

Dear Friends at US Department of  
Agriculture,

Thank you for adding fruits and veggies to  
the WIC checks. My family loves to eat  
them, but it has been expensive to buy them.  
Now I will be able to make healthier meals  
for us.

Sincerely,

*Mindy S. Gomes*

WIC Participant

Other Comments:

*Great ideas! Kids need &  
love fresh fruits & veggies.  
Thanks, hope to see changes  
soon!*



1 2000  
3802

NOV 14 2008

Dear Friends at US Department of  
Agriculture,

Thank you for adding fruits and veggies to  
the WIC checks. My family loves to eat  
them, but it has been expensive to buy them.  
Now I will be able to make healthier meals  
for us.

Sincerely,

Kayla Clark  
WIC Participant

**Other Comments:**

I would like to see more fresh  
fruits + vegetables.

Dear Friends at US Department of Agriculture,

Thank you for adding fruits and veggies to the WIC checks. My family loves to eat them, but it has been expensive to buy them. Now I will be able to make healthier meals for us.

Sincerely,

*Amythia Davis*

WIC Participant

Other Comments:

*yes please include yogurt*

Dear Friends at US Department of  
Agriculture,

Thank you for adding fruits and veggies to  
the WIC checks. My family loves to eat  
them, but it has been expensive to buy them.  
Now I will be able to make healthier meals  
for us.

Sincerely,

*Cindy August*  
\_\_\_\_\_  
WIC Participant

**Other Comments:**

*Also - yogurts are a great source  
of calcium/dairy. My kids eat  
yogurt mix w/ fruit + granola  
for a great snack!*  
\_\_\_\_\_

T 3805

NOV 11 6 2008

Dear Friends at US Department of  
Agriculture,

Thank you for adding fruits and veggies to  
the WIC checks. My family loves to eat  
them, but it has been expensive to buy them.  
Now I will be able to make healthier meals  
for us.

Sincerely,

Christen Stopnick

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WIC Participant

**Other Comments:**

I think the wheat bread, wheat tortillas,  
yogurt, fresh veggies + fruit, would be  
a great idea. It would ~~save~~ save me  
money on my regular shopping.

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Dear Friends at US Department of  
Agriculture,

Thank you for adding fruits and veggies to  
the WIC checks. My family loves to eat  
them, but it has been expensive to buy them.  
Now I will be able to make healthier meals  
for us.

Sincerely,

Jonja Brauch

WIC Participant

**Other Comments:**

Fruits & vegetables

Yogurt

As a foster Mom I notice children  
don't eat vegetables. It would help if  
family received these through WIC.

F3807

3807

Dear Friends at US Department of  
Agriculture,

Thank you for adding fruits and veggies to  
the WIC checks. My family loves to eat  
them, but it has been expensive to buy them.  
Now I will be able to make healthier meals  
for us.

Sincerely,

Caroleen Roming

WIC Participant

Other Comments:

I'm hoping to be a  
and would be a great  
child. I would like to  
be in the WIC for a total  
of 16 years. Thank You.

15000  
P3808

NOV 06 2006

Dear Friends at US Department of  
Agriculture,

Thank you for adding fruits and veggies to  
the WIC checks. My family loves to eat  
them, but it has been expensive to buy them.  
Now I will be able to make healthier meals  
for us.

Sincerely,

Ada Williams

WIC Participant

**Other Comments:**

WIC is a great program. It would  
be even better with fresh fruits and  
vegetables. And the health benefits  
from fresh produce are so much  
more and "well appreciated!"

NOV 06 2006

Dear Friends at US Department of Agriculture,

Thank you for adding fruits and veggies to the WIC checks. My family loves to eat them, but it has been expensive to buy them. Now I will be able to make healthier meals for us.

Sincerely,

*Bernice Ransom*

WIC Participant

**Other Comments:**

*WIC Program helps us put Food on our table.*

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73810  
P3810

NOV 06 2008

Dear Friends at US Department of  
Agriculture,

Thank you for adding fruits and veggies to  
the WIC checks. My family loves to eat  
them, but it has been expensive to buy them.  
Now I will be able to make healthier meals  
for us.

Sincerely,

Amanda Barnett  
WIC Participant

**Other Comments:**

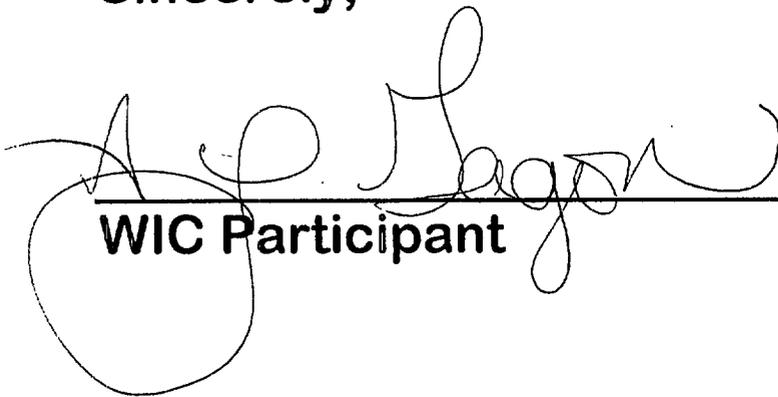
The sooner the better, It would  
work out great for my family  
its an easier budget.

NOV 06 2006

Dear Friends at US Department of  
Agriculture,

Thank you for adding fruits and veggies to  
the WIC checks. My family loves to eat  
them, but it has been expensive to buy them.  
Now I will be able to make healthier meals  
for us.

