

2-4601

# IT'S TIME FOR A CHANGE!

WIC is proposing to make changes in our Food Packages.

Here are some of the *proposed* additions and changes:

Offer:

- fruits and vegetables,
- milk substitutes such as soy beverages and tofu;
- canned beans;
- a variety of whole grain foods (cereal, breads, tortillas, rice, etc);
- canned salmon or sardines in addition to canned chunk light tuna.
- "baby jar" fruits and vegetables

\*Please note that milk, eggs, cheese, juice, cereal, peanut butter and infant formula will still be available in the food packages.

## WIC wants to know your ideas about these changes!

The American Red Cross WIC Program will submit your ideas to the USDA (United States Department of Agriculture).

What do you like most about the proposed changes? what I like the most is the idea that people will have more to choose from... specially children that can't or won't eat some of the things that we are already offer --

What other comments would you like to make?

*Maria Salgado*  
Signature of participant

P-4602

# IT'S TIME FOR A CHANGE!

NOV 02 2003

WIC is proposing to make changes in our Food Packages.

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- canned salmon or sardines in addition to canned chunk light tuna.
- "baby jar" fruits and vegetables

\*Please note that milk, eggs, cheese, juice, cereal, peanut butter and infant formula will still be available in the food packages.

**WIC wants to know your ideas about these changes!**

The American Red Cross WIC Program will submit your ideas to the USDA (United States Department of Agriculture).

What do you like most about the proposed changes?

baby jar                      vegetables  
fruits +

What other comments would you like to make?

add infant formula each month.

Karen Back

Signature of participant

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- "baby jar" fruits and vegetables

\*Please note that milk, eggs, cheese, juice, cereal, peanut butter and infant formula will still be available in the food packages.

**WIC wants to know your ideas about these changes!**

The American Red Cross WIC Program will submit your ideas to the USDA (United States Department of Agriculture).

What do you like most about the proposed changes?

We can fruits and vegetables

What other comments would you like to make?

Instead of bean & pb give us other source of protein such as meat/tofu

Signature of participant

help by Kathy Huynh

P-4604

## IT'S TIME FOR A CHANGE!

NOV 1995

WIC is proposing to make changes in our Food Packages.

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- milk substitutes such as soy beverages and tofu;
- canned beans;
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- canned salmon or sardines in addition to canned chunk light tuna.
- "baby jar" fruits and vegetables.

\*Please note that milk, eggs, cheese, juice, cereal, peanut butter and infant formula will still be available in the food packages

### WIC wants to know your ideas about these changes!

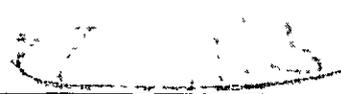
The American Red Cross WIC Program will submit your ideas to the USDA  
(United States Department of Agriculture)

What do you like most about the proposed changes?

Shopping at any WIC location.

What other comments would you like to make?

None.

  
Signature of participant

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**WIC wants to know your ideas about these changes!**

The American Red Cross WIC Program will submit your ideas to the USDA (United States Department of Agriculture).

What do you like most about the proposed changes?

THE FRUITS & VEGETABLES

BABY JAR

What other comments would you like to make?



Signature of participant

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**WIC wants to know your ideas about these changes!**

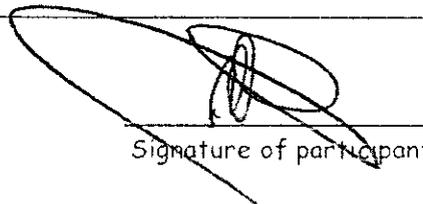
The American Red Cross WIC Program will submit your ideas to the USDA  
(United States Department of Agriculture)

What do you like most about the proposed changes?

*It! awesome that we can get fresh fruit*

What other comments would you like to make?

*Yes! Can we increase our food packages*

  
Signature of participant

P-4607

**IT'S TIME FOR A CHANGE!**

NOV 4 2000

WIC is proposing to make changes in our Food Packages.

Here are some of the *proposed* additions and changes:

Offer.

- fruits and vegetables;
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- canned beans;
- a variety of whole grain foods (cereal, breads, tortillas, rice, etc).
- canned salmon or sardines in addition to canned chunk light tuna
- "baby jar" fruits and vegetables.

\*Please note that milk, eggs, cheese, juice, cereal, peanut butter and infant formula will still be available in the food packages.

**WIC wants to know your ideas about these changes!**

The American Red Cross WIC Program will submit your ideas to the USDA  
(United States Department of Agriculture).

What do you like most about the proposed changes?

*I would love to get fruit & vegetables  
all the time that would be great.*

What other comments would you like to make?

*Hopefully it happens soon!*

*Sierra Tackler*

Signature of participant

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- a variety of whole grain foods (cereal, breads, tortillas, rice, etc).
- canned salmon or sardines in addition to canned chunk light tuna.
- "baby jar" fruits and vegetables

\*Please note that milk, eggs, cheese, juice, cereal, peanut butter and infant formula will still be available in the food packages.

WIC wants to know your ideas about these changes!

The American Red Cross WIC Program will submit your ideas to the USDA (United States Department of Agriculture)

What do you like most about the proposed changes?

I like the fruits, that is great!

What other comments would you like to make?

I did not get my voucher for the fruits. May I have them?

Adriana Lopez  
Signature of participant

**IT'S TIME FOR A CHANGE!**

WIC USA 2004

WIC is proposing to make changes in our Food Packages.

Here are some of the *proposed* additions and changes:

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- fruits and vegetables;
- milk substitutes such as soy beverages and tofu.
- canned beans;
- a variety of whole grain foods (cereal, breads, tortillas, rice, etc).
- canned salmon or sardines in addition to canned chunk light tuna.
- "baby jar" fruits and vegetables.

\*Please note that milk, eggs, cheese, juice, cereal, peanut butter and infant formula will still be available in the food packages.

**WIC wants to know your ideas about these changes!**

The American Red Cross WIC Program will submit your ideas to the USDA (United States Department of Agriculture).

What do you like most about the proposed changes?

*Sounds good - very healthy & well balanced*

What other comments would you like to make?

*None*

  
(Signature of participant)

P-4610

## IT'S TIME FOR A CHANGE!

WIC is proposing to make changes in our Food Packages.

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Offer

- fruits and vegetables;
- milk substitutes such as soy beverages and tofu;
- canned beans;
- a variety of whole grain foods (cereal, breads, tortillas, rice, etc).
- canned salmon or sardines in addition to canned chunk light tuna.
- "baby jar" fruits and vegetables

\*Please note that milk, eggs, cheese, juice, cereal, peanut butter and infant formula will still be available in the food packages.

### WIC wants to know your ideas about these changes!

The American Red Cross WIC Program will submit your ideas to the USDA  
(United States Department of Agriculture).

What do you like most about the proposed changes?

• Whole grain foods.

What other comments would you like to make?

I wish that we can get cheese as shredded cheese.

*Samuel Q. Mac*

Signature of participant

P-4611

## IT'S TIME FOR A CHANGE!

NOV 11 1992

WIC is proposing to make changes in our Food Packages

Here are some of the *proposed* additions and changes:

Offer:

- fruits and vegetables.
- milk substitutes such as soy beverages and tofu.
- canned beans.
- a variety of whole grain foods (cereal, breads, tortillas, rice, etc);
- canned salmon or sardines in addition to canned chunk light tuna.
- "baby jar" fruits and vegetables.

\*Please note that milk, eggs, cheese, juice, cereal, peanut butter and infant formula will still be available in the food packages.

**WIC wants to know your ideas about these changes!**

The American Red Cross WIC Program will submit your ideas to the USDA  
(United States Department of Agriculture)

What do you like **most** about the proposed changes?

fruits.

What other comments would you like to make?

  
Signature of participant

P-4612

## IT'S TIME FOR A CHANGE!

NEW 1/1

WIC is proposing to make changes in our Food Packages.

Here are some of the *proposed* additions and changes:

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- fruits and vegetables,
- milk substitutes such as soy beverages and tofu;
- canned beans;
- a variety of whole grain foods (cereal, breads, tortillas, rice, etc);
- canned salmon or sardines in addition to canned chunk light tuna
- "baby jar" fruits and vegetables

\*Please note that milk, eggs, cheese, juice, cereal, peanut butter and infant formula will still be available in the food packages.

**WIC wants to know your ideas about these changes!**

The American Red Cross WIC Program will submit your ideas to the USDA  
(United States Department of Agriculture).

What do you like most about the proposed changes?

I feel it is more providing to some of our nutritional needs for our children. I like the idea of fruits and veggies, whole grain variety, and "baby jar" food. We eat these foods everyday and our bodies need them.

What other comments would you like to make?

*Amanda Perry*

Signature of participant

P-4613

IT'S TIME FOR A CHANGE!

NOV 1995

WIC is proposing to make changes in our Food Packages.

Here are some of the *proposed* additions and changes:

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- fruits and vegetables;
- milk substitutes such as soy beverages and tofu;
- canned beans;
- a variety of whole grain foods (cereal, breads, tortillas, rice, etc);
- canned salmon or sardines in addition to canned chunk light tuna.
- "baby jar" fruits and vegetables

\*Please note that milk, eggs, cheese, juice, cereal, peanut butter and infant formula will still be available in the food packages.

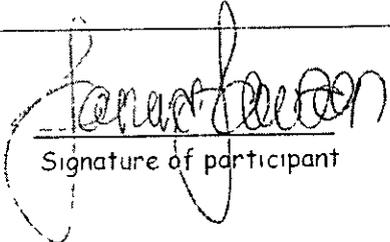
**WIC wants to know your ideas about these changes!**

The American Red Cross WIC Program will submit your ideas to the USDA (United States Department of Agriculture).

What do you like most about the proposed changes?

different food choices

What other comments would you like to make?

  
Signature of participant

P-4614

## IT'S TIME FOR A CHANGE!

Nov 10 2006

WIC is proposing to make changes in our Food Packages.

Here are some of the *proposed* additions and changes:

Offer.

- fruits and vegetables.
- milk substitutes such as soy beverages and tofu.
- canned beans.
- a variety of whole grain foods (cereal, breads, tortillas, rice, etc);
- canned salmon or sardines in addition to canned chunk light tuna
- "baby jar" fruits and vegetables.

\*Please note that milk, eggs, cheese, juice, cereal, peanut butter and infant formula will still be available in the food packages

**WIC wants to know your ideas about these changes!**

The American Red Cross WIC Program will submit your ideas to the USDA  
(United States Department of Agriculture).

What do you like most about the proposed changes?

Canned fruits and veg are easier  
but beans are great

What other comments would you like to make?

Some bread (whole grain) and  
crackers would be great. I also  
wish there was more formula,

longer than 12 mo.

  
Signature of participant

P-4615

IT'S TIME FOR A CHANGE!

NOV 1 1995

WIC is proposing to make changes in our Food Packages.

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- milk substitutes such as soy beverages and tofu.
- canned beans.
- a variety of whole grain foods (cereal, breads, tortillas, rice, etc).
- canned salmon or sardines in addition to canned chunk light tuna.
- "baby jar" fruits and vegetables

\*Please note that milk, eggs, cheese, juice, cereal, peanut butter and infant formula will still be available in the food packages.

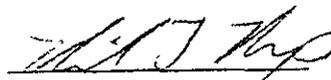
**WIC wants to know your ideas about these changes!**

The American Red Cross WIC Program will submit your ideas to the USDA  
(United States Department of Agriculture)

What do you like most about the proposed changes?

BABY JARS & CANNED TUNA

What other comments would you like to make?

  
Signature of participant

P-46116

IT'S TIME FOR A CHANGE!

SEP 11 2016

WIC is proposing to make changes in our Food Packages.

Here are some of the *proposed* additions and changes:

Offer:

- fruits and vegetables;
- milk substitutes such as soy beverages and tofu,
- canned beans,
- a variety of whole grain foods (cereal, breads, tortillas, rice, etc);
- canned salmon or sardines in addition to canned chunk light tuna.
- "baby jar" fruits and vegetables

\*Please note that milk, eggs, cheese, juice, cereal, peanut butter and infant formula will still be available in the food packages.

**WIC wants to know your ideas about these changes!**

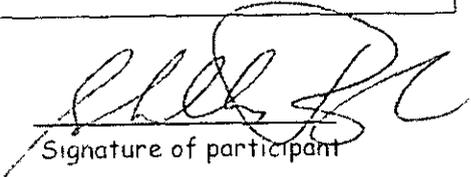
The American Red Cross WIC Program will submit your ideas to the USDA  
(United States Department of Agriculture).

What do you like most about the proposed changes?

Baby jar fruits & veggies

What other comments would you like to make?

Add all varieties of cheerios and  
Life cereal

  
Signature of participant

P-4617

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- canned beans;
- a variety of whole grain foods (cereal, breads, tortillas, rice, etc);
- canned salmon or sardines in addition to canned chunk light tuna.
- "baby jar" fruits and vegetables.

\*Please note that milk, eggs, cheese, juice, cereal, peanut butter and infant formula will still be available in the food packages.

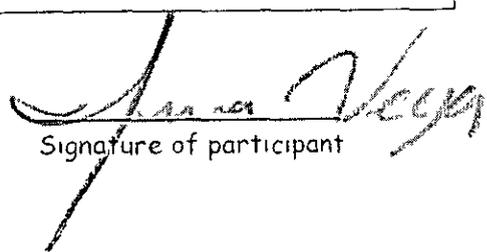
**WIC wants to know your ideas about these changes!**

The American Red Cross WIC Program will submit your ideas to the USDA  
(United States Department of Agriculture).

What do you like most about the proposed changes?

what I like is there will be more of  
diversity of food choices now in  
the WIC program.

What other comments would you like to make?

  
Signature of participant

P-4618

# IT'S TIME FOR A CHANGE!

NOV 6 2000

WIC is proposing to make changes in our Food Packages.

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- fruits and vegetables,
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- canned beans,
- a variety of whole grain foods (cereal, breads, tortillas, rice, etc);
- canned salmon or sardines in addition to canned chunk light tuna.
- "baby jar" fruits and vegetables

\*Please note that milk, eggs, cheese, juice, cereal, peanut butter and infant formula will still be available in the food packages.

## WIC wants to know your ideas about these changes!

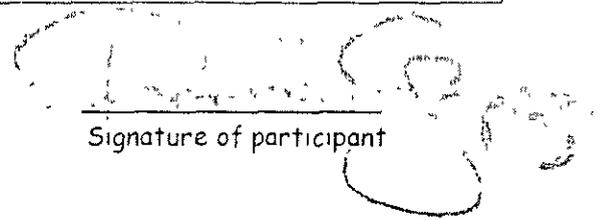
The American Red Cross WIC Program will submit your ideas to the USDA (United States Department of Agriculture).

What do you like **most** about the proposed changes?

whole grain foods

What other comments would you like to make?

none



Signature of participant

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- a variety of whole grain foods (cereal, breads, tortillas, rice, etc);
- canned salmon or sardines in addition to canned chunk light tuna.
- "baby jar" fruits and vegetables.

\*Please note that milk, eggs, cheese, juice, cereal, peanut butter and infant formula will still be available in the food packages.

