

OCT 31 2006

P7101

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 & veggies & bread

What I like least about the proposed changes is

~~nothing~~ none

Thank you for reading my comments.

Sincerely,

Meli Padilla

WIC Participant

Riverside County, California

OCT 31 2006

P7102

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 choices they added to the fruits and vegetables & also more choices.

What I like least about the proposed changes is

The cut of the milk, eggs, and values of the products.

Thank you for reading my comments.

Sincerely,


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

the \$8 worth of fruits and vegetables

What I like least about the proposed changes is

the cut in the ~~triple~~ amount

Thank you for reading my comments.

Sincerely,

Melina Mol
WIC Participant

Riverside County, California

OCT 31 2006

P 7104

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

is adding the fruits and veggies, its teaching

our kids to eat healthier, I think our children

need to expand their taste buds & learn to like the
taste of veggies.

What I like least about the proposed changes is

I can't say I don't like the new change

in our WIC foods because they are making

it up for it in the fruits & veggies

Thank you for reading my comments.

Sincerely,

Bianca Franco

WIC Participant

Riverside County, California

p7105

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

that I will get coupons
for fruit and vegetable and
tortillas

What I like least about the proposed changes is

the milk amount.

Thank you for reading my comments.

Sincerely,

Mirsla Quezada
WIC Participant

Riverside County, California

OCT 31 2006

P 7106

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, also Grains

What I like least about the proposed changes is

About the eggs, cheese, Juice, Milk, because these ~~prod~~ products can be used ~~for~~ for many things rather than by itself.
Thank you for reading my comments.

Sincerely,



WIC Participant

Riverside County, California

OCT 31 2006

P7107

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 cheese & eggs

Thank you for reading my comments.

Sincerely,

Ashlee Solomon
WIC Participant

Riverside County, California

OCT 31 2006

P7108

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

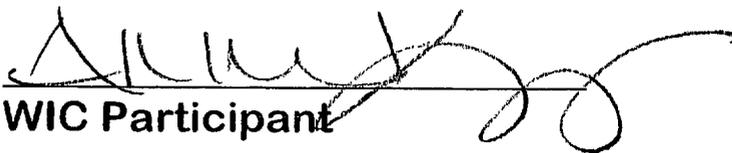
addition of Fruits/Veggie's
and whole grains

What I like least about the proposed changes is

1 pound less cheese

Thank you for reading my comments.

Sincerely,



WIC Participant

Riverside County, California

OCT 31 2006

P7109

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 whole grains to choose from and the Fruits and vegetables.

What I like least about the proposed changes is

I don't like Tofu or soy beverages and we always use the 2 lbs. of cheese.

Thank you for reading my comments.

Sincerely,


WIC Participant

Riverside County, California

OCT 31 2006

P 7110

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

The Cheese and milk

Thank you for reading my comments.

Sincerely,

Samita Thompson
WIC Participant

Riverside County, California

OCT 31 2006

P7(11)

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

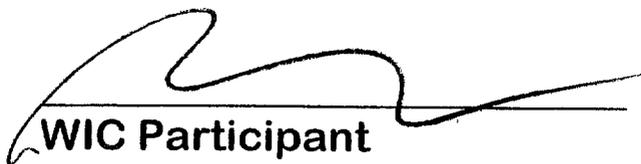
Being able to get bread and
other whole grains.

What I like least about the proposed changes is

NOT BEING able to get whole milk
and less cheese.

Thank you for reading my comments.

Sincerely,



WIC Participant

Riverside County, California

OCT 31 2005

p 7112

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 are going to get bread fruit and vegetables

What I like least about the proposed changes is

they going to cut down on cheese and milk

Thank you for reading my comments.

Sincerely,

Veronica Duran

WIC Participant

Riverside County, California

OCT 31 2006

P7113

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

Variety of choices
fruits + grains

What I like least about the proposed changes is

Thank you for reading my comments.

Please allow **FRESH** fruits + veggies.

Sincerely,

Baylee Glenn
WIC Participant

Riverside County, California

P7114

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

adding fruits and vegetables

What I like least about the proposed changes is

taking away about decreasing the cheese

Thank you for reading my comments.

