



IBDMOMS

Activist Toolkit

Register to Vote

<https://vote.gov/>

Find Your Polling Place

<https://www.usa.gov/election-office>

Find Your State, Local, and Tribal Officials

<https://www.usa.gov/state-tribal-governments>

Find Your Congressional Representatives

<https://www.congress.gov/members/find-your-member>

Learn About Bills

<https://www.congress.gov/>

Track Bills

<https://www.govtrack.us/>

Tips for Writing Effective Letters to Congress

<https://www.thoughtco.com/write-effective-letters-to-congress-3322301>

Bills We're Watching In the 117th Congress

Safe Step Act: S464/HR 2163

- <https://www.congress.gov/bill/117th-congress/senate-bill/464>
- <https://www.congress.gov/bill/117th-congress/house-bill/2163>

Medical Nutrition Equity Act of 2021: SR2013/HR3783

- <https://www.congress.gov/bill/117th-congress/senate-bill/2013>
- <https://www.congress.gov/bill/117th-congress/house-bill/3783>

Black Maternal Health Omnibus Act of 2021: S346/HR959

- <https://www.congress.gov/bill/117th-congress/senate-bill/346>
- <https://www.congress.gov/bill/117th-congress/house-bill/959>