

NOV - 8 2007

P7351

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

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

**Thank you for adding 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 & veggies**

**What I like least about the proposed
change is to fu**

Thank you for reading my comments.

Sincerely,

Rebecca Mabe

WIC Participant

Dear Friends at US Department of Agriculture,

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

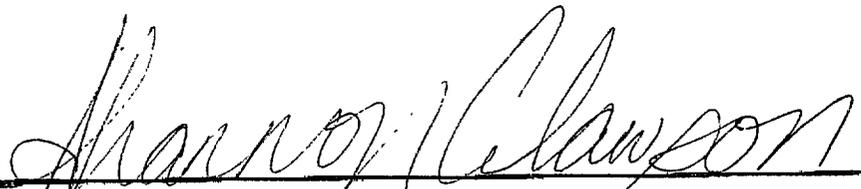
Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed change is Fresh Fruit and vegetables

What I like least about the proposed change is nothing

Thank you for reading my comments.

Sincerely,


WIC Participant

NOV - 6 2006

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

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

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

**What I like most about the proposed
change is more nutritional value
and bigger options variety.**

**What I like least about the proposed
change is it's not the current package
we receive.**

Thank you for reading my comments.

Sincerely,

Anker Wulser

WIC Participant

NOV - 6 2006

P7354

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

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

**Thank you for adding 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**

you get a choice from
the cereal to other items if you don't
want a lot of cereal left around.

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

maybe the juice part
because I usually use a lot of juice now.
than milk.

Thank you for reading my comments.

Sincerely,

Caron Martin
WIC Participant

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

They will be fresh, more healthier for myself and my daughter.

What I like least about the proposed changes is

I like all the new stuff, but not some meat options.

Thank you for reading my comments.

Sincerely,

Amanda Martinez
WIC Participant

Riverside County, California

P7356

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

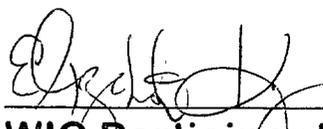
is that you can get veggies &
Fresh Fruit and also bread so I think
the proposed change is better.

What I like least about the proposed changes is

that you get less eggs & Juice & milk
depending on your family size & needs but
I think it still better.

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

Fruits and vegetables
and the whole grains.

What I like least about the proposed changes is

_____.

Thank you for reading my comments.

Sincerely,

Tabitha Gerson
WIC Participant

Riverside County, California

P 7358

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

More than anything - adding fruits & veggies
are an important part of a healthy diet
and I feel that the WIC program is helping to

What I like least about the proposed changes is

The limit on the amount of fruit & veggie that
a healthy person can eat

Thank you for reading my comments.

Sincerely,

[Handwritten Signature]

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 variety of foods. also I love the idea of fresh fruit instead of juice. much healthier choice

What I like least about the proposed changes is

that there will be less cheese. My kids don't like milk but I'm able to get them to eat cheese to substitute the milk.

Thank you for reading my comments.

Sincerely,


WIC Participant

Riverside County, California

P7360

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

was more of the variety, watching
the fat's contents

What I like least about the proposed changes is

really don't see anything that I don't
like

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
are ~~more~~ adding fruits because
that's what I buy more at the store.

What I like least about the proposed changes is

~~None~~ nothing every thing
looks like it's going to be a good
change.

Thank you for reading my comments.

Sincerely,

Susana Hernandez
WIC Participant

Riverside County, California

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

will give more option

What I like least about the proposed changes is

it will limit the milk, juice and egg

Thank you for reading my comments.

Sincerely,

VIGENTE ARIAS
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 fruits & veggies are now what's available
on the WIC check

What I like least about the proposed changes is

That total calories are being added instead of
the amount of protein that is being added. *regular milk/cheese*

Thank you for reading my comments.

Sincerely,

Yolanda Johnson
WIC Participant

Riverside County, California

P7364

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

we are getting breads and fruits

What I like least about the proposed changes is

when your taking away the juice.

Thank you for reading my comments.

