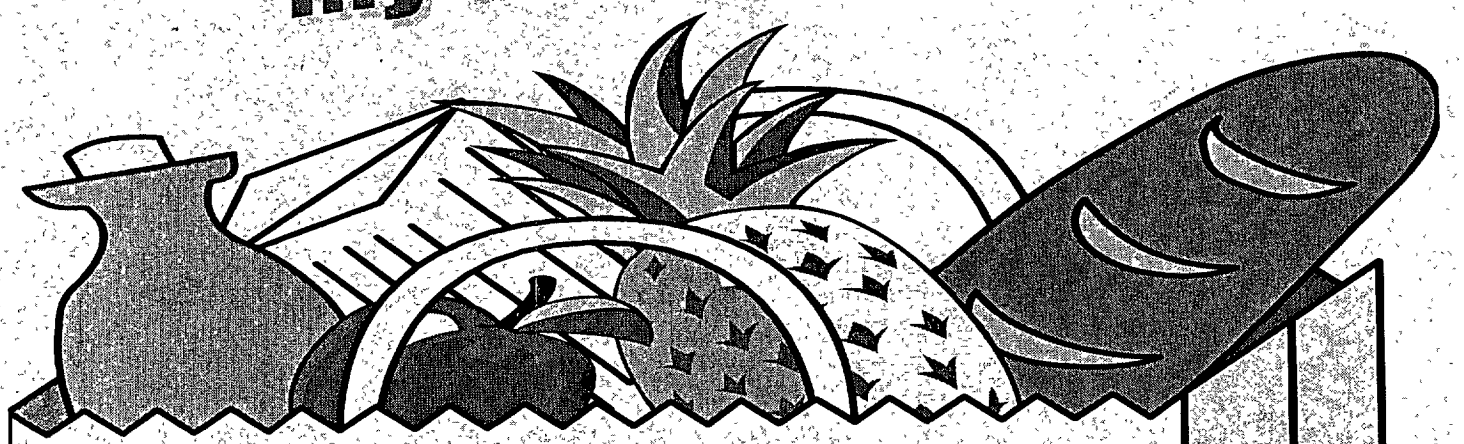
P-2000

NOV - 3 2006

USDA ...this is what I want on my WIC checks...



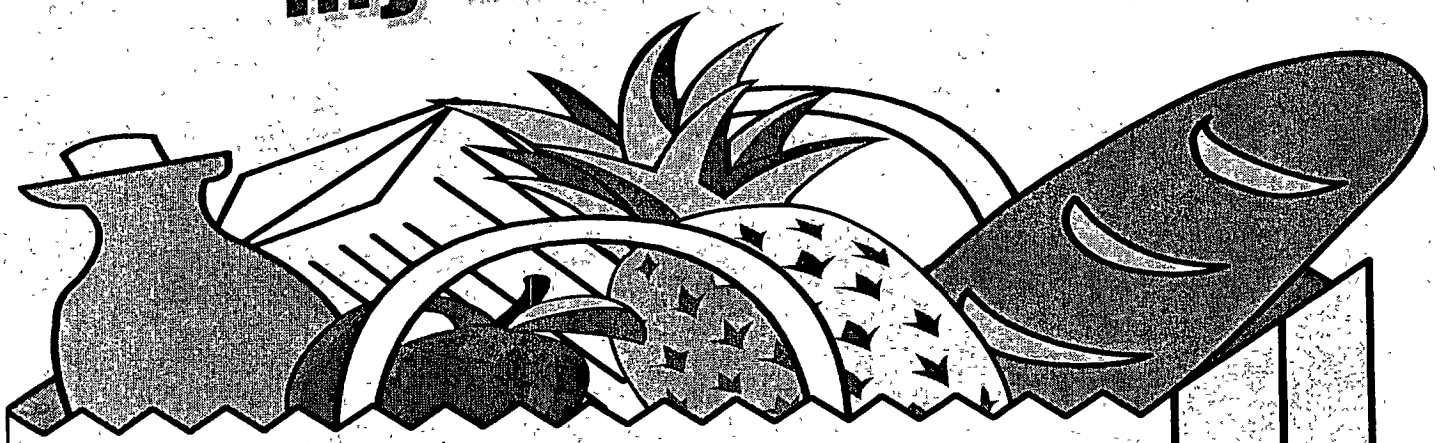
As a WIC member I want to request that soy milk be available As an option instead of regular milk to adults. And also fresh fruits and vegetables instead of so much milk will probably work out best.

Julia Fernandez

P-2001

NOV - 3 2006

USDA ...this is what I want on my WIC checks...



I would really appreciate it if we received vegetables and fruits in our WIC checks. I also think you guys should include Soy milk because cow milk may be too much lactaid for some kids. Tortillas would also be a good idea because my baby loves tortillas and I know they're a good source of grains. Another thing would probably be rice, rice is also good for kids and everyone in general. Thank you for your time.

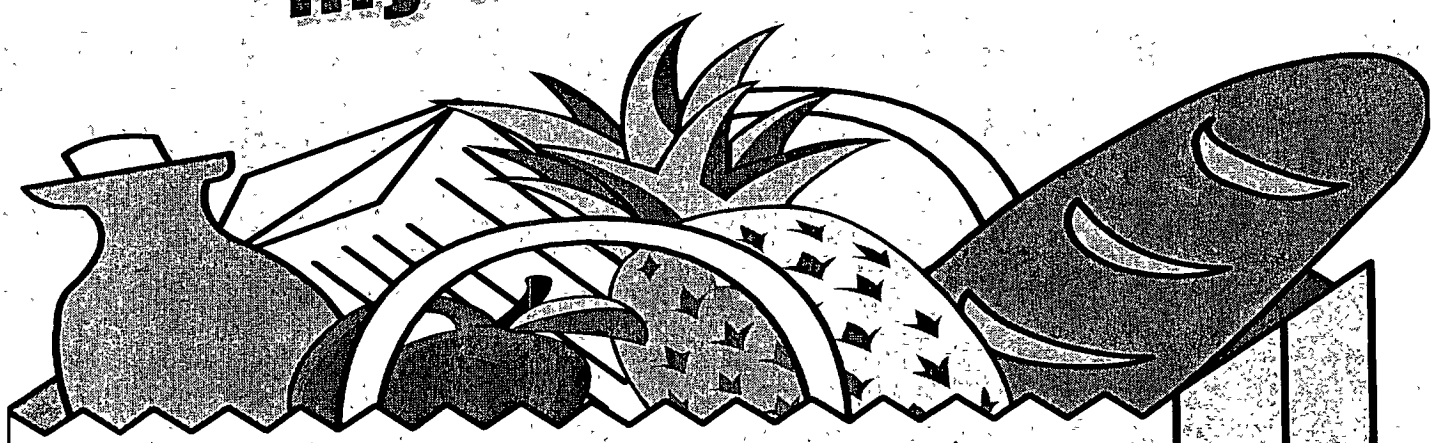
Lorena Bultron

10-11-06

P-2002

NOV - 3 2006

USDA ...this is what I want on my WIC checks...



10/12/06

Dear USDA,

The WIC program is a superb program for all mothers in the United States. The program has helped my growing family afford the basic food necessities — milk, juice, peanut butter, eggs, cheese. Thank you. However, it would be wonderful to partially change the selection of foods. Pediatricians have told me — no juice because of high sugar content so what if the juice selection is replaced w/ fresh fruits. And peanut butter replaced w/ canned meat — salmon, etc. Nutrition service announcements on TV always talk of 5 a day, let's see 5 a day on WIC checks. Thank you,

Elizabeth Bellevor
WIC Participant

P-2003

NOV - 3 2006

USDA ...this is what I want on my WIC checks...

Thank you for adding more healthier, nutritious foods to the wic program. It will decrease the percentage of obesity to those who are receiving wic. We would like to see more vegetables, bread, and what ever will be much healthier to the mother and to the child.

Oguesyan

Dzuma Oguesyan

P-2004

NOV - 3 2006

USDA ...this is what I want on my WIC checks...

My comment about the proposed changes is that it will be more healthy and a better choice for the kids and for myself as well. Having bread, fruits, and rice is much more better and tastier. So this change will be a great difference.

Thank you for reading my comments.

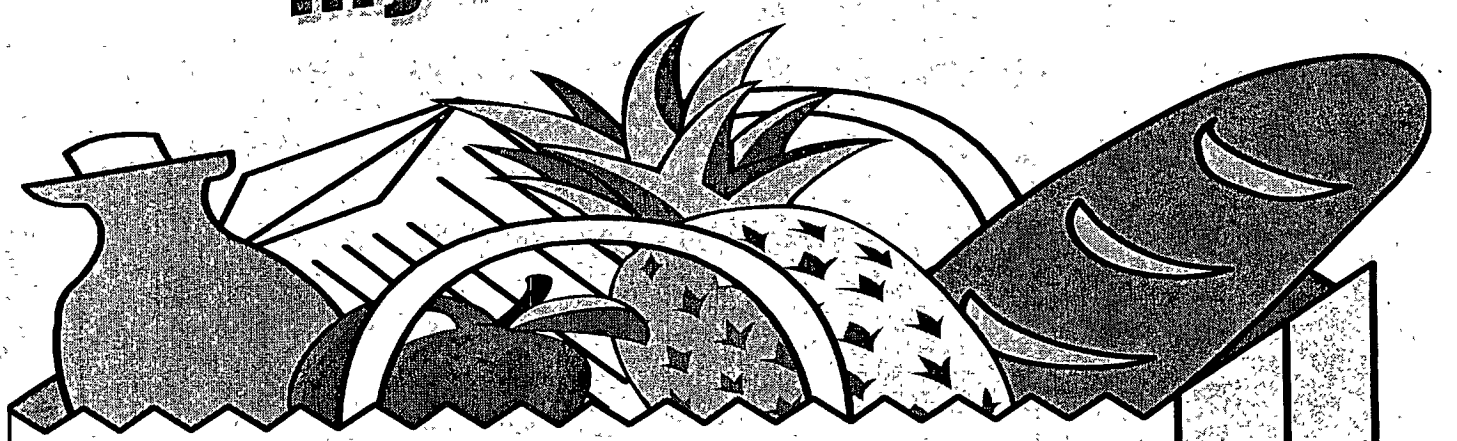
Sincerely,

Madlen S.

P-2005

NOV - 3 2006

USDA ...this is what I want on my WIC checks...



I was one of the first who signed up for the WIC program. Now my own daughter 16 yrs old uses and needs it for her child. I thank you very much for continuing this great job.

I would like to see more vegetables because sometimes there are people who cannot afford to buy. I include myself. If also possible same kind of cold-cuts (meats) would help for the nutrition.