Sincerely,

Guadalupe Medrano.

WIC Participant Hector Medrano.

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

this is good for my kids & have fruit and vegetables. this is a good program.

What I like least about the proposed changes is

Thank you for reading my comments.

Sincerely,


WIC Participant

Riverside County, California

P7116

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

that we will receive whole grains
and fruits and vegetables, and more
options on beans + peanut butter.

What I like least about the proposed changes is

less juice, cheese, and milk and eggs

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

They are offering more fruits & vegetables and breads.

What I like least about the proposed changes is

They reducing the amounts in juice, milk, cheese and eggs!

Thank you for reading my comments.

Sincerely,


WIC Participant

Riverside County, California

OCT 3 1 2006

P7118

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 healthy food, Bread

What I like least about the proposed changes is

Milk, Juice

Thank you for reading my comments.

Sincerely,

Deborah Lopez
WIC Participant

Riverside County, California

OCT 31 2006

P 7119

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

You can go anywhere, although I like my store.

What I like least about the proposed changes is

The serving sizes are not enough to last a week.

Thank you for reading my comments.

Sincerely,



WIC Participant

Riverside County, California

OCT 31 2006

P7120

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

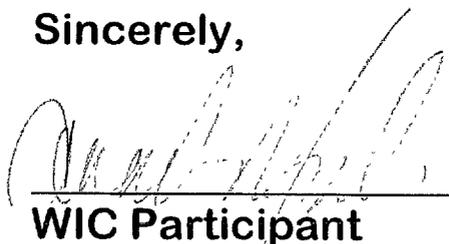
is all the great things you added
specially the fruits and veggies

What I like least about the proposed changes is

nothing

Thank you for reading my comments.

Sincerely,


WIC Participant

Riverside County, California

OCT 31 2008

P7121

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

freedom to go to any store

What I like least about the proposed changes is

cut back on milk product but is for the best.

Thank you for reading my comments.

Sincerely,

J. Lopez

WIC Participant

Riverside County, California

OCT 31 2006

P7122

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

going to any store, not just one.

What I like least about the proposed changes is

nothing

Thank you for reading my comments.

Sincerely,

Devin Manns

WIC Participant

Riverside County, California

OCT 31 2006

P 7123

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 there's fruit and vegetables

and different stuff

What I like least about the proposed changes is

there's not alot of milk and

juices.

Thank you for reading my comments.

Sincerely,

Birly Robles-Herrera

WIC Participant

Riverside County, California

OCT 31 2006

P 7124

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

Will be getting vegetables + fruit, ~~and~~
and the breads.

What I like least about the proposed changes is

None

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

I think that it's better that you added fruits and vegetables. I also, like that there's bread and tortillas now.

What I like least about the proposed changes is

I wish the milk stayed the same, I know that it's best that it didn't though because it's fattening.

Thank you for reading my comments.

Sincerely,

Joanna Herrera

WIC Participant

Riverside County, California

P7126

OCT 31 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

They are offering fruits & vegetables and lowering fats and sugars.

What I like least about the proposed changes is

Nothing, I think it's a great change and about time. The WIC program has been great for me and my daughter.

Thank you for reading my comments.

Sincerely,

Quetta Garcia

WIC Participant

Riverside County, California

P7127

OCT 31 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

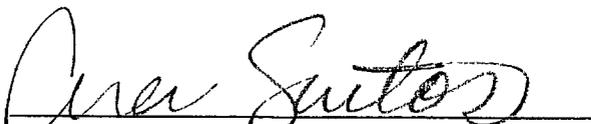
The additional grains selection. Cereal only choice was too restrictive. My kids love corn tortillas.

What I like least about the proposed changes is

The reduction of eggs. And no addition to the o-lage of jarred baby food.

Thank you for reading my comments.