Sincerely,

Smollett

WIC Participant

Riverside County, California

P7305

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

add of vegetables

What I like least about the proposed changes is

the reduced of milk

Thank you for reading my comments.

Sincerely,

Maria N.
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 additional \$6 for fruits & veg.

What I like least about the proposed changes is

the decrease of Dairy products

Thank you for reading my comments.

Sincerely,

V. Thorne

WIC Participant

Riverside County, California

P7367

Dear Friends at US Department of Agriculture,

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

Thank you for adding fruits and 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 whole

grain cereals, and soy beverages.

What I like least about the proposed changes is

less eggs, and milk

Thank you for reading my comments.

Sincerely,

Carolyn Pirrone
WIC Participant

Riverside County, California

P7368

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 wic package almost stays the same
and what they are adding is all healthy
I think its fare.

What I like least about the proposed changes is

no comments

Thank you for reading my comments.

Sincerely,

Alma Malanda
WIC Participant

Riverside County, California

P7369

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

more food

_____.

What I like least about the proposed changes is

no white potatoes

_____.

Thank you for reading my comments.

Sincerely,

EMILY DUBINSKY
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

my kids like corn tortillas and vegetables and fruits and it help mom that can't always buy whole grains/vegetables. It would be a good thing.

What I like least about the proposed changes is

None

Thank you for reading my comments.

Sincerely,

Jennifer Opata
WIC Participant

Riverside County, California

P7371

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 use having vegetables and
fruits

What I like least about the proposed changes is

the up having least choices

Thank you for reading my comments.

Sincerely,

John P. P. P.

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

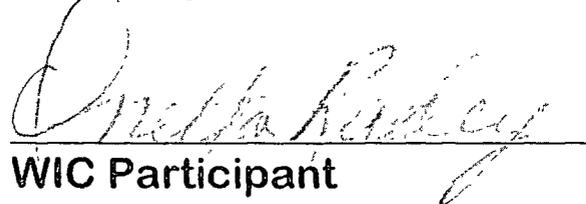
Fruits and Veg

What I like least about the proposed changes is

They are better for the kids.
So there isn't a dislike for me.

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

more healthy foods for the kids.

What I like least about the proposed changes is

less dairy products.

Thank you for reading my comments.

Sincerely,


WIC Participant

Riverside County, California

P7374

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

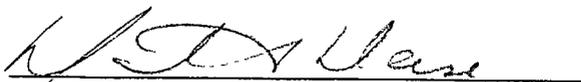
The fruits and veggies will be healthier for the family and I think its great

What I like least about the proposed changes is

theres really not anything. I dont like about the change

Thank you for reading my comments.

Sincerely,



WIC Participant

Riverside County, California

P 7375

NOV 03 2006

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

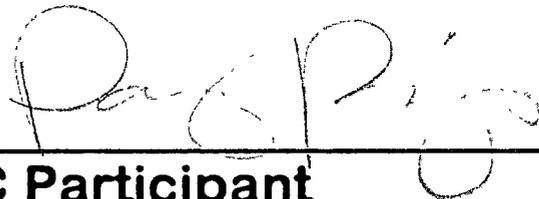
**I am writing to tell you what I think about the
proposal to change WIC foods.**

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

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

Thank you for reading my comments.

Sincerely,



WIC Participant

NOV 03 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 vegetables to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

**What I like most about the proposed changes is the convenience of shopping close to home,
and to keep us healthy**

Thank you for reading my comments.

Sincerely,

Gina Ramirez

WIC Participant

9639 Schooling Rd.
Pico Rivera, Cal. 90660

NOV 03 2006

P7377

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

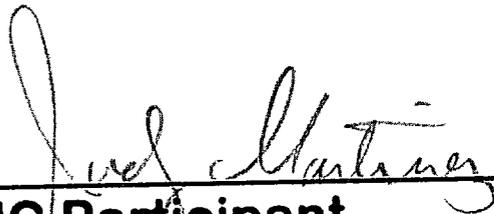
**I am writing to tell you what I think about the
proposal to change WIC foods.**

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

**What I like most about the proposed
changes is the adding of Breads
and fruits.**

Thank you for reading my comments.

