

NOV - 8 2006

Date: 11.2.06

Dear Friends at the US Department of Agriculture;

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

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

What I like most about the proposed changes is the freedom of going to any store. And adding fruits and vegetables.

What I like least about the proposed changes is less milk, and eggs.

Thank you for reading my comments.

Sincerely,

Charlene Wobler  
WIC Participant

NOV 03 2006

11/2/06

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

The fresh fruit and vegetable and whole grain products.

\_\_\_\_\_.

What I like least about the proposed changes is

not adding yogurt to the list.

\_\_\_\_\_.

\_\_\_\_\_.

Thank you for reading my comments.

Sincerely,

Cynthia Garmon

CG 611 103 069

NOV 03 2006

**Dear Friends at US Department of Agriculture,**

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

**Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.**

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

*the fresh fruit & veggie-sou is giving mothers & babies healthy vitamins for the growth.*

**What I like least about the proposed changes is**

*that the yogurt has been taken off*

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

**Thank you for reading my comments.**

**Sincerely,**

*Jenna Peterson*

11/1/06  
TP 101000081

NOV 03 2006

**Dear Friends at US Department of Agriculture,**

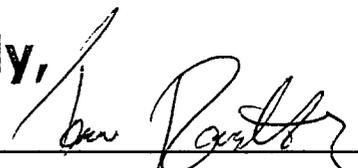
**I am writing to tell you what I think about the proposal to change WIC foods.**

**Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.**

**What I like most about the proposed changes is** introducing soy and fresh fruits and veggies  
\_\_\_\_\_.

**What I like least about the proposed changes is** please add yogurt  
\_\_\_\_\_  
\_\_\_\_\_.

**Thank you for reading my comments.**

**Sincerely,**   
\_\_\_\_\_  
Tara Doughty TD 031306053 10/17/06

NOV 03 2006

**Dear Friends at US Department of Agriculture,**

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

**Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.**

**What I like most about the proposed changes is** fresh fruits and veggies

\_\_\_\_\_

**What I like least about the proposed changes is** no yogurt

\_\_\_\_\_

\_\_\_\_\_

**Thank you for reading my comments.**

**Sincerely,** Cave Sullivan

CS 501106086

10/16/06

NOV 03 2006

**Dear Friends at US Department of  
Agriculture,**

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

**Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing  
fresh, healthier foods for my family.**

**What I like most about the proposed  
changes is** the fruits & veggies

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—

**What I like least about the proposed  
changes is** add yogurt

---

—

**Thank you for reading my comments.**

**Sincerely,**

Heather Heins  
HR841099091

10/16/06

NOV 03 2006

**Dear Friends at US Department of Agriculture,**

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

**Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.**

**What I like most about the proposed changes is** Fresh fruits & veggies

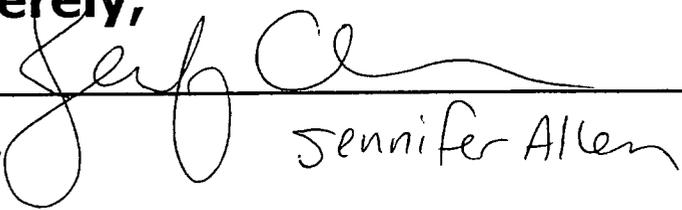
\_\_\_\_\_

**What I like least about the proposed changes is** no yogurt - put it back

\_\_\_\_\_

**Thank you for reading my comments.**

**Sincerely,**

 JA431406178  
10/16/06 Jennifer Allen

NOV 03 2006

**Dear Friends at US Department of Agriculture,**

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

**Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.**

**What I like most about the proposed changes is** more alive food with vitamins for children that are growing.

—

**What I like least about the proposed changes is** nothing!

-

\_\_\_\_\_

—

**Thank you for reading my comments.**

*cw 401005 183*

**Sincerely,**

*Christa Ward* 10-11-06

**Dear Friends at US Department of Agriculture,**

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

**Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.**

**What I like most about the proposed changes is** Fresh Fruit! 😊

\_\_\_\_\_

**What I like least about the proposed changes is** no yogurt! 😞

\_\_\_\_\_

**Thank you for reading my comments.**

**Sincerely,**

Robert C. Watson  
RG 751 596 059

NOV 03 2006

**Dear Friends at US Department of Agriculture,**

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

**Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.**

**What I like most about the proposed changes is** added fruit and vegetables and whole grain products + soy milk!

**What I like least about the proposed changes is** please add yogurt!

**Thank you for reading my comments.**

**Sincerely,**  
Julia Fosse

JH 821 603 189  
10/6/06

NOV 03 2006

10.5.06

**Dear Friends at US Department of Agriculture,**

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

**Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.**

**What I like most about the proposed changes is** more fruits + veggies - less juice! this is better nutrition!

**What I like least about the proposed changes is** doesn't address need for organic food to be included in WIC program

**Thank you for reading my comments.**

**Sincerely,**

C. Jeyreela Anderson      Box 492  
JA 541005276                      Ft Bragg CA 95937

NOV 03 2006

p 6212

**Dear Friends at US Department of  
Agriculture,**

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

**Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing  
fresh, healthier foods for my family. .**

**What I like most about the proposed  
changes is Choice of Soy milk and  
being able to get fruits and veggies  
\_\_\_\_\_.**