Sincerely,

  
WIC Participant

**Other Comments:**

I think its good because  
we use fruits and veggies  
as often as we can, but  
it gets expensive.

#3812

NOV 06 2006

Dear Friends at US Department of  
Agriculture,

Thank you for adding fruits and veggies to  
the WIC checks. My family loves to eat  
them, but it has been expensive to buy them.  
Now I will be able to make healthier meals  
for us.

Sincerely,

Christine Robinson

WIC Participant

**Other Comments:**

I Support the Idea of having  
Fruits and Veggies Adding to WIC  
Program.

Also yogurts and soy products  
would be great!

U<sup>oo</sup>

P 3813

NOV 06 2006

Dear Friends at US Department of  
Agriculture,

Thank you for adding fruits and veggies to  
the WIC checks. My family loves to eat  
them, but it has been expensive to buy them.  
Now I will be able to make healthier meals  
for us.

Sincerely,

Melissa Radford 9-19-06  
WIC Participant

**Other Comments:**

I support the idea of having  
knew foods such as fresh  
vegetables, yogurt, bread,

K3814

NOV 6 2008

Dear Friends at US Department of  
Agriculture,

Thank you for adding fruits and veggies to  
the WIC checks. My family loves to eat  
them, but it has been expensive to buy them.  
Now I will be able to make healthier meals  
for us.

Sincerely,

Diana Burgass  
WIC Participant

**Other Comments:**

I would really like to see  
yogurt & Fresh Fruit.  
Please

Dear Friends at US Department of Agriculture,

Thank you for adding fruits and veggies to the WIC checks. My family loves to eat them, but it has been expensive to buy them. Now I will be able to make healthier meals for us.

Sincerely,

*Christie James*

WIC Participant

**Other Comments:**

*It would be nice to have fruits and yogurt things that are healthy and different the the kids.*

13816

NOV 06 2008

Dear Friends at US Department of  
Agriculture,

Thank you for adding fruits and veggies to  
the WIC checks. My family loves to eat  
them, but it has been expensive to buy them.  
Now I will be able to make healthier meals  
for us.

Sincerely,

*Jy Tulli*

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WIC Participant

**Other Comments:**

*please cover soy products and  
yogurt - no prescription required*

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Dear Friends at US Department of  
Agriculture,

Thank you for adding fruits and veggies to  
the WIC checks. My family loves to eat  
them, but it has been expensive to buy them.  
Now I will be able to make healthier meals  
for us.

Sincerely,

*Kimberly Pope and Isaiah James*  
WIC Participant

**Other Comments:**

*I have been very fortunate that my  
child enjoys eating healthy. Thank you  
for the program, it really is a lot of help.*

Dear Friends at US Department of Agriculture,

Thank you for adding fruits and veggies to the WIC checks. My family loves to eat them, but it has been expensive to buy them. Now I will be able to make healthier meals for us.

Sincerely,

Sara L. Garrison

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WIC Participant

**Other Comments:**

These new changes sound great. yogurt & mac n cheese are some good alternatives to this program.

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Y3819

NOV 06 2008

Dear Friends at US Department of  
Agriculture,

Thank you for adding fruits and veggies to  
the WIC checks. My family loves to eat  
them, but it has been expensive to buy them.  
Now I will be able to make healthier meals  
for us.

Sincerely,

Christina Bass  
WIC Participant

**Other Comments:**

I would be nice to add Honey Bunches of oats cereal  
with ~~fruit~~ fruit in it or Cheerios that has the dried fruits  
and yogurts.

Dear Friends at US Department of Agriculture,

Thank you for adding fruits and veggies to the WIC checks. My family loves to eat them, but it has been expensive to buy them. Now I will be able to make healthier meals for us.

Sincerely,

Jennifer Hays

WIC Participant

Other Comments:

I think the new support with the change of ~~the~~ WIC is good it provides good change of health for the WIC packet

P3821

Dear Friends at US Department of  
Agriculture,

Thank you for adding fruits and veggies to  
the WIC checks. My family loves to eat  
them, but it has been expensive to buy them.  
Now I will be able to make healthier meals  
for us.

Sincerely,

Vanessa Haselkorn - vanessa Haselkorn  
WIC Participant

**Other Comments:**

Fresh fruit & veggies, and canned  
beans would be a nice choice.

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NOV 06 2006

Dear Friends at US Department of  
Agriculture,

Thank you for adding fruits and veggies to  
the WIC checks. My family loves to eat  
them, but it has been expensive to buy them.  
Now I will be able to make healthier meals  
for us.

Sincerely,

*Ranhiya*

WIC Participant

**Other Comments:**

*Where I live there is only one supermarket.  
This means, there is no competitive prices for  
fruit & vegetables. During the summer a pound of cherries  
costed \$6<sup>00</sup>. With those types of prices I don't buy  
a lot of fruit or vegetables.*

NOV 16 2013

Dear Friends at US Department of Agriculture,

Thank you for adding fruits and veggies to the WIC checks. My family loves to eat them, but it has been expensive to buy them. Now I will be able to make healthier meals for us.

Sincerely,

Michele McDanielS  
WIC Participant

**Other Comments:**

I think its a great idea to help introduce  
fruits & veggies into a childs life.  
Great Job I know my son will  
appreaciate it.

3824

NOV 06 2008

Dear Friends at US Department of  
Agriculture,

Thank you for adding fruits and veggies to  
the WIC checks. My family loves to eat  
them, but it has been expensive to buy them.  
Now I will be able to make healthier meals  
for us.