**WIC wants to know your ideas about these changes!**

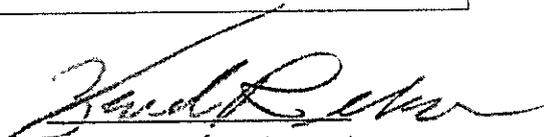
The American Red Cross WIC Program will submit your ideas to the USDA (United States Department of Agriculture).

What do you like most about the proposed changes?

the soy beverages, the food & the fruit & veggies

What other comments would you like to make?

Nothing

  
Signature of participant

P-4620

## IT'S TIME FOR A CHANGE!

WIC 4/12/03

WIC is proposing to make changes in our Food Packages.

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- canned salmon or sardines in addition to canned chunk light tuna
- "baby jar" fruits and vegetables

\*Please note that milk, eggs, cheese, juice, cereal, peanut butter and infant formula will still be available in the food packages.

**WIC wants to know your ideas about these changes!**

The American Red Cross WIC Program will submit your ideas to the USDA  
(United States Department of Agriculture).

What do you like most about the proposed changes?

N!

What other comments would you like to make?



Signature of participant

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- a variety of whole grain foods (cereal, breads, tortillas, rice, etc),
- canned salmon or sardines in addition to canned chunk light tuna
- "baby jar" fruits and vegetables

\*Please note that milk, eggs, cheese, juice, cereal, peanut butter and infant formula will still be available in the food packages

### WIC wants to know your ideas about these changes!

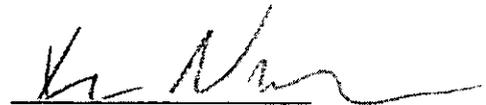
The American Red Cross WIC Program will submit your ideas to the USDA  
(United States Department of Agriculture).

What do you like most about the proposed changes?

*Canned beans, fruits, veggies, breads*

What other comments would you like to make?

*For food many use a lot of money  
that could be used on ~~other~~ other  
things*



Signature of participant

P-4622

## IT'S TIME FOR A CHANGE!

NOV 1 2 1999

WIC is proposing to make changes in our Food Packages.

Here are some of the *proposed* additions and changes:

Offer:

- fruits and vegetables;
- milk substitutes such as soy beverages and tofu.
- canned beans,
- a variety of whole grain foods (cereal, breads, tortillas, rice, etc).
- canned salmon or sardines in addition to canned chunk light tuna.
- "baby jar" fruits and vegetables

\*Please note that milk, eggs, cheese, juice, cereal, peanut butter and infant formula will still be available in the food packages.

**WIC wants to know your ideas about these changes!**

The American Red Cross WIC Program will submit your ideas to the USDA  
(United States Department of Agriculture).

What do you like most about the proposed changes?

I'm New 😊

Don't know

What other comments would you like to make?

I'm sure these  
great 😊

*Buffy Graham*  
Signature of participant

P-4623

**IT'S TIME FOR A CHANGE!**

NOV 06 2005

WIC is proposing to make changes in our Food Packages.

Here are some of the *proposed* additions and changes:

Offer:

- fruits and vegetables;
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- canned salmon or sardines in addition to canned chunk light tuna.
- "baby jar" fruits and vegetables

\*Please note that milk, eggs, cheese, juice, cereal, peanut butter and infant formula will still be available in the food packages.

**WIC wants to know your ideas about these changes!**

The American Red Cross WIC Program will submit your ideas to the USDA  
(United States Department of Agriculture)

What do you like most about the proposed changes?

Fruits & Vegies

What other comments would you like to make? none

*Aide Pinien*

Signature of participant

P-4624

**IT'S TIME FOR A CHANGE!**

NOV 1988

WIC is proposing to make changes in our Food Packages.

Here are some of the *proposed* additions and changes:

Offer:

- fruits and vegetables,
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- "baby jar" fruits and vegetables.

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**WIC wants to know your ideas about these changes!**

The American Red Cross WIC Program will submit your ideas to the USDA  
(United States Department of Agriculture)

What do you like **most** about the proposed changes?

What other comments would you like to make?

*none*

*Autie*

Signature of participant

P-4625

JUL 10 3 01 18

## IT'S TIME FOR A CHANGE!

WIC is proposing to make changes in our Food Packages.

Here are some of the *proposed* additions and changes:

Offer:

- fruits and vegetables;
- milk substitutes such as soy beverages and tofu,
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- a variety of whole grain foods (cereal, breads, tortillas, rice, etc),
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- "baby jar" fruits and vegetables

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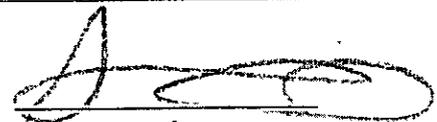
**WIC wants to know your ideas about these changes!**

The American Red Cross WIC Program will submit your ideas to the USDA  
(United States Department of Agriculture).

What do you like most about the proposed changes?

baby jar food

What other comments would you like to make?



Signature of participant

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Here are some of the *proposed* additions and changes:

Offer

- fruits and vegetables;
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- canned beans.
- a variety of whole grain foods (cereal, breads, tortillas, rice, etc);
- canned salmon or sardines in addition to canned chunk light tuna
- "baby jar" fruits and vegetables

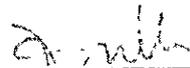
\*Please note that milk, eggs, cheese, juice, cereal, peanut butter and infant formula will still be available in the food packages.

### WIC wants to know your ideas about these changes!

The American Red Cross WIC Program will submit your ideas to the USDA (United States Department of Agriculture).

What do you like most about the proposed changes?

What other comments would you like to make?



Signature of participant

P-4627

NOV 04 2005

## IT'S TIME FOR A CHANGE!

WIC is proposing to make changes in our Food Packages.

Here are some of the *proposed* additions and changes:

Offer:

- fruits and vegetables;
- milk substitutes such as soy beverages and tofu;
- canned beans.
- a variety of whole grain foods (cereal, breads, tortillas, rice, etc).
- canned salmon or sardines in addition to canned chunk light tuna.
- "baby jar" fruits and vegetables

\*Please note that milk, eggs, cheese, juice, cereal, peanut butter and infant formula will still be available in the food packages.

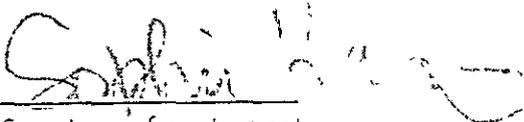
**WIC wants to know your ideas about these changes!**

The American Red Cross WIC Program will submit your ideas to the USDA  
(United States Department of Agriculture).

What do you like most about the proposed changes?

It gives the kids more things to  
choose from.

What other comments would you like to make?

  
Signature of participant

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Here are some of the *proposed* additions and changes:

Offer:

- fruits and vegetables;
- milk substitutes such as soy beverages and tofu;
- canned beans.
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- "baby jar" fruits and vegetables

\*Please note that milk, eggs, cheese, juice, cereal, peanut butter and infant formula will still be available in the food packages

**WIC wants to know your ideas about these changes!**

The American Red Cross WIC Program will submit your ideas to the USDA  
(United States Department of Agriculture)

What do you like most about the proposed changes?

Your adding more varieties. I really like the idea with the "baby jar" fruits & veg's. This would benefit me a whole lot when the time comes along with others.

What other comments would you like to make?

None

*Shila Callahan*  
Signature of participant

P-4629

# IT'S TIME FOR A CHANGE!

90, 100, 110, 120, 130, 140, 150, 160, 170, 180, 190, 200, 210, 220, 230, 240, 250, 260, 270, 280, 290, 300, 310, 320, 330, 340, 350, 360, 370, 380, 390, 400, 410, 420, 430, 440, 450, 460, 470, 480, 490, 500, 510, 520, 530, 540, 550, 560, 570, 580, 590, 600, 610, 620, 630, 640, 650, 660, 670, 680, 690, 700, 710, 720, 730, 740, 750, 760, 770, 780, 790, 800, 810, 820, 830, 840, 850, 860, 870, 880, 890, 900, 910, 920, 930, 940, 950, 960, 970, 980, 990

WIC is proposing to make changes in our Food Packages.

Here are some of the *proposed* additions and changes:

Offer.

- fruits and vegetables;
- milk substitutes such as soy beverages and tofu,
- canned beans,
- a variety of whole grain foods (cereal, breads, tortillas, rice, etc),
- canned salmon or sardines in addition to canned chunk light tuna.
- "baby jar" fruits and vegetables

\*Please note that milk, eggs, cheese, juice, cereal, peanut butter and infant formula will still be available in the food packages.

## WIC wants to know your ideas about these changes!

The American Red Cross WIC Program will submit your ideas to the USDA (United States Department of Agriculture).

What do you like **most** about the proposed changes?

toys  
 cereal  
 canned salmon

What other comments would you like to make?

  
 Signature of participant.

P-4630

## IT'S TIME FOR A CHANGE!

WIC is proposing to make changes in our Food Packages.

Here are some of the *proposed* additions and changes:

Offer:

- fruits and vegetables,
- milk substitutes such as soy beverages and tofu.
- canned beans;
- a variety of whole grain foods (cereal, breads, tortillas, rice, etc);
- canned salmon or sardines in addition to canned chunk light tuna
- "baby jar" fruits and vegetables

\*Please note that milk, eggs, cheese, juice, cereal, peanut butter and infant formula will still be available in the food packages.

### WIC wants to know your ideas about these changes!

The American Red Cross WIC Program will submit your ideas to the USDA  
(United States Department of Agriculture).

What do you like most about the proposed changes?

the fruits & vegetables and also  
whole grain foods. But all the  
Ideas are good ones.

What other comments would you like to make? None

*B. L. Per...*  
Signature of participant

### IT'S TIME FOR A CHANGE!

WIC is proposing to make changes in our Food Packages.

Here are some of the *proposed* additions and changes:

Offer:

- fruits and vegetables,
- milk substitutes such as soy beverages and tofu,
- canned beans;
- a variety of whole grain foods (cereal, breads, tortillas, rice, etc);
- canned salmon or sardines in addition to canned chunk light tuna.
- "baby jar" fruits and vegetables

\*Please note that milk, eggs, cheese, juice, cereal, peanut butter and infant formula will still be available in the food packages.

### WIC wants to know your ideas about these changes!

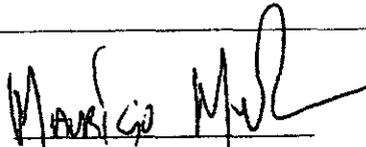
The American Red Cross WIC Program will submit your ideas to the USDA (United States Department of Agriculture).

What do you like most about the proposed changes?

TO INCLUDE MORE WHOLE GRAINS, AND FISH.

What other comments would you like to make?

NONE.

  
 Signature of participant

P-4632

IT'S TIME FOR A CHANGE!

10/17/03

WIC is proposing to make changes in our Food Packages.

Here are some of the *proposed* additions and changes:

Offer.

- fruits and vegetables,
- milk substitutes such as soy beverages and tofu;
- canned beans;
- a variety of whole grain foods (cereal, breads, tortillas, rice, etc);
- canned salmon or sardines in addition to canned chunk light tuna.
- "baby jar" fruits and vegetables

\*Please note that milk, eggs, cheese, juice, cereal, peanut butter and infant formula will still be available in the food packages.

**WIC wants to know your ideas about these changes!**

The American Red Cross WIC Program will submit your ideas to the USDA (United States Department of Agriculture).

What do you like most about the proposed changes?

The variety of items in all categories.

What other comments would you like to make?

None.

*Verona Velazquez*  
Signature of participant

P-4633

NOV 2000

## IT'S TIME FOR A CHANGE!

WIC is proposing to make changes in our Food Packages.

Here are some of the *proposed* additions and changes:

Offer:

- fruits and vegetables,
- milk substitutes such as soy beverages and tofu,
- canned beans,
- a variety of whole grain foods (cereal, breads, tortillas, rice, etc);
- canned salmon or sardines in addition to canned chunk light tuna
- "baby jar" fruits and vegetables

\*Please note that milk, eggs, cheese, juice, cereal, peanut butter and infant formula will still be available in the food packages.

**WIC wants to know your ideas about these changes!**

The American Red Cross WIC Program will submit your ideas to the USDA  
(United States Department of Agriculture)

What do you like **most** about the proposed changes?

I think fruits & veggies are a great addition.

What other comments would you like to make?

*Shannon Rudolph*  
Signature of participant

SR

P-4634

## IT'S TIME FOR A CHANGE!

MS  
800

WIC is proposing to make changes in our Food Packages.

Here are some of the *proposed* additions and changes:

Offer:

- fruits and vegetables,
- milk substitutes such as soy beverages and tofu;
- canned beans,
- a variety of whole grain foods (cereal, breads, tortillas, rice, etc);
- canned salmon or sardines in addition to canned chunk light tuna
- "baby jar" fruits and vegetables.

\*Please note that milk, eggs, cheese, juice, cereal, peanut butter and infant formula will still be available in the food packages.

### WIC wants to know your ideas about these changes!

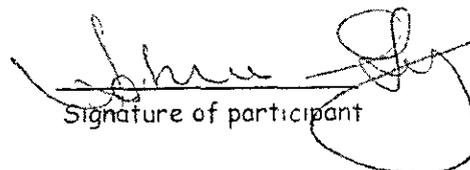
The American Red Cross WIC Program will submit your ideas to the USDA  
(United States Department of Agriculture)

What do you like most about the proposed changes?

I think these will benefit alot more families and gives options that are more valuable to families. ~~As~~ I like that they would offer other options that will meet Peoples needs better.

What other comments would you like to make?

WIC is a great thing.

  
Signature of participant

P-4635

**IT'S TIME FOR A CHANGE!**

NO. 10

WIC is proposing to make changes in our Food Packages.

Here are some of the *proposed* additions and changes:

Offer:

- fruits and vegetables;
- milk substitutes such as soy beverages and tofu;
- canned beans;
- a variety of whole grain foods (cereal, breads, tortillas, rice, etc);
- canned salmon or sardines in addition to canned chunk light tuna.
- "baby jar" fruits and vegetables.

\*Please note that milk, eggs, cheese, juice, cereal, peanut butter and infant formula will still be available in the food packages

**WIC wants to know your ideas about these changes!**

The American Red Cross WIC Program will submit your ideas to the USDA  
(United States Department of Agriculture).

What do you like most about the proposed changes?

*helps us save money and eat right*

What other comments would you like to make?

*This is a great program!*

*A. Alshabli*  
Signature of participant

P-4636

## IT'S TIME FOR A CHANGE!

WIC is proposing to make changes in our Food Packages.

Here are some of the *proposed* additions and changes:

Offer:

- fruits and vegetables;
- milk substitutes such as soy beverages and tofu;
- canned beans;
- a variety of whole grain foods (cereal, breads, tortillas, rice, etc).
- canned salmon or sardines in addition to canned chunk light tuna.
- "baby jar" fruits and vegetables.

\*Please note that milk, eggs, cheese, juice, cereal, peanut butter and infant formula will still be available in the food packages.

**WIC wants to know your ideas about these changes!**

The American Red Cross WIC Program will submit your ideas to the USDA  
(United States Department of Agriculture).