Sincerely,



WIC Participant

NOV 03 2006

P7378

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

**I am writing to 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 meats, fruits, and
baked goods**

Thank you for reading my comments.

Sincerely,

Kristal Chavez

WIC Participant

NOV 03 2008

P1319

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

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

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

**What I like most about the proposed
changes is the fruits & vegetables
& brown rice.**

Thank you for reading my comments.

Sincerely,

Adriana A. Velasco

WIC Participant

NOV 03 2006

07380

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

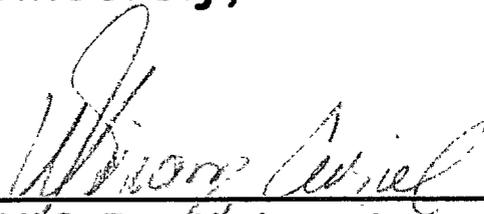
**I am writing to tell you what I think about the
proposal to change WIC foods.**

**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 DEFINATELY MORE NUTRITIONAL
FOOD, AND LESS SUGAR**

Thank you for reading my comments.

Sincerely,



WIC Participant

NOV 03 2006

P7381

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

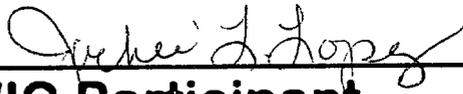
**I am writing to tell you what I think about the
proposal to change WIC foods.**

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

**What I like most about the proposed
changes is the food ~~we~~ we can get
is whole grain, healthier for the
children & preg. mothers.**

Thank you for reading my comments.

Sincerely,



WIC Participant

NOV 03 2006

p7382

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

**I am writing to 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 That the kids will
Lead a healthier life**

Thank you for reading my comments.

Sincerely,

WIC Participant

NOV 03 2006

P7383

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

**I am writing to 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** me and my baby both enjoy

The choices available

Thank you for reading my comments.

Sincerely,

Sarah Springer
WIC Participant

P7384

NOV 03 2008

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

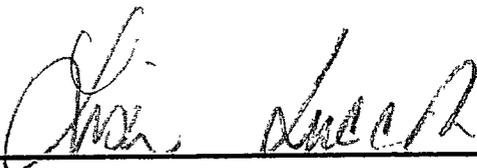
**I am writing to tell you what I think about the
proposal to change WIC foods.**

**Thank you for adding fruits and vegetables
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 for the
children**

Thank you for reading my comments.

Sincerely,



WIC Participant

NOV 13 2009

P7385

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

**I am writing to 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**

**adding more variety
to the items we receive through WIC.**

Thank you for reading my comments.

Sincerely,



WIC Participant

NOV 03 2006

P73 86

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

**I am writing to 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**

more fruits and
vegetables, would like
to add chicken

Thank you for reading my comments.

Sincerely,

Michelle Liras

WIC Participant

P7387

NOV 03 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 vegetables
to the WIC checks! I will enjoy choosing
fresh, healthier foods for my family.**

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

Thank you for reading my comments.

Sincerely,



WIC Participant

NOV 03 2008

P7388

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

**I am writing to 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 Breads, fruits &
tortillas**

Thank you for reading my comments.

Sincerely,

Elida Caceres

WIC Participant

11604 Waddell Ct.
Wichita, KS 67216

NOV 03 2008

P7-389

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

**I am writing to 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 ~~is~~ overruling all changes
are wonderful.**

Thank you for reading my comments.

Sincerely,

Dominique Dominguez

WIC Participant

NOV 03 2006

P7390

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

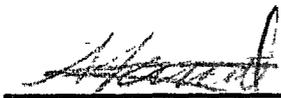
**I am writing to tell you what I think about the
proposal to change WIC foods.**

**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 I love the changes
you are making**

Thank you for reading my comments.