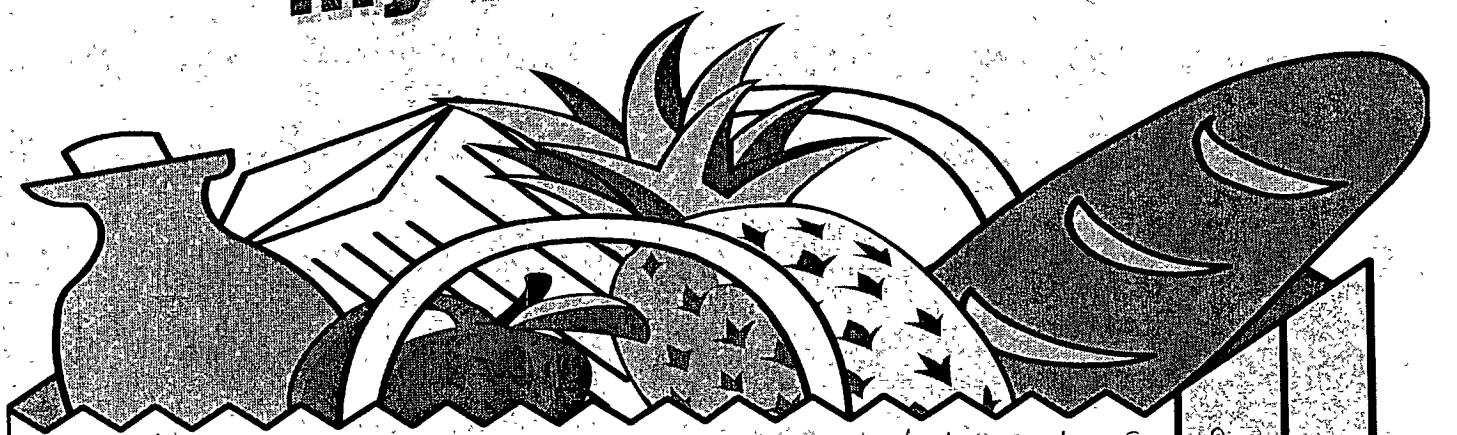
Sincerely

Gida Flores

P-2006

NOV - 3 2006

USDA ...this is what I want on my WIC checks...



I would ~~please~~ gladly be ~~[illegible]~~ satisfyed if I got these following ~~[illegible]~~ Items:

Bread, Baggals, creamcheese fruits, ~~[illegible]~~ fish, chicken, Beef and posta, vegetables, Rice and Beans.

thank you I would gladly apreciate if you would change the checks to these other Items.

Thank you

Sincerely

Hazell Marte

P-2007

NOV - 3 2006

USDA... this is what I want on my WIC Checks....

Thank you for the proposed change, but I would prefer to keep my WIC checks as is because fruits, vegetables and whole grain foods are too expensive to get with WIC checks.

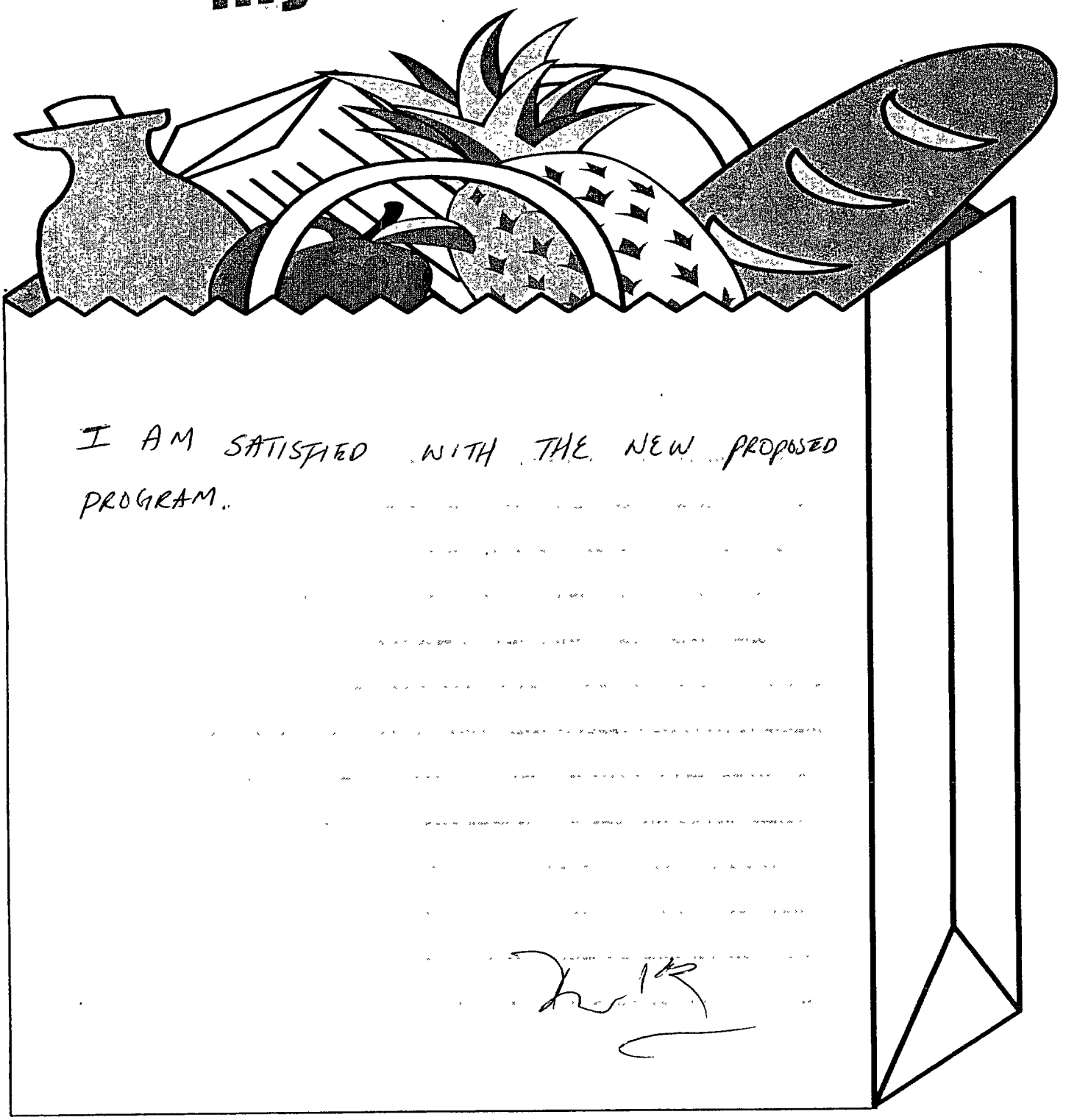
Thanks,

Elia Lano

P-2008

NOV 0 3 2006

USDA ...this is what I want on my WIC checks...

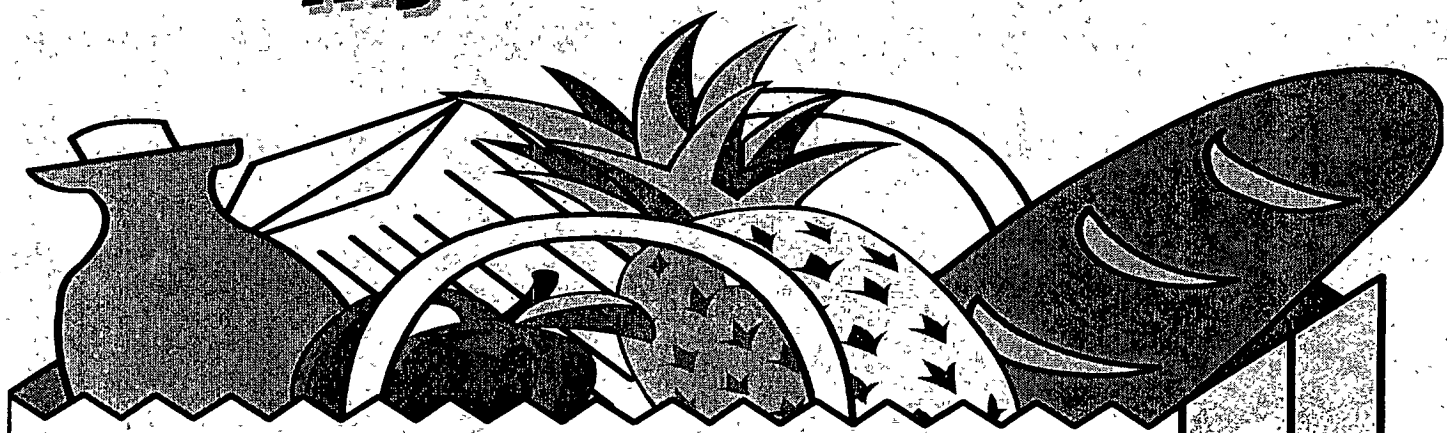


I AM SATISFIED WITH THE NEW PROPOSED PROGRAM.

P-2009

NOV 03 2009

USDA ...this is what I want on my WIC checks...



fruits & veggies

P-2010

NOV 03 2006

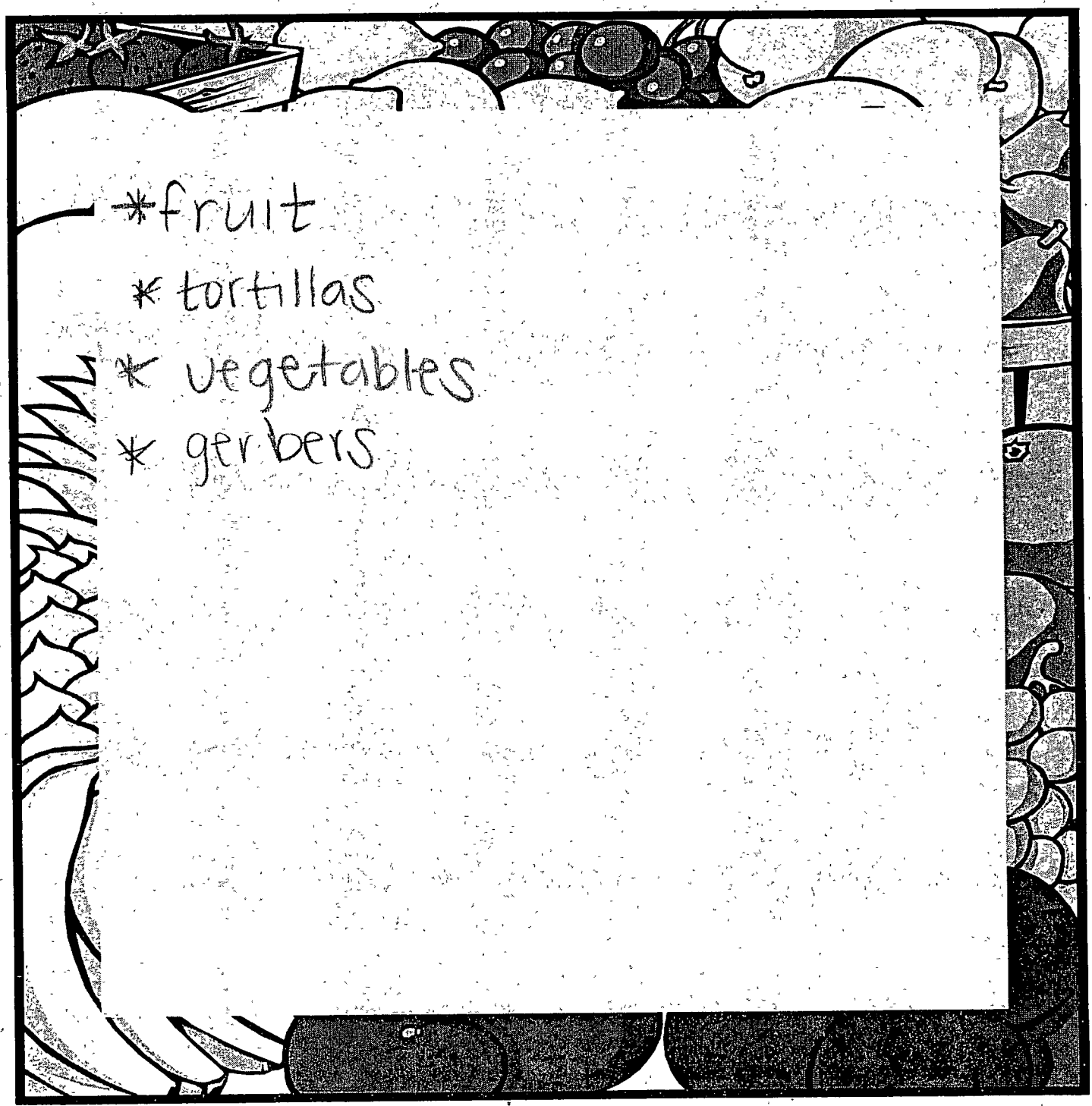
USDA ...this is what I want on my WIC checks...

