Calling Congress is an easy way to engage in IFAM, and it only takes a few minutes! To Call on Congress, call the switchboard phone number, and let them know the name of the Representative/Senator's office you're trying to reach. You will then be connected to the office. When the staff person answers, follow the basic script provided below (or write your own). The staff person will relay your requests to his/her boss, so make sure to include your name and home address, so it can be officially logged.

US CAPITOL SWITCHBOARD: (202) 224-3121

SCRIPT FOR FEDERAL MINIMUM WAGE:
Hi my name is, and I'm a constituent from [hometown]. I'm calling today to ask
[Representative/Senator] to raise the federal minimum wage \$10.10 by 2015 and index it to
inflation. The federal minimum wage has lost more than 30% of its value and would be over \$10 per hour
today if it kept pace with the cost of living over the past forty years. I'd like to hear back from
[Representative/Senator] on how he/she plans to raise the federal minimum wage. My name is and my address is [hometown address]. Thank you.
Your Turn (write your script here):

INCREASE YOUR IMPACT:

After making your call, send out a quick tweet or post to encourage your networks to join you!

Sample Tweet: I just called @[Your Senator's Twitter Handle] to ask him/her to raise the minimum wage. Join me! @bit.ly/ifamcall | #IFAM14

Sample Facebook Post: Act now with #IFAM14: Call your member of Congress and tell them to raise the minimum wage to \$10.10 by 2015 and index it to inflation. @bit.ly/ifamcall