Sincerely,

Sandra Ward

WIC Participant

**Other Comments:**

I would love to get whole  
grain breads & my son is allergic  
milk protien so I spend about \$60  
a month just on rice milk, so the  
change to milk options would greatly help.

13890  
3825

NOV 06 2006

Dear Friends at US Department of Agriculture,

Thank you for adding fruits and veggies to the WIC checks. My family loves to eat them, but it has been expensive to buy them. Now I will be able to make healthier meals for us.

Sincerely,

  
WIC Participant

**Other Comments:**

Adding fresh fruits and veggies will be so nutritious for families. What a wonderful addition to the family.

NOV 06 2008

Dear Friends at US Department of  
Agriculture,

Thank you for adding fruits and veggies to  
the WIC checks. My family loves to eat  
them, but it has been expensive to buy them.  
Now I will be able to make healthier meals  
for us.

Sincerely,

Sarah Bohm

10-10-08

WIC Participant

Other Comments:

I would like to see vegetables, fruit  
in our program. my kids love it &  
its all for healthy kids

Thank you

NOV 06 2006

Dear Friends at US Department of  
Agriculture,

Thank you for adding fruits and veggies to  
the WIC checks. My family loves to eat  
them, but it has been expensive to buy them.  
Now I will be able to make healthier meals  
for us.

Sincerely,

*Rachelle Jones*

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WIC Participant

**Other Comments:**

I would love to have the  
new food package! The bread &  
fruits & vegetable would be wonderful  
to add, because I usually can't  
afford to buy much during the month.

3828  
P3828

MAY 16 2008

Dear Friends at US Department of Agriculture,

Thank you for adding fruits and veggies to the WIC checks. My family loves to eat them, but it has been expensive to buy them. Now I will be able to make healthier meals for us.

Sincerely,

*Kristin Huffaker*  
\_\_\_\_\_  
WIC Participant

**Other Comments:**

*Having more of a variety of food for my family would help make meals more interesting.*  
\_\_\_\_\_  
\_\_\_\_\_

3829

NOV 0 0 2000

Dear Friends at US Department of  
Agriculture,

Thank you for adding fruits and veggies to  
the WIC checks. My family loves to eat  
them, but it has been expensive to buy them.  
Now I will be able to make healthier meals  
for us.

Sincerely,

Kristy Hampton-Stall  
WIC Participant

**Other Comments:**

I think adding fruits and veggies is a  
good idea

~~3830~~  
3830

NOV 06 2009

Dear Friends at US Department of  
Agriculture,

Thank you for adding fruits and veggies to  
the WIC checks. My family loves to eat  
them, but it has been expensive to buy them.  
Now I will be able to make healthier meals  
for us.

Sincerely,

Jonathan Denny  
WIC Participant

**Other Comments:**

Thank you for providing a variety  
of foods for the infants in  
your program.

Dear Friends at US Department of Agriculture,

Thank you for adding fruits and veggies to the WIC checks. My family loves to eat them, but it has been expensive to buy them. Now I will be able to make healthier meals for us.

Sincerely,

*A. Murad*

WIC Participant

Other Comments:

*Any help with fruits & Veggies would be great*

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Dear Friends at US Department of Agriculture,

Thank you for adding fruits and veggies to the WIC checks. My family loves to eat them, but it has been expensive to buy them. Now I will be able to make healthier meals for us.

Sincerely,



WIC Participant

**Other Comments:**

I feel that it would be great to be able to get fruits and veggies with WIC. Thank you!

\_\_\_\_\_

\_\_\_\_\_

P3833

Dear Friends at US Department of Agriculture,

Thank you for adding fruits and veggies to the WIC checks. My family loves to eat them, but it has been expensive to buy them. Now I will be able to make healthier meals for us.

Sincerely,

*Amy K. Shockley*  
\_\_\_\_\_  
WIC Participant

**Other Comments:**

*yogurt would Be nice Its  
Healthy & easy*

Dear Friends at US Department of Agriculture,

Thank you for adding fruits and veggies to the WIC checks. My family loves to eat them, but it has been expensive to buy them. Now I will be able to make healthier meals for us.

Sincerely,

*Maria Maguire*  
WIC Participant

**Other Comments:**

*Would like yogurt*

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

P3835

NOV 06 2006

Dear Friends at US Department of  
Agriculture,

Thank you for adding fruits and veggies to  
the WIC checks. My family loves to eat  
them, but it has been expensive to buy them.  
Now I will be able to make healthier meals  
for us.

Sincerely,

*Kristina R Barnes*

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WIC Participant

**Other Comments:**

It would be so great to have fruits  
& veggies along with whole grains through  
WIC. Eating a balanced diet is so  
important for my family.

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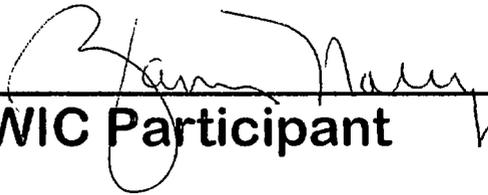
P383b

NOV 06 2008

Dear Friends at US Department of  
Agriculture,

Thank you for adding fruits and veggies to  
the WIC checks. My family loves to eat  
them, but it has been expensive to buy them.  
Now I will be able to make healthier meals  
for us.

Sincerely,

  
WIC Participant

**Other Comments:**

Tortillas and breads. Please  
we're suppose to follow the Pyramid  
but you make it hard when you  
take and don't give us varieties  
to pick from.