**What I like least about the proposed  
changes is nothing  
\_\_\_\_\_  
\_\_\_\_\_.**

**Thank you for reading my comments.**

**Sincerely,**

Stephanie Prie SP 241 198 323  
10/4/06

NOV 03 2006

**Dear Friends at US Department of Agriculture,**

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

**Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.**

**What I like most about the proposed changes is** the choices of variety. Healthier food for children. Kids need fruit & vegetables with a mixture of milk products.

**What I like least about the proposed changes is** ~~limited variety~~. I think that  
- the changes have good choices for healthier food. I also think that yogurt would be a good choice to have.

**Thank you for reading my comments.**

**Sincerely,**

Janah A. Kelly - 10/4/06  
SP 611 102175

NOV 03 2006

p 6214

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

Having the fruits & vegetables  
added as well as the grain-whole  
cereal.

What I like least about the proposed changes is

Having less milk.

Thank you for reading my comments.

Sincerely,

Jacqueline Nelson  
WIC Participant

Riverside County, California

NOV 03 2006

p 6215

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

The fruits and vegetables.

What I like least about the proposed changes is

less milk and eggs.

Thank you for reading my comments.

Sincerely,

Desiree Hernandez  
WIC Participant

Riverside County, California

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

one of choice of fruits and vegetables

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

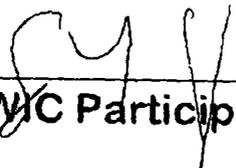
What I like least about the proposed changes is

It doesn't have Grits for a whole grain for African American foods

\_\_\_\_\_

Thank you for reading my comments.

Sincerely,

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

Riverside County, California

NOV 03 2006

p 6217

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

Fruits and bread

What I like least about the proposed changes is

I think every thing

Thank you for reading my comments.

Sincerely,



WIC Participant

Riverside County, California

NOV 03 2006

p 6218

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

Fruits and vegetables.

What I like least about the proposed changes is

The amount change.  
the type of milk

Thank you for reading my comments.

Sincerely,

  
WIC Participant

Riverside County, California

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

that you're adding fruits  
and veggies

What I like least about the proposed changes is

that the milk is being  
cut.

Thank you for reading my comments.

Sincerely,



WIC Participant

Riverside County, California

NOV 03 2006

p 6220

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

that you are adding more whole grain foods  
fruits and vegetables

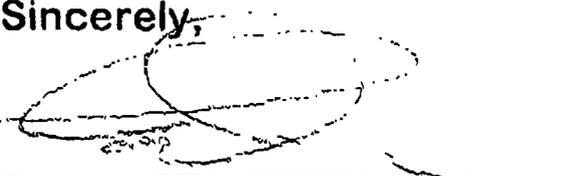
What I like least about the proposed changes is

less milk less eggs, less

cheese

Thank you for reading my comments.

Sincerely,



WIC Participant

Riverside County, California

NOV - 3 2006

**Dear Friends at US Department of Agriculture,**

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

**Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.**

**What I like most about the proposed changes is** adding \$ for fruits & veggies.

**What I like least about the proposed changes is** No Soy products available. \*  
Still need 2 doz eggs & the checks

**Thank you for reading my comments.**

**Sincerely,**

Lindsay Perry  
**WIC Participant**

NOV - 3 2008

**Dear Friends at US Department of  
Agriculture,**

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

**Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.**

**What I like most about the proposed  
changes is soy milk**  
\_\_\_\_\_.

**What I like least about the proposed  
changes is nothing**  
\_\_\_\_\_.

**Thank you for reading my comments.**

**Sincerely,**

*Nicole S. Szarde*  
\_\_\_\_\_  
**WIC Participant**

NOV - 3 2006

**Dear Friends at US Department of  
Agriculture,**

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

**Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.**

**What I like most about the proposed  
changes is the ability to get fruits  
and vegetable, and whole grains.**

**What I like least about the proposed  
changes is the whole milk to 2% sucks  
and the less amount of it. Also the less  
amount of eggs and cheese.**

