



STEPHANIE STEINER

IA 04 CANDIDATE

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WHY ARE YOU RUNNING FOR CONGRESS?

I'm running for office because I believe in an Iowa where neighbors help neighbors again, where we see the person, not a party line. Too many Iowans are being left behind by rising costs, struggling healthcare, and policies that hurt our farmers and rural communities. It doesn't have to be this way. I believe in One Iowa, Stronger Together. That means putting people over politics, supporting our farmers, making healthcare affordable, and ensuring every family has a fair shot. We need leadership that listens, brings people together, and focuses on real solutions not division. I'm running to be a voice for Iowans who feel unheard and to help rebuild a future rooted in community, opportunity, and dignity for all.

DEMOCRACY & VOTING RIGHTS

I support expanding voting access through early voting and mail-in options so every eligible citizen can participate, while maintaining strong election security and transparency to ensure public trust. I believe campaign finance reform is necessary to reduce the influence of large donors and increase accountability through stronger disclosure and reasonable limits. Protecting democratic institutions is essential—this includes upholding the rule of law, respecting the peaceful transfer of power, and ensuring checks and balances work as intended. Independent courts, ethical leadership, and a free press are critical to preserving stability and confidence in our democracy.

ECONOMIC SECURITY, WORKERS & FAIR TAXES

I believe in an economy that works for working people, not just those at the top. That starts with raising wages so no one working full-time lives in poverty. I strongly support unions and collective bargaining, workers deserve a real voice on the job and a fair share of the value they create. We must protect workplace rights, ensure safe conditions, and crack down on wage theft and exploitation. Tax fairness is essential wealthy individuals and large corporations should pay their fair share so we can invest in our communities. By strengthening labor protections, supporting small businesses, and investing in good-paying jobs, we can rebuild a strong middle class and create an economy that rewards hard work, not just wealth.

HEALTHCARE, AFFORDABILITY & THE CARE ECONOMY

Healthcare is a fundamental human right, not a privilege. We must strengthen Medicaid, Medicare, and the ACA while working toward universal healthcare that covers the whole person including vision, hearing, dental, and mental health. Expanding preventive care will lower long-term costs and improve outcomes. We must invest in rural healthcare, protect local hospitals, and expand long-term care facilities to ensure our growing senior population receives safe, dignified care. Universal healthcare can support this by ensuring fair reimbursement and stable funding nationwide. Equally important, medical privacy must be protected as a fundamental right. Healthcare decisions belong between patients and their providers not the government. Care should be guided by medical expertise and patient values, with individuals free to make personal decisions about their own bodies, from end-of-life care to reproductive choices, without interference.

AGRICULTURE, RURAL COMMUNITIES & SMALL BUSINESSES

Strong farm policy must prioritize family farmers over corporate control. We need to confront corporate consolidation by enforcing antitrust laws and restoring fair competition, while supporting beginning farmers with access to land, credit, and markets so the next generation can succeed. Iowa's water quality crisis can no longer be ignored. Corporate agriculture practices and the rapid expansion of CAFOs have contributed to polluted waterways and rising health concerns, including some of the highest cancer rates in the nation. Iowans should not have to question whether their drinking water is safe, whether their children can play in local streams, or whether fish are safe to eat. It's time to face this directly. We must support crop diversity, return livestock to pasture-based systems, invest in agricultural research, and shift incentives away from the worst polluters toward sustainable practices. Strengthening rural communities means investing in local businesses and ensuring agriculture supports long-term health, prosperity, and environmental stewardship.

CIVIL RIGHTS & PERSONAL FREEDOM

Equality under the law must be guaranteed for every American. I support protecting LGBTQ+ rights, including the right to marry, access healthcare, and live free from discrimination in housing, employment, and public life. Reproductive freedom is a fundamental right. Personal decisions about if and when to have children must remain between individuals and their doctors, without government interference. Racial justice requires acknowledging disparities and taking action to ensure equal opportunity, fair treatment in our legal system, and access to quality education, healthcare, and economic opportunity for all communities. Religious freedom is a core American value the right to practice one's faith, or no faith at all, without fear or discrimination. It must be protected while ensuring it is never used as a justification to deny others their rights.