- fruits - grapes, bannanas
- rice
- bread
- vegtables
- tortillas

P-2011

NOV 0 3 2008

USDA ...this is what I want on my WIC checks...



P-2012

NOV 0 3 2006

USDA ...this is what I want on my WIC checks...

Apples
Bananas
Orange
Carrots
Potatos
grapes

P-2013

NOV 0 3 2008

USDA ...this is what I want on my WIC checks...

rise
bread
Vegetables
fruits
eggs
Cheese
milk-cow
gerber

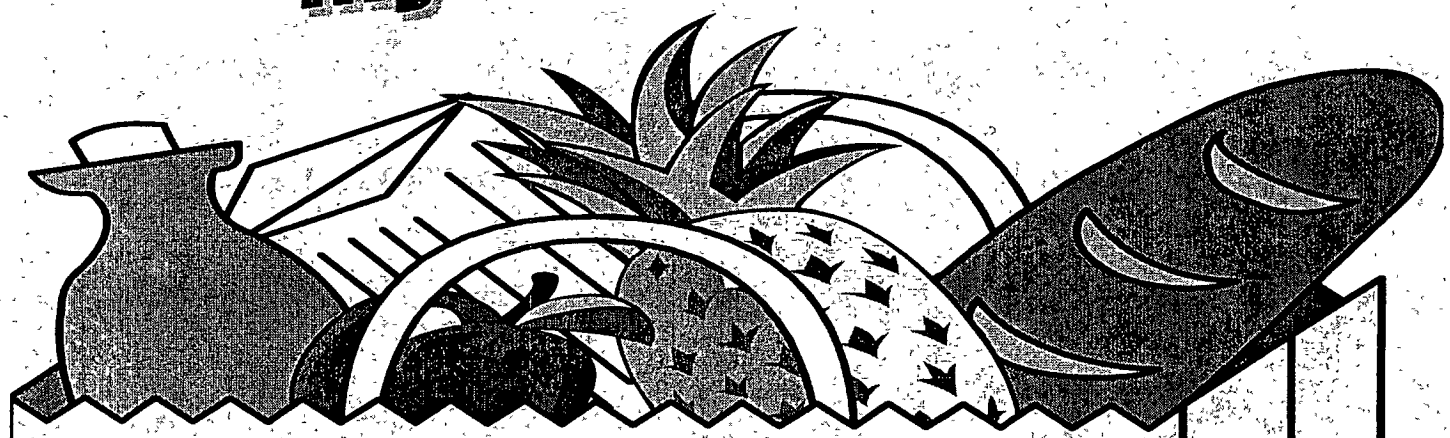
Me gustaría todo esto por que así tengo mas opsiones de poder darle a mi familia más cosas saludables para mantener nuestra salud en buenas condiciones.

Gracias WIC.

P-2014

NOV 0 3 2006

USDA ...this is what I want on my WIC checks...

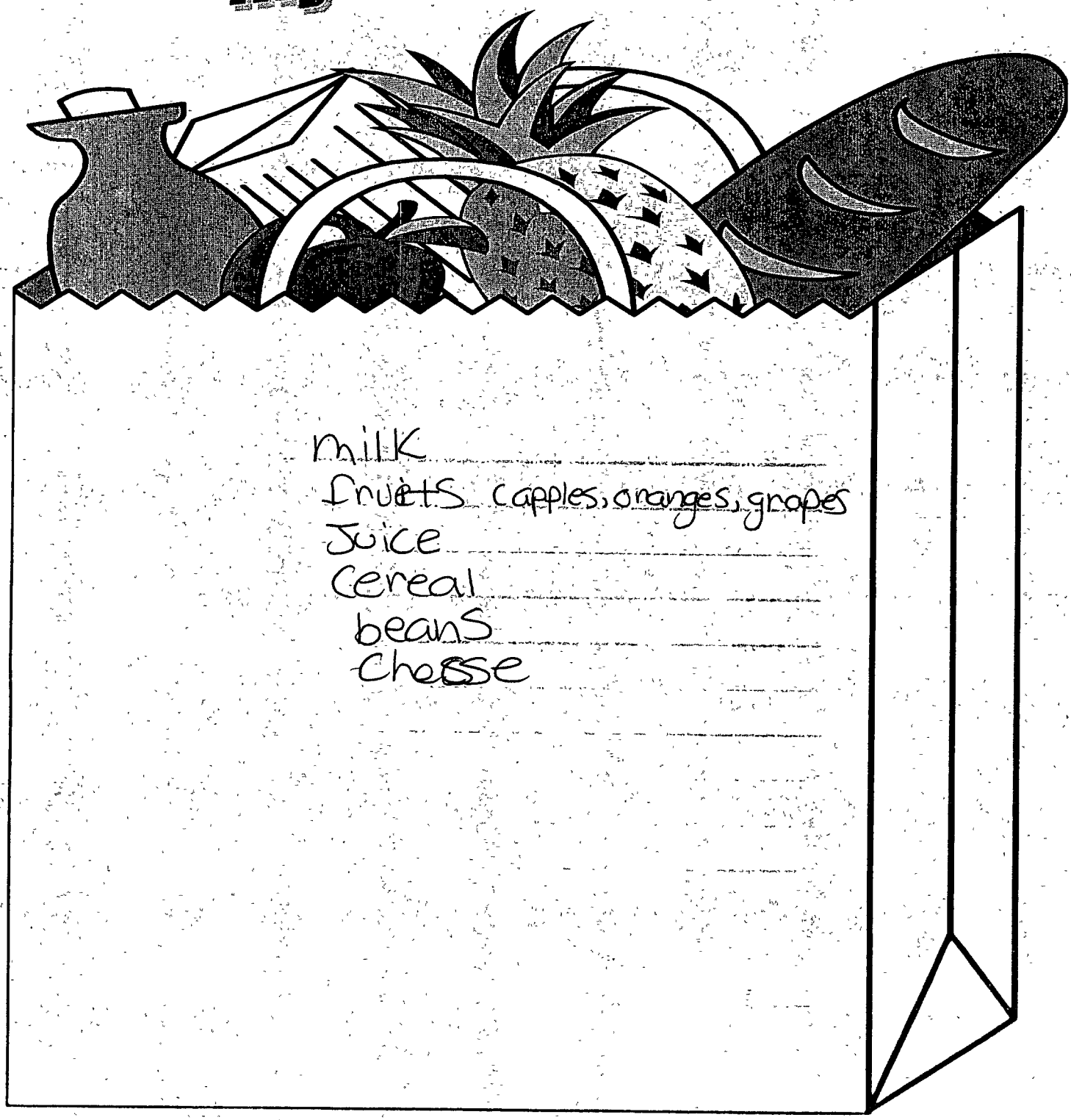


Maria Mirafuentes

P-2015

NOV 03 2006

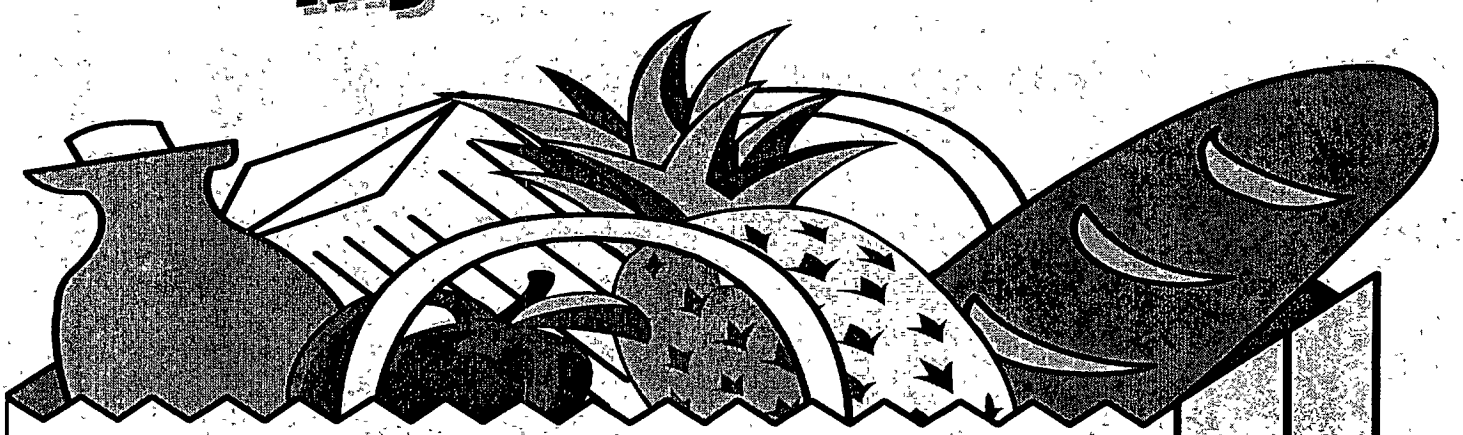
USDA ...this is what I want on my WIC checks...



P-2016

NOV 0 3 2006

USDA ...this is what I want on my WIC checks...