Sincerely,


WIC Participant

Riverside County, California

Jacqueline

P7128

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

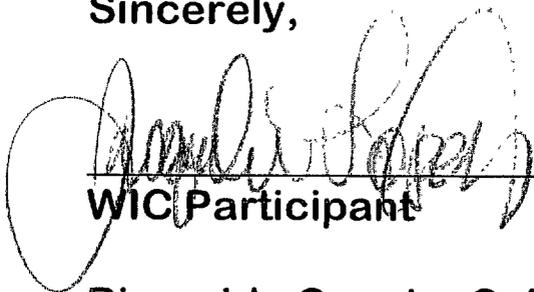
the fact that there would
be a larger variety

What I like least about the proposed changes is

less cheese & eggs

Thank you for reading my comments.

Sincerely,



WIC Participant

Riverside County, California

P7129

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

fruits and vegetables are added

as well as whole grains which

will be very healthy.

What I like least about the proposed changes is

the cut back on milk.

Thank you for reading my comments.

Sincerely,

Maria T. Aquino
WIC Participant

Riverside County, California

P7130

OCT 31 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

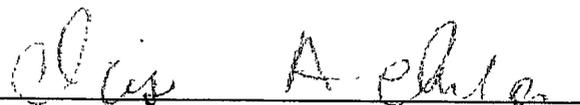
because more Fruits and
Veggies

What I like least about the proposed changes is

NONE

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

I love the fact that WIC might be able to make changes to our choices of food and to make healthier decisions of what we feed our kids.

What I like least about the proposed changes is

Thank you for reading my comments.

Sincerely,

Paula Smith

WIC Participant

Riverside County, California

P7132

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 and grains

What I like least about the proposed changes is

The reduce in eggs and cheese.
DO NOT DECREASE THEM.

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

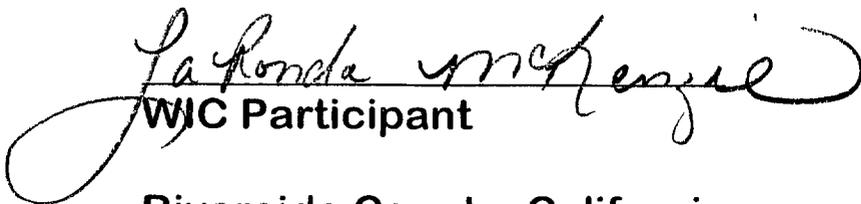
Is that whole milk is no longer,
for healthier reasoning! 2% or Less
is much better for our kids. Thank You

What I like least about the proposed changes is

The changes about Less eggs
Less Cheese, Cheese can help kids
who do not drink 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

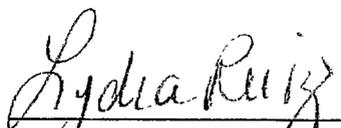
I Really like how they are increasing
more variety of foods from all food
groups helping us keep our kids self
healthy

What I like least about the proposed changes is

In reality I don't dislike this
idea at all

Thank you for reading my comments.

Sincerely,



WIC Participant

Riverside County, California

P7135

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

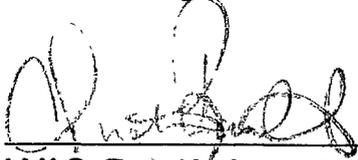
There is more options for us to ~~have~~ have.

What I like least about the proposed changes is

nothing

Thank you for reading my comments.

Sincerely,


WIC Participant

Riverside County, California

P7136

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

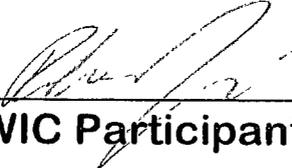
Canned Beans, choice of tortillas,

More fruits & vegetables.

What I like least about the proposed changes is

Thank you for reading my comments.

Sincerely,



WIC Participant

Riverside County, California

P7137

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

healthier choices.

What I like least about the proposed changes is

I feel that I can get more fruits, veggies and bread for my money than with the vouchers. These items generally run more at regular stores.

Thank you for reading my comments.

Sincerely,

Maranatha Flores
WIC Participant

Riverside County, California

P7138

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

There are more variety of foods and
the fruits and vegetables are a great thing
to add.

What I like least about the proposed changes is

There is nothing wrong with it.

Thank you for reading my comments.

