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# Example of a Donation Request For Protein for All

The following can be adapted for either email or letter. Feel free to use it for ideas, or simply cut and paste the text into an email or onto your letterhead. The yellow highlighting in [brackets] indicates information for you to customize for your specific program. If you are requesting specific items, see the handout “Protein-rich Bars and Shakes” for ideas.

Remember to send a personalized email or written thanks every time you receive a donation.

DATE

[Email subject line | OR | Re:] Request donation for [your court or organization]’s Protein for All program

Dear [name of business or contact person at that business],

I am [name your position or role within your court or organization | **OR** | working with [your court or organization] to establish a Protein for All program. Protein for All aims to optimize court experiences by addressing two key objectives:

1) Providing protein-rich food to stabilize blood glucose for 2-3 hours. This allows people to access the responsive part of their brains that helps them engage in the court process. Eating mitigates the defensive and emotional reactions associated with the absence of food, enabling individuals to absorb information effectively.

2) Offering food is an act of compassion that helps break the cycle of trauma. It signals the intent to provide support and plants a seed of trust. This is a physical representation of this court being trauma-responsive.

The essence of Protein for All is to help everyone – parents, children, and professionals - neurologically and emotionally engage in the court system. Providing food is a simple way to promote better emotional regulation, benefiting court officials and parents.

I am requesting [a gift card or product donation | **OR** | list specific items] to help offset the expense of providing food during high-stake events prone to emotional dysregulation, such as shelter care hearings, meetings with lawyers, visitations, assessments, and follow-up hearings.

We would be happy to recognize your business in our program material.

[If you are working with a non-profit, include: Our 501(c)(3) EIN number is XX-XXXXXXX]

Thank you for your consideration!

Sincerely,

[Your name

Organization or name of the court

Contact information]