**Thank you for reading my comments.**

**Sincerely,**



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**WIC Participant**

NOV - 8 2006

**Dear Friends at US Department of  
Agriculture,**

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

**Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.**

**What I like most about the proposed  
changes is whole grains which some  
people might not be able to afford.**

**What I like least about the proposed  
changes is less dairy + eggs**  
\_\_\_\_\_.

**Thank you for reading my comments.**

**Sincerely,**

Ashley Plumb Ashley Plumb  
**WIC Participant**

NOV - 5 2006

**Dear Friends at US Department of  
Agriculture,**

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

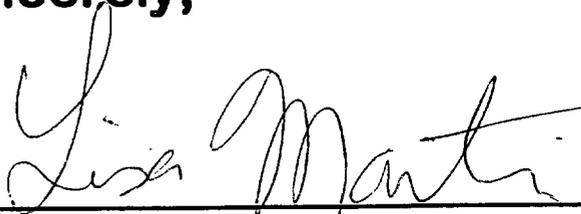
**Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.**

**What I like most about the proposed  
changes is more whole grain  
+ Addition of Fruits + Vegetables**

**What I like least about the proposed  
changes is less milk + cheese**  
\_\_\_\_\_.

**Thank you for reading my comments.**

**Sincerely,**



**WIC Participant**

NOV - 3 2006

**Dear Friends at US Department of Agriculture,**

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

**Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.**

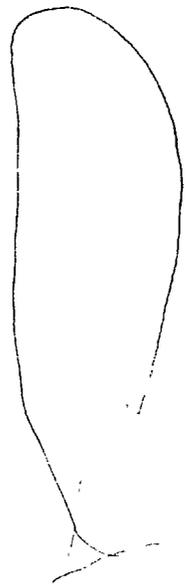
**What I like most about the proposed changes is the addition of fruits and veggies.**

**What I like least about the proposed changes is decrease in dairy products**

**Thank you for reading my comments.**

**Sincerely,**

Um. Roads  
**WIC Participant**



NOV - 3 2006

**Dear Friends at US Department of Agriculture,**

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

**Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.**

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

*Bread is @ part of the food pyramid - My family eats healthy*

**What I like least about the proposed changes is \_\_\_\_\_**

**Thank you for reading my comments.**

**Sincerely,**

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

Nov - 3 2006

**Dear Friends at US Department of  
Agriculture,**

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

**Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.**

**What I like most about the proposed  
changes is** More options and bread to

put my peanut butter on.

**What I like least about the proposed  
changes is** no options for people allergic to

milk ~~and other things~~

**Thank you for reading my comments.**

**Sincerely,**



**WIC Participant**

NOV - 8 2006

**Dear Friends at US Department of  
Agriculture,**

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

**Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.**

**What I like most about the proposed  
changes is** the Fruit & Veggies is

awesome! I also would like to have. tortillas or  
rice

**What I like least about the proposed  
changes is** the change in

sauce and cheese.

**Thank you for reading my comments.**

**Sincerely,**

Darlene Diller

**WIC Participant**

NOV - 3 2006

**Dear Friends at US Department of Agriculture,**

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

**Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.**

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

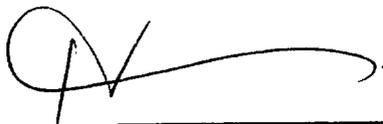
*being able to introduce more texture in his food choices. Healthier, fresh foods are always better. Do not exclude anything - just add more of the*

**What I like least about the proposed changes is \_\_\_\_\_**

*fruit + vegetables. Thy!*

**Thank you for reading my comments.**

**Sincerely,**



**WIC Participant**

**Dear Friends at US Department of  
Agriculture,**

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

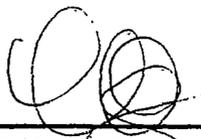
**Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.**

**What I like most about the proposed  
changes is more variety**  
\_\_\_\_\_.

**What I like least about the proposed  
changes is less milk**  
\_\_\_\_\_.

**Thank you for reading my comments.**

**Sincerely,**



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**WIC Participant**

**Dear Friends at US Department of Agriculture,**

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

**Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.**

**What I like most about the proposed**

**change is** the addition of baby fruits and veg. Parents need ~~eat~~.  
The option of fruits <sup>and</sup> veg.

**What I like least about the proposed**

**change is** I would like the option of choosing how many of a specific item I receive. Some children can't eat certain foods and need other options.