Sincerely,

Donna Quintero
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

being able to get bread and fruit.

What I like least about the proposed changes is

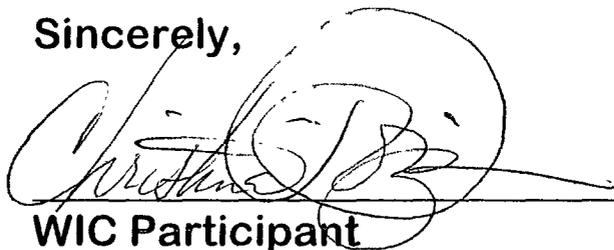
I won't be able to get all the juice and

eggs. 4 containers of juice spread throughout

the month is just enough, so only 2 containers
I don't feel would be enough.

Thank you for reading my comments.

Sincerely,



WIC Participant

Riverside County, California

P7140

OCT 31 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

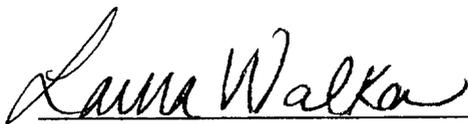
Fruit, veggies & breads

What I like least about the proposed changes is

You received less milk, and cheese. Those items are pretty expensive. And these do get used as much as fruits & veggies

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 fruit and vegetables

What I like least about the proposed changes is

there will not be that much milk

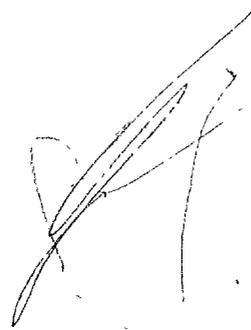
Thank you for reading my comments.

Sincerely,

Rosa Cruz

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

Fruits and the vegetables.

What I like least about the proposed changes is

You are going to give us less milk and egg's.

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 going to be more of variety of foods for my family to choose from.

What I like least about the proposed changes is

There needs to be more whole grains, fruits & vegetables added to the proposal.

Thank you for reading my comments.

Sincerely,

Carmen Miller
WIC Participant

Riverside County, California

P 7144

OCT 31 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

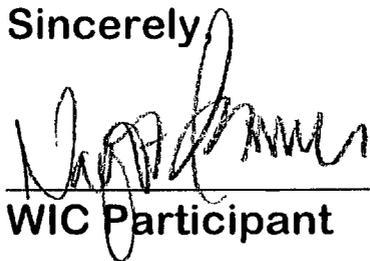
It includes healthy foods like vegetables and fruits and whole grain foods.

What I like least about the proposed changes is

~~loss~~ reduction in juice and milk quantity.

Thank you for reading my comments.

Sincerely



WIC Participant

Riverside County, California

p7145

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

the adding of fruits and vegetables

What I like least about the proposed changes is

the reduce of Milk and
cheese.

Thank you for reading my comments.

Sincerely,

Anita Ponce

WIC Participant

Riverside County, California

P7146

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 included tortillas
and Bread.

What I like least about the proposed changes is

that lower on they get for
cheese.

Thank you for reading my comments.

Sincerely,

anneth valenzuela
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 there will be less milk which sometimes you gain weight but also that they added bread.

What I like least about the proposed changes is

That there will not be much juice and my baby loves the juice.

Thank you for reading my comments.

Sincerely,


WIC Participant

Riverside County, California

P 7148

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

that people can have more choices and
through families that really need it.

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

able to receive fresh Fruits.

What I like least about the proposed changes is

less Juice and eggs are not

cod. It seems like their cutting everything in half.

Thank you for reading my comments.

Sincerely,


WIC Participant

Riverside County, California

P7150

OCT 31 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 that it will help us out when we go to the store and if they don't have what we need we can go to another store and get it.

What I like least about the proposed changes is

the juicy ~~going~~ going from 4 to 2 I have 2 kids I need the juicy for

Thank you for reading my comments. Thank you guys for being there for us and our children

Sincerely,


WIC Participant

Riverside County, California

P7151

OCT 31 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

that you are offering a bigger variety of foods,
now I would have more choices. So if my
children don't like one thing I can try something else.