Sincerely,



WIC Participant

4274 Rosewood Ct.
Pico Rivera Ca 90069

p7391

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

**I am writing to 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 i think keeping more
coupons for milk is better**

Thank you for reading my comments.

Sincerely,

Patricia Chavez.

WIC Participant

NOV 03 2006

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

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

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

**What I like most about the proposed
changes is Juices have too much sugar in it.**

Thank you for reading my comments.

Sincerely,



WIC Participant

NOV 03 2006

p7393

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

**I am writing to 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 will help me out**

Thank you for reading my comments.

Sincerely,



WIC Participant

NOV 03 2006

P 7394

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

**I am writing to 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 Great, Add more great
Ideals, Please ask more info w/ participant
to make this work for all people in WIC.**

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.**

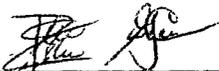
**Thank you for adding fruits and vegetables
to the WIC checks! I will enjoy choosing
fresh, healthier foods for my family.**

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

Tortillas

Thank you for reading my comments.

Sincerely,



WIC Participant

NOV 03 2006

P7396

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

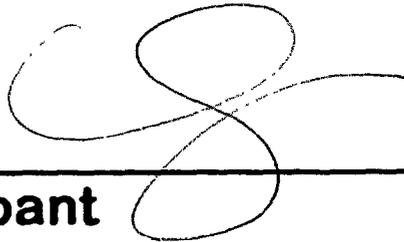
**I am writing to tell you what I think about the
proposal to change WIC foods.**

**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 Soy milk, fresh fruit
and Vegetables**

Thank you for reading my comments.

Sincerely,



Carmen Montanez

WIC Participant

NOV 03 2006

P 7397

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

**I am writing to 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 its more healthier**

Thank you for reading my comments.

Sincerely,

Diane ...

WIC Participant

NOV 03 2006

P7398

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

**I am writing to 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 my daughter will have a
better choice, healthier, instead of having
junk food. It will help parents give
kids a push to feed them healthier
food.**

Thank you for reading my comments.

Sincerely,



WIC Participant

NOV 03 2008

P 7399

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

**I am writing to 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 baby food
fruits**

Thank you for reading my comments.

Sincerely,

Priscilla Muñoz

WIC Participant

746 S Stonemash Ave
Alhambra 91803

NOV 03 2006

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

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

**Thank you for adding fruits and vegetables
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 have more
variety for the kids.**

Thank you for reading my comments.

Sincerely,



WIC Participant

NOV 03 2009

P7401

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

**I am writing to 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 VARIETY FOR MY CHILDREN**

Thank you for reading my comments.

Sincerely,



WIC Participant

NOV 03 2006

P7402

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

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

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

**What I like most about the proposed
changes is the fruits like soy products
and the green salad**

Thank you for reading my comments.

Sincerely,

A handwritten signature in black ink, appearing to be 'R. S.', written over a horizontal line.

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 vegetables
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
to choose from**

Thank you for reading my comments.

Sincerely,


WIC Participant

NOV 03 2008

10/12/06

P7404

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

**I am writing to 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 _____**

I disagree with this change. I feel that the rice
and other rice based products are more
available

Thank you for reading my comments.

Sincerely,

S.C. [Signature]

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.

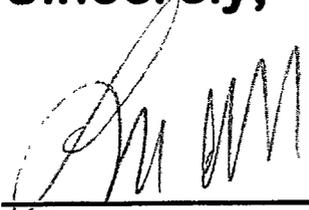
Thank you for adding fruits and vegetables to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is your concern for fruit/veggie intake. Soy Milk option is great.

Please consider why we are here. We are here to ~~get help~~ because we need help with the highest cost items. Fresh fruits & veggies are very inexpensive. Cheese is expensive. I would hate to lose that.

Thank you for reading my comments.