**Thank you for reading my comments.**

**Sincerely,**

Sarah Linville

**WIC Participant**

NOV - 3 2006

p 6233

**Dear Friends at US Department of  
Agriculture,**

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

**Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.**

**What I like most about the proposed  
change is the fresh fruit**

**What I like least about the proposed  
change is less milk**

**Thank you for reading my comments.**

**Sincerely,**

Amanda Polston  
**WIC Participant**

Wayne, WV

NOV - 3 2005

p 6234

**Dear Friends at US Department of  
Agriculture,**

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

**Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.**

**What I like most about the proposed  
change is Fruits, Vegetables & Bread**

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**What I like least about the proposed  
change is less Milk**

---

**Thank you for reading my comments.**

**Sincerely,**

  
**WIC Participant**

Wayne, WV

NOV 06 2006

p 6235

Dear Friends at US Department of  
Agriculture,

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

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

What I like most about the proposed  
changes is Adding Soy milk, & Fresh Veggies

---

What I like least about the proposed  
changes is Please Add Yogurt

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Thank you for reading my comments.

Sincerely,

Karen Duchy  
RS 000 902 231

11/6/06

P 6036  
NOV 01 2008

Dear Friends at US Department of  
Agriculture,

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

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

What I like most about the proposed  
changes is Fresh veggie, brown rice  
bread.

What I like least about the proposed  
changes is nothing.

Thank you for reading my comments.

Sincerely,

Evelyn Clavella  
WIC Participant

Dear Friends at US Department of  
Agriculture,

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

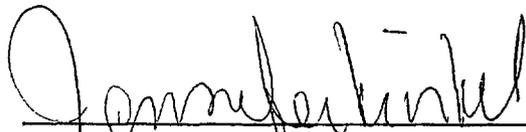
Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is the idea that you can  
get bread.

What I like least about the proposed  
changes is that they are taking  
slices away

Thank you for reading my comments.

Sincerely,

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

P 6238  
NOV 01 2005

Dear Friends at US Department of  
Agriculture,

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

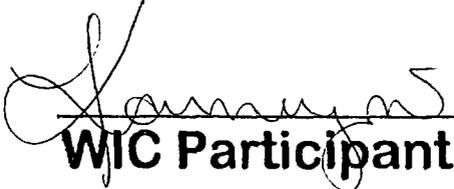
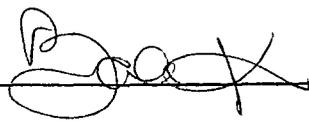
Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is more variety of food.  
is good because kids need to eat more healthy

What I like least about the proposed  
changes is people might take  
advantage of wic.

Thank you for reading my comments.

Sincerely,

  
WIC Participant 

NOV 01 2006

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is that it will provide fresh veggies that we need to be eating.

What I like least about the proposed changes is less milk.

Thank you for reading my comments.

Sincerely,

*P. Harbrett*

WIC Participant

**Dear Friends at US Department of Agriculture,**

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

**Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.**

**What I like most about the proposed changes is More variety**  
\_\_\_\_\_.

**What I like least about the proposed changes is \_\_\_\_\_**  
\_\_\_\_\_.

**Thank you for reading my comments.**

**Sincerely,**

*Nicelle Mack*  
\_\_\_\_\_  
**WIC Participant**

**Dear Friends at US Department of Agriculture,**

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

**Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.**

**What I like most about the proposed changes is** the fruits and veggies are a better variety.

**What I like least about the proposed changes is** they should be added without taking away from the other items.

**Thank you for reading my comments.**

**Sincerely,**

Whisper Spratford  
**WIC Participant**

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is being able to get fruits & vegetables instead of extra milk

What I like least about the proposed changes is \_\_\_\_\_

Thank you for reading my comments.

Sincerely,

Melissa Strawn  
WIC Participant

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is fruits r veggies - whole grain choices.

What I like least about the proposed changes is \_\_\_\_\_.

Thank you for reading my comments.

Sincerely,



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

P 6244  
NOV 0 1 2000

Dear Friends at US Department of  
Agriculture,

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

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

What I like most about the proposed  
changes is Fresh Foods!!

What I like least about the proposed  
changes is 0

Thank you for reading my comments.

Sincerely,

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

Dear Friends at US Department of Agriculture,

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

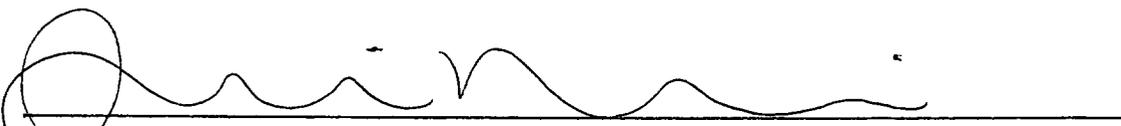
Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is the new variety, ability to have fresh fruits/veggies.