What I like least about the proposed changes is

that I am getting less of the things my kids
like most. Like eggs, milk, and juice.

Thank you for reading my comments.

Sincerely,

Haydee Peguero
WIC Participant

Riverside County, California

P7152 OCT 31 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 provides me & my family to eat better & healthier in the food pyramid guide. It all allows more choices available.

What I like least about the proposed changes is

They take away some food to give us another selection, instead of giving us more. This ^{is} a lot of help, but not enough!!

Thank you for reading my comments.

Sincerely,

Rosalie Fraip

WIC Participant

Riverside County, California

P7153

OCT 31 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 that you will offer fruits.

What I like least about the proposed changes is

that you will reduce cheese and juices, milk.

Thank you for reading my comments.

Sincerely,

Adrian Garcia

WIC Participant

Riverside County, California

P 7154

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

There is less milk to go bad, and more variety to cook with now.

What I like least about the proposed changes is

The guidelines for the "type" of milk.

I drink nonfat to help keep my energy and limiting whole milk for the first 2 yrs means more waste.

Sincerely,



WIC Participant

Riverside County, California

P7155

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

getting fruit instead of just juice

What I like least about the proposed changes is

less milk

Thank you for reading my comments.

Sincerely,

Christa Davidson
WIC Participant

Riverside County, California

P 7156

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

vegetables, bread

What I like least about the proposed changes is

less juice

Thank you for reading my comments.

Sincerely,

Calli Callahan

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

because of the adding the fruits and veggies to the WIC checks. Also, it's much healthier for my family.

What I like least about the proposed changes is

N/A

Thank you for reading my comments.

Sincerely,

WIC Participant

Riverside County, California

P7158

Dear Friends at US Department of Agriculture,

OCT 31 2006

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.

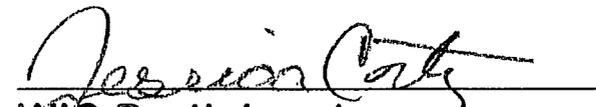
What I like most about the proposed changes is

LESS MILK & Bread

What I like least about the proposed changes is

Thank you for reading my comments.

Sincerely,


WIC Participant

Riverside County, California

P7159

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.

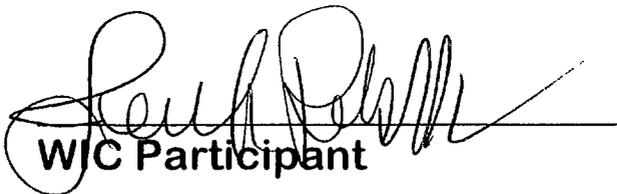
What I like most about the proposed changes is

I think this is a good change for kids health.

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

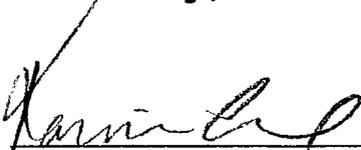
The fact that we're getting rice, tofu etc.

What I like least about the proposed changes is

that they're reducing milk products

Thank you for reading my comments.

Sincerely,



WIC Participant

Riverside County, California

P7161

OCT 31 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

gave us grain foods & money for fruits.

What I like least about the proposed changes is

there's less cheese.

Thank you for reading my comments.

Sincerely,

Arene Alvarez.
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

mothers / I will be given choices of bread and fruits and vegetables, I appreciate the choices so my kids can be healthy

What I like least about the proposed changes is

Thank you for reading my comments.

Sincerely,

Paula Smith

WIC Participant

Riverside County, California

P 7163

OCT 31 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

*Gave money for fruits & veg
gave us whole grain foods.*

What I like least about the proposed changes is

*there's going to be less
cheese*

Thank you for reading my comments.

Sincerely,

Juliana Cendejas
WIC Participant

Riverside County, California

P7164

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

\$ 6 WORTH of fruits / vegetables
CANNED Beans

What I like least about the proposed changes is

Cut Back on MILK / cheese for
TODDLERS

Thank you for reading my comments.

Sincerely,

Mish Seldam
WIC Participant

Riverside County, California

p7165

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

The best nutrients offered to our children.