3837

3837

NOV 16 2016

Dear Friends at US Department of Agriculture,

Thank you for adding fruits and veggies to the WIC checks. My family loves to eat them, but it has been expensive to buy them. Now I will be able to make healthier meals for us.

Sincerely,

 / Elizabeth Miller

WIC Participant

**Other Comments:**

Yogurt, brown rice, soy milk, cheeses, whole grain products

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P3838

Dear Friends at US Department of Agriculture,

Thank you for adding fruits and veggies to the WIC checks. My family loves to eat them, but it has been expensive to buy them. Now I will be able to make healthier meals for us.

Sincerely,

*Cristy Evans*

WIC Participant

Other Comments:

*I think it would be great to have even more of a variety than we already do. ☺*

Dear Friends at US Department of Agriculture,

Thank you for adding fruits and veggies to the WIC checks. My family loves to eat them, but it has been expensive to buy them. Now I will be able to make healthier meals for us.

Sincerely,

*Jenny Brown*  
\_\_\_\_\_  
WIC Participant

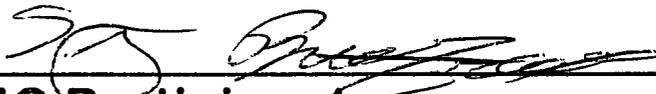
**Other Comments:**

*my children love fresh fruits and would like to see more of it!*  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Dear Friends at US Department of  
Agriculture,

Thank you for adding fruits and veggies to  
the WIC checks. My family loves to eat  
them, but it has been expensive to buy them.  
Now I will be able to make healthier meals  
for us.

Sincerely,

  
\_\_\_\_\_  
WIC Participant

**Other Comments:**

I think it is a great idea.  
We don't use all of the milk that  
we are given checks for. The veggies  
would be a wonderful addition

3841

Dear Friends at US Department of  
Agriculture,

Thank you for adding fruits and veggies to  
the WIC checks. My family loves to eat  
them, but it has been expensive to buy them.  
Now I will be able to make healthier meals  
for us.

Sincerely,

Carol Ragland  
WIC Participant

**Other Comments:**

I think adding The  
Fresh food is a wonderful thing. I am  
not happy that the program is taking  
away other foods to add them. I think  
after all these years the program should  
be allotted more monies. This program is  
all that a lot of children get. So they  
will be going without.

3842

Dear Friends at US Department of Agriculture,

Thank you for adding fruits and veggies to the WIC checks. My family loves to eat them, but it has been expensive to buy them. Now I will be able to make healthier meals for us.

Sincerely,

Yvonne Guerrero 9-18-06  
WIC Participant

**Other Comments:**

I think adding fruits and vegetables  
is will be more healthier and  
better for low income families

\_\_\_\_\_  
\_\_\_\_\_

P3843

Dear Friends at US Department of Agriculture,

Thank you for adding fruits and veggies to the WIC checks. My family loves to eat them, but it has been expensive to buy them. Now I will be able to make healthier meals for us.

Sincerely,

*John Gray*

WIC Participant

Other Comments:

More Fruits  
my 3 year old love  
them!!!

2 3844

Dear Friends at US Department of Agriculture,

Thank you for adding fruits and veggies to the WIC checks. My family loves to eat them, but it has been expensive to buy them. Now I will be able to make healthier meals for us.

Sincerely,

Sharon M. Stewart 7-18-00  
WIC Participant

**Other Comments:**

I like the idea of soy products  
being added as well as maybe some  
menu ideas.  
\_\_\_\_\_  
\_\_\_\_\_

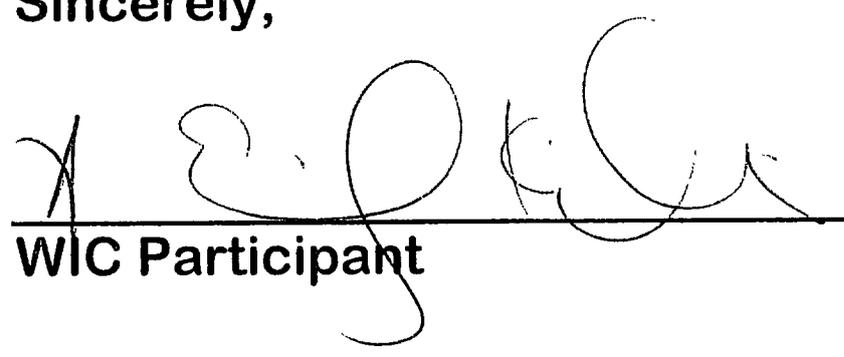
2 3845

NOV 06 2006

Dear Friends at US Department of Agriculture,

Thank you for adding fruits and veggies to the WIC checks. My family loves to eat them, but it has been expensive to buy them. Now I will be able to make healthier meals for us.

Sincerely,

  
\_\_\_\_\_  
WIC Participant

**Other Comments:**

My son & I really appreciate you helping us  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

NOV 06 2006

Dear Friends at US Department of Agriculture,

Thank you for adding fruits and veggies to the WIC checks. My family loves to eat them, but it has been expensive to buy them. Now I will be able to make healthier meals for us.

Sincerely,

*Meghan Just*  
\_\_\_\_\_  
WIC Participant

**Other Comments:**

*Because it's way better for ya than juice. ☺*  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

P 3847

NOV 06 2006

Dear Friends at US Department of  
Agriculture,

Thank you for adding fruits and veggies to  
the WIC checks. My family loves to eat  
them, but it has been expensive to buy them.  
Now I will be able to make healthier meals  
for us.