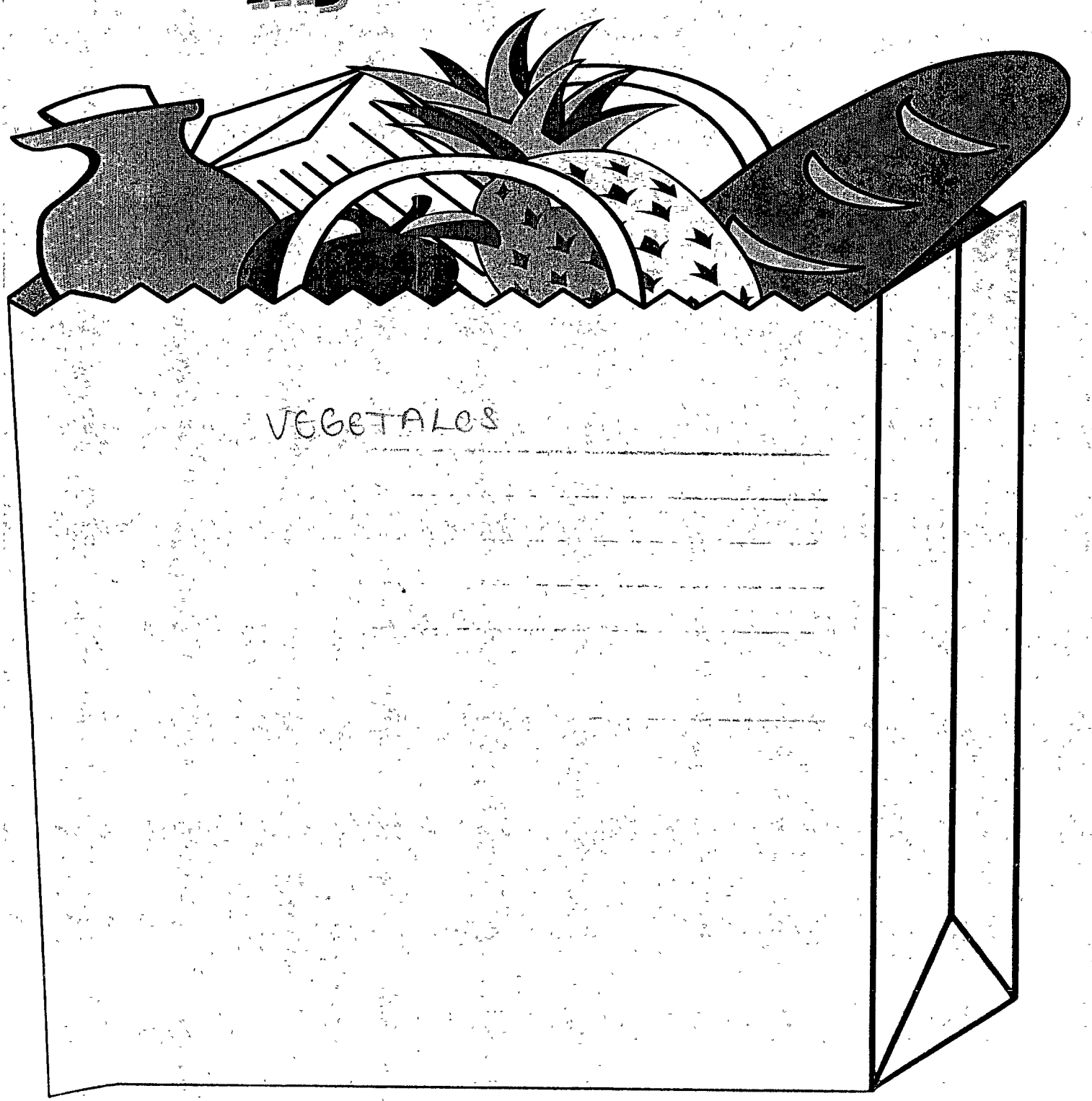


Bread
Vegetables
fruits
rice
Tortilla

20 17

NOV 0 3 2006

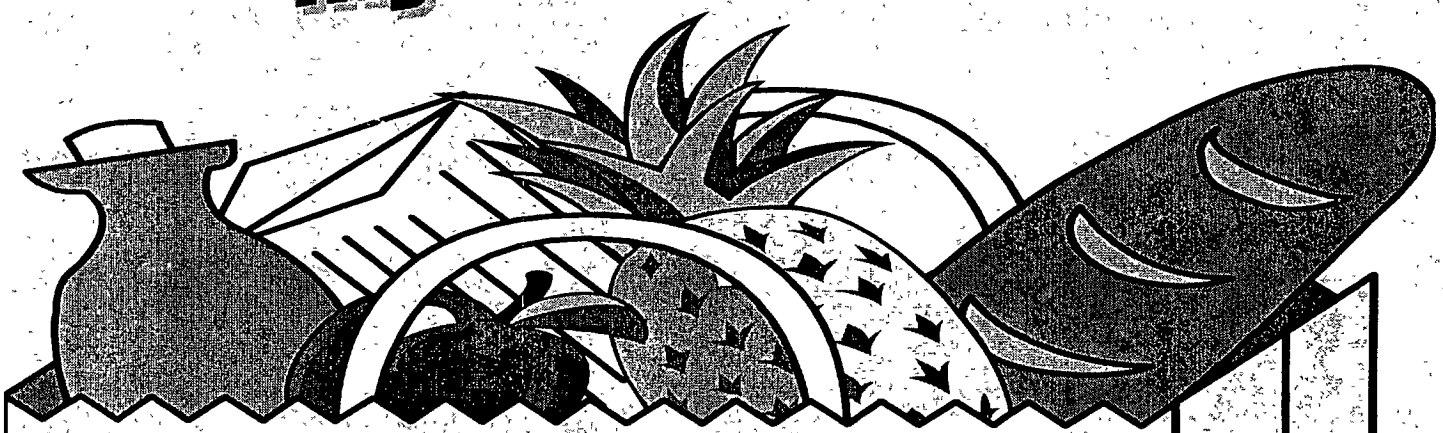
USDA ...this is what I want on my WIC checks...



P-2018

NOV 03 2008

USDA ...this is what I want on my WIC checks...

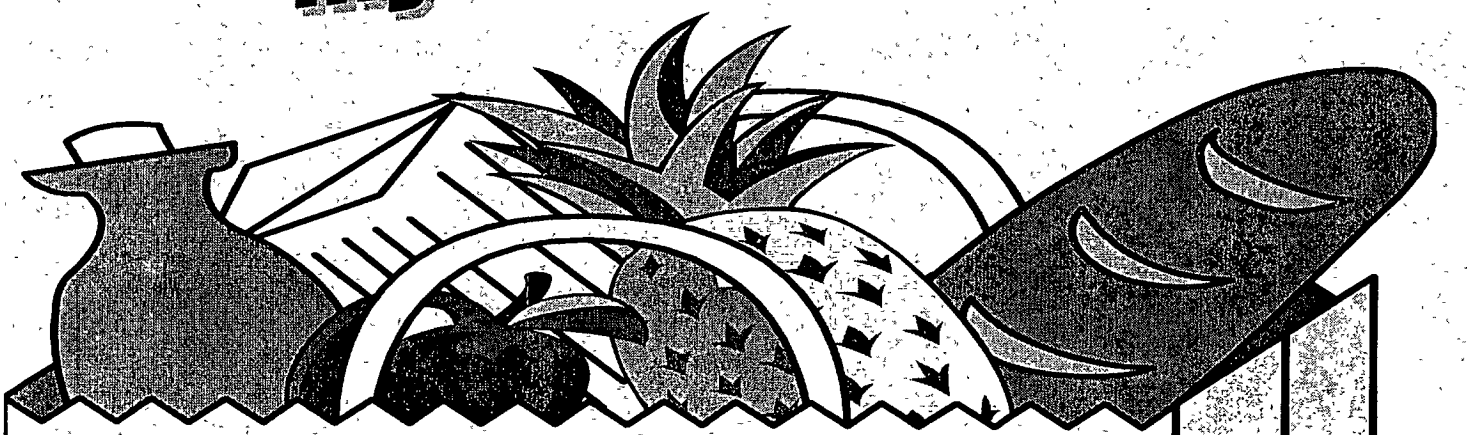


I would like to add bread & crackers. I am a Nursing mother and I have had ~~added~~ carrots & tuna but that doesn't seem to be enough. Turkey & chicken and broccoli, squash, bannanas, apples, avacados, grapes, and any other fruit & vegetables.

P-2019

NOV 0 3 2006

USDA ...this is what I want on my WIC checks...



Carrots, Brocoli, Spinach, squash
Pineapple, apples, strawberrys
bananas Oranges
whole wheat bread
Baby food, Milk, tortillas
peanut butter,

P-2020

NOV 03 2008

USDA ...this is what I want on my WIC checks...

Dear Friends of US Department of agriculture,

I am writing to tell you what I think about the fruits and vegetables to the WIC checks. I will really enjoy choosing fresh, healthier foods for my family. However, I would not like to exchange any of the foods I receive today. It is a very essential part of my families nutrition as well. It would be great to just add these new foods and have the best nutrition all together, with more variety.

Thank You for reading my comments.

Sincerely,

Kam Delgado

WIC Participant

NOV 0 3 2008

P-2021

USDA ...this is what I want on my WIC checks...

Please add:

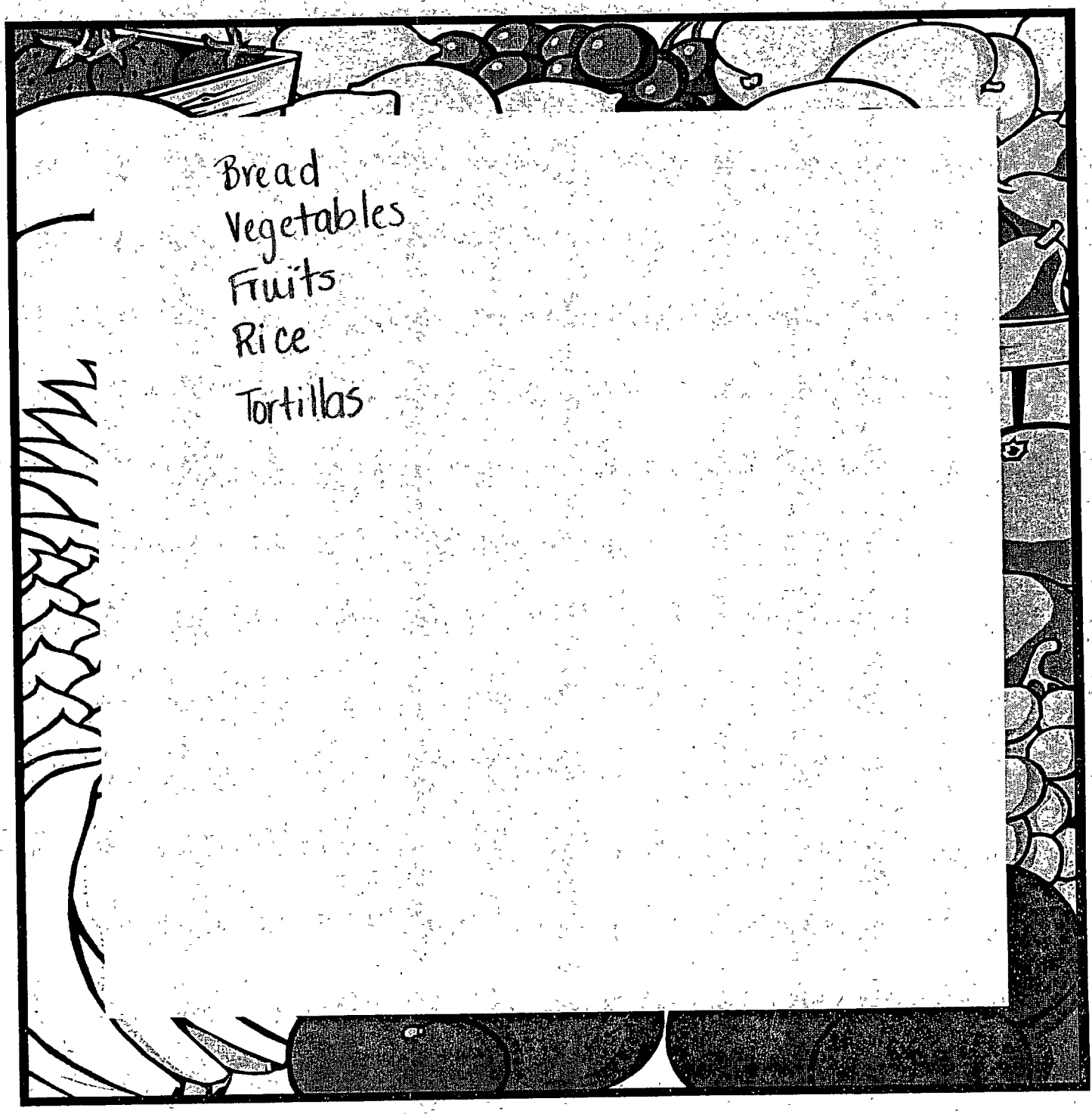
- Fruits
- Vegetables

on my WIC checks.

P-2022

NOV 0 3 2006

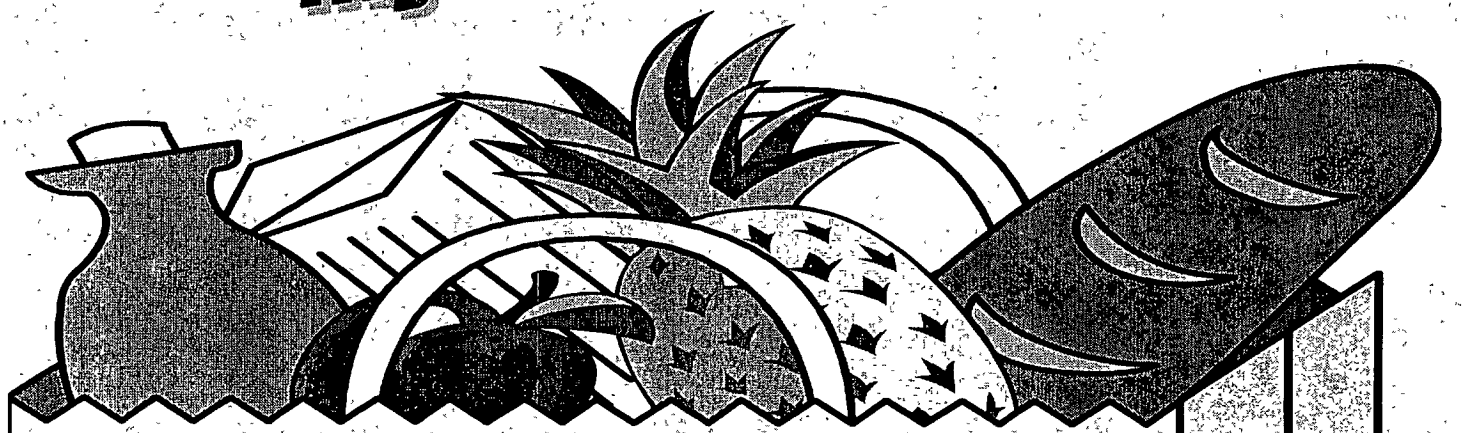
USDA ...this is what I want on my WIC checks...



NOV 0 3 2006

P-2023

USDA ...this is what I want on my WIC checks...

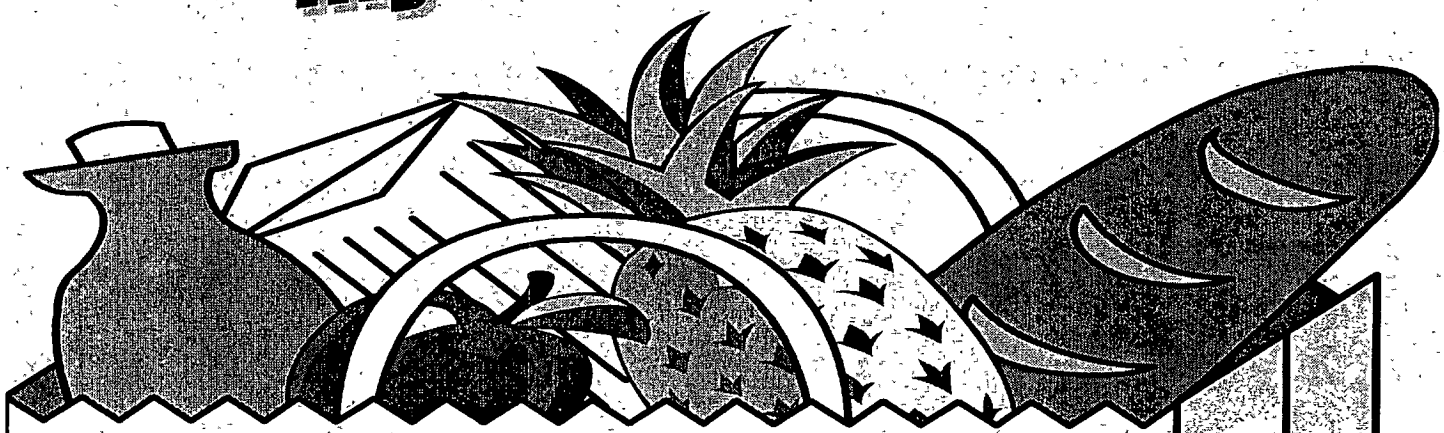


vegetables, fruits, bread,
Gerber, ~~gc~~ ~~corn~~
and rice.

P-2024

NOV 0 3 2006

USDA ...this is what I want on my WIC checks...



