

Meeting with your local Member of Provincial Parliament (MPP) is a powerful, personal way to get your point across.

These tips for MPP meetings were adapted from a lobbying toolkit created by the ODSP Action Coalition.

1) If you don't know who your local MPP is, here's how to find out:

Go to the Elections Ontario lookup page and use your postal code or address to look up the name of your Electoral District. Then, go to the Elections Ontario addresses list and look up that Electoral District to get the name of the MPP. The addresses list will also give you the contact information for their Constituency Office – which is where you want to call.

2) Arrange for the meeting.

Call your MPP's Constituency Office to arrange an appointment to meet. MPPs are usually available on Fridays in their offices. If the Legislature isn't sitting, they are available most workdays.

Sometimes several phone calls are necessary to get a date. Don't be shy about being persistent!

Once the meeting is set, let the office know who will attend.

3) Decide who will attend the meeting.

It is a good idea to bring other people along – although it's best not to invite more than two or three people.

It's also best for all the people who attend the meeting to live in the MPP's Electoral District.

If you receive OW, you might invite supportive people who work for a local agency, own a local business, or are local community, religious, or cultural leaders.

And if you are an activist, an agency worker, a community member, or a friend or supporter of a person living on OW make sure to invite at least one person with

lived experience of the social assistance system to the meeting. And make sure that person has time to speak.

4) Preparing for the meeting.

Find out how long you'll have to meet with the MPP. 15 to 30 minutes is standard.

Make sure you know the most current information about OW.

Telling your MPP about your lived experience of OW can be hard, so you may want to make a few notes beforehand so that you remember what to say. And encourage the other people who are attending the meeting with you to do the same.

Make sure to arrive a few minutes early for the meeting to give yourself time to get settled.

5) During the meeting.

Be assertive rather than aggressive. Being assertive will win you more respect. Try not to get into arguments. Focus on solutions rather than complaints.

Tell them what a good social assistance system with meaningful supports and opportunities would look like.

And tell them that they should honour the all-party commitment to poverty reduction.

-include specific possible solutions from backgrounder sheets that the York Region Food Network provided.

6) What to ask the MPP to do specifically.

If your MPP is a government Cabinet Minister, ask them to support.....explain exactly what you want them to support from backgrounder sheets that the York Region Food Network provided.

If your MPP is a Conservative MPP, ask them to bring up the need for a bold and broad Review in one of their caucus meetings.

If your MPP is a member of an opposition party, ask them to bring up this issue in Question Period in the Legislature.

Ask your MPP to write a letter tosupporting your call for a bold and broad review, and asking him/her to respond. Ask them to CC the letter to the Premier and the.....[see backgrounder sheet from York Region Food Network](#).

7) Follow-up.

Send your MPP a follow-up letter thanking them for meeting with you, summarizing the content of the meeting, and confirming what the MPP agreed to do.

At a later date, call the MPP's office to see if the MPP followed through on any promises they made.