

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 Because people who need soy milk can get it.

What I like least about the proposed changes is But I don't because it takes more away.

Thank you for reading my comments.

Sincerely,

Ana Garcia
WIC Participant

NOV 01 1998

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 ~~live baby food~~ Jar baby food more selection.

What I like least about the proposed changes is _____.

Thank you for reading my comments.

Sincerely,



WIC Participant

NOV 8 2013

**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 fruit & vegetables,
bread, Rice, tortillas.**

**What I like least about the proposed
changes is less milk, egg and
cheese.**

Thank you for reading my comments.

Sincerely,

Andrea Mitchell

WIC Participant

NOV 11 2007

**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 can buy
bread and milk product.**

**What I like least about the proposed
changes is I think that
its ok.**

Thank you for reading my comments.

Sincerely,

Stephanie Washburn

WIC Participant

NOV 2011

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 option to get
fruit & tortillas.

What I like least about the proposed
changes is the 1 gal less
milk.

Thank you for reading my comments.

Sincerely,

Rosanne D. Miller
WIC Participant

NOV 02 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 That we will get ^{fresh} fruits and veggies.

What I like least about the proposed changes is cutting down the milk.

Thank you for reading my comments.

Sincerely,

Theresa Becca

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 to allow us to buy
kid's veg..

What I like least about the proposed
changes is taking away milk
_____.

Thank you for reading my comments.

Sincerely,



WIC Participant

NOV 0 1 1995

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 varieties of products.

What I like least about the proposed changes is we do not care for the totu of soy products.

Thank you for reading my comments.

Sincerely,

Tess Rhodes
WIC Participant

NOV 9 11 13

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 foods offered

would not usually be bought due to income if it is given to them then it would be

What I like least about the proposed changes is some of the things that

are given now may be limited.

offer more to kids

Thank you for reading my comments.

Sincerely,

Lila Bailey
WIC Participant

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 the fruit/veg. option and grains.

What I like least about the proposed changes is n/a

Thank you for reading my comments.

Sincerely,

[Handwritten Signature]
WIC Participant

NOV 01 2003

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 & veggie
body food, and my vitamin

What I like least about the proposed changes is

less apples

Thank you for reading my comments.

Sincerely,

Christy Detweiler

WIC Participant

OCT 27 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

Different Foods for us and our Children
and more Nutrition for us.

What I like least about the proposed changes is

Nothing it is great

Thank you for reading my comments.

Sincerely,

Roni Lynn Glass (Roni Lynn Glass)

WIC Participant

OCT 27 2006

06-P

Dear Friends at the US Department of Agriculture;

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

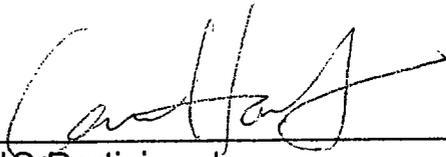
Thank you for adding fruits and vegetables to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is it meets families
needs much better. You really don't need all the juice, cheese
etc. that is given.

What I like least about the proposed changes is nothing. It
is all good & incredibly needed

Thank you for reading my comments.

Sincerely,



WIC Participant

Date: 10/20/06

P 6414

05-P

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 a lot
more of a variety to choose from.

What I like least about the proposed changes is _____

Thank you for reading my comments.

Sincerely,

Danielle Donati
WIC Participant

OCT 27 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 added bread & canned beans. The less choices for cereal and the \$6.00 for fruit & veggies.

What I like least about the proposed changes is

~~Having cereal and bread and canned~~
So much less juice and the loss of the 1lb cheese.
But in the long run it is worth the gain of
Bread & fruits & veggies.

Thank you for reading my comments.

Sincerely,

Nicky Waddell

WIC Participant

I would like to see the change to the WIC menu.
 -Thank you.

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.

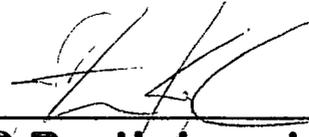
Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is the ability to receive fruits & bread products.

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

Thank you for reading my comments.