What do you like most about the proposed changes?

Fruits, vegetables  
tuna

What other comments would you like to make?

  
Signature of participant

P-4637

# IT'S TIME FOR A CHANGE!

92

WIC is proposing to make changes in our Food Packages.

Here are some of the *proposed* additions and changes:

Offer:

- fruits and vegetables.
- milk substitutes such as soy beverages and tofu;
- canned beans;
- a variety of whole grain foods (cereal, breads, tortillas, rice, etc);
- canned salmon or sardines in addition to canned chunk light tuna.
- "baby jar" fruits and vegetables.

\*Please note that milk, eggs, cheese, juice, cereal, peanut butter and infant formula will still be available in the food packages.

## WIC wants to know your ideas about these changes!

The American Red Cross WIC Program will submit your ideas to the USDA (United States Department of Agriculture).

What do you like most about the proposed changes?

They add more variety to the diet, I especially like the fruits and veggies.

What other comments would you like to make?



Signature of participant

P-4638

# IT'S TIME FOR A CHANGE!

NOV 3 12 2001

WIC is proposing to make changes in our Food Packages.

## Here are some of the *proposed* additions and changes:

Offer:

- fruits and vegetables;
- milk substitutes such as soy beverages and tofu.
- canned beans,
- a variety of whole grain foods (cereal, breads, tortillas, rice, etc);
- canned salmon or sardines in addition to canned chunk light tuna.
- "baby jar" fruits and vegetables.

\*Please note that milk, eggs, cheese, juice, cereal, peanut butter and infant formula will still be available in the food packages.

## WIC wants to know your ideas about these changes!

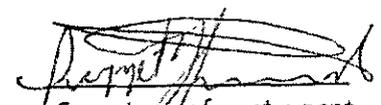
The American Red Cross WIC Program will submit your ideas to the USDA (United States Department of Agriculture).

What do you like most about the proposed changes?

healthy food

What other comments would you like to make?

great job

  
Signature of participant

P-4639

## IT'S TIME FOR A CHANGE!

WIC is proposing to make changes in our Food Packages.

Here are some of the *proposed* additions and changes:

Offer:

- fruits and vegetables,
- milk substitutes such as soy beverages and tofu;
- canned beans;
- a variety of whole grain foods (cereal, breads, tortillas, rice, etc);
- canned salmon or sardines in addition to canned chunk light tuna.
- "baby jar" fruits and vegetables.

\*Please note that milk, eggs, cheese, juice, cereal, peanut butter and infant formula will still be available in the food packages.

**WIC wants to know your ideas about these changes!**

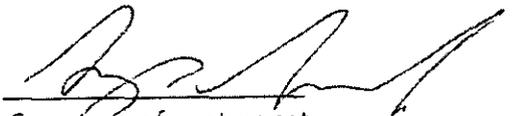
The American Red Cross WIC Program will submit your ideas to the USDA  
(United States Department of Agriculture).

What do you like most about the proposed changes?

I like the fact that they want to give out fruits and vegetables, also the baby jar fruits and vegetables

What other comments would you like to make?

none



Signature of participant

P-4640

# IT'S TIME FOR A CHANGE!

March 1990

WIC is proposing to make changes in our Food Packages.

Here are some of the *proposed* additions and changes:

Offer.

- fruits and vegetables;
- milk substitutes such as soy beverages and tofu;
- canned beans;
- a variety of whole grain foods (cereal, breads, tortillas, rice, etc);
- canned salmon or sardines in addition to canned chunk light tuna
- "baby jar" fruits and vegetables.

\*Please note that milk, eggs, cheese, juice, cereal, peanut butter and infant formula will still be available in the food packages.

## WIC wants to know your ideas about these changes!

The American Red Cross WIC Program will submit your ideas to the USDA (United States Department of Agriculture).

What do you like most about the proposed changes?

~~food~~  
you have more choices and  
entertainment

What other comments would you like to make?

*[Handwritten Signature]*

Signature of participant

P-4641

## IT'S TIME FOR A CHANGE!

WIC is proposing to make changes in our Food Packages.

Here are some of the *proposed* additions and changes:

Offer:

- fruits and vegetables,
- milk substitutes such as soy beverages and tofu;
- canned beans;
- a variety of whole grain foods (cereal, breads, tortillas, rice, etc);
- canned salmon or sardines in addition to canned chunk light tuna.
- "baby jar" fruits and vegetables

\*Please note that milk, eggs, cheese, juice, cereal, peanut butter and infant formula will still be available in the food packages.

**WIC wants to know your ideas about these changes!**

The American Red Cross WIC Program will submit your ideas to the USDA  
(United States Department of Agriculture)

What do you like most about the proposed changes? i think they will help out more : all the ideas are great. very helpful

What other comments would you like to make?

Thank You

*April M. Chance*  
Signature of participant

P-4042

# IT'S TIME FOR A CHANGE!

NEW

WIC is proposing to make changes in our Food Packages.

Here are some of the *proposed* additions and changes:

Offer:

- fruits and vegetables;
- milk substitutes such as soy beverages and tofu;
- canned beans;
- a variety of whole grain foods (cereal, breads, tortillas, rice, etc);
- canned salmon or sardines in addition to canned chunk light tuna.
- "baby jar" fruits and vegetables.

\*Please note that milk, eggs, cheese, juice, cereal, peanut butter and infant formula will still be available in the food packages

## WIC wants to know your ideas about these changes!

The American Red Cross WIC Program will submit your ideas to the USDA  
(United States Department of Agriculture)

What do you like most about the proposed changes?

I think its a very good idea  
more options for us.

What other comments would you like to make?

All out for women.

*A Garcia*

Signature of participant

1-4643

## IT'S TIME FOR A CHANGE!

Oct 12 2010

WIC is proposing to make changes in our Food Packages.

Here are some of the *proposed* additions and changes:

Offer:

- fruits and vegetables;
- milk substitutes such as soy beverages and tofu;
- canned beans,
- a variety of whole grain foods (cereal, breads, tortillas, rice, etc),
- canned salmon or sardines in addition to canned chunk light tuna.
- "baby jar" fruits and vegetables

\*Please note that milk, eggs, cheese, juice, cereal, peanut butter and infant formula will still be available in the food packages.

### WIC wants to know your ideas about these changes!

The American Red Cross WIC Program will submit your ideas to the USDA  
(United States Department of Agriculture).

What do you like most about the proposed changes?

baby jar fruits & veggies  
canned beans  
breads / tortillas

What other comments would you like to make?

the changes are good.

*Sherrita Jones*

Signature of participant

P-4644

## IT'S TIME FOR A CHANGE!

WIC is proposing to make changes in our Food Packages.

Here are some of the *proposed* additions and changes:

Offer:

- fruits and vegetables,
- milk substitutes such as soy beverages and tofu,
- canned beans,
- a variety of whole grain foods (cereal, breads, tortillas, rice, etc);
- canned salmon or sardines in addition to canned chunk light tuna.
- "baby jar" fruits and vegetables.

\*Please note that milk, eggs, cheese, juice, cereal, peanut butter and infant formula will still be available in the food packages.

### WIC wants to know your ideas about these changes!

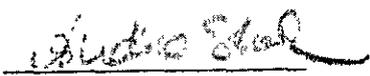
The American Red Cross WIC Program will submit your ideas to the USDA  
(United States Department of Agriculture)

What do you like most about the proposed changes?

it would  
vegetables

to be able to get fruits &  
whole grain foods

What other comments would you like to make?

  
Signature of participant

P-4645

## IT'S TIME FOR A CHANGE!

11/14

WIC is proposing to make changes in our Food Packages.

Here are some of the *proposed* additions and changes:

Offer

- fruits and vegetables,
- milk substitutes such as soy beverages and tofu,
- canned beans;
- a variety of whole grain foods (cereal, breads, tortillas, rice, etc);
- canned salmon or sardines in addition to canned chunk light tuna.
- "baby jar" fruits and vegetables

\*Please note that milk, eggs, cheese, juice, cereal, peanut butter and infant formula will still be available in the food packages

**WIC wants to know your ideas about these changes!**

The American Red Cross WIC Program will submit your ideas to the USDA  
(United States Department of Agriculture).

What do you like most about the proposed changes? *I think there are good changes.*

What other comments would you like to make? *None*

*Christina Gill*  
Signature of participant

2-4646

# IT'S TIME FOR A CHANGE!

NOV

WIC is proposing to make changes in our Food Packages.

Here are some of the *proposed* additions and changes:

Offer.

- fruits and vegetables;
- milk substitutes such as soy beverages and tofu;
- canned beans,
- a variety of whole grain foods (cereal, breads, tortillas, rice, etc),
- canned salmon or sardines in addition to canned chunk light tuna
- "baby jar" fruits and vegetables

\*Please note that milk, eggs, cheese, juice, cereal, peanut butter and infant formula will still be available in the food packages.

## WIC wants to know your ideas about these changes!

The American Red Cross WIC Program will submit your ideas to the USDA (United States Department of Agriculture).

What do you like most about the proposed changes?

fruits & veges, canned beans, canned salmon & sardines

What other comments would you like to make?

Please implement.

*Patricia A. ...*  
Signature of participant

P-4647

IT'S TIME FOR A CHANGE!

NOV 3 1991

WIC is proposing to make changes in our Food Packages.

Here are some of the *proposed* additions and changes:

Offer

- fruits and vegetables;
- milk substitutes such as soy beverages and tofu,
- canned beans,
- a variety of whole grain foods (cereal, breads, tortillas, rice, etc);
- canned salmon or sardines in addition to canned chunk light tuna
- "baby jar" fruits and vegetables

\*Please note that milk, eggs, cheese, juice, cereal, peanut butter and infant formula will still be available in the food packages.

**WIC wants to know your ideas about these changes!**

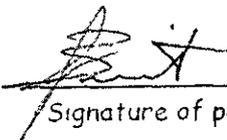
The American Red Cross WIC Program will submit your ideas to the USDA  
(United States Department of Agriculture).

What do you like most about the proposed changes?

*STF SOUNDS GOOD,*

What other comments would you like to make?

*THANKS FOR ALL YOU HAVE DONE FOR US  
AND OTHER MILITARY FAMILIES!*

  
Signature of participant

P-4648

NOV 22 2006

*¡Es tiempo de cambiar!*

WIC está proponiendo hacer cambios en nuestro paquete de alimentos.

**Enseguida algunas de las adiciones y cambios propuestos:**

Ofrecer:

- frutas y verduras;
- substitutos de la leche como bebidas de soya y tofu,
- frijoles enlatados,
- variedad de granos integrales (cereales, panes, tortillas, arroz, etc),
- Además del atún enlatado, proporcionar salmón enlatado ó sardinas enlatadas
- "comida de bebé" frutas y verduras

\*Por favor note, la leche, los huevos, queso, jugo, cereal, mantequilla de cacahuete y fórmula para bebés permanecerán en su paquete.

**WIC quiere saber lo que usted piensa acerca de estos cambios!**

El programa WIC de la Cruz Roja Americana submitirá sus ideas a USDA  
(El Departamento de Agricultura de los Estados Unidos)

¿Qué le gusta más de estos cambios propuestos?

Lo que que Podrían agregar tortillas, panes, arroz  
y Frutas y verduras

¿Qué otros comentarios le gustaría hacer?

*Ana Lina de la Torre*  
Firma del Participante

P-4649

**IT'S TIME FOR A CHANGE!**

RCY 7/11

WIC is proposing to make changes in our Food Packages.

Here are some of the *proposed* additions and changes:

Offer:

- fruits and vegetables.
- milk substitutes such as soy beverages and tofu;
- canned beans,
- a variety of whole grain foods (cereal, breads, tortillas, rice, etc);
- canned salmon or sardines in addition to canned chunk light tuna
- "baby jar" fruits and vegetables

\*Please note that milk, eggs, cheese, juice, cereal, peanut butter and infant formula will still be available in the food packages.

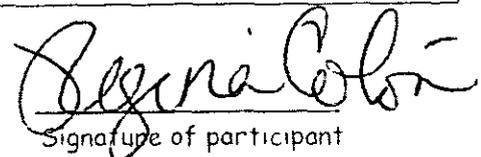
**WIC wants to know your ideas about these changes!**

The American Red Cross WIC Program will submit your ideas to the USDA  
(United States Department of Agriculture).

What do you like most about the proposed changes?

I really like the changes

What other comments would you like to make?

  
Signature of participant

P-4650

NOV 1997

### IT'S TIME FOR A CHANGE!

WIC is proposing to make changes in our Food Packages.

Here are some of the *proposed* additions and changes:

Offer.

- fruits and vegetables,
- milk substitutes such as soy beverages and tofu;
- canned beans.
- a variety of whole grain foods (cereal, breads, tortillas, rice, etc).
- canned salmon or sardines in addition to canned chunk light tuna
- "baby jar" fruits and vegetables

\*Please note that milk, eggs, cheese, juice, cereal, peanut butter and infant formula will still be available in the food packages.

### WIC wants to know your ideas about these changes!

The American Red Cross WIC Program will submit your ideas to the USDA  
(United States Department of Agriculture)

What do you like most about the proposed changes?

fruits

25

What other comments would you like to make?

Thank you for your help!!

*Sharon Adams*  
Signature of participant

P-4651

## IT'S TIME FOR A CHANGE!

NOV 1993

WIC is proposing to make changes in our Food Packages.

Here are some of the *proposed* additions and changes:

Offer.

- fruits and vegetables.
- milk substitutes such as soy beverages and tofu.
- canned beans.
- a variety of whole grain foods (cereal, breads, tortillas, rice, etc);
- canned salmon or sardines in addition to canned chunk light tuna
- "baby jar" fruits and vegetables.

\*Please note that milk, eggs, cheese, juice, cereal, peanut butter and infant formula will still be available in the food packages.

**WIC wants to know your ideas about these changes!**

The American Red Cross WIC Program will submit your ideas to the USDA  
(United States Department of Agriculture)

What do you like most about the proposed changes?

Everything proposed would be wonderful changes.

What other comments would you like to make?

  
Signature of participant

P-4652

IT'S TIME FOR A CHANGE!

NOV 1982

WIC is proposing to make changes in our Food Packages.

Here are some of the *proposed* additions and changes:

Offer

- fruits and vegetables.
- milk substitutes such as soy beverages and tofu.
- canned beans.
- a variety of whole grain foods (cereal, breads, tortillas, rice, etc).
- canned salmon or sardines in addition to canned chunk light tuna
- "baby jar" fruits and vegetables

\*Please note that milk, eggs, cheese, juice, cereal, peanut butter and infant formula will still be available in the food packages

**WIC wants to know your ideas about these changes!**

The American Red Cross WIC Program will submit your ideas to the USDA  
(United States Department of Agriculture)

What do you like most about the proposed changes? *Baby jar food and fruit*

What other comments would you like to make? *good changes!*

*Helena Proctor*  
(Signature of participant)

P-4653

## IT'S TIME FOR A CHANGE!

WIC is proposing to make changes in our Food Packages.

Here are some of the *proposed* additions and changes:

Offer.

