stable enough supply to place the potatoes on his menus. Acurio, an activist chef who promotes native products, invited other chefs in Lima and beyond to try these delicious potatoes that could only grow high up in the Andes. As a result, demand skyrocketed and so did incomes in the valley Edilberto calls home.

Today, though the CARE program has ended, Edilberto and the consortium of farmers continues to thrive, selling their products locally, bolstering the economy and celebrating Peru’s rich culture.
REAL PEOPLE, REAL STORIES
Syrian Refugees in Lebanon

The light goes on and off. It flickers for a few seconds, and then everything turns dark again. Hala sits on the floor of her small room in Beirut. Ahmed, one of her five sons, runs to one of the room’s corners. Unerringly he climbs over a suitcase lying around. He knows exactly which lumps and bumps he has to watch out for.

In Sabra, one of the poorest and most densely populated areas of the Lebanese capital, the electricity hardly ever works. It gets dark early here, but the light bulb never lasts longer than a few minutes. The rest of the time the candle that Ahmed has fetched from the corner has to be sufficient. Its light reveals the home of the family. A small, dark room, mold on the walls, windows without glass and a cold, wet floor. The two beds their Lebanese landlord has given to them are almost falling apart.

In Sabra, not only is electricity scarce, but so is shelter, water and work. Sabra was built in 1949 as a refugee camp for Palestinians. Provisional houses have become permanent and most people have lived here for decades, but even more have joined them: Lebanese who cannot afford to live anywhere else in this megacity and refugees from Syria, like Hala.

Hala is from Daraa where the revolution started almost three years ago. She did not want to leave her house; she wanted to hold out until the war went somewhere else. But it was there to stay. Her house was damaged; her husband could not find work to support the family anymore. He was the first to leave and head to Lebanon so that he could send money back home. When the house was full of bullet holes and their garden burnt down, it was too dangerous to stay. She and her five sons, who are between four and twelve years old, left and joined her husband.

Ten days ago Hala gave birth to a baby girl. “I always wanted to have a daughter. I was so happy about her birth. But I live in fear every day; I am afraid she will get sick from the cold or freeze to death at night.” Many people in Sabra do not have work or are badly paid. Like other Syrian refugees, Hala’s husband is underpaid and works for a lot less than his Lebanese counterparts. This causes friction, the effects of which Hala is also feeling.

More than 860,000 refugees have registered with the United Nations in Lebanon. But the government estimates that more than 1.2 million Syrians are living within the country which itself has only four million inhabitants. CARE is providing life-saving services to Syrian refugees in Jordan and Lebanon and to people affected by the crisis in Syria. As the conflict escalates, CARE is also starting activities in other countries in the region to help Syrian refugees. CARE’s support to families affected by the crisis in Syria is based on humanitarian needs alone, no matter which religion, political affiliation or ethnicity people belong to.
“None of my neighbours asked me how I felt after I gave birth. No one congratulated me for having a child. I don’t know anyone here and no one speaks with me. I miss my friends, my neighbours and my family. I miss their familiar faces.”

Hala is among those who have not yet registered with the UN. In the beginning she did not have money to cover the transport costs to reach the registration office, which is quite far away from their home. She does have an appointment now, but she will have to wait one and a half months. She hopes that she will receive food vouchers. Some of her Syrian relatives and friends, who have also fled to Lebanon, have gone away empty-handed. There is simply not enough money to support everyone. At the moment, the family receives food from a local partner organization of CARE. CARE also supplied them with diapers for her daughter and items for personal hygiene. Hala’s husband is a carpenter and earns barely enough to cover the rent for their ten square meter small room. There is no money to register the children for school.

“They already missed two years of school while we were still in Daraa. It was too dangerous for them to go out. What shall they become later in life!”

This is not a question; it’s a statement. “I have lost hope that my voice will be heard. I feel powerless. It is as if I were standing on a market, high up on a gallery. Everyone can see me and hear me while I scream louder and louder. Everyone looks at me but no one is doing anything.” She pauses and says: “People could just as well be trees, a forest full of trees in the darkness. It would not make a difference.”

What does Hala do all day? What are her children doing? She says that daily routines even become unbearable at some point. You get used to what should never become everyday life. She gives different tasks to her children so they do not get bored. One of them is responsible for making the beds, the other one takes care of pulling up the mattresses and blankets from the floor in the morning. If there is water, yet another washes the dishes in their small kitchenette. The smallest one helps her prepare breakfast, lunch or dinner.

“We have to decide. We cannot afford to eat more than one meal a day. Sometimes we play as if we ate dinner and prepared a feast. I am not sure whether this makes things better. But at least it keeps us busy.”