What I like least about the proposed changes is

Less Milk

Thank you for reading my comments.

Sincerely,

Carman Aguayo
WIC Participant

Riverside County, California

P 7166

Dear Friends at US Department of Agriculture,

OCT 31 2006

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 is given fruit is a good source of
vitamins but it can get pricy, so I think it
is a great idea.

What I like least about the proposed changes is

we get less milk and juice before I thought
we got little now we are gonna get less.

Thank you for reading my comments.

Sincerely,

Lucinda Sanchez
WIC Participant

Riverside County, California

P7167

OCT 31 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

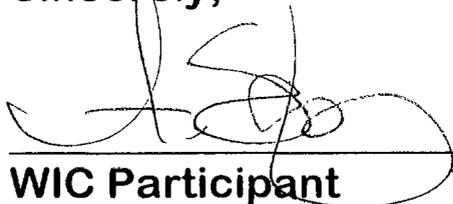
Bread and fruits are added

What I like least about the proposed changes is

that you take away some cheese.

Thank you for reading my comments.

Sincerely,



WIC Participant

Riverside County, California

P 7168

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

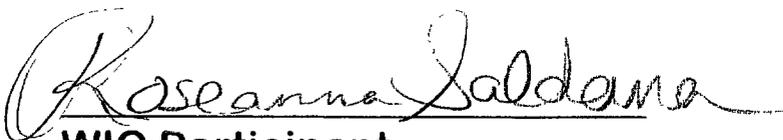
The fruits & Veggies, and the Bread

What I like least about the proposed changes is

Less Juices

Thank you for reading my comments.

Sincerely,



WIC Participant

Riverside County, California

P 7169

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

the fruit & veggies & bread

What I like least about the proposed changes is

not enough juice

Thank you for reading my comments.

Sincerely,


WIC Participant

Riverside County, California

P7170

Dear Friends at US Department of Agriculture;

OCT 31 2006

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

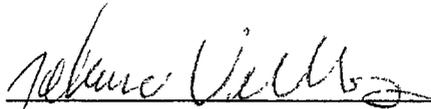
fruits and vegetables and bread.

What I like least about the proposed changes is

low milk.

Thank you for reading my comments.

Sincerely,



WIC Participant

Riverside County, California

P7171

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

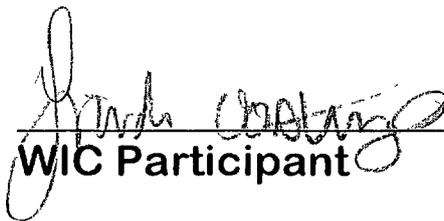
fruit, veg bread

What I like least about the proposed changes is

less milk

Thank you for reading my comments.

Sincerely,


WIC Participant

Riverside County, California

P7172

OCT 31 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

much more healthier choices

What I like least about the proposed changes is

NOTHING

Thank you for reading my comments.

Sincerely,

Matthe Spotswood
WIC Participant

Riverside County, California

P 7173

Dear Friends at US Department of Agriculture,

OCT 31 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

that it gives a little more variety plus also healthier choices (more fresh vitamins.) (Better fiber for children)

What I like least about the proposed changes is

the less milk change

Thank you for reading my comments.

Sincerely,


WIC Participant

Riverside County, California

P7174

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

the veggies & fruit, & bread

What I like least about the proposed changes is

less juice

Thank you for reading my comments.

Sincerely,

Alyssa Dion
WIC Participant

Riverside County, California

OCT 31 2006

P 7175

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 are~~ we are going to give our kids more fruits and veggies than milk

What I like least about the proposed changes is

anything

Thank you for reading my comments.

Sincerely,

Nancy Millan
WIC Participant

Riverside County, California

OCT 31 2006

P7176

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 go to any authorized grocer. This makes it alot easier.

What I like least about the proposed changes is

nothing. I agree with the added changes.

Thank you for reading my comments.

Sincerely,

Reina Martin

WIC Participant

Riverside County, California

OCT 31 2006

p 7177

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 being added

What I like least about the proposed changes is

nothing

Thank you for reading my comments.