- fruits and vegetables;
- milk substitutes such as soy beverages and tofu,
- canned beans,
- a variety of whole grain foods (cereal, breads, tortillas, rice, etc),
- canned salmon or sardines in addition to canned chunk light tuna.
- "baby jar" fruits and vegetables.

\*Please note that milk, eggs, cheese, juice, cereal, peanut butter and infant formula will still be available in the food packages.

### WIC wants to know your ideas about these changes!

The American Red Cross WIC Program will submit your ideas to the USDA  
(United States Department of Agriculture)

What do you like most about the proposed changes?

That they are offering more choices, because kids eat more than cheese & cereal!

What other comments would you like to make?

I'm also glad that you are  
Keep the Basics!

*Sharon South*  
Signature of participant

P-4654

**IT'S TIME FOR A CHANGE!**

NOV 0 1993

WIC is proposing to make changes in our Food Packages.

Here are some of the *proposed* additions and changes:

Offer:

- fruits and vegetables,
- milk substitutes such as soy beverages and tofu;
- canned beans,
- a variety of whole grain foods (cereal, breads, tortillas, rice, etc);
- canned salmon or sardines in addition to canned chunk light tuna.
- "baby jar" fruits and vegetables.

\*Please note that milk, eggs, cheese, juice, cereal, peanut butter and infant formula will still be available in the food packages.

**WIC wants to know your ideas about these changes!**

The American Red Cross WIC Program will submit your ideas to the USDA (United States Department of Agriculture).

What do you like most about the proposed changes?

Shopping at any store that will take wic checks

What other comments would you like to make?

the cheese

  
Signature of participant

P-4655

## IT'S TIME FOR A CHANGE!

NE 11/11/11

WIC is proposing to make changes in our Food Packages.

Here are some of the *proposed* additions and changes:

Offer:

- fruits and vegetables;
- milk substitutes such as soy beverages and tofu;
- canned beans;
- a variety of whole grain foods (cereal, breads, tortillas, rice, etc);
- canned salmon or sardines in addition to canned chunk light tuna.
- "baby jar" fruits and vegetables.

\*Please note that milk, eggs, cheese, juice, cereal, peanut butter and infant formula will still be available in the food packages.

**WIC wants to know your ideas about these changes!**

The American Red Cross WIC Program will submit your ideas to the USDA  
(United States Department of Agriculture).

What do you like most about the proposed changes?

fruit & veg. options

What other comments would you like to make?

would prefer to have more variety  
of fruit juices, ex- lemons with juice

*Donna Vane*

Signature of participant

P-4656

## IT'S TIME FOR A CHANGE!

NOV 1993

WIC is proposing to make changes in our Food Packages.

Here are some of the *proposed* additions and changes:

Offer:

- fruits and vegetables,
- milk substitutes such as soy beverages and tofu;
- canned beans,
- a variety of whole grain foods (cereal, breads, tortillas, rice, etc);
- canned salmon or sardines in addition to canned chunk light tuna.
- "baby jar" fruits and vegetables.

\*Please note that milk, eggs, cheese, juice, cereal, peanut butter and infant formula will still be available in the food packages.

### WIC wants to know your ideas about these changes!

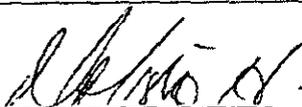
The American Red Cross WIC Program will submit your ideas to the USDA (United States Department of Agriculture).

What do you like most about the proposed changes?

I think that this is a good change. Because this will help people out with grocery bills. Even though it not meant to be grocery the can beans ~~and~~ and fruits and vegetable are great help.

What other comments would you like to make?

N/A

  
Signature of participant

P-4657

## IT'S TIME FOR A CHANGE!

NOV 10 1995

WIC is proposing to make changes in our Food Packages.

Here are some of the *proposed* additions and changes:

Offer.

- fruits and vegetables.
- milk substitutes such as soy beverages and tofu;
- canned beans;
- a variety of whole grain foods (cereal, breads, tortillas, rice, etc);
- canned salmon or sardines in addition to canned chunk light tuna.
- "baby jar" fruits and vegetables.

\*Please note that milk, eggs, cheese, juice, cereal, peanut butter and infant formula will still be available in the food packages.

### WIC wants to know your ideas about these changes!

The American Red Cross WIC Program will submit your ideas to the USDA  
(United States Department of Agriculture).

What do you like most about the proposed changes?

~~It provides a lot~~  
It saves money on the baby foods,  
fruits & vegetables.

What other comments would you like to make?

*Kimberly Carolina*  
Signature of participant

P-4658

## IT'S TIME FOR A CHANGE!

WIC is proposing to make changes in our Food Packages.

Here are some of the *proposed* additions and changes:

Offer:

- fruits and vegetables,
- milk substitutes such as soy beverages and tofu;
- canned beans,
- a variety of whole grain foods (cereal, breads, tortillas, rice, etc);
- canned salmon or sardines in addition to canned chunk light tuna
- "baby jar" fruits and vegetables

\*Please note that milk, eggs, cheese, juice, cereal, peanut butter and infant formula will still be available in the food packages.

**WIC wants to know your ideas about these changes!**

The American Red Cross WIC Program will submit your ideas to the USDA  
(United States Department of Agriculture).

What do you like most about the proposed changes?

*anything*

What other comments would you like to make?

*none*

  
\_\_\_\_\_  
Signature of participant

P-4659

IT'S TIME FOR A CHANGE!

NOV 20 1990

WIC is proposing to make changes in our Food Packages.

Here are some of the *proposed* additions and changes:

Offer:

- fruits and vegetables;
- milk substitutes such as soy beverages and tofu;
- canned beans.
- a variety of whole grain foods (cereal, breads, tortillas, rice, etc).
- canned salmon or sardines in addition to canned chunk light tuna.
- "baby jar" fruits and vegetables

\*Please note that milk, eggs, cheese, juice, cereal, peanut butter and infant formula will still be available in the food packages.

**WIC wants to know your ideas about these changes!**

The American Red Cross WIC Program will submit your ideas to the USDA  
(United States Department of Agriculture)

What do you like most about the proposed changes?

That we are able to shop at different store instead of just one

What other comments would you like to make?

nothing

*Tamara L. Martini*  
Signature of participant

P-4660

## IT'S TIME FOR A CHANGE!

NOV 20 1998

WIC is proposing to make changes in our Food Packages.

Here are some of the *proposed* additions and changes:

Offer:

- fruits and vegetables,
- milk substitutes such as soy beverages and tofu;
- canned beans;
- a variety of whole grain foods (cereal, breads, tortillas, rice, etc),
- canned salmon or sardines in addition to canned chunk light tuna.
- "baby jar" fruits and vegetables

\*Please note that milk, eggs, cheese, juice, cereal, peanut butter and infant formula will still be available in the food packages.

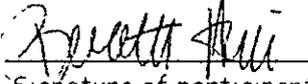
**WIC wants to know your ideas about these changes!**

The American Red Cross WIC Program will submit your ideas to the USDA  
(United States Department of Agriculture).

What do you like most about the proposed changes?

I like that there is a variety of choices.

What other comments would you like to make?

  
Signature of participant

P-4661

# IT'S TIME FOR A CHANGE!

NOV 1991

WIC is proposing to make changes in our Food Packages.

Here are some of the *proposed* additions and changes:

Offer

- fruits and vegetables,
- milk substitutes such as soy beverages and tofu,
- canned beans,
- a variety of whole grain foods (cereal, breads, tortillas, rice, etc),
- canned salmon or sardines in addition to canned chunk light tuna.
- "baby jar" fruits and vegetables.

\*Please note that milk, eggs, cheese, juice, cereal, peanut butter and infant formula will still be available in the food packages.

## WIC wants to know your ideas about these changes!

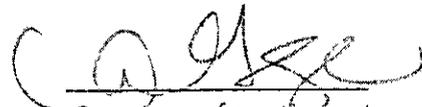
The American Red Cross WIC Program will submit your ideas to the USDA  
(United States Department of Agriculture)

What do you like most about the proposed changes?

I like  
kids !!

my very good idea. my  
family and I!

What other comments would you like to make?

  
Signature of participant

P-4662

## IT'S TIME FOR A CHANGE!

NOV 1997

WIC is proposing to make changes in our Food Packages.

Here are some of the *proposed* additions and changes:

Offer:

- fruits and vegetables;
- milk substitutes such as soy beverages and tofu,
- canned beans,
- a variety of whole grain foods (cereal, breads, tortillas, rice, etc);
- canned salmon or sardines in addition to canned chunk light tuna
- "baby jar" fruits and vegetables

\*Please note that milk, eggs, cheese, juice, cereal, peanut butter and infant formula will still be available in the food packages.

**WIC wants to know your ideas about these changes!**

The American Red Cross WIC Program will submit your ideas to the USDA  
(United States Department of Agriculture)

What do you like most about the proposed changes?

EXCELLENT!!  
SO DO IT 

What other comments would you like to make?



Signature of participant

P-4663

## IT'S TIME FOR A CHANGE!

WIC is proposing to make changes in our Food Packages.

Here are some of the *proposed* additions and changes:

Offer

- fruits and vegetables;
- milk substitutes such as soy beverages and tofu;
- canned beans;
- a variety of whole grain foods (cereal, breads, tortillas, rice, etc).
- canned salmon or sardines in addition to canned chunk light tuna
- "baby jar" fruits and vegetables

\*Please note that milk, eggs, cheese, juice, cereal, peanut butter and infant formula will still be available in the food packages

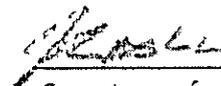
**WIC wants to know your ideas about these changes!**

The American Red Cross WIC Program will submit your ideas to the USDA  
(United States Department of Agriculture)

What do you like most about the proposed changes?

~~B~~ The fact that fruits and Veggies will be available  
they are very expensive as well as bread

What other comments would you like to make?



Signature of participant

P-4664

## IT'S TIME FOR A CHANGE!

1370211

WIC is proposing to make changes in our Food Packages.

Here are some of the *proposed* additions and changes:

Offer:

- fruits and vegetables,
- milk substitutes such as soy beverages and tofu;
- canned beans;
- a variety of whole grain foods (cereal, breads, tortillas, rice, etc);
- canned salmon or sardines in addition to canned chunk light tuna
- "baby jar" fruits and vegetables

\*Please note that milk, eggs, cheese, juice, cereal, peanut butter and infant formula will still be available in the food packages

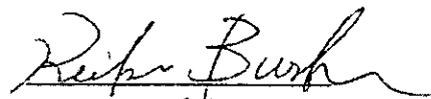
**WIC wants to know your ideas about these changes!**

The American Red Cross WIC Program will submit your ideas to the USDA  
(United States Department of Agriculture)

What do you like most about the proposed changes?

- Fruits and Vegetables,
- whole grain foods (breads, tortillas)

What other comments would you like to make?

  
Signature of participant

p-4465

## IT'S TIME FOR A CHANGE!

WIC is proposing to make changes in our Food Packages.

Here are some of the *proposed* additions and changes:

Offer.

- fruits and vegetables.
- milk substitutes such as soy beverages and tofu;
- canned beans,
- a variety of whole grain foods (cereal, breads, tortillas, rice, etc);
- canned salmon or sardines in addition to canned chunk light tuna.
- "baby jar" fruits and vegetables

\*Please note that milk, eggs, cheese, juice, cereal, peanut butter and infant formula will still be available in the food packages.

### WIC wants to know your ideas about these changes!

The American Red Cross WIC Program will submit your ideas to the USDA  
(United States Department of Agriculture)

What do you like most about the proposed changes? ~~most of them~~

- \* bread addition would be great
- \* also fruits & vegs.

What other comments would you like to make?

*Sarah Carter*

Signature of participant

P-46666

## IT'S TIME FOR A CHANGE!

WIC is proposing to make changes in our Food Packages.

Here are some of the *proposed* additions and changes:

Offer:

- fruits and vegetables,
- milk substitutes such as soy beverages and tofu,
- canned beans,
- a variety of whole grain foods (cereal, breads, tortillas, rice, etc);
- canned salmon or sardines in addition to canned chunk light tuna.
- "baby jar" fruits and vegetables

\*Please note that milk, eggs, cheese, juice, cereal, peanut butter and infant formula will still be available in the food packages.

### WIC wants to know your ideas about these changes!

The American Red Cross WIC Program will submit your ideas to the USDA  
(United States Department of Agriculture)

What do you like most about the proposed changes? *Everything*

What other comments would you like to make? *None*

*Michelle Malone*  
Signature of participant

P-4667

## IT'S TIME FOR A CHANGE!

WIC is proposing to make changes in our Food Packages.

Here are some of the *proposed* additions and changes:

Offer.

- fruits and vegetables;
- milk substitutes such as soy beverages and tofu.
- canned beans.
- a variety of whole grain foods (cereal, breads, tortillas, rice, etc);
- canned salmon or sardines in addition to canned chunk light tuna.
- "baby jar" fruits and vegetables

\*Please note that milk, eggs, cheese, juice, cereal, peanut butter and infant formula will still be available in the food packages.

### WIC wants to know your ideas about these changes!

The American Red Cross WIC Program will submit your ideas to the USDA  
(United States Department of Agriculture)

What do you like most about the proposed changes?

Nice to see variety

What other comments would you like to make?

Good to know we can go to  
different stores now

Michelle Mallick

Signature of participant

p-4668

## IT'S TIME FOR A CHANGE!

NOV 11 2008

WIC is proposing to make changes in our Food Packages.

Here are some of the *proposed* additions and changes:

Offer

- fruits and vegetables.
- milk substitutes such as soy beverages and tofu;
- canned beans;
- a variety of whole grain foods (cereal, breads, tortillas, rice, etc);
- canned salmon or sardines in addition to canned chunk light tuna
- "baby jar" fruits and vegetables

\*Please note that milk, eggs, cheese, juice, cereal, peanut butter and infant formula will still be available in the food packages

### WIC wants to know your ideas about these changes!

The American Red Cross WIC Program will submit your ideas to the USDA  
(United States Department of Agriculture).

What do you like most about the proposed changes?

the fruits and vegetables  
and baby food

the alternate foods like tofu for the

What other comments would you like to make?

It is nice to see the added 5 a day.

*Cristina Macias*

Signature of participant

p-4669

## IT'S TIME FOR A CHANGE!

NOV 1998

WIC is proposing to make changes in our Food Packages.

Here are some of the *proposed* additions and changes:

Offer:

- fruits and vegetables,
- milk substitutes such as soy beverages and tofu,
- canned beans;
- a variety of whole grain foods (cereal, breads, tortillas, rice, etc);
- canned salmon or sardines in addition to canned chunk light tuna
- "baby jar" fruits and vegetables

\*Please note that milk, eggs, cheese, juice, cereal, peanut butter and infant formula will still be available in the food packages

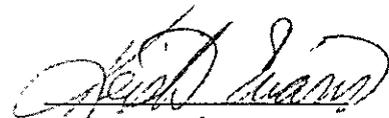
### WIC wants to know your ideas about these changes!

The American Red Cross WIC Program will submit your ideas to the USDA  
(United States Department of Agriculture).

What do you like most about the proposed changes?