Sincerely,

 Loretta Portugal

WIC Participant

NOV 03 2006

Dear Friends at US Department of Agriculture,

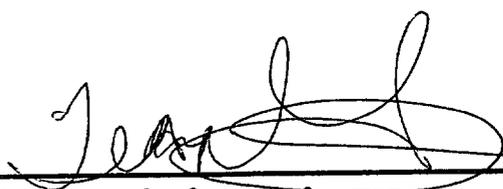
I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and vegetables 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 to ANY STORE YOU LIKE TO.

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 vegetables
to the WIC checks! I will enjoy choosing
fresh, healthier foods for my family.**

**What I like most about the proposed
changes is That would be very
good for my childer, ~~and~~ ~~and~~**

Thank you for reading my comments.

Sincerely,

Amelia Sanchez

WIC Participant

Dear Friends at US Department of Agriculture,

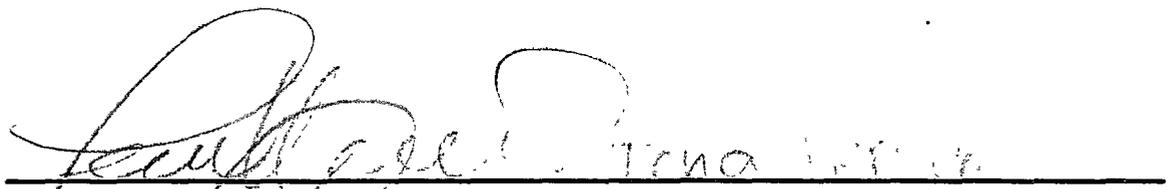
I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and vegetables 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 breads.

Thank you for reading my comments.

Sincerely,



WIC Participant

NOV 03 2006

P7409

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

**I am writing to 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** adding fruits and vegetables

Thank you for reading my comments.

Sincerely,

Ulivia

WIC Participant

NOV 03 2008

P7410

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

**I am writing to 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 I really like that idea**

Because as far as I get to choose what I
would like to get other things

Thank you for reading my comments.

Sincerely,

537 Duswell Ave 445 CA 91745

WIC Participant

NOV 03 2006

P7411

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

**I am writing to 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 that there will be more
choices to choose from for our kids.**

Thank you for reading my comments.

Sincerely,

Veronica Ibarra

WIC Participant

10635 Reaching in
Weather in 96606.

NOV 03 2006

P7412

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

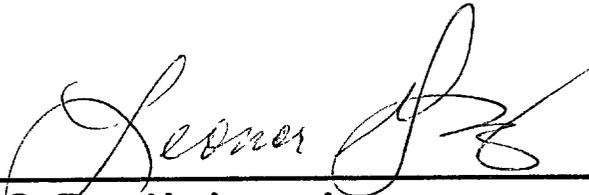
**I am writing to tell you what I think about the
proposal to change WIC foods.**

**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 my child is getting
more Healthier products w/ iron fiber etc.
very important**

Thank you for reading my comments.

Sincerely,



WIC Participant

NOV 03 2006

P7413

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

**I am writing to 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 THAT ITS MORE BETTER**

Thank you for reading my comments.

Sincerely,

Rhonda Washington

WIC Participant

NOV 03 2008

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

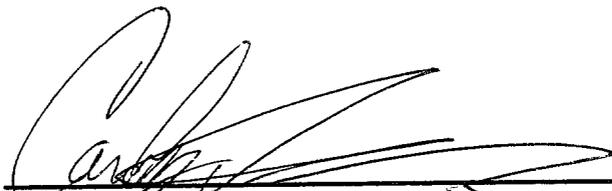
**I am writing to tell you what I think about the
proposal to change WIC foods.**

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

**What I like most about the proposed
changes is you have more to
choose from**

Thank you for reading my comments.

Sincerely,

A handwritten signature in black ink, appearing to be 'Carol', written over a horizontal line.

WIC Participant

NOV 03 2008

P7415

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

**I am writing to 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 adding fruits & vegetables.
Adding spinach is a great idea.**

Thank you for reading my comments.

Sincerely,

Jennifer White

WIC Participant

NOV 08 2008

P7416

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

**I am writing to 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 Fruit and meat
And because my kids like to eat**

Thank you for reading my comments.