ISSUE BRIEF
Food and Nutrition Security for All

Each day, almost one billion people around the world do not have enough to eat, most of whom live in rural areas, and two billion people suffer from malnutrition. Hunger and malnutrition are the number one risk to global health, killing more than AIDS, malaria and tuberculosis combined. And malnutrition—particularly in the first 1000 days from a mother’s pregnancy until her child’s second birthday—can permanently impair physical and cognitive development, creating a vicious cycle of poverty and hunger.

By 2050, the global population will grow to 9.6 billion, with most growth in the poorest countries. This growth in population will require 60% more agricultural production, along with just and sustainable ways of ensuring that everyone has enough nutritious food to eat. Feeding and nourishing the hungry and malnourished of today, as well as the billions of tomorrow, will be one of the defining challenges of the 21st century.

ISSUE IN FOCUS
Hunger is a complex problem and calls for a comprehensive approach that addresses all aspects of hunger and malnutrition, from emergency to long-term food and nutrition needs.

Small-scale farmers provide up to 80 percent of the food supply in Asia and sub-Saharan Africa, and 85 percent of the world’s farms are small-scale farms. But these farming families often struggle to grow or buy enough nutritious food for themselves because of poor quality soil, small plots of land, water scarcity, a lack of diverse foods available, or low incomes. Those who do produce enough can also struggle to access markets or sell their harvest at fair prices. These small-scale farmers also face the growing challenge of climate change (as traditional rainfall patterns change, water becomes scarcer or too abundant, and natural disasters become more frequent and severe) increasing the uncertainty of already tenuous livelihoods.

Women and children comprise the majority of the world’s chronically hungry people. When food is scarce, women are often last to eat and their food is the least nutritious. Poor nutrition early in a child’s life can result in irreversible “stunting” or reduced growth, impaired development and low immunity to diseases. And when the food supply is short, families spend less on other essentials—like education and medicine. Many small-scale farmers are women, and while they are often responsible for the families’ food and nutrition needs, they are frequently not given equal access as men to the resources necessary for productive, sustainable livelihoods.

U.S. international food assistance programs have embodied the compassion and generosity of the American people for sixty years. It’s time for renewed United States leadership on global food and nutrition security that is comprehensive, equitable, sustainable, and flexible.
Modernizing U.S. International Food Aid

Since 1954, U.S. food aid programs have fed over a billion people. Yet recent studies have revealed ways to modernize U.S. food aid to increase its effectiveness, reach millions more people without spending any extra money, and support the long-term food and nutrition security of small-scale farmers.

Modernizing food aid begins at home. Traditionally, the U.S. has shipped food from the United States to developing countries overseas, but this process can be expensive and slow. As much as thirty cents of every dollar spent goes to pay for transportation. Sometimes, in an emergency, shipping food from the U.S. is the best option. But when the U.S. government can purchase food closer to an emergency, humanitarian organizations like CARE can reach more people without spending any more money. Simply put, local purchase—whether by an organization, or through cash or vouchers to vulnerable households—reduces delays and stimulates local development. It’s a solution for today and tomorrow.

CARE urges a robust investment in U.S. food assistance programs, including the flexibility to respond with locally-purchased food where appropriate, so more people will be reached during crises or natural disasters.

Support Long Term Food and Nutrition Security

It is easy to get the impression that outbreaks of acute hunger (sometimes serious enough to be called “famines”) are isolated calamities that simply result from crop failures, natural disasters or conflicts. In reality, there is a deeper problem underlying these events. What appear to be isolated disasters are really symptoms of a systemic crisis.

Addressing all aspects of food and nutrition security means everything from distributing food in the wake of a disaster to empowering families to buy food in local markets with vouchers; from helping producers increase their yields to educating producers about practices to conserve water to ensuring they can get fair market prices for their products.

CARE advocates for U.S. food and nutrition security programs to adopt a comprehensive approach that enables vulnerable families to sustainably increase their yields in the face of climate change, to access and protect the natural resources like land and water on which their harvests depend, to diversify their sources of income, and to work together to sell their crops in the market at fair prices.

Effective programs also must integrate nutrition to ensure the best possible development outcomes for children under two, and to help them grow into the healthiest adults possible. Strong programs pay particular attention to the challenges women face, ensuring they have access to resources that enable them to start or invest in their own small businesses.

By targeting all aspects of hunger and malnutrition—from agriculture to incomes to diverse diets to gender equality—effective, comprehensive food and nutrition security programs build families’ ability to withstand and recover from natural disasters and other shocks to their livelihoods. CARE calls on Congress to support bipartisan legislation that would create a food and nutrition security strategy. By supporting and promoting a comprehensive approach to food and nutrition security, U.S. food and nutrition programs will meet immediate needs, address underlying drivers of hunger and vulnerability, and enhance the ability of poor households to graduate out of poverty and hunger.
ISSUE BRIEF
Bringing an End to Gender-Based Violence

Gender-Based Violence (GBV) is at epidemic proportions in countries around the world. It is estimated that at least one out of three women globally will be beaten, coerced into sex, or otherwise abused in her lifetime. In conflict-affected parts of the world, violence against women and girls, including sexual violence, can reach unimaginable levels.