Sincerely,

Jane Lindbergh
WIC Participant

Riverside County, California

OCT 31 2006

P7178

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

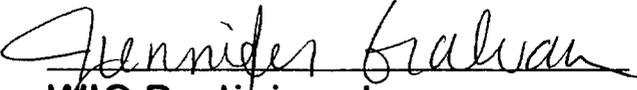
I like that they are going to add
fruits + vegetables

What I like least about the proposed changes is

what I didn't like is that
you cutting down on milk + eggs!

Thank you for reading my comments.

Sincerely,


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

I think getting tortillas, and fresh fruit is a good thing

What I like least about the proposed changes is

will get less milk & cheese

Thank you for reading my comments.

Sincerely,

Laura Bradford

WIC Participant

Riverside County, California

OCT 31 2006

P7180

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 the program is adding tortillas
& fresh vegetables to the program.

What I like least about the proposed changes is

N/A

Thank you for reading my comments.

Sincerely,


WIC Participant

Riverside County, California

OCT 31 2006

P 7181

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 love the new proposed foods such as yogurt, -
and whole grains and fresh fruit.

What I like least about the proposed changes is

The cut on the cheese and eggs. There should
at least be a ~~choice~~ choice from either the
yogurts or the cheese or some trade off to
be more fair.

Thank you for reading my comments.

Sincerely,

Carlynn C. C. C.
WIC Participant

Riverside County, California

OCT 31 2006

P 7182

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 seems to be more ~~of~~ as for
the ~~food~~ fruit & veg. I like that.

What I like least about the proposed changes is

That there is going to be less milk and
cheese and eggs.

Thank you for reading my comments.

Sincerely,


WIC Participant

Riverside County, California

OCT 31 2006

P7183

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 tortillas other than cereal.

What I like least about the proposed changes is

The cut in juices.

Thank you for reading my comments.

Sincerely,


WIC Participant

Riverside County, California

OCT 31 2006

P7184

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 SOUNDS GOOD

What I like least about the proposed changes is

LESS EGGS LESS CHEESE

Thank you for reading my comments.

Sincerely,



WIC Participant

Riverside County, California

P7185

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

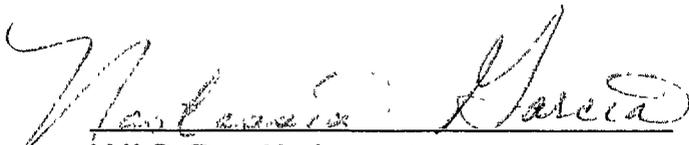
That there will be vegetables and fruits
also the whole grain choices.

What I like least about the proposed changes is

That I would get less eggs, ~~and~~ cheese, and
milk.

Thank you for reading my comments.

Sincerely,


WIC Participant

Riverside County, California

OCT 31 2008

P 7186

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

Increase of whole Grain & Wheat, Fruits & Veggies
Reduce fat,

What I like least about the proposed changes is

- none -

Thank you for reading my comments.

Sincerely,

Branda Sanchez
WIC Participant

Riverside County, California

OCT 31 2006

p7187

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 veggies they are healthy for my unborn baby and I.

What I like least about the proposed changes is

The juice because I really like drinking juice that's the least, I didn't like.

Thank you for reading my comments.

Sincerely,

Sarah Lujan
WIC Participant

Riverside County, California

OCT 31 2006

P7188

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

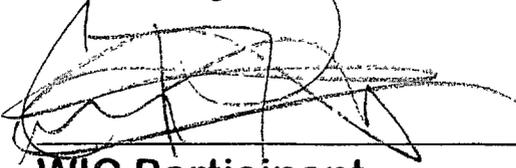
fruit & Veggie's and wheat bread.

What I like least about the proposed changes is

taking the egg out.

Thank you for reading my comments.

Sincerely,



WIC Participant

Riverside County, California

OCT 31 2006

P 7189

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

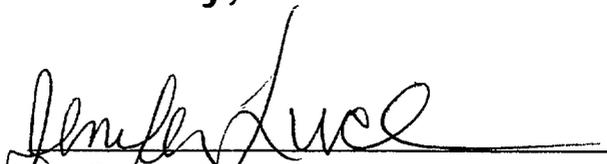
The way to have fruits
that most of the time
I can't pay for

What I like least about the proposed changes is

nothing

Thank you for reading my comments.