I love the fact that you will have  
fruit it makes perfect sense  
Everything sounds great

What other comments would you like to make?

  
Signature of participant

WIC is proposing to make changes in our Food Packages.

Here are some of the *proposed* additions and changes:

Offer:

- fruits and vegetables.
- milk substitutes such as soy beverages and tofu;
- canned beans.
- a variety of whole grain foods (cereal, breads, tortillas, rice, etc);
- canned salmon or sardines in addition to canned chunk light tuna
- "baby jar" fruits and vegetables

\*Please note that milk, eggs, cheese, juice, cereal, peanut butter and infant formula will still be available in the food packages

**WIC wants to know your ideas about these changes!**

The American Red Cross WIC Program will submit your ideas to the USDA (United States Department of Agriculture).

What do you like most about the proposed changes?

If we can have some fruits and vegetables  
That's great. I and my son eat fruits  
every day.

What other comments would you like to make?



Signature of participant

P-4671

## IT'S TIME FOR A CHANGE!

NO. 1

WIC is proposing to make changes in our Food Packages.

Here are some of the *proposed* additions and changes:

Offer:

- fruits and vegetables,
- milk substitutes such as soy beverages and tofu;
- canned beans,
- a variety of whole grain foods (cereal, breads, tortillas, rice, etc),
- canned salmon or sardines in addition to canned chunk light tuna
- "baby jar" fruits and vegetables

\*Please note that milk, eggs, cheese, juice, cereal, peanut butter and infant formula will still be available in the food packages.

**WIC wants to know your ideas about these changes!**

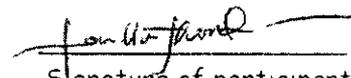
The American Red Cross WIC Program will submit your ideas to the USDA  
(United States Department of Agriculture)

What do you like most about the proposed changes?

ITS PERFECT ☺

What other comments would you like to make?

MORE CHOICES OF  
FOOD.

  
Signature of participant

WIC is proposing to make changes in our Food Packages.

Here are some of the *proposed* additions and changes:

Offer

- fruits and vegetables.
- milk substitutes such as soy beverages and tofu;
- canned beans;
- a variety of whole grain foods (cereal, breads, tortillas, rice, etc);
- canned salmon or sardines in addition to canned chunk light tuna
- "baby jar" fruits and vegetables

\*Please note that milk, eggs, cheese, juice, cereal, peanut butter and infant formula will still be available in the food packages

**WIC wants to know your ideas about these changes!**

The American Red Cross WIC Program will submit your ideas to the USDA  
(United States Department of Agriculture)

What do you like most about the proposed changes?

They aren't all dairy products

What other comments would you like to make?

I know that I went thru so much baby food it will help having more

*Maria Ohlson*

Signature of participant

P-4673

**IT'S TIME FOR A CHANGE!**

AMERICAN RED CROSS

WIC is proposing to make changes in our Food Packages.

Here are some of the *proposed* additions and changes:

Offer:

- fruits and vegetables,
- milk substitutes such as soy beverages and tofu,
- canned beans,
- a variety of whole grain foods (cereal, breads, tortillas, rice, etc);
- canned salmon or sardines in addition to canned chunk light tuna
- "baby jar" fruits and vegetables

\*Please note that milk, eggs, cheese, juice, cereal, peanut butter and infant formula will still be available in the food packages.

**WIC wants to know your ideas about these changes!**

The American Red Cross WIC Program will submit your ideas to the USDA  
(United States Department of Agriculture).

What do you like most about the proposed changes?

What other comments would you like to make?

  
Signature of participant

P-4674

## IT'S TIME FOR A CHANGE!

NOV 1998

WIC is proposing to make changes in our Food Packages.

Here are some of the *proposed* additions and changes:

### Offer

- fruits and vegetables,
- milk substitutes such as soy beverages and tofu,
- canned beans;
- a variety of whole grain foods (cereal, breads, tortillas, rice, etc);
- canned salmon or sardines in addition to canned chunk light tuna
- "baby jar" fruits and vegetables

\*Please note that milk, eggs, cheese, juice, cereal, peanut butter and infant formula will still be available in the food packages

### WIC wants to know your ideas about these changes!

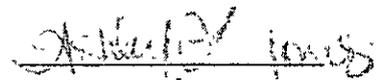
The American Red Cross WIC Program will submit your ideas to the USDA  
(United States Department of Agriculture)

What do you like most about the proposed changes?

they're all healthy ideas for my son and myself

What other comments would you like to make?

I am just thankful for the help

  
Signature of participant

P-4675

**IT'S TIME FOR A CHANGE!**

REC'D

WIC is proposing to make changes in our Food Packages.

Here are some of the *proposed* additions and changes:

Offer:

- fruits and vegetables.
- milk substitutes such as soy beverages and tofu.
- canned beans.
- a variety of whole grain foods (cereal, breads, tortillas, rice, etc).
- canned salmon or sardines in addition to canned chunk light tuna.
- "baby jar" fruits and vegetables.

\*Please note that milk, eggs, cheese, juice, cereal, peanut butter and infant formula will still be available in the food packages

**WIC wants to know your ideas about these changes!**

The American Red Cross WIC Program will submit your ideas to the USDA (United States Department of Agriculture).

What do you like most about the proposed changes?

FRUITS

What other comments would you like to make? NONE

*Nancy Amador*

Signature of participant

P-4676

## IT'S TIME FOR A CHANGE!

057 V

WIC is proposing to make changes in our Food Packages.

Here are some of the *proposed* additions and changes:

Offer

- fruits and vegetables,
- milk substitutes such as soy beverages and tofu,
- canned beans,
- a variety of whole grain foods (cereal, breads, tortillas, rice, etc);
- canned salmon or sardines in addition to canned chunk light tuna.
- "baby jar" fruits and vegetables

\*Please note that milk, eggs, cheese, juice, cereal, peanut butter and infant formula will still be available in the food packages

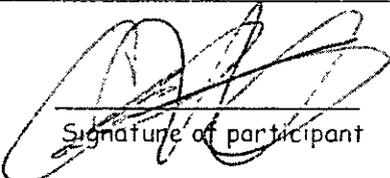
**WIC wants to know your ideas about these changes!**

The American Red Cross WIC Program will submit your ideas to the USDA  
(United States Department of Agriculture)

What do you like most about the proposed changes?

*The fruits and vegs.*

What other comments would you like to make?

  
Signature of participant

P-4677

IT'S TIME FOR A CHANGE!

NOV 19 7

WIC is proposing to make changes in our Food Packages.

Here are some of the *proposed* additions and changes:

Offer

- fruits and vegetables,
- milk substitutes such as soy beverages and tofu;
- canned beans,
- a variety of whole grain foods (cereal, breads, tortillas, rice, etc);
- canned salmon or sardines in addition to canned chunk light tuna
- "baby jar" fruits and vegetables.

\*Please note that milk, eggs, cheese, juice, cereal, peanut butter and infant formula will still be available in the food packages

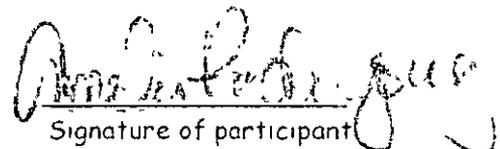
**WIC wants to know your ideas about these changes!**

The American Red Cross WIC Program will submit your ideas to the USDA  
(United States Department of Agriculture)

What do you like most about the proposed changes?

A variety of whole grain foods

What other comments would you like to make?

  
Signature of participant

P-4678

## IT'S TIME FOR A CHANGE!

WIC is proposing to make changes in our Food Packages.

Here are some of the *proposed* additions and changes:

Offer:

- fruits and vegetables;
- milk substitutes such as soy beverages and tofu,
- canned beans;
- a variety of whole grain foods (cereal, breads, tortillas, rice, etc),
- canned salmon or sardines in addition to canned chunk light tuna
- "baby jar" fruits and vegetables

\*Please note that milk, eggs, cheese, juice, cereal, peanut butter and infant formula will still be available in the food packages.

**WIC wants to know your ideas about these changes!**

The American Red Cross WIC Program will submit your ideas to the USDA  
(United States Department of Agriculture)

What do you like most about the proposed changes?

I like it very much, it be nice to have  
fruits and veggie

What other comments would you like to make?

NA

Lan Nguyen

Signature of participant

P-4679

NOV 0

## IT'S TIME FOR A CHANGE!

WIC is proposing to make changes in our Food Packages.

Here are some of the *proposed* additions and changes:

Offer:

- fruits and vegetables;
- milk substitutes such as soy beverages and tofu;
- canned beans;
- a variety of whole grain foods (cereal, breads, tortillas, rice, etc);
- canned salmon or sardines in addition to canned chunk light tuna.
- "baby jar" fruits and vegetables.

\*Please note that milk, eggs, cheese, juice, cereal, peanut butter and infant formula will still be available in the food packages.

### WIC wants to know your ideas about these changes!

The American Red Cross WIC Program will submit your ideas to the USDA (United States Department of Agriculture).

What do you like most about the proposed changes?

It would be wonderful to have more available especially for those who can not afford to get these things or who to have more variety.

What other comments would you like to make?

This program has been wonderful for us. And I will do recommend this to any one I come in contact with for if they should need it or someone they know may need it.

Cheri Buelow

Signature of participant

WIC is proposing to make changes in our Food Packages.

Here are some of the *proposed* additions and changes:

Offer:

- fruits and vegetables;
- milk substitutes such as soy beverages and tofu;
- canned beans;
- a variety of whole grain foods (cereal, breads, tortillas, rice, etc);
- canned salmon or sardines in addition to canned chunk light tuna.
- "baby jar" fruits and vegetables.

\*Please note that milk, eggs, cheese, juice, cereal, peanut butter and infant formula will still be available in the food packages

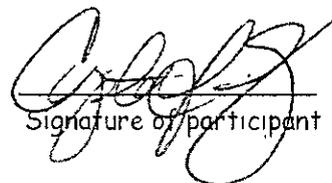
**WIC wants to know your ideas about these changes!**

The American Red Cross WIC Program will submit your ideas to the USDA  
(United States Department of Agriculture)

What do you like most about the proposed changes?

- to be able to have more healthy foods and not be restricted to a certain kind.
- More protein in diet and carbs
- Perfect for lactose intolerant people as I am myself (a little) runs in my family.

What other comments would you like to make?

  
Signature of participant

P-4681

## IT'S TIME FOR A CHANGE!

WIC

WIC is proposing to make changes in our Food Packages.

Here are some of the *proposed* additions and changes:

Offer:

- fruits and vegetables.
- milk substitutes such as soy beverages and tofu.
- canned beans,
- a variety of whole grain foods (cereal, breads, tortillas, rice, etc);
- canned salmon or sardines in addition to canned chunk light tuna
- "baby jar" fruits and vegetables

\*Please note that milk, eggs, cheese, juice, cereal, peanut butter and infant formula will still be available in the food packages.

### WIC wants to know your ideas about these changes!

The American Red Cross WIC Program will submit your ideas to the USDA (United States Department of Agriculture).

What do you like most about the proposed changes?

Offering fruits + vegetables would be a good change, we both eat a lot of each

What other comments would you like to make?

*Brenda Morales*

Signature of participant

P-4682

**IT'S TIME FOR A CHANGE!**

NOV 1998

WIC is proposing to make changes in our Food Packages.

Here are some of the *proposed* additions and changes:

Offer.

- fruits and vegetables.
- milk substitutes such as soy beverages and tofu.
- canned beans;
- a variety of whole grain foods (cereal, breads, tortillas, rice, etc);
- canned salmon or sardines in addition to canned chunk light tuna
- "baby jar" fruits and vegetables

\*Please note that milk, eggs, cheese, juice, cereal, peanut butter and infant formula will still be available in the food packages

**WIC wants to know your ideas about these changes!**

The American Red Cross WIC Program will submit your ideas to the USDA  
(United States Department of Agriculture)

What do you like most about the proposed changes?

Sounds good.

What other comments would you like to make?

But why should @ parent substitute milk for soy?

  
Signature of participant

P-4683

## IT'S TIME FOR A CHANGE!

WIC is proposing to make changes in our Food Packages.

Here are some of the *proposed* additions and changes:

Offer:

- fruits and vegetables,
- milk substitutes such as soy beverages and tofu;
- canned beans,
- a variety of whole grain foods (cereal, breads, tortillas, rice, etc);
- canned salmon or sardines in addition to canned chunk light tuna.
- "baby jar" fruits and vegetables.

\*Please note that milk, eggs, cheese, juice, cereal, peanut butter and infant formula will still be available in the food packages.

### WIC wants to know your ideas about these changes!

The American Red Cross WIC Program will submit your ideas to the USDA  
(United States Department of Agriculture).

What do you like most about the proposed changes?

Milk substitutes would be great + should include organic milk.  
Tortillas would be great.  
Fruits, vegs, canned beans also options!

What other comments would you like to make?

*Sim. [Signature]*

Signature of participant

P-4684

## IT'S TIME FOR A CHANGE!

NOV 0 9 1997

WIC is proposing to make changes in our Food Packages.

### Here are some of the *proposed* additions and changes:

Offer:

- fruits and vegetables,
- milk substitutes such as soy beverages and tofu,
- canned beans;
- a variety of whole grain foods (cereal, breads, tortillas, rice, etc);
- canned salmon or sardines in addition to canned chunk light tuna
- "baby jar" fruits and vegetables.

\*Please note that milk, eggs, cheese, juice, cereal, peanut butter and infant formula will still be available in the food packages.

### WIC wants to know your ideas about these changes!

The American Red Cross WIC Program will submit your ideas to the USDA  
(United States Department of Agriculture).

What do you like most about the proposed changes?

I like the variety of the additions. In class they show us products like the rice & tortillas but if you don't have the money then you won't get them & you miss out on other nutrients

What other comments would you like to make?

~~Shredded~~ Shredded cheese would be nice also

*Janine Williams*  
Signature of participant

P-4685

IT'S TIME FOR A CHANGE!

NO. 05

WIC is proposing to make changes in our Food Packages.

Here are some of the *proposed* additions and changes:

Offer:

- fruits and vegetables;
- milk substitutes such as soy beverages and tofu;
- canned beans;
- a variety of whole grain foods (cereal, breads, tortillas, rice, etc);
- canned salmon or sardines in addition to canned chunk light tuna.
- "baby jar" fruits and vegetables.

\*Please note that milk, eggs, cheese, juice, cereal, peanut butter and infant formula will still be available in the food packages.

**WIC wants to know your ideas about these changes!**

The American Red Cross WIC Program will submit your ideas to the USDA (United States Department of Agriculture).

What do you like most about the proposed changes?

Fruits & vegetables  
"baby jar"

What other comments would you like to make?

*Lidia Cardenas*  
Signature of participant

P-4686

**IT'S TIME FOR A CHANGE!**

NOV 9 1991

WIC is proposing to make changes in our Food Packages.

Here are some of the *proposed* additions and changes:

Offer:

- fruits and vegetables;
- milk substitutes such as soy beverages and tofu;
- canned beans;
- a variety of whole grain foods (cereal, breads, tortillas, rice, etc);
- canned salmon or sardines in addition to canned chunk light tuna.
- "baby jar" fruits and vegetables.