Sincerely,

*Ally Malen*

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**WIC Participant**

**Other Comments:**

*Fresh fruits and vegetables would be really nice to  
get and make things easier*

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NOV 06 2006

Dear Friends at US Department of  
Agriculture,

Thank you for adding fruits and veggies to  
the WIC checks. My family loves to eat  
them, but it has been expensive to buy them.  
Now I will be able to make healthier meals  
for us.

Sincerely,

*X Yummy B. Wilson*  
\_\_\_\_\_  
WIC Participant

**Other Comments:**

*I would rather my son have  
natural sugar and drink water  
than have juice.*  
\_\_\_\_\_  
\_\_\_\_\_

NOV 06 2006

Dear Friends at US Department of Agriculture,

Thank you for adding fruits and veggies to the WIC checks. My family loves to eat them, but it has been expensive to buy them. Now I will be able to make healthier meals for us.

Sincerely,

*Jermi Bigelow*

WIC Participant

**Other Comments:**

*I think it would be great to have fruits and veggies and bread products:*

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

NOV 06 2006

P 3850

Dear Friends at US Department of  
Agriculture,

Thank you for adding fruits and veggies to  
the WIC checks. My family loves to eat  
them, but it has been expensive to buy them.  
Now I will be able to make healthier meals  
for us.

Sincerely,

*Delicia Chandler*

WIC Participant

**Other Comments:**

*I like this idea because fruits  
& veggies are the hardest things  
to keep in my house, to  
raise my kids healthy.  
No more Ho, Ho's*

P3851

Dear Friends at US Department of Agriculture,

Thank you for adding fruits and veggies to the WIC checks. My family loves to eat them, but it has been expensive to buy them. Now I will be able to make healthier meals for us.

Sincerely,

Sarah Hayes  
WIC Participant

Other Comments:

Yogurt would also be a  
great one to add.  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Dear Friends at US Department of  
Agriculture,

Thank you for adding fruits and veggies to  
the WIC checks. My family loves to eat  
them, but it has been expensive to buy them.  
Now I will be able to make healthier meals  
for us.

Sincerely,

*Clanissa Duh*

WIC Participant

**Other Comments:**

*\$6 isn't enough for fresh  
fruit & veggies.*

3853

Dear Friends at US Department of Agriculture,

Thank you for adding fruits and veggies to the WIC checks. My family loves to eat them, but it has been expensive to buy them. Now I will be able to make healthier meals for us.

Sincerely,

Chestanna Karow  
WIC Participant

Other Comments:

I'd like to see yougurt on there.  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

p3854

NOV 06 2006

Dear Friends at US Department of Agriculture,

Thank you for adding fruits and veggies to the WIC checks. My family loves to eat them, but it has been expensive to buy them. Now I will be able to make healthier meals for us.

Sincerely,

*Denise Moore*

WIC Participant

**Other Comments:**

*I would really like to see the changes made.*

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

3855  
3855

NOV 06 2008

Dear Friends at US Department of  
Agriculture,

Thank you for adding fruits and veggies to  
the WIC checks. My family loves to eat  
them, but it has been expensive to buy them.  
Now I will be able to make healthier meals  
for us.

Sincerely,

*[Handwritten Signature]*  
\_\_\_\_\_  
WIC Participant

**Other Comments:**

I think its a wonderful idea to add  
fruits and veggies. I would rather have  
actual fruits and less juice  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

15000

3856

NOV 6 2008

Dear Friends at US Department of Agriculture,

Thank you for adding fruits and veggies to the WIC checks. My family loves to eat them, but it has been expensive to buy them. Now I will be able to make healthier meals for us.

Sincerely,

*Maria Hernandez*

WIC Participant

**Other Comments:**

*I think it would be good for people who don't get fruits and veggies, and for those who can't afford it.*

\_\_\_\_\_  
\_\_\_\_\_

3857

Dear Friends at US Department of Agriculture,

Thank you for adding fruits and veggies to the WIC checks. My family loves to eat them, but it has been expensive to buy them. Now I will be able to make healthier meals for us.

Sincerely,

Melissa Hudson

WIC Participant

Other Comments:

It will be great to be able to get fruits and veggies.

Four horizontal lines for additional comments.

Dear Friends at US Department of Agriculture,

Thank you for adding fruits and veggies to the WIC checks. My family loves to eat them, but it has been expensive to buy them. Now I will be able to make healthier meals for us.

Sincerely,

*Denise Main*

WIC Participant

**Other Comments:**

*I like the idea of the whole grains and fruits & vegetables*

P 3859

NOV 00 -

Dear Friends at US Department of Agriculture,

Thank you for adding fruits and veggies to the WIC checks. My family loves to eat them, but it has been expensive to buy them. Now I will be able to make healthier meals for us.

Sincerely,

Johanna Nunnally  
WIC Participant

**Other Comments:**

I will love to get bread and  
fruits & vegies. I do use the  
4 1/2 gallons of milk though.

Dear Friends at US Department of Agriculture,

Thank you for adding fruits and veggies to the WIC checks. My family loves to eat them, but it has been expensive to buy them. Now I will be able to make healthier meals for us.

Sincerely,

Nicole Reed  
WIC Participant

Other Comments:

I think that adding fruits and veggies to the wic program is a great idea

Dear Friends at US Department of Agriculture,

Thank you for adding fruits and veggies to the WIC checks. My family loves to eat them, but it has been expensive to buy them. Now I will be able to make healthier meals for us.

Sincerely,

*Jessica L. Duwall*

WIC Participant

**Other Comments:**

*Adding more fruits and vegetables would be a big help. My family loves vegetables and go through them fairly quickly.*

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Dear Friends at US Department of Agriculture,

Thank you for adding fruits and veggies to the WIC checks. My family loves to eat them, but it has been expensive to buy them. Now I will be able to make healthier meals for us.

