Balancing work and life can be complicated, and there are many interests competing for the limited time in your day. It is easy for advocacy to get pushed to the side by everyday activities, which is exactly why many people don’t engage and why your voice can actually have an impact if you do engage.

Advocacy doesn’t have to take a lot of time. You can make a difference in less than 5 minutes. Below are four quick and easy ways to make a positive impact in supporting policies that support fertilizer.

**Call Your Member of Congress (MOC)**
You don’t need an impending vote or bill number to justify your call (but if there is an impending vote, definitely call!). MOCs want to hear from you, so don’t feel shy about picking up the phone. Let your MOC’s staff know what concerns you and what’s on your mind. Let them know that you’re here to help, to be a resource that his or her office should not hesitate to reach out to.

**Get Involved with TFI**
Join TFI’s advocacy network to receive advocacy alerts, legislative updates and other policy related news on the national level. We’ll keep you up to date on what issues are active and let you know when to reach out to your MOCs to impact upcoming votes.

**Inform Others**
Word of mouth is still a powerful tool to spread awareness of issues. Share any legislative, policy or regulatory concerns with friends, family members or colleagues and use it as an opportunity to educate others on what the fertilizer industry does.

**Write to Your MOC**
A simple but extremely effective way to make a difference is to send your MOC a letter containing your concerns, viewpoints and/or thoughts regarding issues of importance to you. Your MOC will appreciate you taking the time to send a letter and his or her office will almost certainly respond to your letter with one addressing your points and where your MOC stands on the issue.