



Member of Congress Contact Email Template

Before Emailing Your Representative

Review [VAST's website](#) to learn more about our recommendations to protect the U.S. science & technology enterprise and consider what personal or local anecdote you may be able to share to connect the dangers of federal funding cuts to your legislator's constituency. You can find your representatives' contact information by plugging the member's name into a search engine and visiting their website, which will list their email address and phone number.

Email Template

Dear [SENATOR/REPRESENTATIVE],

My name is _____ and I am a constituent from [CITY/DISTRICT]. I am writing to express my concern regarding federal investment in our science and technology enterprise.

I urge you to protect authorization and appropriations to the National Science Foundation, National Institutes of Health, and other federal research and development agencies. Every American will feel the effects of proposed cuts to our research enterprise. Those proposed budget cuts threaten American global leadership, national security, and economic stability and will delay or prevent scientific learning and innovation that would enhance the health, wellbeing, and quality of life for all.

The President's Fiscal Year 2026 (FY26) budget request proposes cutting the NIH budget from about \$48 billion in 2025 to roughly \$27 billion in 2026 (a cut of some 40%), cutting NSF funding by \$4.7 billion (a 56% funding reduction from 2025 to 2026), and consolidating or eliminating institutes and centers without congressional hearings or public input. These dramatic reductions in funding do not embrace the bold path of innovation that Congress has championed for decades and would instead reverse that progress.

[ADD PERSONAL/LOCAL ANECDOTE (OPTIONAL)]

These cuts are a direct threat to the livelihood and wellbeing of our district, America's ability to compete on the global stage, and the future of the enterprise that has led to the most important discoveries in history. I urge you to protect the future of science research and development. Thank you for your leadership and for the hard work you and your staff put in on behalf of our district.

Sincerely,

[YOUR NAME/TITLE]

After Emailing Your Representative

Contacting your member of Congress is a meaningful way to participate in our democracy and advocate for the scientific community. You can also follow up your email with a call to their office and/or posting on social media. Graphics are available [HERE](#).