Sincerely,

*Misty Woolery*

WIC Participant

**Other Comments:**

I think that is very helpful w/ the Fruit & Veggies I a lot of people eat them

Dear Friends at US Department of Agriculture,

Thank you for adding fruits and veggies to the WIC checks. My family loves to eat them, but it has been expensive to buy them. Now I will be able to make healthier meals for us.

Sincerely,

*Amanda Sorensen*

WIC Participant

**Other Comments:**

*Fruits & veggies would be wonderful!*

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Y 3864

NOV 16 2006

Dear Friends at US Department of  
Agriculture,

Thank you for adding fruits and veggies to  
the WIC checks. My family loves to eat  
them, but it has been expensive to buy them.  
Now I will be able to make healthier meals  
for us.

Sincerely,



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WIC Participant

Other Comments:

CAN'T AFFORD TO

TRY IT OUT.

3865

NOV 16 2006

Dear Friends at US Department of  
Agriculture,

Thank you for adding fruits and veggies to  
the WIC checks. My family loves to eat  
them, but it has been expensive to buy them.  
Now I will be able to make healthier meals  
for us.

Sincerely,

Amber Sullivan

WIC Participant

**Other Comments:**

not happy about fruit & veggie  
most people grow these own or use  
community gardens. I think milk &  
meat are a better asset. I want and say  
or tofu

NOV 06 2008

Dear Friends at US Department of  
Agriculture,

Thank you for adding fruits and veggies to  
the WIC checks. My family loves to eat  
them, but it has been expensive to buy them.  
Now I will be able to make healthier meals  
for us.

Sincerely,

Quinnell Kwan  
WIC Participant

**Other Comments:**

Fruits and veggies are some things that I enjoy eating  
because of the health benefits. I was very disappointed  
when I found that WIC did not provide them. I am  
looking forward to having them now. It is very  
nice to have that provided for me.

Dear Friends at US Department of  
Agriculture,

Thank you for adding fruits and veggies to  
the WIC checks. My family loves to eat  
them, but it has been expensive to buy them.  
Now I will be able to make healthier meals  
for us.

Sincerely,

Adrienne Dulen  
WIC Participant

**Other Comments:**

Its a well thought out idea. They should  
have thought or done this sooner.  
ALSO The whole grain is good to  
because its more used.

3868

Dear Friends at US Department of  
Agriculture,

Thank you for adding fruits and veggies to  
the WIC checks. My family loves to eat  
them, but it has been expensive to buy them.  
Now I will be able to make healthier meals  
for us.

Sincerely,

Public Guest

WIC Participant

**Other Comments:**

I think that these new changes are  
a good idea if it is beneficial to  
infants and toddlers. Its great to  
have healthy children.

93869

NOV 06 2008

Dear Friends at US Department of  
Agriculture,

Thank you for adding fruits and veggies to  
the WIC checks. My family loves to eat  
them, but it has been expensive to buy them.  
Now I will be able to make healthier meals  
for us.

Sincerely,

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WIC Participant

Other Comments:

*I agree w/ increasing vegetable and  
fruits. Eggs however should remain  
2 dozen*

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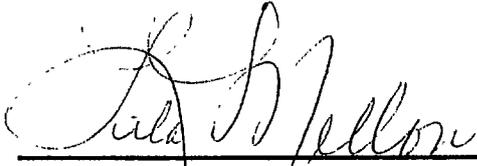
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4387D

Dear Friends at US Department of  
Agriculture,

Thank you for adding fruits and veggies to  
the WIC checks. My family loves to eat  
them, but it has been expensive to buy them.  
Now I will be able to make healthier meals  
for us.

Sincerely,



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WIC Participant

**Other Comments:**

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I like fresh fruits & veggies -

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Yogurt & whole wheat bread  
is a good idea.

Dear Friends at US Department of Agriculture,

Thank you for adding fruits and veggies to the WIC checks. My family loves to eat them, but it has been expensive to buy them. Now I will be able to make healthier meals for us.

Sincerely,

*Miciah Moran*

WIC Participant

*(MICIAH MORAN)*

**Other Comments:**

*GREAT IDEA ADDING FRUITS & VEGGIES!*

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Dear Friends at US Department of  
Agriculture,

Thank you for adding fruits and veggies to  
the WIC checks. My family loves to eat  
them, but it has been expensive to buy them.  
Now I will be able to make healthier meals  
for us.

Sincerely,

*Cady C. Carter 10-2-06*

WIC Participant

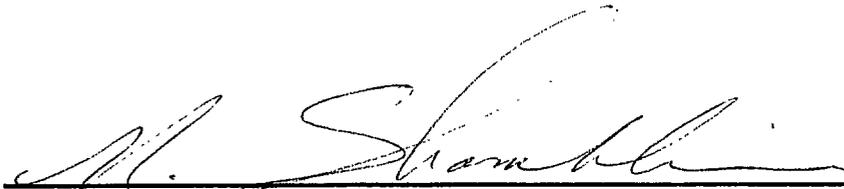
**Other Comments:**

I really enjoyed receiving vouchers  
during my pregnancy for veggies & fruit  
at our local farmer's market. It helped  
us include those in our daily diet and  
be able to afford more!

Dear Friends at US Department of  
Agriculture,

Thank you for adding fruits and veggies to  
the WIC checks. My family loves to eat  
them, but it has been expensive to buy them.  
Now I will be able to make healthier meals  
for us.