Sincerely,

Natalie Amador

WIC Participant

14307 TERR (KNOLL
Whittier CA, 90604

NOV 03 2006

P 7417

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

**I am writing to 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 90 any where to get
vegetables**

Thank you for reading my comments.

Sincerely,

Darla Casillas

WIC Participant

*7337 Newlin Ave
Whittier CA 90602*

NOV 03 2008

06-P

P7418

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

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

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

**What I like most about the proposed
changes is the ~~more~~ variety of more
nutritional foods**

Thank you for reading my comments.

Sincerely,

Erin Thomason Erin Thomason

WIC Participant

NOV 03 2008

P7419

06-P

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

**I am writing to 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 fruits + breads**

Thank you for reading my comments.

Sincerely,



WIC Participant

NOV 03 2008

P 7420

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

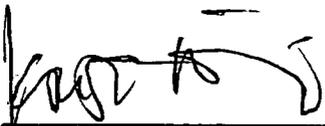
**I am writing to tell you what I think about the
proposal to change WIC foods.**

**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 that they will be providing
fruits & veggies, bread/crackers and baby food!**

Thank you for reading my comments.

Sincerely,



WIC Participant

13602 Russell St.
Whittier Ca 90602

NOV 03 2006

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

This would be a great ~~opportunity~~ opportunity for those who don't qualify for additional help for example (Food Stamp) Help introduce healthy snacks for kids

Thank you for reading my comments.

Sincerely,

Maria Garcia

WIC Participant

NOV 03 2006

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

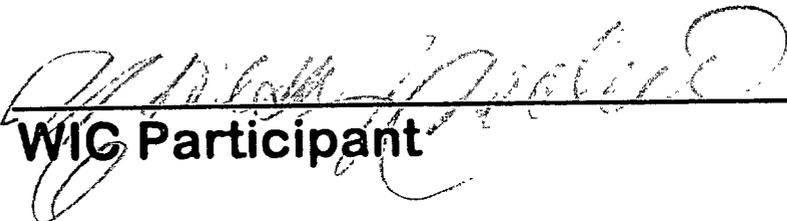
**I am writing to tell you what I think about the
proposal to change WIC foods.**

**Thank you for adding fruits and vegetables
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
tortillas for my family.**

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 vegetables
to the WIC checks! I will enjoy choosing
fresh, healthier foods for my family.**

**What I like most about the proposed
changes is better, is more**

choices

Thank you for reading my comments.

Sincerely,

Quadrant Community

WIC Participant

*11471 Walnut St
Whittier, Ca. 90606*

NOV 03 2005

P7424

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

**I am writing to 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 None**

I do not like the the cereals

Thank you for reading my comments.

Sincerely,

Jenavix Manda

WIC Participant

*6324A So Home Care
Wf, CA 90601*

NOV 03 2008

P7425

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

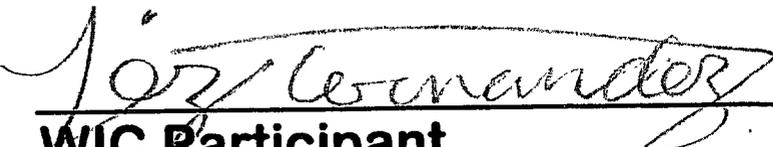
**I am writing to tell you what I think about the
proposal to change WIC foods.**

**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 I would ~~like~~ to like
for my baby to stay longer at
wic.**

Thank you for reading my comments.

Sincerely,


WIC Participant

NOV 09 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 vegetables
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

because of the veg, gerbers' eat.

Thank you for reading my comments.

Sincerely,

Karla T. Berman
WIC Participant

NOV 03 2008

P7427

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

**I am writing to 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 because the cost of living
is so high I sometimes have to choose to
buy meat (protein) over fruit & vegetables
because I don't have enough money.**

Thank you for reading my comments.

