

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family. I also like the idea of being able to buy whole grains like bread and tortillas.

What I like most about the proposed changes is adding the money.

What I like least about the proposed changes is to taking away the milk and the eggs.

Thank you for reading my comments.

Sincerely,

Satia Rame 10-30-06
WIC Participant Date

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family. I also like the idea of being able to buy whole grains like bread and tortillas.

What I like most about the proposed changes is more healthier

What I like least about the proposed changes is they give more fruits and veggies, and Flavoured Juices.

Thank you for reading my comments.

Sincerely,

Christine D. Casano 10/13/06
WIC Participant Date

-2903

OCT 5 2006

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits, vegetables, grains and soy products to the WIC checks! I will enjoy choosing fresh healthier foods for my family.

What I like most about the proposed changes is

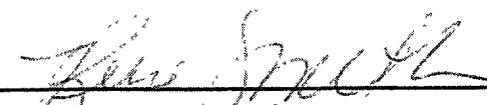
is the addition of extra foods. It helps
keep the kids healthy.

What I like least about the proposed changes is

N/A

Thank you for reading my comments.

Sincerely,



WIC Participant

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits, vegetables, grains and soy products to the WIC checks! I will enjoy choosing fresh healthier foods for my family.

What I like most about the proposed changes is

MORE FRUITS & VEGETABLES

What I like least about the proposed changes is

Thank you for reading my comments.

Sincerely,



WIC Participant

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits, vegetables, grains and soy products to the WIC checks! I will enjoy choosing fresh healthier foods for my family.

What I like most about the proposed changes is

~~LESS MILK + EGGS + CHEESE~~
BREAD + KRUIJTS

What I like least about the proposed changes is

LESS MILK + EGGS + CHEESE

Thank you for reading my comments.

Sincerely,

Dranne Conway
WIC Participant

OCT 30 2006

1-2906
Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits, vegetables, grains and soy products to the WIC checks! I will enjoy choosing fresh healthier foods for my family.

What I like most about the proposed changes is

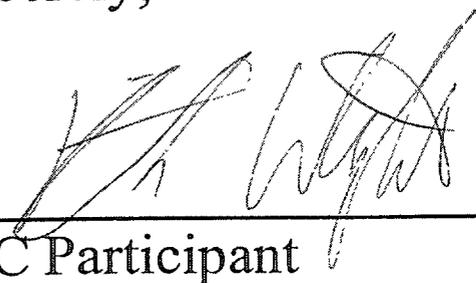
Adds fruits and vegetables and breads

What I like least about the proposed changes is

less variety of juices

Thank you for reading my comments.

Sincerely,



WIC Participant

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits, vegetables, grains and soy products to the WIC checks! I will enjoy choosing fresh healthier foods for my family.

What I like most about the proposed changes is

Fresh Fruits & vegetables.

What I like least about the proposed changes is

Nothing as I can see.

Thank you for reading my comments.

Sincerely,

Anil Honey
WIC Participant

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits, vegetables, grains and soy products to the WIC checks! I will enjoy choosing fresh healthier foods for my family.

What I like most about the proposed changes is

fresh fruits and vegetables, whole grains

What I like least about the proposed changes is

Thank you for reading my comments.

Sincerely,


Jessie Rae Gachary
WIC Participant

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits, vegetables, grains and soy products to the WIC checks! I will enjoy choosing fresh healthier foods for my family.

What I like most about the proposed changes is

What I like least about the proposed changes is

Thank you for reading my comments.

Sincerely,

Maria Scott

WIC Participant

P-2910

NOV 01 2006

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

I would appreciate adding fruits and vegetables to the WIC checks as well as soy products and whole grains! I will enjoy choosing fresh healthier foods for my family.

What I like most about the proposed changes is: I like

the idea of more variety to the convenience...

What I like least about the proposed changes is: _____

Thank you for reading my comments.

Sincerely,

Crystal Peterson

Idaho WIC Participant

P-2911

CC BY L P 2002

06C-P

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits, vegetables, grains and soy products to the WIC checks! I will enjoy choosing fresh healthier foods for my family.

What I like most about the proposed changes is

I like the fruit & veggies
most people dont eat enough

What I like least about the proposed changes is

I dont drink or like soy but it's
good for those who have to have it.

Thank you for reading my comments.

Sincerely,


WIC Participant

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits, vegetables, grains and soy products to the WIC checks! I will enjoy choosing fresh healthier foods for my family.

What I like most about the proposed changes is

Is the food change.