Sincerely,


(Steve Krout)
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 change to fresh fruit
instead of juice.**

**What I like least about the proposed
changes is getting less milk. My
child drinks a lot of milk..**

Thank you for reading my comments.

Sincerely,

Kayla DiCarlo
WIC Participant

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 there will be less milk

_____.

What I like least about the proposed changes is that we can shop at different stores

+ the fruit, veg + whole bread proposal.

Thank you for reading my comments.

Sincerely,

Bridgett M. Sluder

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 fruits & veggies.

What I like least about the proposed changes is less milk

Thank you for reading my comments.

Sincerely,

J. Princiotta
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 Fruits & Vegetables and
All the other added foods.**

**What I like least about the proposed
changes is Less milk and eggs**

Thank you for reading my comments.

Sincerely,


WIC Participant

NOV 6 2013

**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 + vegetables
have been added to the list.**

**What I like least about the proposed
changes is it takes ^{some} ~~some~~ egg/milk,
away.**

Thank you for reading my comments.

Sincerely,


WIC Participant

NOV 01 2007

p 6422

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 whole grains and
fruits and vegetables!

What I like least about the proposed
changes is Bulgur and barley as grain
choices.

Thank you for reading my comments.

Sincerely,



WIC Participant

NOV 01 2005
p 6423

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 shop
at any store in California.

What I like least about the proposed
changes is 2% milk.

Thank you for reading my comments.

Sincerely,

Vicky Mitchell

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 There will be bread fruits & veggies, & baby food jars.

What I like least about the proposed changes is There won't be whole milk and they're taking away a gallon of milk

Thank you for reading my comments.

Sincerely,

Carl A. Sutton 10/25/2006
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 choices

What I like least about the proposed changes is less milk

Thank you for reading my comments.

Sincerely,

Charla Polkard

WIC Participant

NOV 01 2013

Dear Friends at US Department of Agriculture,

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

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 and veggies for his healthier eating.

What I like least about the proposed changes is the less milk and cheese, ~~we~~ he has alot of the 2% milk.

Thank you for reading my comments.

Sincerely,

Jinia Chen
WIC Participant

NOV 0 1 1993

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 we get fruits and veggies for the kids.

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

Thank you for reading my comments.

Sincerely,

Adriana Castro
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 that will offer fruit
veggies and milk.

What I like least about the proposed changes is that I don't like milk
and I don't like the way it tastes.

Thank you for reading my comments.

Sincerely,

Valerie Johnson
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.

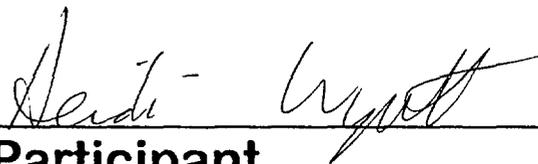
Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.

What I like most about the proposed
changes is less juice, the
Fruits + Vegetables / Bread + baby Food

What I like least about the proposed
changes is great decisions no
dislikes.

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 the option of soymilk.
_____.

What I like least about the proposed changes is None
_____.

Thank you for reading my comments.

Sincerely,

Megan Kent

WIC Participant

1/26/10

**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 vegetables and
everything except tofu. more variety**

**What I like least about the proposed
changes is I don't like tofu.**
_____.

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** I like that it has

all the stuff that we breast feeding
women need such as melon, broccoli, beans, whole grains
tortillas I love it

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

& cheese

Thank you for reading my comments.

Sincerely,

Ying Tole
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 grain.

What I like least about the proposed
changes is don't take away the
snack.

Thank you for reading my comments.

Sincerely,

Pat Shade
WIC Participant

NOV - 2 2006

October 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 fruit like apple, orange
Fresh vegetable like Green leaves, broccoli.

What I like least about the proposed changes is

No more fruit juice or veggie juice. They are not
as healthy as fresh ones

Thank you for reading my comments.

Sincerely,



WIC Participant

Scripps Mercy Hospital WIC Program, San Diego, CA

October 2006

NOV - 2 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 vitamins and minerals I will receive for adding them and my child.

What I like least about the proposed changes is

_____.

Thank you for reading my comments.

