

p 7751

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 & veggies that is what we need most.

What I like least about the proposed changes is

Adding tofu we should only get what we're actually going to use, least.

Thank you for reading my comments.

Sincerely,

April Santos
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 fruits & vegetables

What I like least about the proposed changes is

~~less~~ less juice & less eggs, less cheese
Get rid of the amount of cereal we get too much
We also get too much peanut butter

Thank you for reading my comments.

Sincerely,

Mathe A. Chang
WIC Participant

Riverside County, California

p 7753

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 the policy will include
fruits and vegetables.
.

What I like least about the proposed changes is

that the policy will allow a part of
check to be used for a substitution
for other items that are cultural dishes.

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 variety, & the ability to make substitutes.

~~that there are other things~~ for example, the fruits &

vegetables, bread & corn tortillas, and ability to substitute milk for tofu.

What I like least about the proposed changes is

that there would be less milk & cheese

&

Thank you for reading my comments.

Sincerely,

Patricia Alfaro
WIC Participant

Riverside County, California

P 7755

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

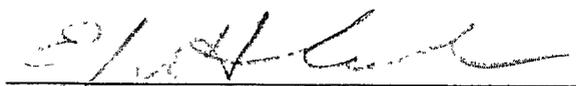
That it is more in touch with the Dietary Guidelines and contains more wheat foods

What I like least about the proposed changes is

It contains less prices.

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 that you are adding
the tortillas & the fruits & veggies.
Thank you so much.

What I like least about the proposed changes is

that you are taking away some
eggs & the cereal, but other than
that I love the changes.

Thank you for reading my comments.

Sincerely,



WIC Participant

Riverside County, California

p 7757

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

you added fruits & veggies

What I like least about the proposed changes is

Tofu and less amount of milk.

Thank you for reading my comments.

Sincerely,


WIC Participant

Riverside County, California

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

that you are adding fruits & veggies to the WIC checks. I like that you are adding fresh fruits & veggies to the WIC checks. I like that you are adding fresh fruits & veggies to the WIC checks.

What I like least about the proposed changes is

that you are adding fruits & veggies to the WIC checks. I like that you are adding fresh fruits & veggies to the WIC checks. I like that you are adding fresh fruits & veggies to the WIC checks.

Thank you for reading my comments.

Sincerely,

Laura [Signature]
WIC Participant

Riverside County, California

p 7759

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

Fruit and vegetables

What I like least about the proposed changes is

TUFO

Thank you for reading my comments.

Sincerely,

Rosaa Robles

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 addition of fruits and vegetables
and whole grains

What I like least about the proposed changes is

less eggs and cheese and juice

Thank you for reading my comments.

Sincerely,

Janet Villanueva
WIC Participant

Riverside County, California

p 7761

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

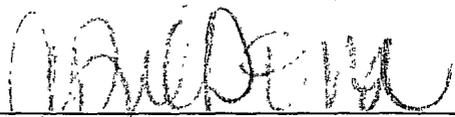
that vegetables & fruits are added + grains

What I like least about the proposed changes is

the reduction in cheese

Thank you for reading my comments.

Sincerely,



WIC Participant

Riverside County, California

p 7762

OCT 27 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

is it is now offering more options for what
you can buy
and cut bread

What I like least about the proposed changes is

if there are no changes about the
changes

Thank you for reading my comments.

Sincerely,

Angela Williams
WIC Participant

Riverside County, California

OCT 31 2006

p 2763

Dear Friends at US Department of Agriculture,

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

Thank you for adding fruits and 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 and bread.

What I like least about the proposed changes is

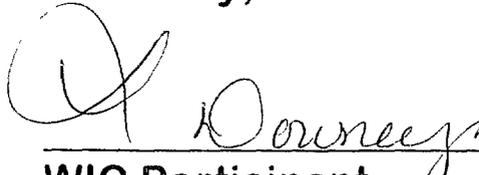
lowing milk, chese and eggs. Shouldn't do

that because children love chese and milk

their kids as long as you don't over feed them they
won't be fat.

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

varieties of choices; more fruits & veggies;
reduces fat in milk & cheese.

What I like least about the proposed changes is

~~few varieties~~; none at this time

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

limits juice recommended by pediatrician

What I like least about the proposed changes is

Thank you for reading my comments.

Sincerely,

Maria Alvarado
WIC Participant

Riverside County, California

p 7766

Dear Friends at US Department of Agriculture,

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

Thank you for adding fruits and 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 the addition of the vegetables and fruits. Also the reduction of fats that cheese contains.

What I like least about the proposed changes is

the reduction in juice.

Thank you for reading my comments.

Sincerely,

Milena Sierra
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

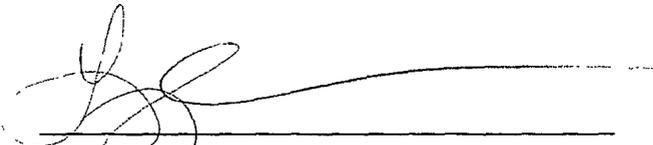
It gives healthy food to help you during pregnancy & there after.

What I like least about the proposed changes is

Nothing

Thank you for reading my comments.

Sincerely,



WIC Participant

Riverside County, California

p 7768

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 it will now include bread, fruits & vegetables, which we use quite often.

What I like least about the proposed changes is

The reduction in milk.

Thank you for reading my comments.

Sincerely,

Danielle 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

that they added vegetables, lentils, seeds, Beans

i like they change.

What I like least about the proposed changes is

Thank you for reading my comments.