Sincerely,

Maha Virginia Gama

WIC Participant

4324 Pickering Ave #6
Whittier, CA 90601

NOV 03 2008

P 7428

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

**I am writing to 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 help w/ fruits & veggies
help w/ buying meat would be
great too**

Thank you for reading my comments.

Sincerely,

Kimberly Vargas

WIC Participant

6270 Elmquist Ave.
Whittier, Ca 90601

NOV 03 2006

P7429

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

**I am writing to 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**

fruits & vegetables and
baby food.

Thank you for reading my comments.

Sincerely,

Laura Flores

WIC Participant

7737 Greengate Ave

Whittier, CA 90606

NOV 03 2006

P743C

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

**I am writing to 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 milk and eggs**

Thank you for reading my comments.

Sincerely,

Margarita Renner

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 vegetables to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is the bread, tortillas, & baby food.

Thank you for reading my comments.

Sincerely,

Maria Valenzuela

WIC Participant

NOV 03 2006

P7432

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

**I am writing to 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 DIFFERENT CHOICES
TO CHOOSE FROM**

Thank you for reading my comments.

Sincerely,

Debra-Grace Lara

WIC Participant

NOV 03 2008

p7433

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

**I am writing to 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 think it
will be better for us

Thank you for reading my comments.

Sincerely,

Monique Capistrano

WIC Participant

1171 Surfside El Monte Ca 91802

NOV 03 2006

P7434

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

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

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

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

more variety

Thank you for reading my comments.

Sincerely,

WIC Participant

Angela Newton one of

children at school

NOV 03 2008

P7435

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

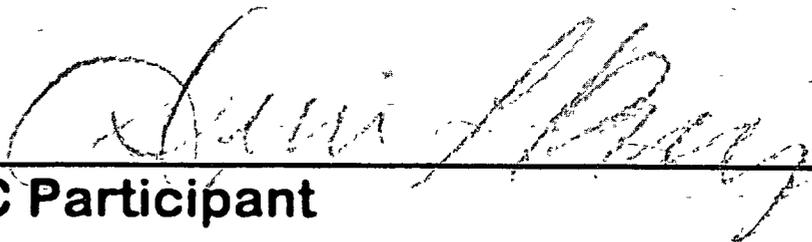
**I am writing to tell you what I think about the
proposal to change WIC foods.**

**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 CHILDREN LIKE FRUIT
AS A HEALTHY ALTERNATIVE TO SWEETS**

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 vegetables to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is beef, cheese, fruits

Thank you for reading my comments.

Sincerely,

Margaret Ferris

WIC Participant

NOV 03 2008

P 7437

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

**I am writing to 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 adding healthy vegetables
because they are really expensive, it will
definitely give better nutrition to my
son. On our checks the one that was milk
I use & eggs separate into two checks.**

Thank you for reading my comments.

Sincerely,

Jeanelle Ruiz

WIC Participant

6247 Milton Ave Apt # 6
Whittier, CA 90601

NOV 03 2008

P 7438

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

**I am writing to 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 to have more fruits
& vegetables for my son and maybe
some meats.**

Thank you for reading my comments.

Sincerely,

Annie Vda

WIC Participant

6304 Newlin ave Apt #A
Whittier CA 90601

NOV 03 2008

P 7439

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

**I am writing to 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 healthy and better
nutrition**

Thank you for reading my comments.

Sincerely,

Lisa Marie
WIC Participant

(Father David Ott)
7901 Dechess st # 7
Whittier Calif 90606

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

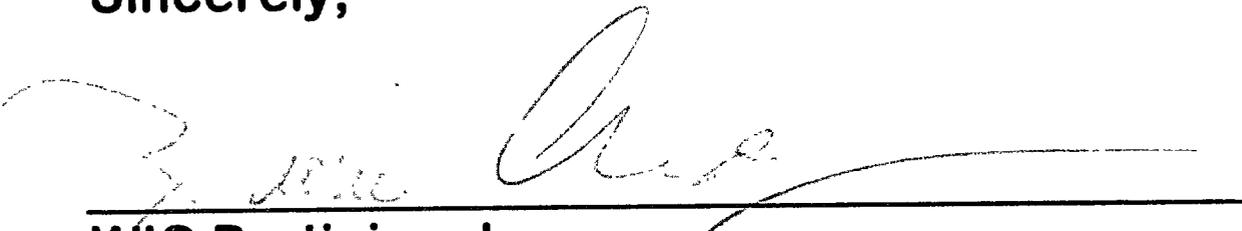
**I am writing to tell you what I think about the
proposal to change WIC foods.**

**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 Vegetables & baby food**

Thank you for reading my comments.