\*Please note that milk, eggs, cheese, juice, cereal, peanut butter and infant formula will still be available in the food packages.

**WIC wants to know your ideas about these changes!**

The American Red Cross WIC Program will submit your ideas to the USDA  
(United States Department of Agriculture).

What do you like **most** about the proposed changes?

They offer fruits & vegetables.

What other comments would you like to make?

None.

*Let-let Sympat*

Signature of participant

P-4687

IT'S TIME FOR A CHANGE!

NOV

WIC is proposing to make changes in our Food Packages.

Here are some of the *proposed* additions and changes:

Offer:

- fruits and vegetables;
- milk substitutes such as soy beverages and tofu;
- canned beans;
- a variety of whole grain foods (cereal, breads, tortillas, rice, etc);
- canned salmon or sardines in addition to canned chunk light tuna.
- "baby jar" fruits and vegetables.

\*Please note that milk, eggs, cheese, juice, cereal, peanut butter and infant formula will still be available in the food packages.

**WIC wants to know your ideas about these changes!**

The American Red Cross WIC Program will submit your ideas to the USDA  
(United States Department of Agriculture)

What do you like **most** about the proposed changes?

tortillas, rice

What other comments would you like to make?

great job

Dianna a Mardinez  
Signature of participant

P-4688

## IT'S TIME FOR A CHANGE!

NOV 03 2006

WIC is proposing to make changes in our Food Packages.

Here are some of the *proposed* additions and changes:

Offer:

- fruits and vegetables;
- milk substitutes such as soy beverages and tofu;
- canned beans;
- a variety of whole grain foods (cereal, breads, tortillas, rice, etc);
- canned salmon or sardines in addition to canned chunk light tuna.
- "baby jar" fruits and vegetables.

\*Please note that milk, eggs, cheese, juice, cereal, peanut butter and infant formula will still be available in the food packages.

### WIC wants to know your ideas about these changes!

The American Red Cross WIC Program will submit your ideas to the USDA  
(United States Department of Agriculture).

What do you like most about the proposed changes?

I would like to have some of these changes, especially the baby food jars... Getting that would help me so I don't have to go to different stores to buy the things I need. I would find it a lot easier and time consuming.

What other comments would you like to make?

Cynthia Borklin  
Signature of participant

WIC is proposing to make changes in our Food Packages.

Here are some of the *proposed* additions and changes:

Offer:

- fruits and vegetables;
- milk substitutes such as soy beverages and tofu;
- canned beans;
- a variety of whole grain foods (cereal, breads, tortillas, rice, etc);
- canned salmon or sardines in addition to canned chunk light tuna.
- "baby jar" fruits and vegetables.

\*Please note that milk, eggs, cheese, juice, cereal, peanut butter and infant formula will still be available in the food packages.

**WIC wants to know your ideas about these changes!**

The American Red Cross WIC Program will submit your ideas to the USDA (United States Department of Agriculture).

What do you like most about the proposed changes?

The fruits & vegetables

What other comments would you like to make?

I'm glad they plan on making these changes!

*[Handwritten signature]*

Signature of participant



P-4690

IT'S TIME FOR A CHANGE!

NOV 92

WIC is proposing to make changes in our Food Packages.

Here are some of the *proposed* additions and changes:

Offer:

- fruits and vegetables,
- milk substitutes such as soy beverages and tofu;
- canned beans;
- a variety of whole grain foods (cereal, breads, tortillas; rice, etc);
- canned salmon or sardines in addition to canned chunk light tuna.
- "baby jar" fruits and vegetables.

\*Please note that milk, eggs, cheese, juice, cereal, peanut butter and infant formula will still be available in the food packages.

**WIC wants to know your ideas about these changes!**

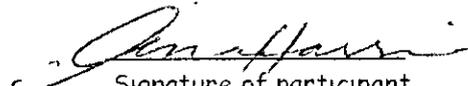
The American Red Cross WIC Program will submit your ideas to the USDA  
(United States Department of Agriculture).

What do you like most about the proposed changes?

Fruits & vegetables  
whole grain foods (breads, rice, tortillas)

What other comments would you like to make?

—

  
Signature of participant

P-4691

## IT'S TIME FOR A CHANGE!

NOV 1997

WIC is proposing to make changes in our Food Packages.

Here are some of the *proposed* additions and changes:

Offer:

- fruits and vegetables;
- milk substitutes such as soy beverages and tofu;
- canned beans;
- a variety of whole grain foods (cereal, breads, tortillas, rice, etc);
- canned salmon or sardines in addition to canned chunk light tuna.
- "baby jar" fruits and vegetables.

\*Please note that milk, eggs, cheese, juice, cereal, peanut butter and infant formula will still be available in the food packages.

### WIC wants to know your ideas about these changes!

The American Red Cross WIC Program will submit your ideas to the USDA  
(United States Department of Agriculture).

What do you like most about the proposed changes?

Canned B.  
WHOLE GR.  
Baby Foo

What other comments would you like to make? —

*Lisa Roma*

Signature of participant

P-4692

IT'S TIME FOR A CHANGE!

NOV

WIC is proposing to make changes in our Food Packages.

Here are some of the *proposed* additions and changes:

Offer:

- fruits and vegetables;
- milk substitutes such as soy beverages and tofu;
- canned beans;
- a variety of whole grain foods (cereal, breads, tortillas, rice, etc);
- canned salmon or sardines in addition to canned chunk light tuna.
- "baby jar" fruits and vegetables.

\*Please note that milk, eggs, cheese, juice, cereal, peanut butter and infant formula will still be available in the food packages.

**WIC wants to know your ideas about these changes!**

The American Red Cross WIC Program will submit your ideas to the USDA  
(United States Department of Agriculture).

What do you like most about the proposed changes?

The offer for  
fruit/vegetables, Also most important  
Bread & tortillas (whole grain), Rice.

What other comments would you like to make?

*Charlene Savelly*  
Signature of participant

WIC is proposing to make changes in our Food Packages.

Here are some of the *proposed* additions and changes:

Offer:

- fruits and vegetables;
- milk substitutes such as soy beverages and tofu;
- canned beans;
- a variety of whole grain foods (cereal, breads, tortillas, rice, etc);
- canned salmon or sardines in addition to canned chunk light tuna.
- "baby jar" fruits and vegetables.

\*Please note that milk, eggs, cheese, juice, cereal, peanut butter and infant formula will still be available in the food packages.

**WIC wants to know your ideas about these changes!**

The American Red Cross WIC Program will submit your ideas to the USDA (United States Department of Agriculture).

What do you like most about the proposed changes?

the fruits + vegetables + baby food.  
and more variety in the whole grains.  
that would be great!

What other comments would you like to make?

N/A.

*[Handwritten Signature]*  
Signature of participant

P-4694

## IT'S TIME FOR A CHANGE!

WIC is proposing to make changes in our Food Packages.

Here are some of the *proposed* additions and changes:

Offer:

- fruits and vegetables;
- milk substitutes such as soy beverages and tofu;
- canned beans;
- a variety of whole grain foods (cereal, breads, tortillas, rice, etc);
- canned salmon or sardines in addition to canned chunk light tuna.
- "baby jar" fruits and vegetables.

\*Please note that milk, eggs, cheese, juice, cereal, peanut butter and infant formula will still be available in the food packages.

**WIC wants to know your ideas about these changes!**

The American Red Cross WIC Program will submit your ideas to the USDA  
(United States Department of Agriculture).

What do you like most about the proposed changes?

Great idea! The fruits + vegetables  
& whole grains would be most  
appreciated.

What other comments would you like to make?

  
Signature of participant

P-4695

## IT'S TIME FOR A CHANGE!

WIC is proposing to make changes in our Food Packages.

Here are some of the *proposed* additions and changes:

Offer:

- fruits and vegetables;
- milk substitutes such as soy beverages and tofu;
- canned beans;
- a variety of whole grain foods (cereal, breads, tortillas, rice, etc);
- canned salmon or sardines in addition to canned chunk light tuna;
- "baby jar" fruits and vegetables.

\*Please note that milk, eggs, cheese, juice, cereal, peanut butter and infant formula will still be available in the food packages.

**WIC wants to know your ideas about these changes!**

The American Red Cross WIC Program will submit your ideas to the USDA  
(United States Department of Agriculture).

What do you like most about the proposed changes?

The proposed changes is great! offer  
of fruits, vegetables, whole grain  
foods and baby jars.

What other comments would you like to make?

NO COMMENTS.

  
Signature of participant

P-4696

## IT'S TIME FOR A CHANGE!

WIC is proposing to make changes in our Food Packages.

Here are some of the *proposed* additions and changes:

Offer:

- fruits and vegetables;
- milk substitutes such as soy beverages and tofu;
- canned beans;
- a variety of whole grain foods (cereal, breads, tortillas, rice, etc);
- canned salmon or sardines in addition to canned chunk light tuna.
- "baby jar" fruits and vegetables.

\*Please note that milk, eggs, cheese, juice, cereal, peanut butter and infant formula will still be available in the food packages.

**WIC wants to know your ideas about these changes!**

The American Red Cross WIC Program will submit your ideas to the USDA  
(United States Department of Agriculture).

What do you like most about the proposed changes?

Yes! wheat tortillas, tofu, canned beans!

I would like more variety in the packages.

I am interested in healthier foods being offered or introduced.

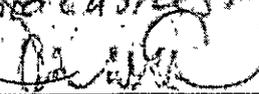
What other comments would you like to make?

They should widen the age gap - maximum age should be 10, because of the high rate of obesity. Being more mindful of the foods eaters

could help deter obesity/healthier food choices.

More <sup>100%</sup> wheat products.

The foods should be as cultural diverse as the people ~~that~~ they are being served to!

  
Signature of participant

P-4697

## IT'S TIME FOR A CHANGE!

WIC is proposing to make changes in our Food Packages.

Here are some of the *proposed* additions and changes:

Offer:

- fruits and vegetables;
- milk substitutes such as soy beverages and tofu;
- canned beans;
- a variety of whole grain foods (cereal, breads, tortillas, rice, etc);
- canned salmon or sardines in addition to canned chunk light tuna.
- "baby jar" fruits and vegetables.

\*Please note that milk, eggs, cheese, juice, cereal, peanut butter and infant formula will still be available in the food packages.

**WIC wants to know your ideas about these changes!**

The American Red Cross WIC Program will submit your ideas to the USDA.  
(United States Department of Agriculture).

What do you like most about the proposed changes?

I think a great idea to have these things in the food package.

What other comments would you like to make?

  
Signature of participant

P-4698

## IT'S TIME FOR A CHANGE!

WIC is proposing to make changes in our Food Packages.

Here are some of the *proposed* additions and changes:

Offer:

- fruits and vegetables;
- milk substitutes such as soy beverages and tofu;
- canned beans;
- a variety of whole grain foods (cereal, breads, tortillas, rice, etc);
- canned salmon or sardines in addition to canned chunk light tuna;
- "baby jar" fruits and vegetables.

\*Please note that milk, eggs, cheese, juice, cereal, peanut butter and infant formula will still be available in the food packages.

**WIC wants to know your ideas about these changes!**

The American Red Cross WIC Program will submit your ideas to the USDA  
(United States Department of Agriculture).

What do you like most about the proposed changes?

~~I like it~~ I like it, most fruits  
& veg.

What other comments would you like to make?

NO

  
Signature of participant

P-4699

## IT'S TIME FOR A CHANGE!

WIC is proposing to make changes in our Food Packages.

Here are some of the *proposed* additions and changes:

Offer:

- fruits and vegetables;
- milk substitutes such as soy beverages and tofu;
- canned beans;
- a variety of whole grain foods (cereal, breads, tortillas, rice, etc);
- canned salmon or sardines in addition to canned chunk light tuna.
- "baby jar" fruits and vegetables.

\*Please note that milk, eggs, cheese, juice, cereal, peanut butter and infant formula will still be available in the food packages.

**WIC wants to know your ideas about these changes!**

The American Red Cross WIC Program will submit your ideas to the USDA  
(United States Department of Agriculture).

What do you like most about the proposed changes?

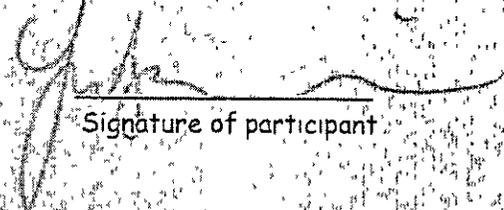
yes.

What other comments would you like to make?

baby jar fruit and veg.

fruits and veg.

whole grain food (rices, breads, cereals)



Signature of participant

P-4700

## IT'S TIME FOR A CHANGE!

WIC is proposing to make changes in our Food Packages.

Here are some of the *proposed* additions and changes:

Offer:

- fruits and vegetables;
- milk substitutes such as soy beverages and tofu;
- canned beans;
- a variety of whole grain foods (cereal, breads, tortillas, rice, etc.);
- canned salmon or sardines in addition to canned chunk light tuna.
- "baby jar" fruits and vegetables.

\*Please note that milk, eggs, cheese, juice, cereal, peanut butter and infant formula will still be available in the food packages.

**WIC wants to know your ideas about these changes!**

The American Red Cross WIC Program will submit your ideas to the USDA  
(United States Department of Agriculture).

What do you like most about the proposed changes? *It gives us more we need the help.*

What other comments would you like to make? *I'm very happy with the program so far. I shop at Albertson's and since they know a lot about the program. This was helpful.*

*Wendy*  
Signature of participant:

P-4701

IT'S TIME FOR A CHANGE!

NOV

WIC is proposing to make changes in our Food Packages.

Here are some of the proposed additions and changes:

Offer:

- fruits and vegetables,
- milk substitutes such as soy beverages and tofu;
- canned beans;
- a variety of whole grain foods (cereal, breads, tortillas, rice, etc);
- canned salmon or sardines in addition to canned chunk light tuna.
- "baby jar" fruits and vegetables.

\*Please note that milk, eggs, cheese, juice, cereal, peanut butter and infant formula will still be available in the food packages.

**WIC wants to know your ideas about these changes!**

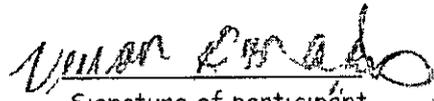
The American Red Cross WIC Program will submit your ideas to the USDA  
(United States Department of Agriculture)

What do you like most about the proposed changes?

that there is soy drinks because  
a lot of women have lactose  
intolerance kids like myself  
& more offers is good.

What other comments would you like to make?

None

  
Signature of participant

P-4702

**IT'S TIME FOR A CHANGE!**

NOV 15 2002

WIC is proposing to make changes in our Food Packages.

Here are some of the *proposed* additions and changes:

Offer:

- fruits and vegetables;
- milk substitutes such as soy beverages and tofu;
- canned beans;
- a variety of whole grain foods (cereal, breads, tortillas, rice, etc);
- canned salmon or sardines in addition to canned chunk light tuna.
- "baby jar" fruits and vegetables.

\*Please note that milk, eggs, cheese, juice, cereal, peanut butter and infant formula will still be available in the food packages.