Sincerely,

Blanca Lopez

WIC Participant
Scripps Mercy Hospital WIC Program, San Diego, CA

October 2006

NOV - 2 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 a healthy start for new young children. It will help them learn how to eat healthy at a young age.

What I like least about the proposed changes is

N/A

Thank you for reading my comments.

Sincerely,

James D. Johnson

WIC Participant

Scripps Mercy Hospital WIC Program, San Diego, CA

October 2006

NOV - 2 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 kids will be getting more vitamins & less juice but more healthy food.

What I like least about the proposed changes is

nothing

Thank you for reading my comments.

Sincerely,

Maria Ramirez

WIC Participant

Scripps Mercy Hospital WIC Program, San Diego, CA

NOV 06 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 the fruits & veggies. We also use a lot of bread.

What I like least about the proposed changes is _____
-

Thank you for reading my comments.

Sincerely,

Friend Tom LF211505094
11/6/06

NOV 01 2003

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 none

_____.

What I like least about the proposed changes is take away some

_____.

Thank you for reading my comments.

Sincerely,

Pamela Lee

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 Variety, Change is good.

What I like least about the proposed changes is

Nothing

Thank you for reading my comments.

Sincerely,

WIC Participant

Riverside County, California

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 nine.

What I like least about the proposed changes is Take away some food..

Thank you for reading my comments.

Sincerely,

Zhu Thao
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

there will be more variety
& it will be healthier.

What I like least about the proposed changes is

the reduction of the milk.

Thank you for reading my comments.

Sincerely,

Blanca Gonzalez

WIC Participant

Riverside County, California

OCT 31 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
Fruit and Vegetables

What I like least about the proposed changes is

less eggs less milk
less cheese less juice

Thank you for reading my comments.

Sincerely,

WIC Participant

Riverside County, California

OCT 31 2006

p 6444

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
Fruits and Vegetables

What I like least about the proposed changes is

Less eggs
Less milk
Less cheese

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

There is different kinds of Foods like

fruit less milk & juices

What I like least about the proposed changes is

There's more vegetables milk & juices

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

the added vegetables

What I like least about the proposed changes is

less juice and 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 supplying us with fruit and
other things like tortillas
instead of just milk, eggs and juice.*

What I like least about the proposed changes is

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

fresh fruit & vegetables

What I like least about the proposed changes is

less juice

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

there's more variety of food like the
addition of fruits, veggie products

What I like least about the proposed changes is

none

Thank you for reading my comments.

Sincerely,

WIC Participant

Riverside County, California

1/6/06

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 everything

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

Thank you for reading my comments.

Sincerely,

Millie Hedman MH610999312

NOV 19 2006

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

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

**Thank you for adding fruits 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 extra food rather than
juice & milk & cheese!**

**What I like least about the proposed
changes is nothing b I would love
& appreciate the change.**

Thank you for reading my comments.

Sincerely,

Rachel E Thomson

WIC Participant

NOV 06 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 Fruits/Veggies.

What I like least about the proposed changes is eggs 1 doz only.

Thank you for reading my comments.

Sincerely,



WIC Participant

MAY 16 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 please Add yogurt
& more variety of cereal.**

**What I like least about the proposed
changes is NO COMMENTS**
_____.

Thank you for reading my comments.

Sincerely,

Stephanie H
WIC Participant

NOV 06 2008

Dear Friends at US Department of Agriculture,

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

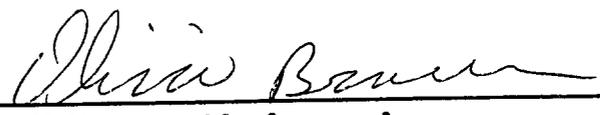
Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is The added fruit & veggies is great!

What I like least about the proposed changes is My child likes cheese and cutting in half is not good. Cutting juice is also harmful.

Thank you for reading my comments.

Sincerely,



WIC Participant

NOV 06 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 ADDITION OF WHOLE GRAIN BREADS & FRUITS & VEG.

What I like least about the proposed changes is REDUCTION OF MILK & JUICES

Thank you for reading my comments.

Sincerely,

TRISTAN B. MILLER
WIC Participant

NOV 06 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 variety in food packages.