What I like least about the proposed changes is

Thank you for reading my comments.

Sincerely,

Mindy Sheets

WIC Participant

P-2913

NOV 01 2006

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

I would appreciate adding fruits and vegetables to the WIC checks as well as soy products and whole grains! I will enjoy choosing fresh healthier foods for my family.

What I like most about the proposed changes is: fresh

fruits & veggies

What I like least about the proposed changes is: none

Thank you for reading my comments.

Sincerely,

Melissa Marsh

Idaho WIC Participant

P-2914

NOV 01 2006

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

I would appreciate adding fruits and vegetables to the WIC checks as well as soy products and whole grains! I will enjoy choosing fresh healthier foods for my family.

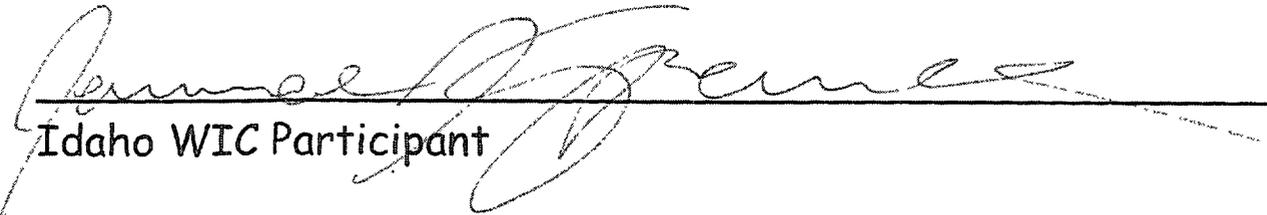
What I like most about the proposed changes is: Fresh

fruit and veg.

What I like least about the proposed changes is: _____

Thank you for reading my comments.

Sincerely,


Idaho WIC Participant

P-2915

NOV 01 2013

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

I would appreciate adding fruits and vegetables to the WIC checks as well as soy products and whole grains! I will enjoy choosing fresh healthier foods for my family.

What I like most about the proposed changes is: Vegetables

and whole grain choices

What I like least about the proposed changes is: _____

Less Cheese

Thank you for reading my comments.

Sincerely,

Christie A. Cole

Idaho WIC Participant

P-2916

NOV 01 2008

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

I would appreciate adding fruits and vegetables to the WIC checks as well as soy products and whole grains! I will enjoy choosing fresh healthier foods for my family.

What I like most about the proposed changes is: To give

Nutritious to my family

What I like least about the proposed changes is: NONE

Thank you for reading my comments.

Sincerely,

Caterina S Marsh

Idaho WIC Participant

P-2917

NOV 01 05

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

I would appreciate adding fruits and vegetables to the WIC checks as well as soy products and whole grains! I will enjoy choosing fresh healthier foods for my family.

What I like most about the proposed changes is: The addition

of fruits, vegetables + grains

What I like least about the proposed changes is: The reduction

of dairy and limitation to 2% or 1-55

Thank you for reading my comments.

Sincerely,


Idaho WIC Participant

P-2918

Ob-e

NOV 01 2016

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

I would appreciate adding fruits and vegetables to the WIC checks as well as soy products and whole grains! I will enjoy choosing fresh healthier foods for my family.

What I like most about the proposed changes is: I have a special needs daughter that has recently just started eating solid foods and I think it's a great feature to not only help my family but others as well - when it comes to choosing healthy foods

What I like least about the proposed changes is: it's taking a long time for this to happen.

Thank you for reading my comments.

Sincerely,

Kristin Murray
Idaho WIC Participant

05/11/19

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits, vegetables, grains and soy products to the WIC checks! I will enjoy choosing fresh healthier foods for my family.

What I like most about the proposed changes is

What I like least about the proposed changes is

Thank you for reading my comments.

Sincerely,

WIC Participant

Judy Sawyer

P-2920

06-12

OCT 18 2006

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits, vegetables, grains and soy products to the WIC checks! I will enjoy choosing fresh healthier foods for my family.

What I like most about the proposed changes is

fresh fruit and vegetables

What I like least about the proposed changes is

Thank you for reading my comments.

Sincerely,

Janet Ann D. Breen

WIC Participant

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits, vegetables, grains and soy products to the WIC checks! I will enjoy choosing fresh healthier foods for my family.

What I like most about the proposed changes is

at the cost of fruit & vegetables
it would help & be very beneficial.

What I like least about the proposed changes is

nothing

Thank you for reading my comments.