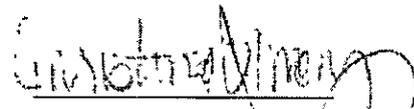
**WIC wants to know your ideas about these changes!**

The American Red Cross WIC Program will submit your ideas to the USDA (United States Department of Agriculture).

What do you like most about the proposed changes?

I think these are also healthy choices  
and of basic nutrition.

What other comments would you like to make?

  
Signature of participant

P-4703

**IT'S TIME FOR A CHANGE!**

NOV 09 2013

WIC is proposing to make changes in our Food Packages.

Here are some of the *proposed* additions and changes:

Offer:

- fruits and vegetables;
- milk substitutes such as soy beverages and tofu;
- canned beans;
- a variety of whole grain foods (cereal, breads, tortillas, rice, etc);
- canned salmon or sardines in addition to canned chunk light tuna.
- "baby jar" fruits and vegetables.

\*Please note that milk, eggs, cheese, juice, cereal, peanut butter and infant formula will still be available in the food packages.

**WIC wants to know your ideas about these changes!**

The American Red Cross WIC Program will submit your ideas to the USDA (United States Department of Agriculture).

What do you like most about the proposed changes?

The fi.



What other comments would you like to make?

A handwritten signature in black ink, appearing to be 'PAC'.

Signature of participant

P-4704

IT'S TIME FOR A CHANGE!

NEW 001

WIC is proposing to make changes in our Food Packages.

Here are some of the *proposed* additions and changes:

Offer

- fruits and vegetables,
- milk substitutes such as soy beverages and tofu,
- canned beans,
- a variety of whole grain foods (cereal, breads, tortillas, rice, etc);
- canned salmon or sardines in addition to canned chunk light tuna
- "baby jar" fruits and vegetables

\*Please note that milk, eggs, cheese, juice, cereal, peanut butter and infant formula will still be available in the food packages.

**WIC wants to know your ideas about these changes!**

The American Red Cross WIC Program will submit your ideas to the USDA  
(United States Department of Agriculture)

What do you like most about the proposed changes?

I LIKE THE IDEA OF BABY JAR FRUITS & VEG.  
SO I THINK THE CHANGES WILL BE GOOD.

What other comments would you like to make?

NONE

Car Barrio

Signature of participant

P-4705

IT'S TIME FOR A CHANGE!

NOV 08 2003

WIC is proposing to make changes in our Food Packages.

Here are some of the *proposed* additions and changes:

Offer.

- fruits and vegetables,
- milk substitutes such as soy beverages and tofu;
- canned beans.
- a variety of whole grain foods (cereal, breads, tortillas, rice, etc),
- canned salmon or sardines in addition to canned chunk light tuna
- "baby jar" fruits and vegetables

\*Please note that milk, eggs, cheese, juice, cereal, peanut butter and infant formula will still be available in the food packages.

**WIC wants to know your ideas about these changes!**

The American Red Cross WIC Program will submit your ideas to the USDA  
(United States Department of Agriculture)

What do you like most about the proposed changes?

The fruits & vegetables  
3rd change to the whole  
grains list

What other comments would you like to make?

NONE.

  
Signature of participant

WIC is proposing to make changes in our Food Packages

Here are some of the *proposed* additions and changes:

Offer

- fruits and vegetables,
- milk substitutes such as soy beverages and tofu,
- canned beans,
- a variety of whole grain foods (cereal, breads, tortillas, rice, etc).
- canned salmon or sardines in addition to canned chunk light tuna
- "baby jar" fruits and vegetables.

\*Please note that milk, eggs, cheese, juice, cereal, peanut butter and infant formula will still be available in the food packages.

**WIC wants to know your ideas about these changes!**

The American Red Cross WIC Program will submit your ideas to the USDA (United States Department of Agriculture)

What do you like most about the proposed changes?

It will have a greater variety

What other comments would you like to make?

  
Signature of participant

WIC is proposing to make changes in our Food Packages.

Here are some of the *proposed* additions and changes:

Offer:

- fruits and vegetables,
- milk substitutes such as soy beverages and tofu;
- canned beans,
- a variety of whole grain foods (cereal, breads, tortillas, rice, etc),
- canned salmon or sardines in addition to canned chunk light tuna
- "baby jar" fruits and vegetables.

\*Please note that milk, eggs, cheese, juice, cereal, peanut butter and infant formula will still be available in the food packages

**WIC wants to know your ideas about these changes!**

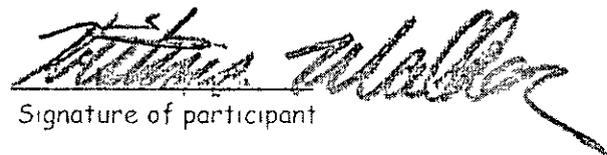
The American Red Cross WIC Program will submit your ideas to the USDA  
(United States Department of Agriculture)

What do you like most about the proposed changes?

How we can get other foods

What other comments would you like to make?

None

  
Signature of participant

WIC is proposing to make changes in our Food Packages.

Here are some of the *proposed* additions and changes:

Offer:

- fruits and vegetables,
- milk substitutes such as soy beverages and tofu;
- canned beans,
- a variety of whole grain foods (cereal, breads, tortillas, rice, etc);
- canned salmon or sardines in addition to canned chunk light tuna
- "baby jar" fruits and vegetables

\*Please note that milk, eggs, cheese, juice, cereal, peanut butter and infant formula will still be available in the food packages.

**WIC wants to know your ideas about these changes!**

The American Red Cross WIC Program will submit your ideas to the USDA (United States Department of Agriculture)

What do you like most about the proposed changes?

SOY BEVERAGES!  
 FRUITS & VEGETABLE, WOULD HELP TO  
 MUCH FINANCIAL HELP,  
 WHOLE GRAIN IS SO MUCH BETTER,  
 BUT CAN BE EXPENSIVE FOR US TO  
 BUY

What other comments would you like to make?

Lillian M...  
 Signature of participant

P-4709

## IT'S TIME FOR A CHANGE!

WIC 04/2000

WIC is proposing to make changes in our Food Packages.

Here are some of the *proposed* additions and changes:

Offer:

- fruits and vegetables;
- milk substitutes such as soy beverages and tofu,
- canned beans
- a variety of whole grain foods (cereal, breads, tortillas, rice, etc).
- canned salmon or sardines in addition to canned chunk light tuna
- "baby jar" fruits and vegetables

\*Please note that milk, eggs, cheese, juice, cereal, peanut butter and infant formula will still be available in the food packages.

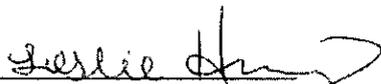
### WIC wants to know your ideas about these changes!

The American Red Cross WIC Program will submit your ideas to the USDA  
(United States Department of Agriculture).

What do you like most about the proposed changes?

It has  
in it

What other comments would you like to make?

  
Signature of participant

P-4710

IT'S TIME FOR A CHANGE!

NOV 0 5 1990

WIC is proposing to make changes in our Food Packages

Here are some of the *proposed* additions and changes:

Offer.

- fruits and vegetables,
- milk substitutes such as soy beverages and tofu,
- canned beans,
- a variety of whole grain foods (cereal, breads, tortillas rice, etc),
- canned salmon or sardines in addition to canned chunk light tuna
- "baby jar" fruits and vegetables

\*Please note that milk, eggs, cheese, juice, cereal, peanut butter and infant formula will still be available in the food packages

**WIC wants to know your ideas about these changes!**

The American Red Cross WIC Program will submit your ideas to the USDA  
(United States Department of Agriculture).

What do you like most about the proposed changes?

every thing I think it's a ~~very~~ very good idea

What other comments would you like to make?

about time.

*Alexandra Vasil*  
Signature of participant

P-4711

## IT'S TIME FOR A CHANGE!

NOV 20 1991

WIC is proposing to make changes in our Food Packages

Here are some of the *proposed* additions and changes:

Offer

- fruits and vegetables,
- milk substitutes such as soy beverages and tofu,
- canned beans,
- a variety of whole grain foods (cereal, breads, tortillas, rice, etc),
- canned salmon or sardines in addition to canned chunk light tuna
- "baby jar" fruits and vegetables

\*Please note that milk, eggs, cheese, juice, cereal, peanut butter and infant formula will still be available in the food packages

**WIC wants to know your ideas about these changes!**

The American Red Cross WIC Program will submit your ideas to the USDA  
(United States Department of Agriculture)

What do you like most about the proposed changes?

*the variety of foods*

What other comments would you like to make?

*[Handwritten Signature]*

Signature of participant

WIC is proposing to make changes in our Food Packages.

Here are some of the *proposed* additions and changes:

Offer

- fruits and vegetables,
- milk substitutes such as soy beverages and tofu,
- canned beans,
- a variety of whole grain foods (cereal, breads, tortillas, rice, etc),
- canned salmon or sardines in addition to canned chunk light tuna
- "baby jar" fruits and vegetables.

\*Please note that milk, eggs, cheese, juice, cereal, peanut butter and infant formula will still be available in the food packages.

**WIC wants to know your ideas about these changes!**

The American Red Cross WIC Program will submit your ideas to the USDA  
(United States Department of Agriculture)

What do you like most about the proposed changes?

I think that it will be better and it will make it easy for people to get the thing that they can't normally get

What other comments would you like to make?

none

*Nirina M. Madala*

Signature of participant

P-4713

IT'S TIME FOR A CHANGE!

NOV 04 2005

WIC is proposing to make changes in our Food Packages.

Here are some of the *proposed* additions and changes:

Offer:

- fruits and vegetables
- milk substitutes such as soy beverages and tofu.
- canned beans.
- a variety of whole grain foods (cereal, breads, tortillas, rice, etc).
- canned salmon or sardines in addition to canned chunk light tuna.
- "baby jar" fruits and vegetables

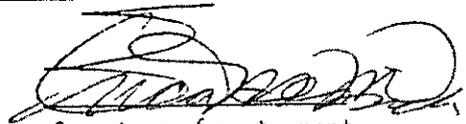
\*Please note that milk, eggs, cheese, juice, cereal, peanut butter and infant formula will still be available in the food packages.

**WIC wants to know your ideas about these changes!**

The American Red Cross WIC Program will submit your ideas to the USDA (United States Department of Agriculture).

What do you like most about the proposed changes? *That would help out a lot on nutrition and groceries for children*

What other comments would you like to make? *None*



Signature of participant

P-4714

## IT'S TIME FOR A CHANGE!

WIC is proposing to make changes in our Food Packages.

Here are some of the *proposed* additions and changes:

Offer:

- fruits and vegetables,
- milk substitutes such as soy beverages and tofu;
- canned beans;
- a variety of whole grain foods (cereal, breads, tortillas, rice, etc);
- canned salmon or sardines in addition to canned chunk light tuna.
- "baby jar" fruits and vegetables.

\*Please note that milk, eggs, cheese, juice, cereal, peanut butter and infant formula will still be available in the food packages.

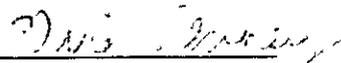
### WIC wants to know your ideas about these changes!

The American Red Cross WIC Program will submit your ideas to the USDA  
(United States Department of Agriculture).

What do you like most about the proposed changes?

Fruits and vegetables

What other comments would you like to make?

  
Signature of participant

~~0001~~ P-4715

## IT'S TIME FOR A CHANGE!

WIC 1-1-15

WIC is proposing to make changes in our Food Packages.

Here are some of the *proposed* additions and changes:

Offer:

- fruits and vegetables;
- milk substitutes such as soy beverages and tofu,
- canned beans,
- a variety of whole grain foods (cereal, breads, tortillas, rice, etc),
- canned salmon or sardines in addition to canned chunk light tuna
- "baby jar" fruits and vegetables

\*Please note that milk, eggs, cheese, juice, cereal, peanut butter and infant formula will still be available in the food packages.

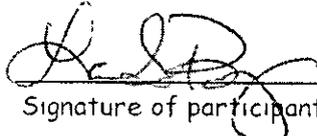
### WIC wants to know your ideas about these changes!

The American Red Cross WIC Program will submit your ideas to the USDA  
(United States Department of Agriculture)

What do you like most about the proposed changes?

~~The~~ The ability to get fruits and vegetables  
because they provide so many nutrients

What other comments would you like to make?

  
Signature of participant

P-4716

**IT'S TIME FOR A CHANGE!**

09/11/11 2:00 PM

WIC is proposing to make changes in our Food Packages.

Here are some of the *proposed* additions and changes:

Offer:

- fruits and vegetables;
- milk substitutes such as soy beverages and tofu;
- canned beans;
- a variety of whole grain foods (cereal, breads, tortillas, rice, etc);
- canned salmon or sardines in addition to canned chunk light tuna.
- "baby jar" fruits and vegetables

\*Please note that milk, eggs, cheese, juice, cereal, peanut butter and infant formula will still be available in the food packages

**WIC wants to know your ideas about these changes!**

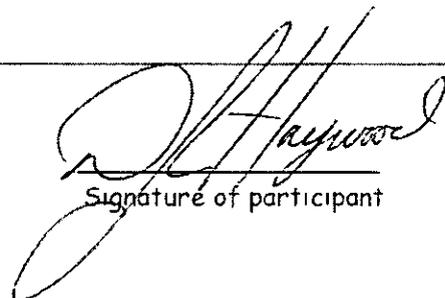
The American Red Cross WIC Program will submit your ideas to the USDA  
(United States Department of Agriculture).

What do you like most about the proposed changes?

*I would like this mostly  
because it includes fruit + vegetables.*

What other comments would you like to make?

*They should include bread products.*

  
Signature of participant

P-4717

IT'S TIME FOR A CHANGE!

NOV 1 1997

WIC is proposing to make changes in our Food Packages.

Here are some of the *proposed* additions and changes.

Offer

- fruits and vegetables,
- milk substitutes such as soy beverages and tofu,
- canned beans,
- a variety of whole grain foods (cereal, breads, tortillas, rice, etc);
- canned salmon or sardines in addition to canned chunk light tuna
- "baby jar" fruits and vegetables.

\*Please note that milk, eggs, cheese, juice, cereal, peanut butter and infant formula will still be available in the food packages.

**WIC wants to know your ideas about these changes!**

The American Red Cross WIC Program will submit your ideas to the USDA  
(United States Department of Agriculture)

What do you like most about the proposed changes?

I think this is a great idea, such as adding the whole grain foods + baby fruits + vegetables, + also fruits + vegetables for me

What other comments would you like to make?

  
Signature of participant

P-4718

IT'S TIME FOR A CHANGE!

July 6, 2013

WIC is proposing to make changes in our Food Packages.

Here are some of the *proposed* additions and changes:

Offer

- fruits and vegetables,
- milk substitutes such as soy beverages and tofu,
- canned beans,
- a variety of whole grain foods (cereal, breads, tortillas, rice, etc);
- canned salmon or sardines in addition to canned chunk light tuna.
- "baby jar" fruits and vegetables

\*Please note that milk, eggs, cheese, juice, cereal, peanut butter and infant formula will still be available in the food packages.