What I like least about the proposed changes is that breastfeeding moms won't be able to get supplemental formula for 30 days. This may cause moms not to attempt breastfeeding.
Thank you for reading my comments.

Sincerely,

Sasha Ross

WIC Participant

Dear Friends at US Department of Agriculture,

NOV 06 2008

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 added whole grains which will help out alot.

What I like least about the proposed changes is They lessen the milk and eggs not much the cheese.

Thank you for reading my comments.

Sincerely,

Jessica Ricardez
WIC Participant

NOV 06 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 GRAINS . . . VEGETABLES

What I like least about the proposed changes is _____

Thank you for reading my comments.

Sincerely,



WIC Participant

NOV 06 2006

P. 6459

**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 juice quantity
is not as lot anymore, as I thought.
It was a waste**

**What I like least about the proposed
changes is changing the quantity
for Milk, Eggs & Cheese**

Thank you for reading my comments.

Sincerely,

Letizia Castronovo

WIC Participant

NOV 06 2008

Dear Friends at US Department of Agriculture,

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

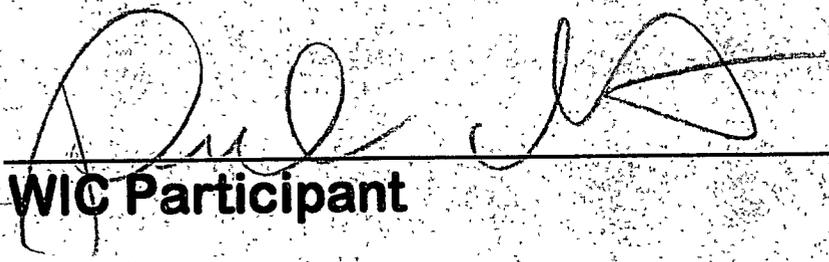
Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is Breastfeeding Mothers will receive alot more healthier choices

What I like least about the proposed changes is that the toddlers will receive alot less juices.

Thank you for reading my comments.

Sincerely,


WIC Participant

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

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

**Thank you for adding fruits 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 & well
fruits & veggies.**

**What I like least about the proposed
changes is nothing the changes
are good.**

Thank you for reading my comments.

Sincerely,

Rocio Rivera

WIC Participant

NOV 06 2006

p 6462

**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 we will be
getting less milk, eggs,
juice.

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

That we will be getting
less cheese, milk, eggs.

Thank you for reading my comments.

Sincerely,



WIC Participant

11/3/06

Euteria Gutierrez

NOV 06 2008

P 6463

**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 variety that may be
offered, (say, Brown rice).**

**What I like least about the proposed
changes is Nothing, the Proposed
Changes are much better.**

Thank you for reading my comments.

Sincerely,

V. Trish
WIC Participant

NOV 06 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 addition of whole grains and more veggies.

What I like least about the proposed changes is _____

Thank you for reading my comments.

Sincerely,

Shirley Chan
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 + Vegetables**
_____.

**What I like least about the proposed
changes is less milk + juice
for toddlers**
_____.

Thank you for reading my comments.

Sincerely,

Ana Jimenez 
WIC Participant

NOV 06 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 fruits and wheat-bix/leg

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

Thank you for reading my comments.

Sincerely,

Luisa Rodriguez

WIC Participant

NOV. 06 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 variety of foods.

What I like least about the proposed changes is Less juices.

Thank you for reading my comments.

Sincerely,

Tarah Taylor
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 fresh fruits.

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

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 fresh fruits + veggies!

What I like least about the proposed changes is less milk

Thank you for reading my comments.

Sincerely,

Carmen B Bunt

WIC Participant

NOV 12 2011

P 6470

Dear Friends at US Department of Agriculture,

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

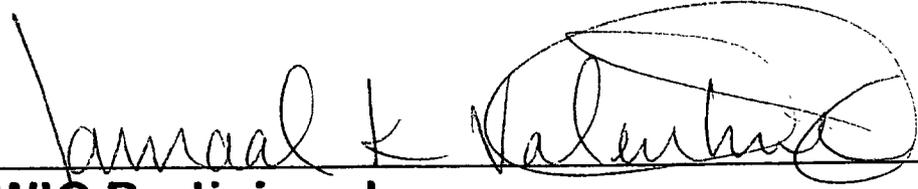
Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is That they are looking at the program; however, everything that is currently offered is needed in those amounts.

