Sarah Elfreth

CONGRESSWOMAN FOR **MARYLAND'S THIRD DISTRICT**

Sarah Elfreth proudly represents Maryland's Anne Arundel, Howard, and Carroll Counties in Congress, where she serves on the powerful House Armed Services Committee and House Natural Resources Committee. Sarah is the youngest woman elected to Congress from Maryland and has built a reputation as one of the state's most effective legislators during her six years serving in the Maryland Senate and now in Washington. Known for her collaborative approach, Sarah is focused on bringing people together to solve problems and deliver policies that improve the lives of all Marylanders.

On the House Armed Services Committee and Naval Academy Board of Visitors, Sarah works with her colleagues to support our military families, care for our veterans, and protect our country's national security. As Vice-Ranking Member of the House Natural Resources Committee, Sarah has continued her decades-long advocacy for the Chesapeake Bay and our environment. Raised by two civil servants in a union household, Sarah has dedicated much of her first term advocating on behalf of the 44,000 federal workers she represents.

Before coming to Congress, Sarah broke barriers in 2018, becoming the youngest woman ever elected to the Maryland State Senate. In Annapolis, she passed 91 bipartisan bills into law – more than any other legislator – and was recognized as "Legislator of the Year" by numerous organizations.

Sarah began her career of public service on the University System of Maryland Board of Regents and then went on to advocate for the National Aquarium in Baltimore. A proud graduate of Towson University and the Johns Hopkins University, Sarah lives in Annapolis with her husband, Eric, and her dog, Ollie, where she enjoys hiking, being on the water, and collecting oyster plates.