**WIC wants to know your ideas about these changes!**

The American Red Cross WIC Program will submit your ideas to the USDA  
(United States Department of Agriculture)

What do you like most about the proposed changes?

fruit and vegetables  
milk substitutes soy milk  
canned salmon

What other comments would you like to make?

I will like to get chunk light  
tuna

  
Signature of participant

WIC is proposing to make changes in our Food Packages.

Here are some of the *proposed* additions and changes:

Offer.

- fruits and vegetables,
- milk substitutes such as soy beverages and tofu;
- canned beans,
- a variety of whole grain foods (cereal, breads, tortillas, rice, etc).
- canned salmon or sardines in addition to canned chunk light tuna.
- "baby jar" fruits and vegetables.

\*Please note that milk, eggs, cheese, juice, cereal, peanut butter and infant formula will still be available in the food packages.

**WIC wants to know your ideas about these changes!**

The American Red Cross WIC Program will submit your ideas to the USDA (United States Department of Agriculture).

What do you like most about the proposed changes?

The addition of fruits & vegetables, breads & baby jars. Those are all things parents of babies use a lot of.

What other comments would you like to make?

*[Handwritten Signature]*  
Signature of participant

WIC is proposing to make changes in our Food Packages.

Here are some of the *proposed* additions and changes:

Offer:

- fruits and vegetables,
- milk substitutes such as soy beverages and tofu;
- canned beans,
- a variety of whole grain foods (cereal, breads, tortillas, rice, etc),
- canned salmon or sardines in addition to canned chunk light tuna.
- "baby jar" fruits and vegetables

\*Please note that milk, eggs, cheese, juice, cereal, peanut butter and infant formula will still be available in the food packages.

**WIC wants to know your ideas about these changes!**

The American Red Cross WIC Program will submit your ideas to the USDA (United States Department of Agriculture).

What do you like most about the proposed changes?

The fruits and vegetables are good  
and the milk.

What other comments would you like to make?

I like the idea of having more choices  
of fruits and vegetables. I also like  
the idea of having more choices of milk.

Also I like the idea of having more choices  
of fruits and vegetables. I also like  
the idea of having more choices of milk.

Signature of participant

WIC is proposing to make changes in our Food Packages.

Here are some of the *proposed* additions and changes:

Offer

- fruits and vegetables,
- milk substitutes such as soy beverages and tofu,
- canned beans
- a variety of whole grain foods (cereal, breads, tortillas, rice, etc);
- canned salmon or sardines in addition to canned chunk light tuna
- "baby jar" fruits and vegetables

\*Please note that milk, eggs, cheese, juice, cereal, peanut butter and infant formula will still be available in the food packages.

**WIC wants to know your ideas about these changes!**

The American Red Cross WIC Program will submit your ideas to the USDA (United States Department of Agriculture)

What do you like most about the proposed changes?

Some - beans or tortillas  
would be instead of cereal.

What other comments would you like to make?

none

*Sherry Henry*  
Signature of participant

P-4722

# IT'S TIME FOR A CHANGE!

NOV 1992

WIC is proposing to make changes in our Food Packages.

Here are some of the *proposed* additions and changes:

Offer

- fruits and vegetables, ★
- milk substitutes such as soy beverages and tofu,
- canned beans,
- a variety of whole grain foods (cereal, breads, tortillas, rice, etc),
- canned salmon or sardines in addition to canned chunk light tuna
- "baby jar" fruits and vegetables

\*Please note that milk, eggs, cheese, juice, cereal, peanut butter and infant formula will still be available in the food packages.

## WIC wants to know your ideas about these changes!

The American Red Cross WIC Program will submit your ideas to the USDA  
(United States Department of Agriculture)

What do you like most about the proposed changes?

Incorporating fruits & vegetables,  
so much more healthy.

What other comments would you like to make?

Variety is more important than  
price alone

  
Signature of participant

P-4723

IT'S TIME FOR A CHANGE!

NOV 1 2002

WIC is proposing to make changes in our Food Packages.

Here are some of the *proposed* additions and changes:

Offer

- fruits and vegetables,
- milk substitutes such as soy beverages and tofu,
- canned beans,
- a variety of whole grain foods (cereal, breads, tortillas, rice, etc),
- canned salmon or sardines in addition to canned chunk light tuna.
- "baby jar" fruits and vegetables

\*Please note that milk, eggs, cheese, juice, cereal, peanut butter and infant formula will still be available in the food packages.

**WIC wants to know your ideas about these changes!**

The American Red Cross WIC Program will submit your ideas to the USDA  
(United States Department of Agriculture)

What do you like most about the proposed changes?

fresh fruit and vegetables

What other comments would you like to make?

you guys are great - thanks

  
Signature of participant

p-4724

IT'S TIME FOR A CHANGE!

NOV 2005

WIC is proposing to make changes in our Food Packages.

Here are some of the *proposed* additions and changes:

Offer.

- fruits and vegetables,
- milk substitutes such as soy beverages and tofu;
- canned beans,
- a variety of whole grain foods (cereal, breads, tortillas, rice, etc);
- canned salmon or sardines in addition to canned chunk light tuna
- "baby jar" fruits and vegetables.

\*Please note that milk, eggs, cheese, juice, cereal, peanut butter and infant formula will still be available in the food packages.

**WIC wants to know your ideas about these changes!**

The American Red Cross WIC Program will submit your ideas to the USDA (United States Department of Agriculture).

What do you like most about the proposed changes?

yes! like the to have fruits and vegetables  
and breads

What other comments would you like to make?

how about meat fds or like card like  
food stamp

Elizabeth Mercado

Signature of participant

P-4725

IT'S TIME FOR A CHANGE!

WIC

WIC is proposing to make changes in our Food Packages.

Here are some of the *proposed* additions and changes:

Offer:

- fruits and vegetables,
- milk substitutes such as soy beverages and tofu,
- canned beans;
- a variety of whole grain foods (cereal, breads, tortillas, rice, etc);
- canned salmon or sardines in addition to canned chunk light tuna
- "baby jar" fruits and vegetables

\*Please note that milk, eggs, cheese, juice, cereal, peanut butter and infant formula will still be available in the food packages

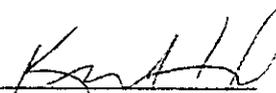
**WIC wants to know your ideas about these changes!**

The American Red Cross WIC Program will submit your ideas to the USDA  
(United States Department of Agriculture)

What do you like most about the proposed changes?

*All the above*

What other comments would you like to make?

  
Signature of participant

WIC is proposing to make changes in our Food Packages.

Here are some of the *proposed* additions and changes:

Offer.

- fruits and vegetables,
- milk substitutes such as soy beverages and tofu;
- canned beans,
- a variety of whole grain foods (cereal, breads, tortillas, rice, etc);
- canned salmon or sardines in addition to canned chunk light tuna
- "baby jar" fruits and vegetables.

\*Please note that milk, eggs, cheese, juice, cereal, peanut butter and infant formula will still be available in the food packages

**WIC wants to know your ideas about these changes!**

The American Red Cross WIC Program will submit your ideas to the USDA  
(United States Department of Agriculture)

What do you like most about the proposed changes?

I would love to be able to get some fruits; waggies.  
 Canned beans would be easier to use than baggies.  
 Tortillas/ Bread would be great.  
 Baby food would also be nice.

What other comments would you like to make?

*Michelle Payne*  
 Signature of participant

WIC is proposing to make changes in our Food Packages.

Here are some of the *proposed* additions and changes:

Offer.

- fruits and vegetables,
- milk substitutes such as soy beverages and tofu,
- canned beans,
- a variety of whole grain foods (cereal, breads, tortillas, rice, etc);
- canned salmon or sardines in addition to canned chunk light tuna
- "baby jar" fruits and vegetables.

\*Please note that milk, eggs, cheese, juice, cereal, peanut butter and infant formula will still be available in the food packages.

**WIC wants to know your ideas about these changes!**

The American Red Cross WIC Program will submit your ideas to the USDA (United States Department of Agriculture)

What do you like most about the proposed changes?

Fruit and  
canned  
chunk

or  
sardines in addition to canned

What other comments would you like to make?

change  
like to

-ask for one single card  
like member card

*Marie A. Cook*  
Signature of participant

P-4728

## IT'S TIME FOR A CHANGE!

WIC is proposing to make changes in our Food Packages.

Here are some of the *proposed* additions and changes:

Offer.

- fruits and vegetables.
- milk substitutes such as soy beverages and tofu;
- canned beans;
- a variety of whole grain foods (cereal, breads, tortillas, rice, etc);
- canned salmon or sardines in addition to canned chunk light tuna
- "baby jar" fruits and vegetables

\*Please note that milk, eggs, cheese, juice, cereal, peanut butter and infant formula will still be available in the food packages

### WIC wants to know your ideas about these changes!

The American Red Cross WIC Program will submit your ideas to the USDA  
(United States Department of Agriculture)

What do you like most about the proposed changes?

The Variety

What other comments would you like to make?



Signature of participant

P-4729

## IT'S TIME FOR A CHANGE!

NOV 1 1997

WIC is proposing to make changes in our Food Packages.

Here are some of the *proposed* additions and changes:

Offer:

- fruits and vegetables;
- milk substitutes such as soy beverages and tofu;
- canned beans,
- a variety of whole grain foods (cereal, breads, tortillas, rice, etc),
- canned salmon or sardines in addition to canned chunk light tuna
- "baby jar" fruits and vegetables

\*Please note that milk, eggs, cheese, juice, cereal, peanut butter and infant formula will still be available in the food packages.

**WIC wants to know your ideas about these changes!**

The American Red Cross WIC Program will submit your ideas to the USDA  
(United States Department of Agriculture).

What do you like most about the proposed changes?

More of a variety of foods to be added

What other comments would you like to make?

I really like that idea

*Vanessa Reese*

Signature of participant

WIC is proposing to make changes in our Food Packages.

Here are some of the *proposed* additions and changes:

Offer:

- fruits and vegetables,
- milk substitutes such as soy beverages and tofu,
- canned beans,
- a variety of whole grain foods (cereal, breads, tortillas, rice, etc);
- canned salmon or sardines in addition to canned chunk light tuna.
- "baby jar" fruits and vegetables

\*Please note that milk, eggs, cheese, juice, cereal, peanut butter and infant formula will still be available in the food packages.

**WIC wants to know your ideas about these changes!**

The American Red Cross WIC Program will submit your ideas to the USDA (United States Department of Agriculture).

What do you like most about the proposed changes? I like because my kids really like vegetables &

What other comments would you like to make? It be really helpfull to have sardine because it something different.

*Vernice Castillo*  
Signature of participant

WIC is proposing to make changes in our Food Packages.

Here are some of the *proposed* additions and changes:

Offer:

- fruits and vegetables;
- milk substitutes such as soy beverages and tofu;
- canned beans,
- a variety of whole grain foods (cereal, breads, tortillas, rice, etc);
- canned salmon or sardines in addition to canned chunk light tuna.
- "baby jar" fruits and vegetables.

\*Please note that milk, eggs, cheese, juice, cereal, peanut butter and infant formula will still be available in the food packages

**WIC wants to know your ideas about these changes!**

The American Red Cross WIC Program will submit your ideas to the USDA  
(United States Department of Agriculture).

What do you like most about the proposed changes?

fruits & vegetables

soy

breads

baby jar food

What other comments would you like to make?

*Nichole Taban*

Signature of participant

P-4732

ND: 01/10/08

## IT'S TIME FOR A CHANGE!

WIC is proposing to make changes in our Food Packages.

Here are some of the *proposed* additions and changes:

Offer:

- fruits and vegetables.
- milk substitutes such as soy beverages and tofu.
- canned beans.
- a variety of whole grain foods (cereal, breads, tortillas, rice, etc);
- canned salmon or sardines in addition to canned chunk light tuna.
- "baby jar" fruits and vegetables

\*Please note that milk, eggs, cheese, juice, cereal, peanut butter and infant formula will still be available in the food packages.

**WIC wants to know your ideas about these changes!**

The American Red Cross WIC Program will submit your ideas to the USDA  
(United States Department of Agriculture)

What do you like **most** about the proposed changes?

Everything

What other comments would you like to make?

N/A

  
Signature of participant

WIC is proposing to make changes in our Food Packages.

Here are some of the *proposed* additions and changes:

Offer

- fruits and vegetables.
- milk substitutes such as soy beverages and tofu.
- canned beans.
- a variety of whole grain foods (cereal, breads, tortillas, rice, etc).
- canned salmon or sardines in addition to canned chunk light tuna
- "baby jar" fruits and vegetables

\*Please note that milk, eggs, cheese, juice, cereal, peanut butter and infant formula will still be available in the food packages

**WIC wants to know your ideas about these changes!**

The American Red Cross WIC Program will submit your ideas to the USDA (United States Department of Agriculture)

What do you like most about the proposed changes?

It was a lot of children + families

What other comments would you like to make?

What we want to add these changes to the food.

*Wendy Cole*  
Signature of participant

P-4734

**IT'S TIME FOR A CHANGE!**

WIC is proposing to make changes in our Food Packages.

Here are some of the *proposed* additions and changes:

Offer.

- fruits and vegetables;
- milk substitutes such as soy beverages and tofu.
- canned beans.
- a variety of whole grain foods (cereal, breads, tortillas, rice, etc).
- canned salmon or sardines in addition to canned chunk light tuna
- "baby jar" fruits and vegetables

\*Please note that milk, eggs, cheese, juice, cereal, peanut butter and infant formula will still be available in the food packages

**WIC wants to know your ideas about these changes!**

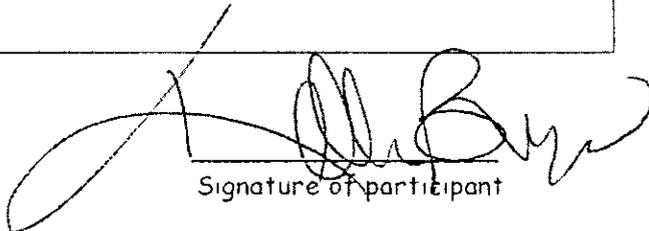
The American Red Cross WIC Program will submit your ideas to the USDA  
(United States Department of Agriculture).

What do you like most about the proposed changes?

Fruits + vegetables +  
the whole grain foods would be a wonderful  
addition

What other comments would you like to make?

I loved the Farmers Market  
tickets!!

  
Signature of participant

WIC is proposing to make changes in our Food Packages.

Here are some of the *proposed* additions and changes:

Offer.

- fruits and vegetables,
- milk substitutes such as soy beverages and tofu;
- canned beans,
- a variety of whole grain foods (cereal, breads, tortillas, rice, etc);
- canned salmon or sardines in addition to canned chunk light tuna
- "baby jar" fruits and vegetables

\*Please note that milk, eggs, cheese, juice, cereal, peanut butter and infant formula will still be available in the food packages

**WIC wants to know your ideas about these changes!**

The American Red Cross WIC Program will submit your ideas to the USDA  
(United States Department of Agriculture)

What do you like most about the proposed changes?

The different varieties that will be provided.

What other comments would you like to make?

I think that its a great idea.

*Shirley Thompson*  
Signature of participant