Sincerely,



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WIC Participant

**Other Comments:**

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*Our families eats a lot of fruit & veggies  
I prefer the eats of fresh fruits instead  
of juice.*

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13874

Dear Friends at US Department of  
Agriculture,

Thank you for adding fruits and veggies to  
the WIC checks. My family loves to eat  
them, but it has been expensive to buy them.  
Now I will be able to make healthier meals  
for us.

Sincerely,

Mann Mellamania  
WIC Participant

Other Comments:

fresh fruit is good!  
But the calcium &  
protein cut worries me.

P3875

NOV 06 2006

Dear Friends at US Department of  
Agriculture,

Thank you for adding fruits and veggies to  
the WIC checks. My family loves to eat  
them, but it has been expensive to buy them.  
Now I will be able to make healthier meals  
for us.

Sincerely,

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WIC Participant

Other Comments:

I do not agree

Brianne Gray

3876

NOV 06 2008

Dear Friends at US Department of  
Agriculture,

Thank you for adding fruits and veggies to  
the WIC checks. My family loves to eat  
them, but it has been expensive to buy them.  
Now I will be able to make healthier meals  
for us.

Sincerely,

*Wendy R Brell*

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WIC Participant

**Other Comments:**

*Thank you! Yes please! We strive to eat only  
whole grains + little sugar. The addition of oatmeal,  
fruit + veggies, soy! Great!*

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P 3877

NOV 19 2018

Dear Friends at US Department of  
Agriculture,

Thank you for adding fruits and veggies to  
the WIC checks. My family loves to eat  
them, but it has been expensive to buy them.  
Now I will be able to make healthier meals  
for us.

Sincerely,

*Eam Jordan*  
\_\_\_\_\_  
WIC Participant

**Other Comments:**

*This is a great program And adding  
fruits & veggies is a wonderful addition  
to the program And to health living  
for any family Especially low-income  
families.*  
\_\_\_\_\_

1 2010  
3878

NOV 06 2006

Dear Friends at US Department of  
Agriculture,

Thank you for adding fruits and veggies to  
the WIC checks. My family loves to eat  
them, but it has been expensive to buy them.  
Now I will be able to make healthier meals  
for us.

Sincerely,

Jami Boucher

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WIC Participant

**Other Comments:**

My daughters both love fruit + veggies  
but can't always afford them

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3879

Dear Friends at US Department of Agriculture,

Thank you for adding fruits and veggies to the WIC checks. My family loves to eat them, but it has been expensive to buy them. Now I will be able to make healthier meals for us.

Sincerely,

Chris DeLoe

WIC Participant

Other Comments:

I can't thank you folks enough for this program I really do appreciate it. It's been a life-saver on many occasions

Sincerely,  
Chris DeLoe

12000

3880

NOV 06 2006

Dear Friends at US Department of Agriculture,

Thank you for adding fruits and veggies to the WIC checks. My family loves to eat them, but it has been expensive to buy them. Now I will be able to make healthier meals for us.

Sincerely,

*Sherrill McHenry*  
WIC Participant

**Other Comments:**

*Fruit & vegetables are better than sweet juice, less cavities*

NOV 16 2000

Dear Friends at US Department of Agriculture,

Thank you for adding fruits and veggies to the WIC checks. My family loves to eat them, but it has been expensive to buy them. Now I will be able to make healthier meals for us.

Sincerely,

*Yajia Kelleher*

WIC Participant

**Other Comments:**

*I wanted ~~fruit~~ more fruit when I was pregnant and now I just couldn't afford it.*

Dear Friends at US Department of  
Agriculture,

Thank you for adding fruits and veggies to  
the WIC checks. My family loves to eat  
them, but it has been expensive to buy them.  
Now I will be able to make healthier meals  
for us.

Sincerely,

*Patricia Parsons*

WIC Participant

Other Comments:

*Fresh veggie and fruit will  
be nice but dont take  
away any thing we need like  
milk.*

*Thank you! ☺*

NOV 06 2008

Dear Friends at US Department of Agriculture,

Thank you for adding fruits and veggies to the WIC checks. My family loves to eat them, but it has been expensive to buy them. Now I will be able to make healthier meals for us.

Sincerely,

*Kristle Minkoff*  
\_\_\_\_\_  
WIC Participant

**Other Comments:**

*I think fruits and veggies are expensive and it would ~~be~~ helpful.*  
\_\_\_\_\_  
\_\_\_\_\_

13884

NOV 11 2016

Dear Friends at US Department of  
Agriculture,

Thank you for adding fruits and veggies to  
the WIC checks. My family loves to eat  
them, but it has been expensive to buy them.  
Now I will be able to make healthier meals  
for us.

Sincerely,

*Jessica Pinuelas*

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WIC Participant

**Other Comments:**

*Rather have more's vegg. or fruit:  
Too much juice is to sweet.*

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Dear Friends at US Department of Agriculture,

Thank you for adding fruits and veggies to the WIC checks. My family loves to eat them, but it has been expensive to buy them. Now I will be able to make healthier meals for us.

Sincerely,

Katherine Kennedy  
WIC Participant

Other Comments:

too much sugar in the juices  
add to the variety of food groups

NOV 06 2006

3884

Dear Friends at US Department of Agriculture,

Thank you for adding fruits and veggies to the WIC checks. My family loves to eat them, but it has been expensive to buy them. Now I will be able to make healthier meals for us.