What I like least about the proposed changes is nothing really, maybe the fact that we get less eggs.

Thank you for reading my comments.

Sincerely,



WIC Participant

NOV 01 2005

**Dear Friends at US Department of  
Agriculture,**

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

**Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.**

**What I like most about the proposed  
changes is a variety of  
food.**

**What I like least about the proposed  
changes is \_\_\_\_\_**

**Thank you for reading my comments.**

**Sincerely,**

Rose Walker  
**WIC Participant**

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is more selection in foods.

What I like least about the proposed changes is Ø.

Thank you for reading my comments.

Sincerely,

Kristi Sade / Mansel  
WIC Participant

p 6248

NOV 01 2000

**Dear Friends at US Department of  
Agriculture,**

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

**Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.**

**What I like most about the proposed  
changes is Bigger varieties**  
\_\_\_\_\_.

**What I like least about the proposed  
changes is Say NA**  
\_\_\_\_\_.

**Thank you for reading my comments.**

**Sincerely,**

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

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is They adding fruits & vegetables.

What I like least about the proposed changes is A lot of juice.

Thank you for reading my comments.

Sincerely,

Martha Saldana  
WIC Participant

Dear Friends at US Department of  
Agriculture,

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

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

What I like most about the proposed  
changes is Offering fruits + vegetables

---

What I like least about the proposed  
changes is Dairy Substitutes

---

Thank you for reading my comments.

Sincerely,

*Karen Valick*

---

WIC Participant

P 6201  
6251  
NOV 01 2008

Dear Friends at US Department of  
Agriculture,

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

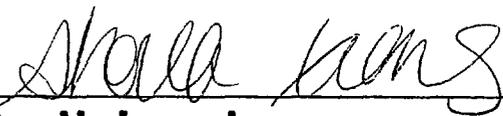
Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is more F/V or varieties

What I like least about the proposed  
changes is None

Thank you for reading my comments.

Sincerely,



WIC Participant

NOV 01 2006

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is I cant have milk so more choices would be good for me

What I like least about the proposed changes is less eggs & juice

Thank you for reading my comments.

Sincerely,

Sarrea Fenton  
WIC Participant

NOV - 6 2006

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is healthier options.

What I like least about the proposed changes is \_\_\_\_\_.

Thank you for reading my comments.

Sincerely,

Jessica D. Riedel  
WIC Participant

Fair Oaks  
City

NOV - 5 2006

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is I can use the other food and wont have to ~~wast~~ waste a gallon of milk

What I like least about the proposed changes is that I have to wait.  
\_\_\_\_\_.

Thank you for reading my comments.

Sincerely,

LuzNereida Ramos  
WIC Participant

NOV - 6 2006

Dear Friends at US Department of Agriculture,

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

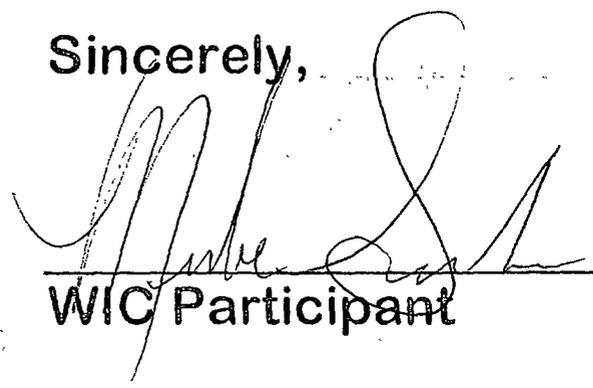
Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is that u get more choice to get different types of food - ~~more~~  
~~maybe put some things - there for Diabet Type 1 or 2~~

What I like least about the proposed changes is maybe different type of ~~the~~ milk not as much tofu -  
more Cereal for Children / Adult -

Thank you for reading my comments.

Sincerely,

  
WIC Participant

  
City

NOV - 8 2005

p 6256

Dear Friends at US Department of  
Agriculture,

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

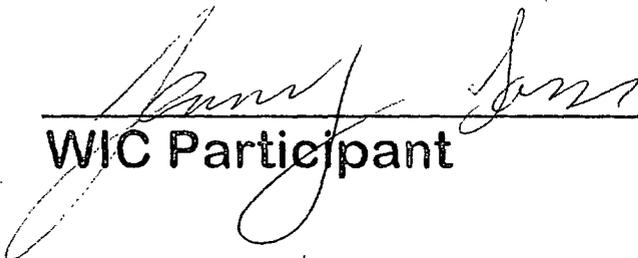
Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is I like fruits and  
vegetables also because I could not drink  
all the milk.

What I like least about the proposed  
changes is how much milk I  
have gotten. I would like to get other  
food also.