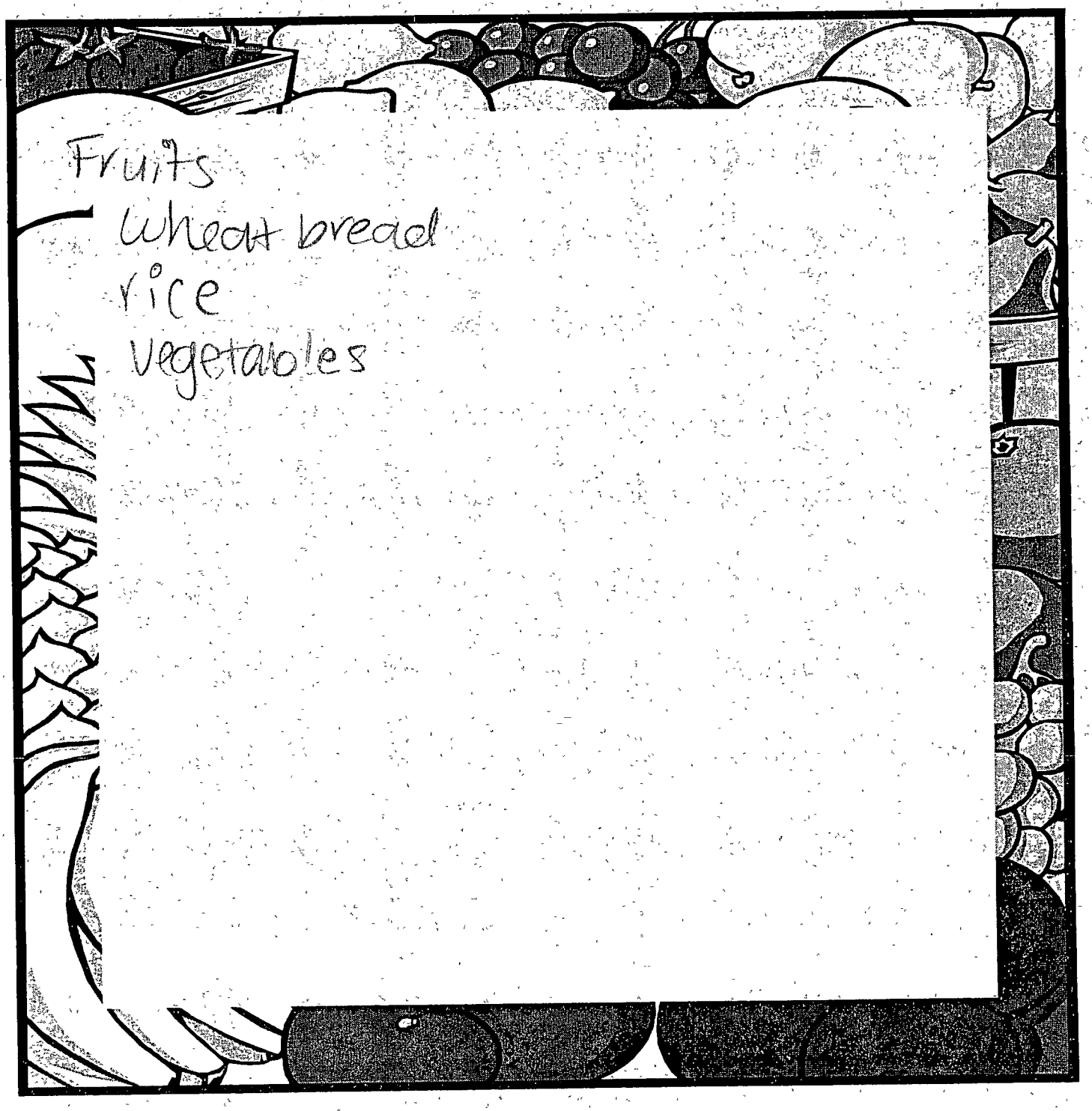
Vegetables
Bread
Fruits
Meat

everything

P-2025

NOV 03 2006

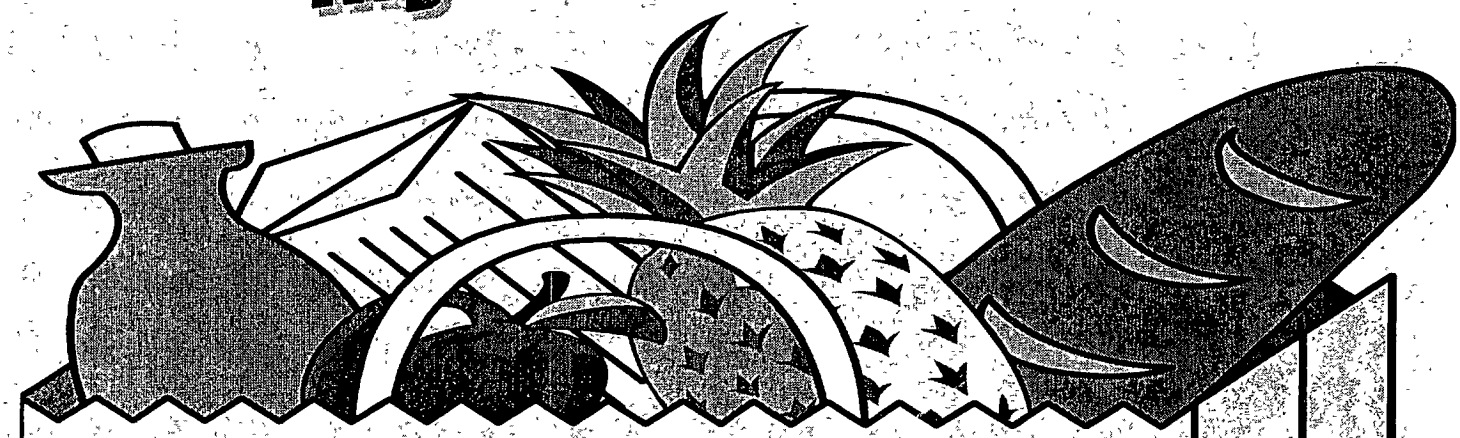
USDA ...this is what I want on my WIC checks...



P-2026

NOV 03 2006

USDA ...this is what I want on my WIC checks...



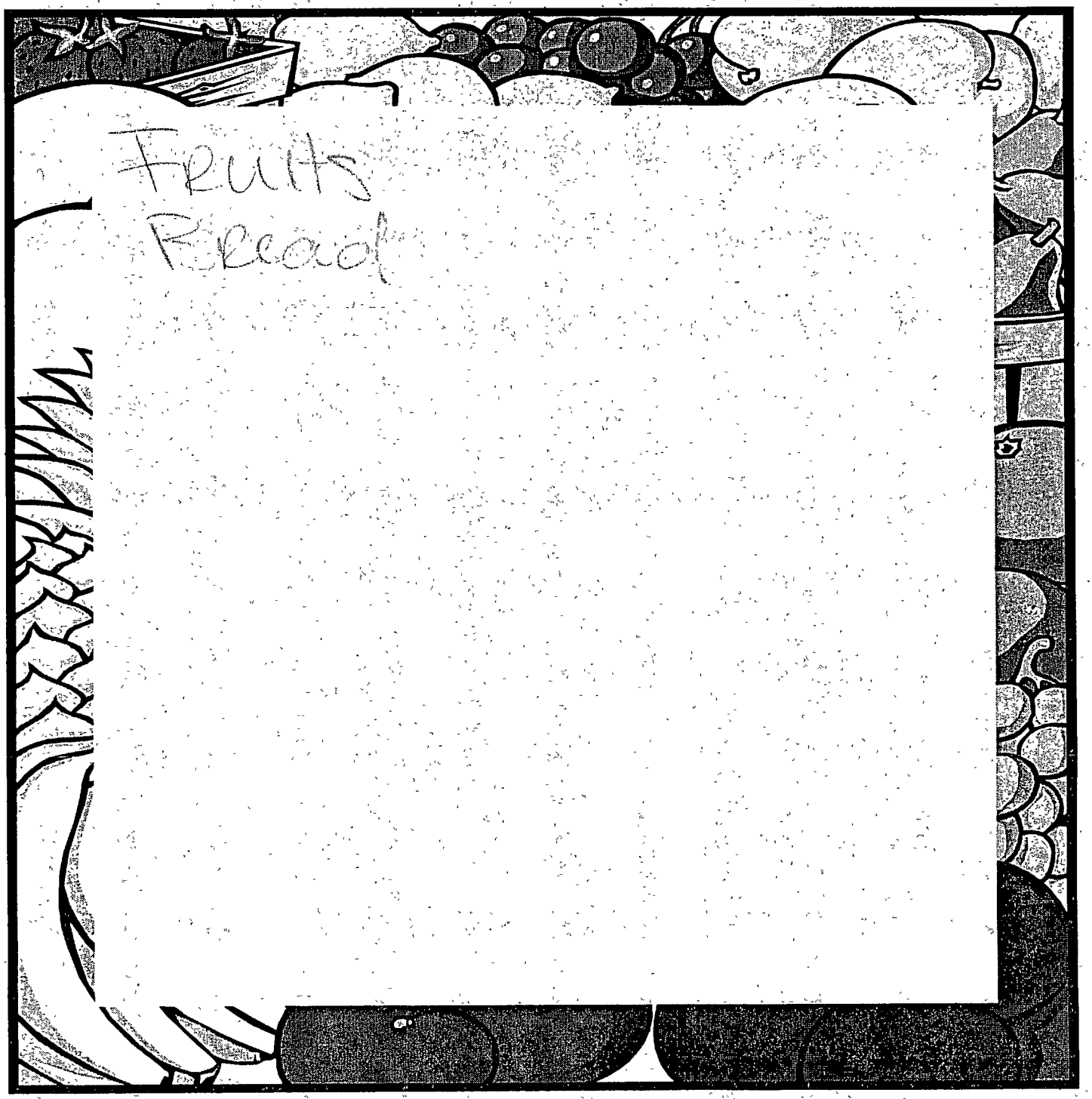
cerrets

tomato
torteies
a lot of vegetables peapers
grapes
pinsapple onios ~~apples~~
~~[illegible]~~ apples
lettes onios
orange peapers
banna cerrets
broccaly lettes
orange
broccaly
banana
grapes
torteies

P-2027

NOV 0 3 2006

USDA ...this is what I want on my WIC checks...



P-2028

NOV 03 2006

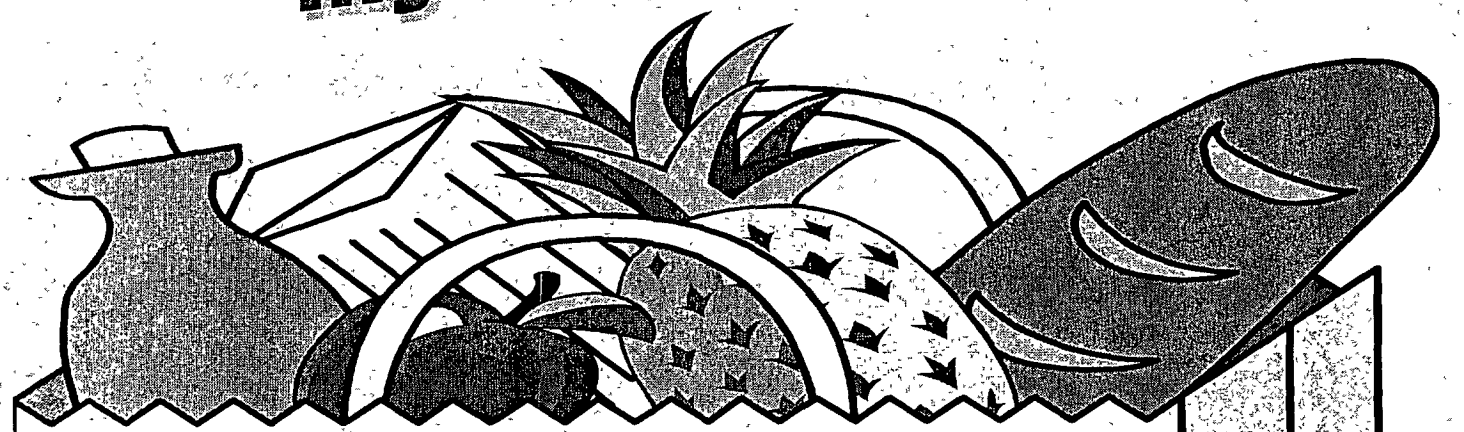
USDA ...this is what I want on my WIC checks...

I would like to get Freesh fruits and vegebels and gerbures from wic

P-2029

NOV 0 3 2006

USDA ...this is what I want on my WIC checks...



Dear USDA

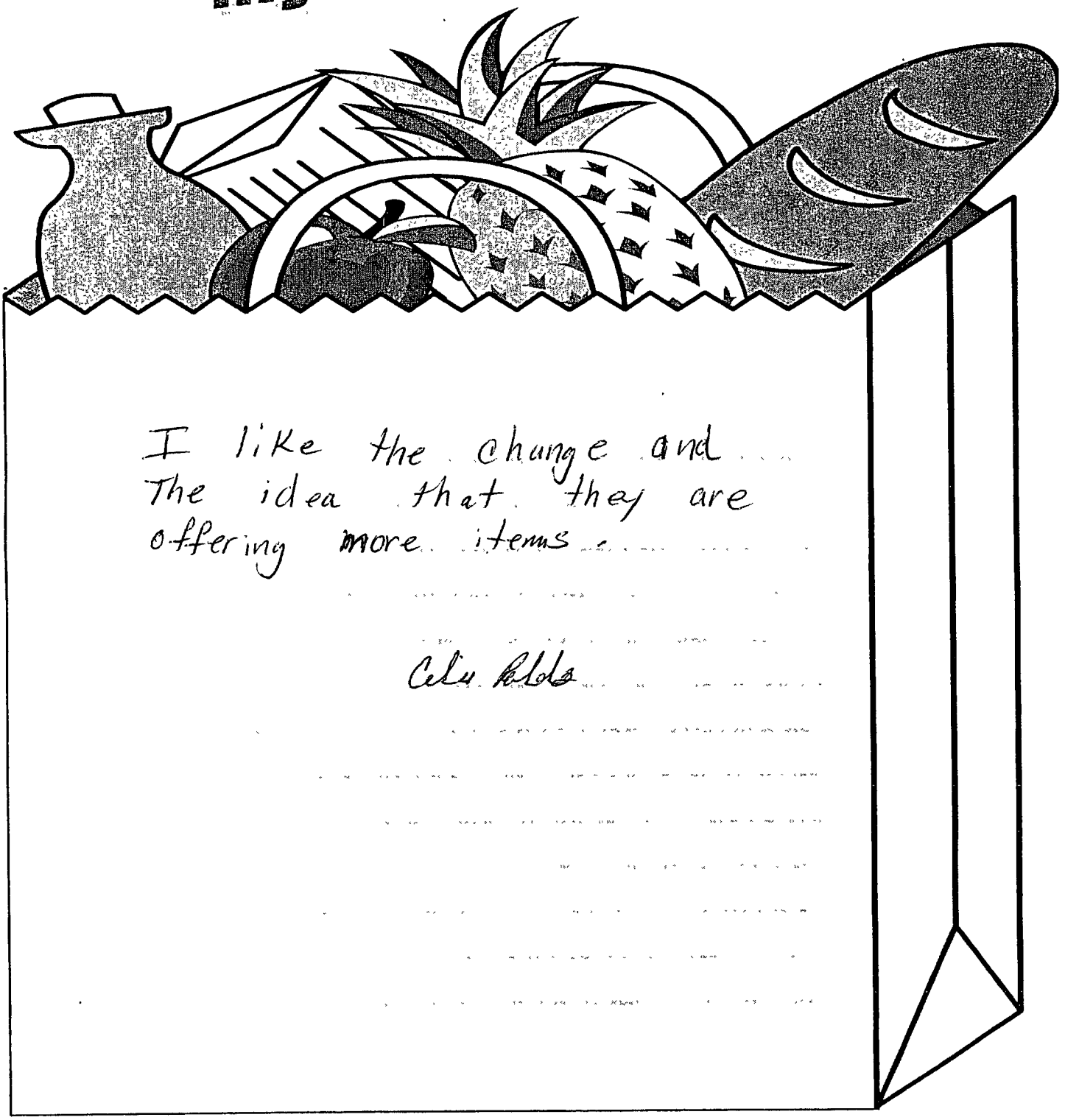
I really like what you planing to do by adding more to the WIC. Its a good idea because now we could get all the proteins and nutrients that we need for our kids. I would really appreciate it if you actually go on and do it. Thank you