Sincerely,


WIC Participant

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits, vegetables, grains and soy products to the WIC checks! I will enjoy choosing fresh healthier foods for my family.

What I like most about the proposed changes is

Being able to make better choices. Eat fresh fruits and vegetables.

What I like least about the proposed changes is

Don't have any dislikes about the new changes.

Thank you for reading my comments.

Sincerely,

Estays Powell

WIC Participant

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits, vegetables, grains and soy products to the WIC checks! I will enjoy choosing fresh healthier foods for my family.

What I like most about the proposed changes is

Vegetables

What I like least about the proposed changes is

milk fruits

Thank you for reading my comments.

Sincerely,

Blanca Hernandez
WIC Participant

OCT 15 2016

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits, vegetables, grains and soy products to the WIC checks! I will enjoy choosing fresh healthier foods for my family.

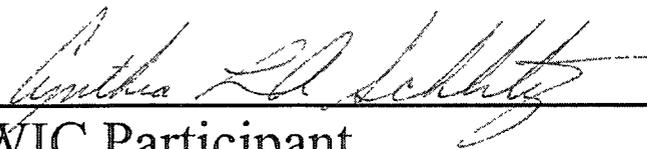
What I like most about the proposed changes is

FRUITS & VEGETABLES

What I like least about the proposed changes is

Thank you for reading my comments.

Sincerely,


WIC Participant

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits, vegetables, grains and soy products to the WIC checks! I will enjoy choosing fresh healthier foods for my family.

What I like most about the proposed changes is

the variety is better and includes turkish bread and fruits and vegetables.

What I like least about the proposed changes is

not enough cheese.

Thank you for reading my comments.

Sincerely,

Antoinette Flerker
WIC Participant

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits, vegetables, grains and soy products to the WIC checks! I will enjoy choosing fresh healthier foods for my family.

What I like most about the proposed changes is

I have no comments

What I like least about the proposed changes is

I have no comments

Thank you for reading my comments.

Sincerely,

Emily Bueck
WIC Participant

P-2927

NOV 19 2005

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits, vegetables, grains and soy products to the WIC checks! I will enjoy choosing fresh healthier foods for my family.

What I like most about the proposed changes is

It includes fruits and vegetables.
Better variety of healthy foods.

What I like least about the proposed changes is

Nothing

Thank you for reading my comments.

Sincerely,

Crystal Robinson

WIC Participant

OCT 19 2006

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits, vegetables, grains and soy products to the WIC checks! I will enjoy choosing fresh healthier foods for my family.

What I like most about the proposed changes is

fresh fruit + veggies, bread

What I like least about the proposed changes is

nothing yet.

Thank you for reading my comments.

Sincerely,

Melissa Chister Melissa Chister

WIC Participant

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits, vegetables, grains and soy products to the WIC checks! I will enjoy choosing fresh healthier foods for my family.

What I like most about the proposed changes is

FRUITS & VEGETABLES

What I like least about the proposed changes is

Thank you for reading my comments.

Sincerely,

Dmy Rhodes
WIC Participant

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits, vegetables, grains and soy products to the WIC checks! I will enjoy choosing fresh healthier foods for my family.

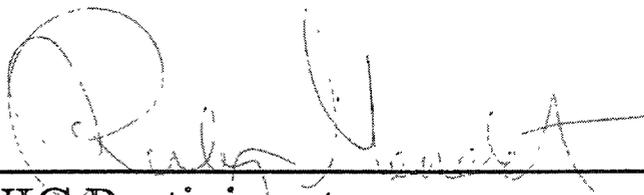
What I like most about the proposed changes is

more fruits and vegetables

What I like least about the proposed changes is

Thank you for reading my comments.

Sincerely,



WIC Participant

SEP 20 2005

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits, vegetables, grains and soy products to the WIC checks! I will enjoy choosing fresh healthier foods for my family.

What I like most about the proposed changes is

That you are adding fruits & vegetables! I also like that there will be tortillas.

What I like least about the proposed changes is

That tortilla will be a SUBSTITUTION and not an addition.

Thank you for reading my comments.

Sincerely,

Samia Estrada

WIC Participant

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits, vegetables, grains and soy products to the WIC checks! I will enjoy choosing fresh healthier foods for my family.

What I like most about the proposed changes is

What I like least about the proposed changes is

Thank you for reading my comments.

Sincerely,



WIC Participant

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits, vegetables, grains and soy products to the WIC checks! I will enjoy choosing fresh healthier foods for my family.