Thank you for reading my comments.

Sincerely,

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

Sacramento  
\_\_\_\_\_  
City

NOV - 6 2006

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is the fruits & veggies & more whole grains.

What I like least about the proposed changes is nothing!

Thank you for reading my comments.

Sincerely,

Genifa Ayala Sacramento  
WIC Participant City

NOV - 6 2006

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is I like it because the fruits are fresh and better  
for us thank you so much

What I like least about the proposed changes is it will be healthy as  
new one

Thank you for reading my comments.

Sincerely,

Sarav - Cardinal

WIC Participant

City

3536 W At + Ave #205 B

Sacramento CA 958215

NOV - 8 2006

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is the Bread, fruits and Veggies.

What I like least about the proposed changes is ~~the~~ taking away some Cheese and eggs!.

Thank you for reading my comments.

Sincerely,

Elisha Callahan Sacramento

WIC Participant

City

2520 Cadjeu ave  
SAC, CA 95832

NOV - 6 2006

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

*I like this change because at some times I find that I have too much of one item and the voucher goes to waste I wish I was able to substitute that item w/ other healthy foods.*

What I like least about the proposed changes is \_\_\_\_\_

Thank you for reading my comments.

Sincerely,

*Celina Brea*  
WIC Participant

*Sacramento*  
City

NOV - 6 2006

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is the \$8 of fruits & veggies & bread... FINALLY!!

What I like least about the proposed changes is the loss juice

Thank you for reading my comments.

Sincerely,

Amber Riley Sacto  
WIC Participant City

NOV - 8 2006

Dear Friends at US Department of  
Agriculture,

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

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

What I like most about the proposed  
changes is Fruits and Vegetables  
for kids and it has more variety.

What I like least about the proposed  
changes is less milk coz my toddler  
drinks a lot of milk.

Thank you for reading my comments.

Sincerely,

Freia Garcia

WIC Participant

elk grove

City

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is soy, yogurt,  
whole wheat.

What I like least about the proposed changes is \_\_\_\_\_.

Thank you for reading my comments.

Sincerely,

Mindy Sabo  
WIC Participant

Sacramento  
City

Mindy Sabo

NOV - 5 2006

p 6264

Dear Friends at US Department of  
Agriculture,

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

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

What I like most about the proposed  
changes is Food

What I like least about the proposed  
changes is \_\_\_\_\_

Thank you for reading my comments.

Sincerely,

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

\_\_\_\_\_  
City

NOV - 6 2006

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is fruit & veggies

What I like least about the proposed changes is more milk

Thank you for reading my comments.

Sincerely,

Sherry Hungstey Soledad  
WIC Participant City  
9524 Achales Soledad  
Ca 95820

NOV - 8 2006

Dear Friends at US Department of Agriculture,

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

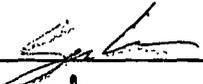
Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is THE ADDITION OF FRUIT AND VEGETABLES AND WHOLE GRAINS.

What I like least about the proposed changes is NOTHING.

Thank you for reading my comments.

Sincerely,

SAN QUA  SACRAMENTO  
WIC Participant City  
704 ELEANOR AVE #4  
SACRAMENTO, CA 95815

NOV - 6 2006

Dear Friends at US Department of  
Agriculture,

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

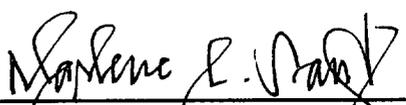
Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is that it adds fruits and  
vegetables to toddlers diets. (Big Plus).

What I like least about the proposed  
changes is that it subtracts one whole  
gallon of milk and juice that are just as  
important.

Thank you for reading my comments.

Sincerely,

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

NOV - 6 2006

p 6268

Dear Friends at US Department of  
Agriculture,

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

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

What I like most about the proposed  
changes is Soy beverage, ~~tofu~~, tortillas, &  
reduced fat & vegetables!  
fruits &

What I like least about the proposed  
changes is \_\_\_\_\_  
\_\_\_\_\_.

Thank you for reading my comments.

Sincerely,

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

10/8/06  
\_\_\_\_\_  
City

NOV - 8 2006

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is adding fresh fruits and vegetables and bread.

What I like least about the proposed changes is nothing

Thank you for reading my comments.

Sincerely,

Julia a WIC Sacramento  
WIC Participant City

NOV - 6 2005

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is veggies are very important  
more variety.

What I like least about the proposed changes is less milk /

Thank you for reading my comments.

Sincerely,

*Kate Ai*

WIC Participant

*Fair Oaks*

City

NOV - 6 2006

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is It is healthy.  
And practical.