IMMIGRATION & HUMAN RIGHTS

A strong immigration system should be both secure and humane. We need smart, effective border policy that ensures safety while treating people with dignity and upholding our laws and values. I support a fair and achievable pathway to citizenship for undocumented individuals who contribute to our communities, follow the law, and are part of our economy. Keeping families together and providing stability benefits both our workforce and our nation. Worker protections must apply to everyone, regardless of status, to prevent exploitation and ensure fair wages and safe working conditions. When workers are protected, it strengthens the entire labor market. Our refugee policy should reflect our values by providing safe haven to those fleeing violence and persecution, while maintaining an orderly and efficient process. America has always been a place of opportunity, and our policies should reflect both compassion and responsibility.

CLIMATE, ENERGY & RURAL RESILIENCE

We need a forward-looking energy strategy that truly reduces emissions and strengthens our economy. While biofuels like ethanol have played a role, we must be honest about their full impact. The current system of mass corn production for ethanol is resource-intensive and reliant on fossil fuel inputs, which undermines its environmental benefits. It's time to diversify—expanding renewable energy like wind, solar, and geothermal, along with next-generation biofuels that don't rely on monoculture crops. At the same time, we should support farmers in transitioning to more diverse, resilient operations that improve soil health and reduce input costs. Climate action should focus on real, measurable outcomes while strengthening disaster resilience and protecting rural infrastructure. By investing in cleaner energy, modernizing infrastructure, and supporting innovation in agriculture, we can reduce emissions, protect our land and water, and build a more sustainable future for rural Iowa.

PUBLIC SAFETY & JUSTICE

I support a balanced approach to public safety that is both tough and effective. Our criminal justice system should prioritize violent crime while expanding alternatives like drug courts, mental health treatment, and reentry programs that reduce repeat offenses. Police play a critical role, and with that comes the need for clear standards, transparency, and accountability—alongside better training and support. When we talk about gun violence, many worry it means chipping away at Second Amendment rights. I fully support the Second Amendment, responsible gun ownership, and policies that provide for a balance of constitutional freedom and protection of public safety. I believe we can have both by backing practical steps like universal background checks, closing loopholes, enforcing existing laws, and red flag measures with due process, as well as insisting on firearm manufacturers to begin production of products with more safety mechanisms. No other product is immune from accountability when their products causes death or serious injury, so why are firearm manufactures? True community safety also means investing in mental health care, education, and economic opportunity to address the root causes of crime and build safer communities.

EDUCATION, FAMILIES & OPPORTUNITY

I support fully funding public schools so every child has access to a quality education, while strengthening rural schools and paying teachers what they deserve. Public money belongs in public schools, not voucher programs that drain resources and deprive students of the high quality public education they are legally entitled to. Student loan debt is holding back a generation from home ownership, starting a family, and thriving in their day to day lives, so I support expanding trade and technical programs in our high schools for students not pursuing college, along with student loan relief and more affordable pathways to higher education. This is an investment not just in individuals, but in our nation. We need a workforce strategy that connects people to good paying jobs through apprenticeships, skills training, and partnerships with local employers not just four year degrees. We must invest in early childhood education and affordable child care so kids succeed and parents can stay in the workforce. I also support national paid family and medical leave so no one has to choose between a paycheck and caring for a loved one.

NATIONAL SECURITY, FOREIGN POLICY & SUPPORTING SENIORS AND VETERANS

-I support a strong, modern military with disciplined, accountable spending focused on real threats like cybersecurity and one that can pass a federal audit. We must strengthen global alliances like NATO to share burdens, deter aggression, and reinforce U.S. leadership through cooperation and diplomacy. I oppose wars of choice, regime change, and resource driven conflicts. Military force should always be a last resort the human cost is highest, and the financial cost to taxpayers is immense. We must honor our commitments to veterans by fully funding the VA, expanding mental health care, reducing wait times, and improving access especially in rural areas while supporting housing and job transitions. Social Security and Medicare are earned benefits. I oppose privatization or cuts and support strengthening their long term solvency in a fair, sustainable way. We must also protect older Americans and people with disabilities by lowering drug costs, expanding home based care, strengthening SSDI/SSI, and enforcing protections against abuse and discrimination.