What I like most about the proposed changes is

the less price & more fruits & vegetables
& more variety.

What I like least about the proposed changes is

nothing at this time

Thank you for reading my comments.

Sincerely,

Janet Munguia
WIC Participant

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits, vegetables, grains and soy products to the WIC checks! I will enjoy choosing fresh healthier foods for my family.

What I like most about the proposed changes is

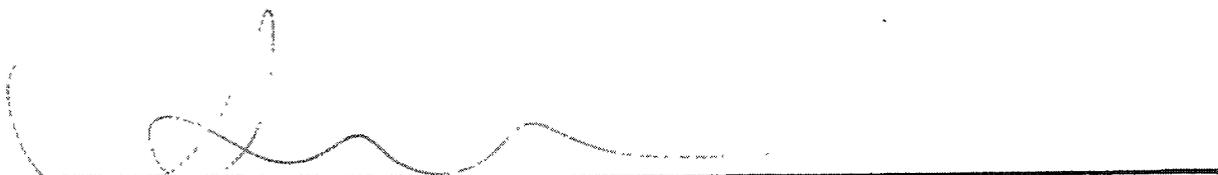
new items, I like the idea.

What I like least about the proposed changes is

nothing

Thank you for reading my comments.

Sincerely,



WIC Participant

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits, vegetables, grains and soy products to the WIC checks! I will enjoy choosing fresh healthier foods for my family.

What I like most about the proposed changes is

That fresh food will be available to suite us with a healthy diet!

What I like least about the proposed changes is

Thank you for reading my comments.

Sincerely,

M. Angeles G. Hernandez

WIC Participant

NOV 15 2008

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits, vegetables, grains and soy products to the WIC checks! I will enjoy choosing fresh healthier foods for my family.

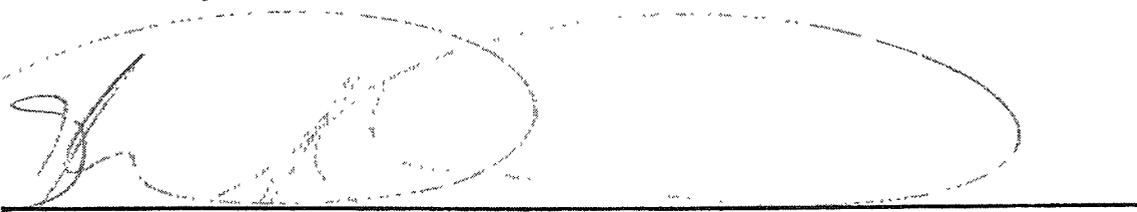
What I like most about the proposed changes is

I would be getting more fruits and
vegetables.

What I like least about the proposed changes is

Thank you for reading my comments.

Sincerely,



WIC Participant

SEP 1 1988

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits, vegetables, grains and soy products to the WIC checks! I will enjoy choosing fresh healthier foods for my family.

What I like most about the proposed changes is

I can get healthier foods for my family
which results in a happier family
I also like the fact that there is a
better variety of foods

What I like least about the proposed changes is

Thank you for reading my comments.

Sincerely,

Umchelle Gates

WIC Participant

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits, vegetables, grains and soy products to the WIC checks! I will enjoy choosing fresh healthier foods for my family.

What I like most about the proposed changes is

Will have more things like vegetables
and bread, tortillas ect.

What I like least about the proposed changes is

Don't have anything don't like less

Thank you for reading my comments.

Sincerely,

Adriana Martinez

WIC Participant

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits, vegetables, grains and soy products to the WIC checks! I will enjoy choosing fresh healthier foods for my family.

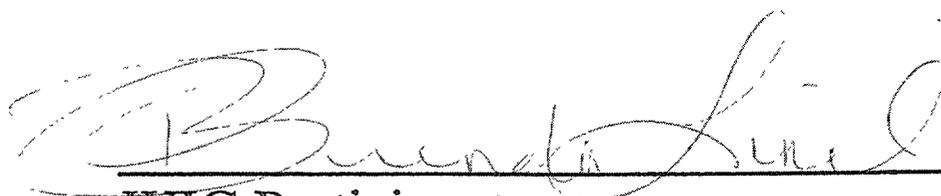
What I like most about the proposed changes is

more healthy for everyone

What I like least about the proposed changes is

Thank you for reading my comments.

Sincerely,



WIC Participant

02 19 2008

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits, vegetables, grains and soy products to the WIC checks! I will enjoy choosing fresh healthier foods for my family.