What I like least about the proposed changes is It is not the age should be  
7 years old.

Thank you for reading my comments.

Sincerely,

6857 Cherrywood Circle  
Sacramento 95823

Monique Jacobs Sacramento  
WIC Participant City

NOV - 6 2006  
Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is Fruit & Bread.

What I like least about the proposed changes is \_\_\_\_\_.

Thank you for reading my comments.

Sincerely,

Jennifer Fagedie  
WIC Participant

Citrus Heights  
City

NOV - 6 2006

p 6273

Dear Friends at US Department of  
Agriculture,

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

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

What I like most about the proposed  
changes is added fruits + veggies, whole  
grain ~~cereals~~ cereals + breads.

What I like least about the proposed  
changes is everything else - all amounts  
have been reduced significantly.

Thank you for reading my comments.

Sincerely,

Yanle Zhen

WIC Participant

Sacramento

City

NOV - 6 2006

p 6274

Dear Friends at US Department of  
Agriculture,

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

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

What I like most about the proposed  
changes is that I will be able to  
provide better nutrition for myself and my child.

What I like least about the proposed  
changes is that it hasn't happened sooner.  
\_\_\_\_\_.

Thank you for reading my comments.

Sincerely,

Cheryl Bates  
WIC Participant

Sacramento  
City

NOV - 5 2006

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is again all the Fruits & Veggies and even the tofu.

What I like least about the proposed changes is Nothing, every thing would help!

Thank you for reading my comments.

Sincerely,

Rashelle Lawson

WIC Participant

Sac

City

NOV - 6 2006

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is That it will have less milk.

What I like least about the proposed changes is They should have made the changes sooner.

Thank you for reading my comments.

Sincerely,

Nicole Grayson 4220 Ramsey Dr. City  
WIC Participant

NOV - 8 2006

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is it provides fruits and veggies and also gives a better variety of foods.

What I like least about the proposed changes is that you guys havent changed these foods sooner. I love the change!!.

Thank you for reading my comments.

Sincerely,

*Rosea Angeles*  
WIC Participant

3355 Smoke tree Dr. #235  
SAC CA 95834 City

NOV - 6 2006

p6278

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is fruit & vegetables,

What I like least about the proposed changes is less juice. we already use out of our juice.

Thank you for reading my comments.

Sincerely,

Jennifer [Signature] Sacramento  
WIC Participant City

NOV - 6 2006

p 6279

Dear Friends at US Department of  
Agriculture,

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

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

What I like most about the proposed  
changes is there is more food  
for the family.

What I like least about the proposed  
changes is there needs to  
be more locations.

Thank you for reading my comments.

Sincerely,

Kyrtis Rogers

WIC Participant

SAC

City

3138 San Diego way  
95820

NOV - 6 2006

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is more vegetables,  
different cereals.

What I like least about the proposed changes is none.

Thank you for reading my comments.

Sincerely,

*[Handwritten Signature]*

WIC Participant

*[Handwritten Signature]*

City

NOV - 8 2006

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is there is a ~~state~~ greater selection.

What I like least about the proposed changes is there's less juice

Thank you for reading my comments.

Sincerely,

Yanet Rubis Sacramento  
WIC Participant City  
4919 Windcreek dr 14, 95838

NOV - 6 2006

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is the nutritional value it will add to the kids + families.

What I like least about the proposed changes is NA.

Thank you for reading my comments.

Sincerely,

Jamie Doe Sacramento, CA  
WIC Participant City

NOV - 6 2006

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is making healthy food choices available for low-income families

What I like least about the proposed changes is \_\_\_\_\_  
\_\_\_\_\_.

Thank you for reading my comments.

Sincerely,

Joyce Whifford  
WIC Participant

Sacramento  
City

NOV - 6 2008

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is to have more of a variety to children.

What I like least about the proposed changes is \_\_\_\_\_.

Thank you for reading my comments.

Sincerely,

Cherise Green  
WIC Participant

Sacramento  
City

NOV - 8 2006

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is fruit, beans, tortillas  
vegetables.

What I like least about the proposed changes is better, I like it

Thank you for reading my comments.

Sincerely,

Anastasia Rabago Sacto.  
WIC Participant City

Anastasia Rabago  
2433 Northglenn St.  
Sacto, CA 95833

NOV - 8 2006

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is the fresh food veg. fruits, yogurt, tuna.

What I like least about the proposed changes is \_\_\_\_\_

Thank you for reading my comments.

Sincerely,

Fanny Salorio Sacramento  
WIC Participant City

1131 Westward way.  
95833

NOV - 6 2006

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is soy beverage and Tofu.

What I like least about the proposed changes is I like every things.