Sincerely,


WIC Participant

Riverside County, California

OCT 31 2006

P 7190

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 choices & fruits and vegetables.

What I like least about the proposed changes is

I don't like my son to be get bigger. me and my son needs to be healthy.

Thank you for reading my comments.

Sincerely,

S. Ferrada

WIC Participant

Riverside County, California

OCT 31 2006

P 7191

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 fruits and vegetable
The whole grains / Canned beans (I don't
go cook the dried beans) always have time to
The different fish choices!

What I like least about the proposed changes is

less cheese (although I probably
should cut down on cheese as I
eat alot of it.

Thank you for reading my comments.

Sincerely,


WIC Participant

Riverside County, California

OCT 31 2006

P7192

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 choices

FRUIT, VEGGIES, whole GRAINS, option of CANNED BEANS

What I like least about the proposed changes is

I'm happy with the changes,
but I wish it would stay 2lb EGGS & CHEESE

Thank you for reading my comments.

Sincerely,

Lisa M Reisman

WIC Participant

Riverside County, California

OCT 31 2006

P7193

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

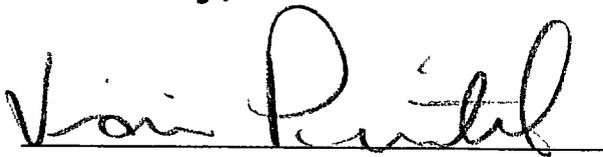
the fruits and vegetables, whole grains, and less juice.

What I like least about the proposed changes is

the cut back on milk.

Thank you for reading my comments.

Sincerely,



WIC Participant

Riverside County, California

OCT 31 2006

p7194

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 items will be added
and fruits and vegetables

What I like least about the proposed changes is

the amount of eggs and cheese - it is barely
enough for 1 child per month

Thank you for reading my comments.

Sincerely,


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

the fruits, and any grocery store
you can go to.

What I like least about the proposed changes is

Thank you for reading my comments.

Sincerely,

Stalene Arzoo
WIC Participant

Riverside County, California

1P 7196

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

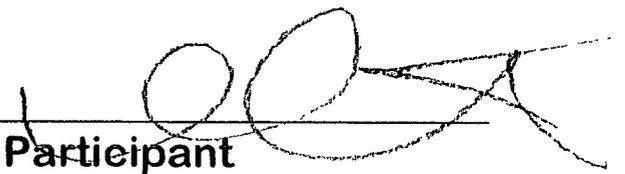
There is more grains & fruits more
healthier food ~~is~~ for me to
choose from

What I like least about the proposed changes is

Nothing I think this is a good
idea.

Thank you for reading my comments.

Sincerely,


WIC Participant

Riverside County, California

OCT 31 2006

P7197

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 idea OF having Fruits
and Veggies.

What I like least about the proposed changes is

I don't like the FACT OF getting
less milk because my daughter
Love it.

Thank you for reading my comments.

Sincerely,

Mani Gandy
WIC Participant

Riverside County, California

OCT 31 2006

P7198

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 FOR BETTER HEALTH

& GOOD EATING HABITS.

What I like least about the proposed changes is

NOTHING

Thank you for reading my comments.

Sincerely,


WIC Participant

Riverside County, California

P7199

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

the fruits is what I like most
about the proposed changes. My kids
love fruits

What I like least about the proposed changes is

there is nothing I like least
about the proposed changes.

Thank you for reading my comments.

Sincerely,

Sharon R Daviday
WIC Participant

Riverside County, California

OCT 31 2016

p7200

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 going to start giving fruits & vegetables I think that will be good for the kids.

What I like least about the proposed changes is

That they are cutting down alot like on cheese, eggs, milk, I really liked that because it helped me out alot.

Thank you for reading my comments.

Sincerely,

Melissa Nalley

WIC Participant

Riverside County, California