What I like most about the proposed changes is

the fresh fruit, veggie and more of a variety

What I like least about the proposed changes is

Nothing

Thank you for reading my comments.

Sincerely,

Geo R Walker

WIC Participant

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits, vegetables, grains and soy products to the WIC checks! I will enjoy choosing fresh healthier foods for my family.

What I like most about the proposed changes is

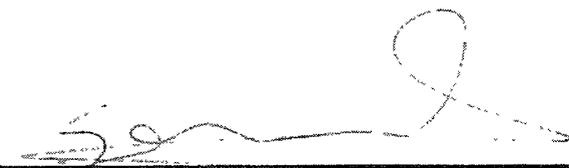
Fruits - Veggies

What I like least about the proposed changes is

Dairy product

Thank you for reading my comments.

Sincerely,



WIC Participant

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits, vegetables, grains and soy products to the WIC checks! I will enjoy choosing fresh healthier foods for my family.

What I like most about the proposed changes is

Doesn't matter

What I like least about the proposed changes is

Doesn't matter

Thank you for reading my comments.

Sincerely,



WIC Participant

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits, vegetables, grains and soy products to the WIC checks! I will enjoy choosing fresh healthier foods for my family.

What I like most about the proposed changes is

I like that they will be adding vegetables & fruits.

What I like least about the proposed changes is

that we will be receiving less juices!

Thank you for reading my comments.

Sincerely,

Melani Amey

WIC Participant

SEP 19 2005

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits, vegetables, grains and soy products to the WIC checks! I will enjoy choosing fresh healthier foods for my family.

What I like most about the proposed changes is

Well ^{I know my child will} enjoy the fruits and vegetables and is a good change and most for the families that they can't

What I like least about the proposed changes is

NO I KNOW all this is good change for everyone. ^{buy fruits and vegetable same - times}

Thank you for reading my comments.

Sincerely, *Maren Cinchola*

WIC Participant

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits, vegetables, grains and soy products to the WIC checks! I will enjoy choosing fresh healthier foods for my family.

What I like most about the proposed changes is

I like the proposed opt. to add fruit and other variety

What I like least about the proposed changes is

I don't like the reduction in milk

Thank you for reading my comments.

Sincerely,

April [Signature]

WIC Participant

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits, vegetables, grains and soy products to the WIC checks! I will enjoy choosing fresh healthier foods for my family.

What I like most about the proposed changes is

that we're getting fresh fruit

What I like least about the proposed changes is

that we're getting less Milk

Thank you for reading my comments.

Sincerely,

Rosalia Pelayo

WIC Participant

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits, vegetables, grains and soy products to the WIC checks! I will enjoy choosing fresh healthier foods for my family.

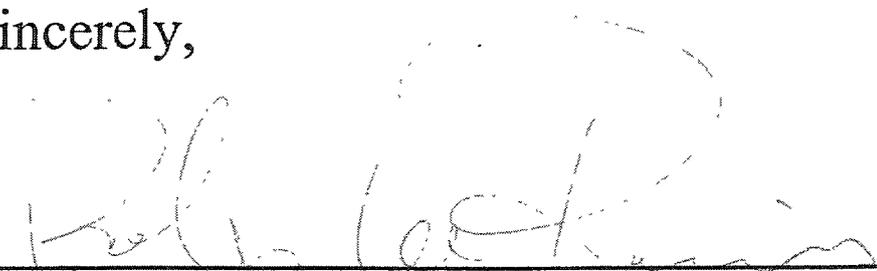
What I like most about the proposed changes is

I would love to be able to get
fruits and vegetables!

What I like least about the proposed changes is

Thank you for reading my comments.

Sincerely,



WIC Participant

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits, vegetables, grains and soy products to the WIC checks! I will enjoy choosing fresh healthier foods for my family.

What I like most about the proposed changes is

the whole grain choices & fruit & veges.

What I like least about the proposed changes is

that milk will be (t) down.

Thank you for reading my comments.

Sincerely,

Katrina Paal

WIC Participant

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits, vegetables, grains and soy products to the WIC checks! I will enjoy choosing fresh healthier foods for my family.

What I like most about the proposed changes is

The addition of Fruits + vegetables b/c my daughter loves them.

What I like least about the proposed changes is

Everything's ok, the only thing my daughter doesn't eat is tofu.

Thank you for reading my comments.

Sincerely,

Araceli Lewis

WIC Participant