Thank you for reading my comments.

Sincerely,

Yu zhen Li Sacramento

**WIC Participant** **City**

1408 T street Sacramento, CA 95814

NOV - 8 2006

P 6288

Dear Friends at US Department of  
Agriculture,

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

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

What I like most about the proposed  
changes is veggies, Tortillas, the yogurts  
the changes of the food.

What I like least about the proposed  
changes is Nothing I like all  
the changes.

Thank you for reading my comments.

Sincerely,

Stephanie Soava  
**WIC Participant**  
Stephanie Soava

7919 Crescentdale way  
**City** Sacramento  
CA 95823

NOV - 6 2006

Dear Friends at US Department of  
Agriculture,

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

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

What I like most about the proposed  
changes is Whole grain breads  
& Cereals & Barley.

What I like least about the proposed  
changes is Nothing.

Thank you for reading my comments.

Sincerely,

Bobo Haine 10-5-06  
WIC Participant

NOV - 6 2006

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is I like the changes of the different foods.

What I like least about the proposed changes is I wish this changes were sooner and not next yr.

Thank you for reading my comments.

Sincerely, *Martha Rosell*  
134 creek Pkwy #118 10-24-06  
Sacramento CALIF

---

WIC Participant

NOV - 8 2006

p 6291

Dear Friends at US Department of  
Agriculture,

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

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

What I like most about the proposed  
changes is the increased variety  
of nutritious foods and the  
increased assistance.

What I like least about the proposed  
changes is there isn't any thing  
that I don't like.

Thank you for reading my comments.

Sincerely,

Tywana Mitchell  
WIC Participant

Sacramento  
City

NOV - 6 2008

Dear Friends at US Department of Agriculture,

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

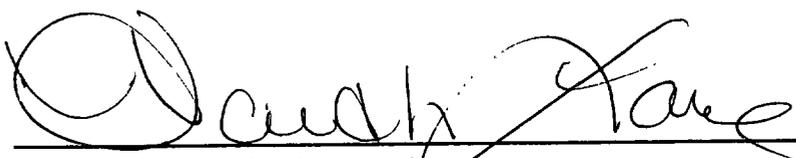
Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is it gives more to choose from and adds fruits and bread that's needed. It should have happened sooner.

What I like least about the proposed changes is it takes away ~~from~~ the juice and less milk.

Thank you for reading my comments.

Sincerely,

  
WIC Participant

NOV - 6 2006

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is It gives more balanced diet. I like

the canned beans instead of dried. Even though I am a full-time stay at home mom that does a lot of cooking I still

What I like least about the proposed changes is \_\_\_\_\_

don't have enough time to prepare the dried beans, peas..

Having less amount of milk & cheese is ok because we usually have an excess amount every month & we drink a lot of milk.

Thank you for reading my comments.

Sincerely,

Erica Swenson 

Sacramento, CA

**WIC Participant**

**City**

2945 34<sup>th</sup> St #1  
Sacramento, CA  
95817

NOV - 6 2006

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is that it give people more ~~each~~ options about what's healthy.

What I like least about the proposed changes is theres nothing least I like about the proposed changes:

Thank you for reading my comments.

Sincerely,

Briesha myers  
WIC Participant

Sacramento  
City

Dear Friends at US Department of  
Agriculture,

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

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

What I like most about the proposed  
changes is a chance at fresh  
fruit and vegetables.

What I like least about the proposed  
changes is getting less milk.

Thank you for reading my comments.

Sincerely,



WIC Participant

Sacramento  
City

NOV - 8 2006

p6296

Dear Friends at US Department of  
Agriculture,

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

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

What I like most about the proposed  
changes is it is always fresh  
and is much healthier.

What I like least about the proposed  
changes is Nothing

Thank you for reading my comments.

Sincerely,

Wendy R. Holland

WIC Participant

Sacramento

City



NOV - 6 2006

Dear Friends at US Department of  
Agriculture,

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

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

What I like most about the proposed  
changes is The freedom of an open  
market fruit stand.

What I like least about the proposed  
changes is The vouchers are only given  
once a year.

Thank you for reading my comments.

Sincerely,



WIC Participant

Sacramento, CA  
City

NOV - 5 2006

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is Getting help with Food besides the Formula.

What I like least about the proposed changes is Nothing.

Thank you for reading my comments.

Sincerely,

WIC Participant

Sacramento  
City

NOV - 6 2006

Dear Friends at US Department of  
Agriculture,

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

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

What I like most about the proposed  
changes is get more variety

What I like least about the proposed  
changes is nothing

Thank you for reading my comments.

Sincerely,

Patricia  
WIC Participant

Sacramento  
City