What I like least about the proposed changes is the reduction in cheese eggs, + juice.

Thank you for reading my comments.

Sincerely,


WIC Participant

p 647)
NOV 6 1 2009

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} variety & more
options.

What I like least about the proposed
changes is None.

Thank you for reading my comments.

Sincerely,

Onita Simpkins
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.**

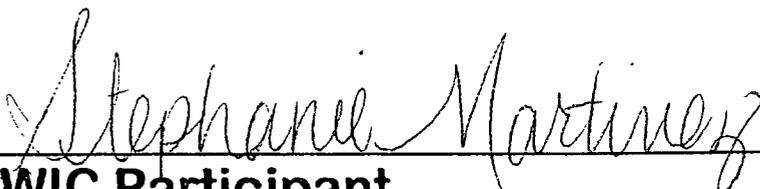
**Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.**

**What I like most about the proposed
changes is different foods (variety)
"Good idea!" (Fruits and Soy milk)**

**What I like least about the proposed
changes is None**
_____.

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 vegetables & fruits.

What I like least about the proposed
changes is less cheese, milk that we
really need.

Thank you for reading my comments.

Sincerely,

S. K. Kessler
WIC Participant

NOV 2011

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 fruits and vegetable.

What I like least about the proposed changes is cutting back on the cheese, the milk and juice can easily be cut back on.

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 getting different things
like beans & or peanut butter.**

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

Thank you for reading my comments.

Sincerely,

Melissa Cellan

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 that bread, rice, ~~and~~ fruits, and
vegetables is included.**

**What I like least about the proposed
changes is nothing. I think this is a
good change and will maximize the funds for WIC
since I didn't use all the milk and eggs every month.**

Thank you for reading my comments.

Sincerely,

H. McCall

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 Fruit and bread
products.**

**What I like least about the proposed
changes is losing cheese and eggs
bc my daughter doesnt like milk so
we use more cheese.**

Thank you for reading my comments.

Sincerely,

Tina Moore

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 that they added
wheat bread & you can shop anywhere

What I like least about the proposed
changes is less cheese

Thank you for reading my comments.

Sincerely,

Amber K. Sawyer
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 Jars of fruits & veggies
instead of juice, bread products,
fresh fruit products

What I like least about the proposed
changes is none

Thank you for reading my comments.

Sincerely,

Amelia M Roberts

WIC Participant

p 6480

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 I like the change where
you can shop @ any store that
has WIC

What I like least about the proposed
changes is None
_____.

Thank you for reading my comments.

Sincerely,

Heidi Lecker
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 N/A.

Thank you for reading my comments.

Sincerely,

Change
WIC Participant

p 6482
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 jar baby food,
bread, fruits & veggies.

What I like least about the proposed
changes is nothing.

Thank you for reading my comments.

Sincerely,

Nicole Pallock
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 jars of fruits + vegetables
for infants.**

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

Thank you for reading my comments.

Sincerely,

Amber Gannon
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 of what is
offered to us.**

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

Thank you for reading my comments.

Sincerely,

Tammy Blanguie
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 getting fruits and
veggies.

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

Thank you for reading my comments.

Sincerely,

Lisa Sobarsky
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.

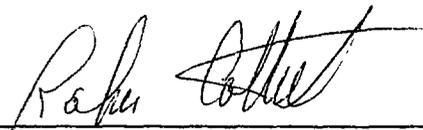
Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is fresh fruits and
veggies & less fruit juice.

What I like least about the proposed changes is not sure if I do like
anything.

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 less juice, fresh fruit
& veggies!!.

What I like least about the proposed
changes is milk & eggs.

Thank you for reading my comments.

Sincerely,

Laura S. Cottrell
WIC Participant

NOV 6 1 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 most about the proposed changes is we get Bread & Veggies

What I like least about the proposed changes is None

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 having fruits and
veggies.