Sincerely,


WIC Participant

P7441

NOV 08 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 vegetables
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 vegetables
and more grains**

Thank you for reading my comments.

Sincerely,



WIC Participant

NOV 03 2009

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

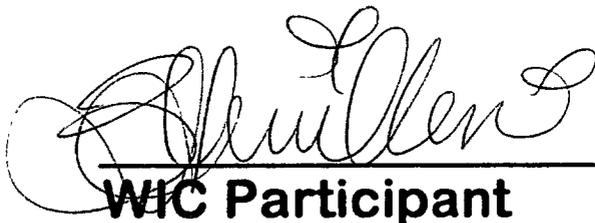
**I am writing to tell you what I think about the
proposal to change WIC foods.**

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

**What I like most about the proposed
changes is healthier for my child,
fruits, grains and vegetables are great**

Thank you for reading my comments.

Sincerely,


WIC Participant

NOV 07 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 vegetables
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 & veg for my
children.**

Thank you for reading my comments.

Sincerely,

Renee Gamica

WIC Participant

Renee Gamica

NOV 03 2006

P7444

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

**I am writing to 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 MORE healthier foods
being offered. Thank you**

Thank you for reading my comments.

Sincerely,

Monica Reynolds

WIC Participant

NOV 08 2002

Dear Friends at US Department of Agriculture,

I am writing to 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 I think like to fruits and more food.

Thank you for reading my comments.

Sincerely,

Elizabeth Noh
WIC Participant
ELIZABETH NOH

NOV 03 2006

Dear Friends at US Department of Agriculture,

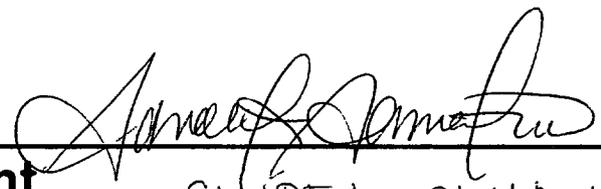
I am writing to tell you what I think about the proposal to change WIC foods.

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

What I like most about the proposed changes is OUR CHILDREN WILL HAVE BETTER NUTRIENTS W/ THESE FOODS & GROW HEALTHIER & STRONGER

Thank you for reading my comments.

Sincerely,



WIC Participant

SANDE K. SAMATUA

P7447

NOV 03 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 vegetables to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is BABy Food Add FRUITS IT,

going to help me out and you

Thank you for reading my comments.

Sincerely,



WIC Participant

NOV 03 2005

P7448

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

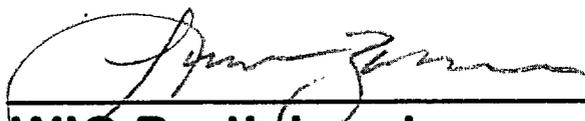
**I am writing to tell you what I think about the
proposal to change WIC foods.**

**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 is about fruit and
vegetables would like bread and rice**

Thank you for reading my comments.

Sincerely,



WIC Participant

NOV 03 2006

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

Please do not take away the milk & cheese since I feel the amount I'm currently getting is enough to last for the month. I'm very happy to hear that you also have chosen to provide us with fruits & vegetables.

Thank you for reading my comments.

Sincerely,



WIC Participant

NOV 03 2006

P7450

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

**I am writing to 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 That are going to add Bread.**

Thank you for reading my comments.

Sincerely,

Anna Valencio (Azusa Center)
WIC Participant