What is GBV?
Gender-based violence refers to any harm perpetrated against a person’s will on the basis of gender—the socially ascribed differences between males and females. It is based on an unequal power between men, women, boys and girls. Women and girls are often the targets because of social norms and beliefs that perpetuate their second-class social status. GBV includes physical, sexual and psychological abuse of women and girls in the home, community and in schools; trafficking; traditional practices such as female genital cutting, forced marriage, and honor crimes; and widespread sexual violence and exploitation during and after conflicts and natural disasters.

GBV exacerbates poverty and thwarts development efforts. Women and girls who have been sexually violated are at risk of unintended pregnancy and contracting sexually transmitted diseases, like HIV/AIDS. They may lose access to vital support due to the stigma placed on survivors of abuse. Threats, harassment, violence or fear of violence together with social notions of honor and virtue may constrain women’s and girls’ mobility. This limits their livelihood opportunities, their ability to access education and health services, and to participate in political processes. As women comprise a significant part of the informal economy and are the primary caretakers of children, the ripple effects of GBV travel far beyond the survivors themselves. GBV also has enormous economic costs at both the personal and social level in terms of health services, police and legal services, and decreased productivity, which impacts family income and food security. In Bangladesh, for example, research by CARE found that the cost of GBV represented 12.5% of the nation’s annual expenditure, or about 2.1% of the country’s gross domestic product.

One of the challenges in responding to GBV is that, in many communities, gender-based violence is hidden from view and perpetrators often enjoy impunity. Even in countries where violence against women is prohibited under law, such acts may often go unreported or unaddressed through legal processes due to social and cultural attitudes that view GBV as acceptable and stigmatize or blame the survivor. The absence of safe and supportive health, psycho-social and legal services also plays a role in discouraging those who need help from reporting violations and seeking assistance.

Women and girls continue to be the main targets of gender-based violence because, throughout the world, social norms perpetuate second-class status for women and place restraints on their social power. At the same time, men and boys are encouraged to exercise power in society and to be prepared to use violent means as necessary. These disempowering gender norms and power inequalities support and reinforce one another.
However, in many communities, groups of active citizens have started to change this. Women and men are speaking out, demanding improved services and ways to reduce stigma for survivors of violence. They are working with their local governments to change and enforce policies to help survivors get what they need.

**CARE in Action**

Preventing and responding to GBV is an integral part of CARE’s commitment to promoting gender equality and ending poverty. CARE is currently implementing GBV programming in 20 countries in Asia, Africa, Eastern Europe, the Middle East, Latin America and the Caribbean. CARE’s work draws on close to 20 years of experience addressing GBV in situations ranging from conflict and natural disaster to stable development settings. Over 80 percent of CARE’s GBV projects are integrated into other programmatic sectors, such as education, health and economic development.

**CASE STUDY:**  
**Responding to GBV in Zambia**  
Mary (not her real name), was a 17 year old girl living in Lusaka, Zambia who was subjected to repeated sexual abuse by her father and as a result became pregnant. He threatened her with violence unless she remained silent and then sent her away to live with an aunt. After two months, she was able to reveal the truth of the abuse to her aunt who reported the matter to the police. They took her to a Coordinated Response Centre (CRC) in Lusaka, a one-stop shop where victims of violence receive medical treatment, report abuse, get counseling and obtain free legal advice. The Centers were supported by a Safer Zambia (ASAZA), a project run by CARE with funding from USAID. Mary received counseling and treatment and was sheltered in a safe house supported by an ASAZA partner, the YWCA. Her father was arrested, prosecuted and convicted and is now awaiting sentencing. Mary gave birth to a healthy baby and with support from ASAZA, is now back in school, more determined than ever to complete her education.

**U.S. Support**

The global prevalence of GBV requires a strong response. CARE urges the United States and its partners to integrate efforts to prevent and respond to GBV across foreign assistance programs in health, governance, education, economic growth, humanitarian assistance and security. Such assistance must be sustained over time, as the cycle of GBV can only be broken through long-term, multi-level action to empower women and girls and change community norms that perpetuate violence.

Congress can solidify the United States’ commitment to combating GBV by passing the International Violence Against Women Act (IVAWA). This bill elevates the issues of GBV and women’s empowerment by requiring the U.S. government to implement a long-term comprehensive strategy to prevent and respond to GBV. IVAWA will streamline and better coordinate anti-GBV programming across U.S. government agencies, making addressing GBV a cornerstone of U.S. development and foreign policy.