Sincerely,

*Barbara Williams*  
WIC Participant

Other Comments:

*We eat lots of fruits & veg - fresh.*

Dear Friends at US Department of Agriculture,

Thank you for adding fruits and veggies to the WIC checks. My family loves to eat them, but it has been expensive to buy them. Now I will be able to make healthier meals for us.

Sincerely,

Heather Pieper

WIC Participant

Other Comments:

Sound like a great idea! We eat a lot of fruits + veggies

Thank you!

Dear Friends at US Department of Agriculture,

Thank you for adding fruits and veggies to the WIC checks. My family loves to eat them, but it has been expensive to buy them. Now I will be able to make healthier meals for us.

Sincerely,

*Deborah Kinkade*

WIC Participant

Other Comments:

*soy milk my baby is allergic to milk*

NOV 06 2006

Dear Friends at US Department of Agriculture,

Thank you for adding fruits and veggies to the WIC checks. My family loves to eat them, but it has been expensive to buy them. Now I will be able to make healthier meals for us.

Sincerely,

*Amber Prue*

WIC Participant

**Other Comments:**

the fruits and vegetables would help out a lot.

10012  
3896

Dear Friends at US Department of  
Agriculture,

Thank you for adding fruits and veggies to  
the WIC checks. My family loves to eat  
them, but it has been expensive to buy them.  
Now I will be able to make healthier meals  
for us.

Sincerely,

Diane Sherman  
WIC Participant

Other Comments:

yogurt  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Dear Friends at US Department of Agriculture,

Thank you for adding fruits and veggies to the WIC checks. My family loves to eat them, but it has been expensive to buy them. Now I will be able to make healthier meals for us.

Sincerely,

*Christina Johnson*

WIC Participant

**Other Comments:**

*I think the less sugar in Juice's the more veg. The better! Fresh whole grains is great!*

3892

Dear Friends at US Department of Agriculture,

Thank you for adding fruits and veggies to the WIC checks. My family loves to eat them, but it has been expensive to buy them. Now I will be able to make healthier meals for us.

Sincerely,



WIC Participant

Other Comments:

Fruits and vegetables are a greatly needed item for childrens nutrition. We often have an excess of fruit juice and cheese, so varying those items would be a great benefit.

Dear Friends at US Department of  
Agriculture,

Thank you for adding fruits and veggies to  
the WIC checks. My family loves to eat  
them, but it has been expensive to buy them.  
Now I will be able to make healthier meals  
for us.

Sincerely,

*Austy Stahl*

---

WIC Participant

**Other Comments:**

*I think it's a great idea to add  
fresh fruits + veggies to the wic  
checks. I think you provide much  
too much juice at this time +  
it is wasted or provides way too  
much sugar to young children's  
diets. Thank you for thinking of our  
children's futures by adding more  
items that will coincide with the food  
guide pyramid.*

NOV 06 2008

Dear Friends at US Department of  
Agriculture,

Thank you for adding fruits and veggies to  
the WIC checks. My family loves to eat  
them, but it has been expensive to buy them.  
Now I will be able to make healthier meals  
for us.

Sincerely,

Natasha Wilson  
WIC Participant

**Other Comments:**

I think it is a good idea  
to add fruit and veggies and  
whole grains to the WIC  
program.

Dear Friends at US Department of Agriculture,

Thank you for adding fruits and veggies to the WIC checks. My family loves to eat them, but it has been expensive to buy them. Now I will be able to make healthier meals for us.

Sincerely,

*Christina Johnson*

WIC Participant

**Other Comments:**

*I don't think you should change the milk. Or give canned beans! Otherwise the changes are great!*

Dear Friends at US Department of  
Agriculture,

Thank you for adding fruits and veggies to  
the WIC checks. My family loves to eat  
them, but it has been expensive to buy them.  
Now I will be able to make healthier meals  
for us.

Sincerely,

*Ataka RedHawk*  
\_\_\_\_\_  
WIC Participant

**Other Comments:**

*I think that having bread and a choice  
of rice and barley. Thank you  
for considering these changes.*  
\_\_\_\_\_  
\_\_\_\_\_

13897

WIC 1/1/00

Dear Friends at US Department of  
Agriculture,

Thank you for adding fruits and veggies to  
the WIC checks. My family loves to eat  
them, but it has been expensive to buy them.  
Now I will be able to make healthier meals  
for us.

Sincerely,

*Wendy Bell - [Signature]*

---

WIC Participant

Other Comments:

---

*I think it is a really good  
idea. it would be good  
for the kids*

---

NOV 06 2008

Dear Friends at US Department of  
Agriculture,

Thank you for adding fruits and veggies to  
the WIC checks. My family loves to eat  
them, but it has been expensive to buy them.  
Now I will be able to make healthier meals  
for us.

Sincerely,

Alicia Segura  
WIC Participant

**Other Comments:**

yes I think it would be  
a great idea to add  
fruit and veggies it would  
help families out a lot!

Dear Friends at US Department of Agriculture,

Thank you for adding fruits and veggies to the WIC checks. My family loves to eat them, but it has been expensive to buy them. Now I will be able to make healthier meals for us.

Sincerely,

Marcie Quiros 10-26-06  
WIC Participant

**Other Comments:**

Yogurt would be nice,  
and bread, Fruits and  
Veggies would be nice.

Dear Friends at US Department of Agriculture,

Thank you for adding fruits and veggies to the WIC checks. My family loves to eat them, but it has been expensive to buy them. Now I will be able to make healthier meals for us.

Sincerely,

*Rebecca L. Russell*

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**WIC Participant**

**Other Comments:**

*soy products*

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*canned meats*

---

*yogurt*

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