Duane Lovelly Bear

P-2030

NOV 03 2006

USDA ...this is what I want on my WIC checks...

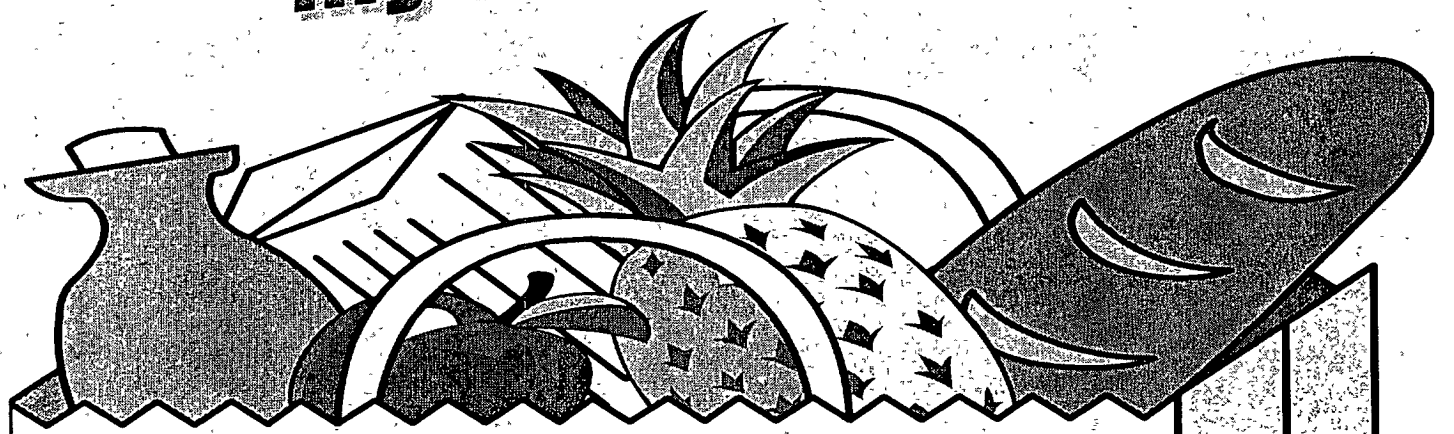


I like the change and
The idea that they are
offering more items

Celu Rolds

P-2031

USDA ...this is what I want on my WIC checks...



Dear Friend at USDA

Thank you for adding fruits to the wic checks.
My family loves to eat fresh fruits.
We like most about proposed changes is fruits

Thank you for reading my comments.

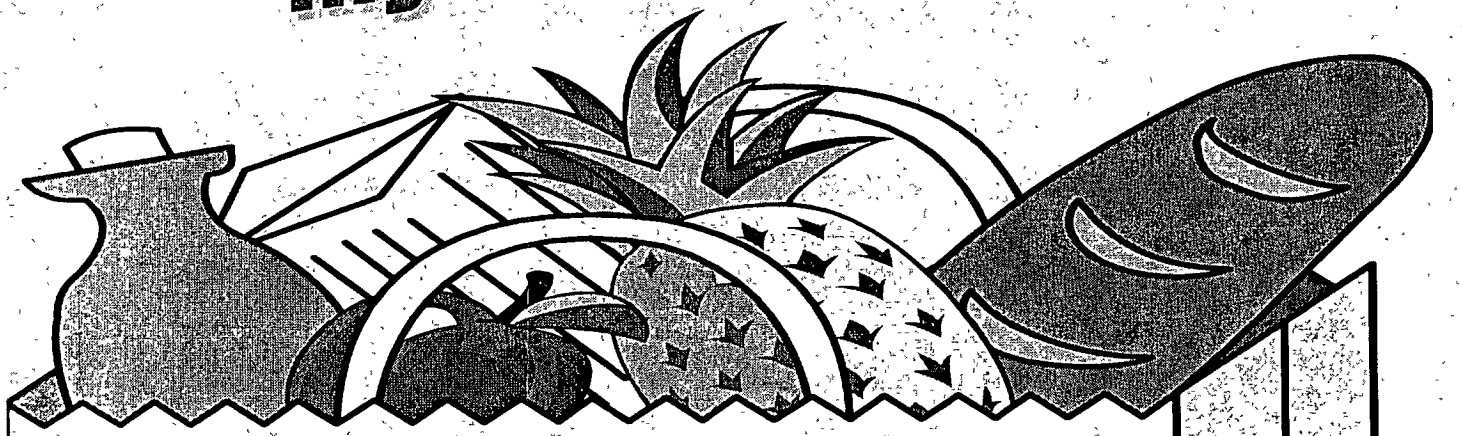
Regards

Djurianah Inu

P-2032

NOV 03 2006

USDA ...this is what I want on my WIC checks...



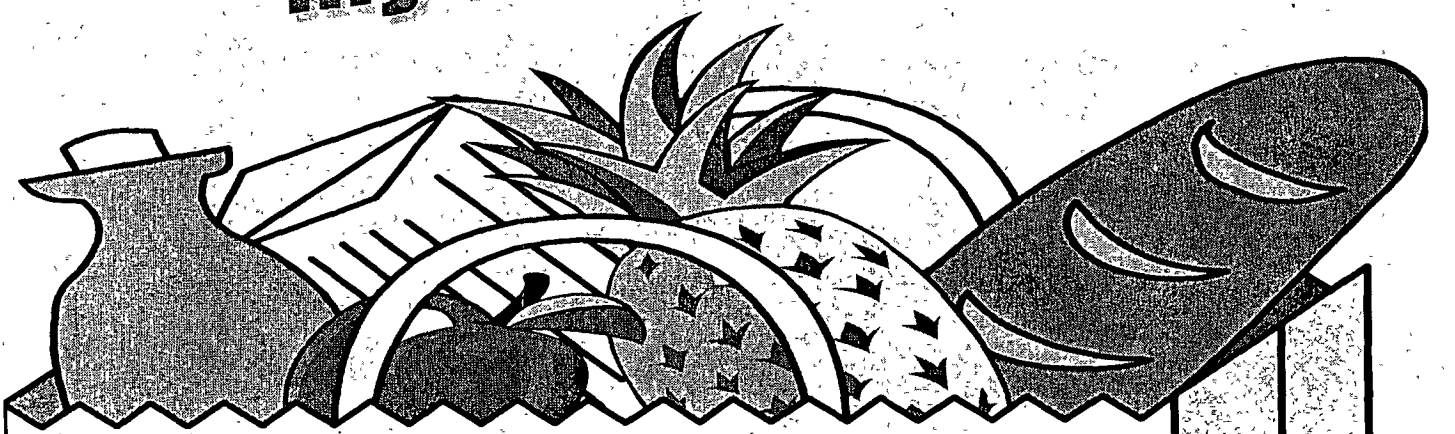
Dear US Department of Agriculture
I really like that new
change of foods

Sincerely
Nancy Salinas

P-2033

NOV 0 3 2006

USDA ...this is what I want on my WIC checks...



To the
US Deparment Agriculture,

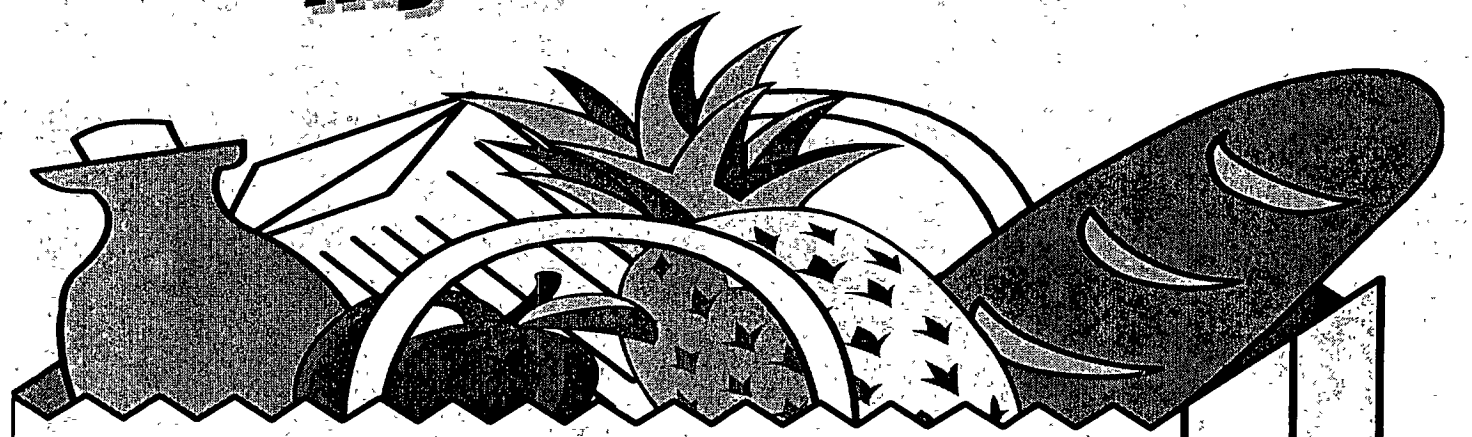
This changes would be very good for the kids. the changes are very nutricious.

Karina Vallejo
Oct 2, 06

P-2034

NOV 0 3 2006

USDA ...this is what I want on my WIC checks...