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

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 less juice, more fruits +
veggies, baby food.**

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

Thank you for reading my comments.

Sincerely,

Carla Jones

WIC Participant

p 6491
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.**

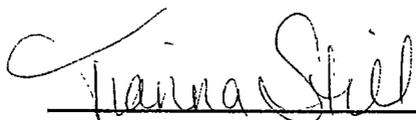
**Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.**

**What I like most about the proposed
changes is** it gives you more variety
I like the fruits & veg and a bread group.

**What I like least about the proposed
changes is** I think it should be in
effect.

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.

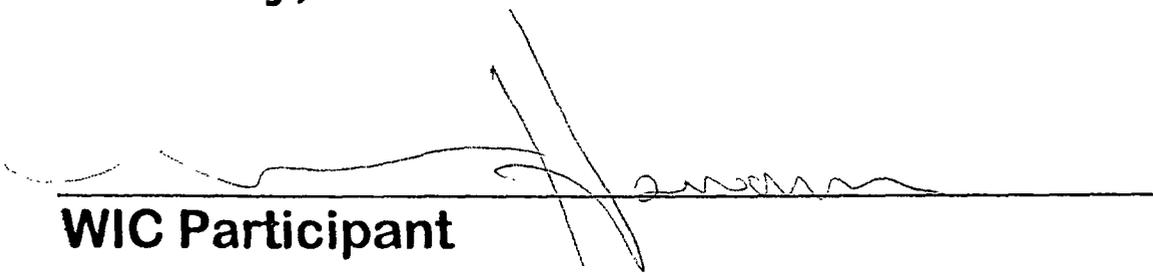
Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.

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

What I like least about the proposed
changes is I think they are all good.

Thank you for reading my comments.

Sincerely,



WIC Participant

NOV 06 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

with this proposal my son will be able to eat healthy all month long, this is something I struggle with each month @ the end of the month

What I like least about the proposed changes is

How can you go wrong?

Thank you for reading my comments.

Sincerely,

Lina Cortez
WIC Participant

NOV 06 2008

p 6494
11-1-06

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 healthier foods

*I think it's fantastic with the
new changes!*

What I like least about the proposed
changes is NA

*All the help has provided to our
community is great thank you*

so much

Thank you for reading my comments.

Sincerely,

Veronica Melby

WIC Participant

NOV 06 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

this will help those who don't qualify for foodstamps to give healthy foods to their unborn or young children

What I like least about the proposed changes is

NOT NEEDED

Thank you for reading my comments.

Sincerely,

Kara C. McAn

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 change is

Fruits + the option of choosing a different package.

What I like least about the proposed change is

N/A

Thank you for reading my comments.

Sincerely,

Teressa Baker

WIC Participant

Nov - 3 2006

Dear Friends at US Department of Agriculture,

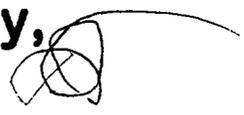
I am writing to tell you what I think about the proposal to change WIC foods.

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 a more rounded / balanced package.

What I like least about the proposed changes is nothing. The changes are good.

Thank you for reading my comments.

Sincerely, 

Stephanie Dunn
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 HEALTHY
OPTIONS TO EAT.**

**What I like least about the proposed
changes is NOTHING I HAVE
NOTICED.**

Thank you for reading my comments.

Sincerely,


WIC Participant

NOV 01 2005

p 6499

**Queridos Amigos del Departamento de
Agricultura de Estados Unidos:**

**Les escribo para contarles lo que pienso
sobre la
propuesta de cambiar los alimentos de WIC.**

**Gracias por añadir frutas y verduras a los
cheques de WIC! Será un placer poder
elegir alimentos más frescos y nutritivos
para mi familia.**

**Lo que más me gusta sobre los cambios
propuestos es**

healthier alternatives

**Lo que menos me gusta sobre los cambios
propuestos es**

Gracias por leer mis comentarios.

Atentamente,

Angelica Ramirez

Participante de WIC

NOV 9 1 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 variety of fruits and vegetables.

What I like least about the proposed changes is _____.

Thank you for reading my comments.

Sincerely,

Lanya Cochran
WIC Participant