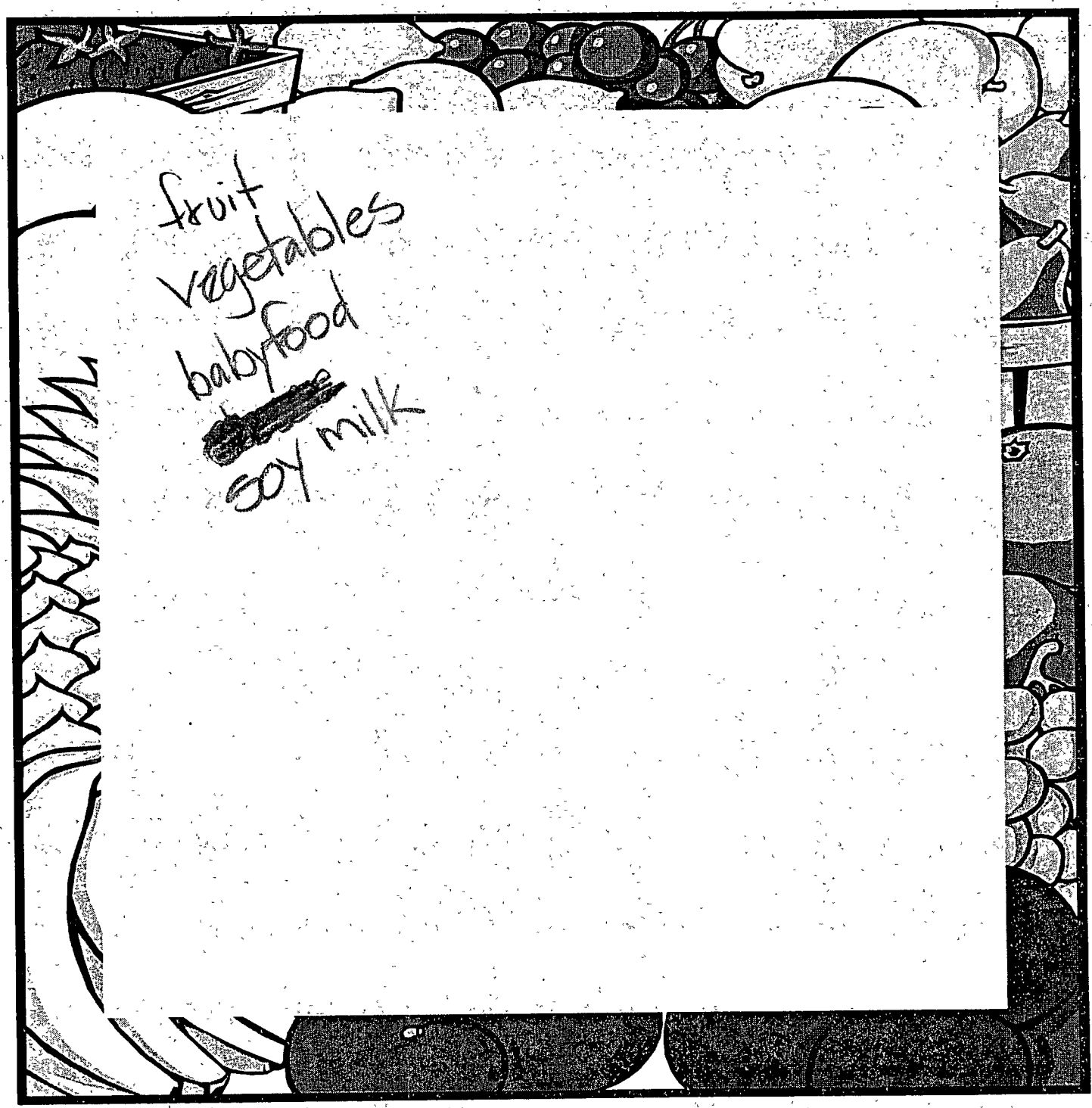


What I want to be part of my checks is bread, tortilla, Gerber, rice and the vegetables & fruit.

P-2035

NOV 0 3 2006

USDA ...this is what I want on my WIC checks...



NOV 0 3 2006

P-2036

USDA ...this is what I want on my WIC checks...

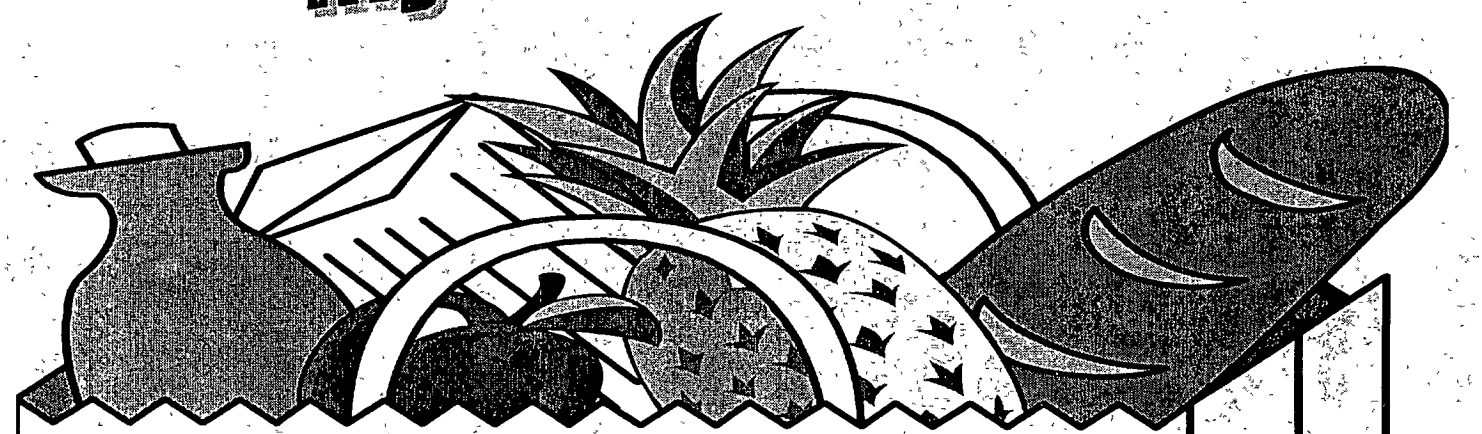
fruits
vegetables
pink salmon
brown rice
tortilla
bread

SOY MILK (my baby is allergic to milk & eggs + peanuts)

P-2037

NOV 03 2006

USDA ...this is what I want on my WIC checks...



It is highly appreciated that fruits & vegetables be added to my wic coupon. It would make for a better balanced meal. In my wic checks I would prefferr vegetables such as broccoli and tomatoes. For fruits, I would prefer bannanas, apples and strawberries.

Sincerely,

Araceli Nunez
-Wic Participant

P-2038

NOV 0 3 2006

USDA ...this is what I want on my WIC checks...

- Fruits
- vegetables
- bread
- baby food

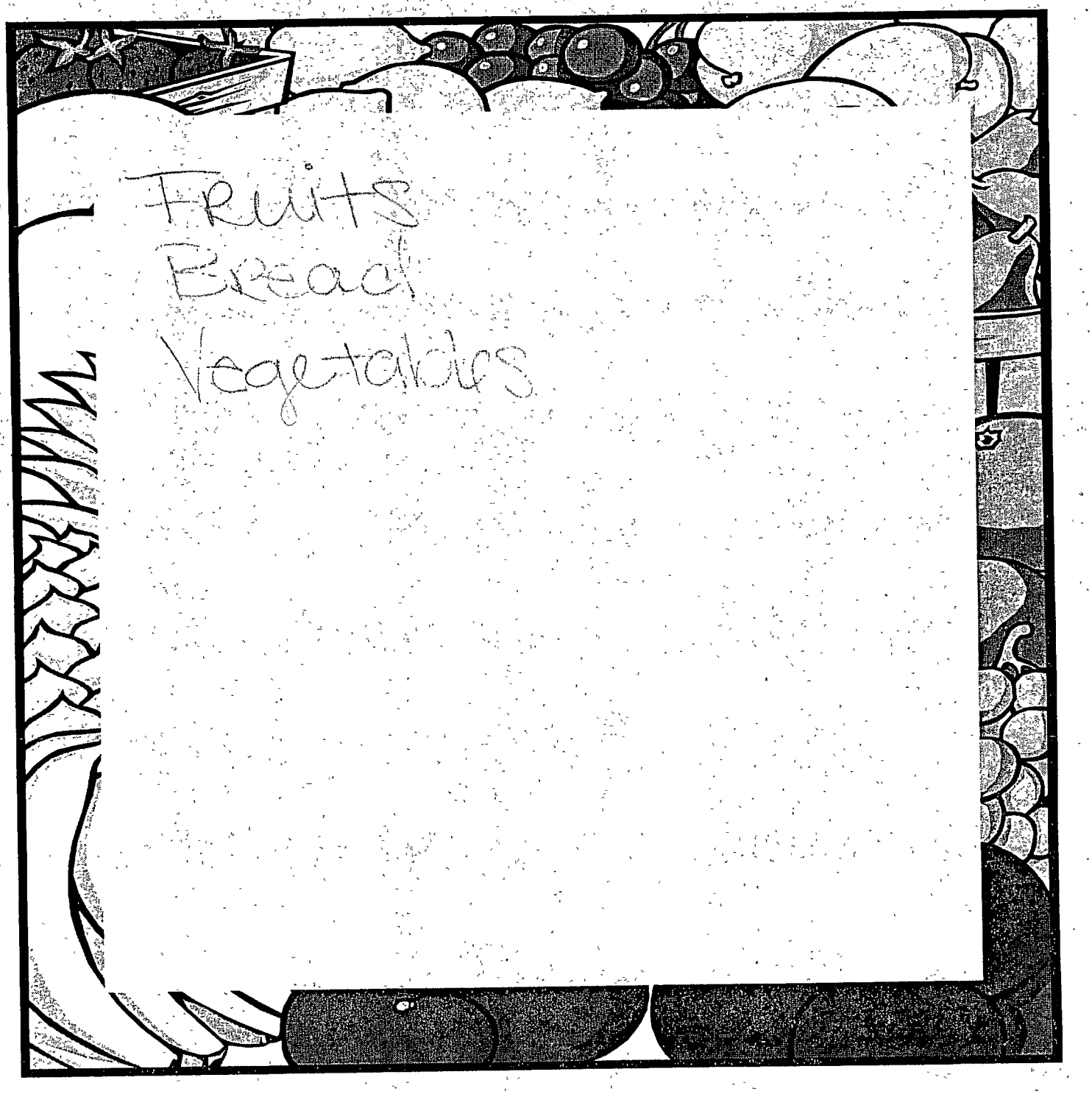
P-2039

NOV 0 3 2006

USDA ...this is what I want on my WIC checks...

I would like to have fresh fruit, vegetables, tortillas, and yogurts.

P-2040

NOV 0 3 2006

USDA ...this is what I want on my WIC checks...