Sincerely,

Arturina Hill

WIC Participant

Riverside County, California

p 7770

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 addition of fresh fruits and vegetables to the WIC checks.

Red can soups like the Milt's soups like the 3rd time I had a bad stomach ache. I'll avoid.

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

what like about this proposed is
changing fruits and tortillas.

What I like least about the proposed changes is

This is what I like about
getting more fruits and least milk.

Thank you for reading my comments.

Sincerely,

Rosie

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 variety

What I like least about the proposed changes is

tofu & less milk & eggs

Thank you for reading my comments.

Sincerely,



WIC Participant

Riverside County, California

NOV 11 3 5000

p 7773

**Dear Friends at US Department 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** do it

please

Thank you for reading my comments.

Sincerely,

Julia Velazquez

WIC Participant

NOV 03 2008

p 7774

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

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

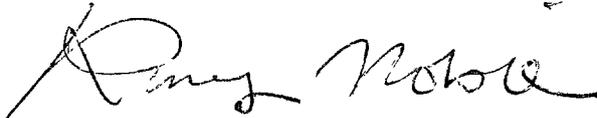
**Thank you for adding fruits and vegetables
to the WIC checks! I will enjoy choosing
fresh, healthier foods for my family.**

**What I like most about the proposed
changes is more healthier choices, and**

**people can get their vegetable and fruit intake
w/out an excuse!! Children need more vegetables and
fruits than dairy products.**

Thank you for reading my comments.

Sincerely,

Kimberly Nobile 

WIC Participant

Dear Friends at US Department of Agriculture,

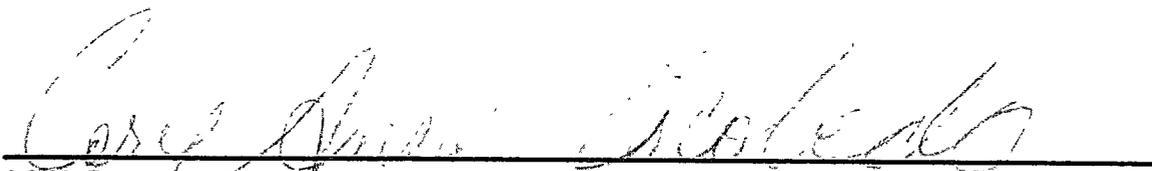
I am writing to tell you what I think about the proposal to change WIC foods.

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, baby foods & Beans

Thank you for reading my comments.

Sincerely,


WIC Participant

NOV 03 2008

p 7776

**Dear Friends at US Department 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 additional**

healthy food

Thank you for reading my comments.

Sincerely,

Jessica Alipanda

WIC Participant

NOV 03 2009

P 7777

**Dear Friends at US Department 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 BROWN RICE, SOYMILK**

Thank you for reading my comments.

Sincerely,

Aleki-Young

WIC Participant

NOV 03 2008

p 7778

**Dear Friends at US Department 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 is a good idea to
have a variety of foods**

Thank you for reading my comments.

Sincerely,

7325 N. Hollywood Blvd #14
Whittier CA 90604



WIC Participant

NOV 03 2008

p 7779

**Dear Friends at US Department 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 how you get more of
variety of what you like.**

Thank you for reading my comments.

Sincerely,



WIC Participant

10030 Ben Hur Ave Apt 1
Whittier CA 90605

NOV 03 2008

P 7780

**Dear Friends at US Department 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 you get more healthier
foods in place of not so healthy milk**

Thank you for reading my comments.

Sincerely,

**Dana Urena - 8540 Cherokee Dr.
WIC Participant Danney, Cal. 90241**

NOV 03 2008

p 7781

**Dear Friends at US Department 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 new Vans**

Thank you for reading my comments.

Sincerely,

Alvina m. Lopez

WIC Participant

723E Whittier Ave. #10
Whittier CA, 90602

NOV 03 2008

p 7782

**Dear Friends at US Department 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 you are going to
add more choices and not less

Thank you for reading my comments.

Sincerely,

Asi Ann

WIC Participant

*4530 morrell av.
whittier ca 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 the addition of fruits and vegetables**

Thank you for reading my comments.

Sincerely,

WIC Participant

NOV 03 2008

p 7784

**Dear Friends at US Department 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 fruit and vegetables
but if you can add bread that would
be great, also tortillas.**

Thank you for reading my comments.

Sincerely,



WIC Participant

12710 Wardman st. # D
Whittier, CA 90602

NOV 03 2008

p 7785

**Dear Friends at US Department 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 helps me give my child
a better diet. I don't have to add things to
the vitamins he needs without the added sugar.*

Thank you for reading my comments.

Sincerely,

DORIENTA GARCIA-RIVERA
WIC Participant

NOV 08 2008

P7786

Dear Friends at US Department 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, Fruits, and also would be a good addition

Thank you for reading my comments.

Sincerely,

Leandra Rowley
WIC Participant

- 6518 is my WIC
number, CA 95031

NOV 03 2006

p 7787

**Dear Friends at US Department 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, some meat.**

Thank you for reading my comments.

Sincerely,

C. Punt.

WIC Participant

NOV 03 2006

P 7788

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

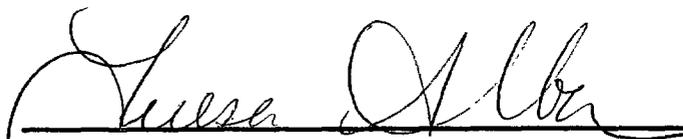
**I am writing to tell you what I think about the
proposal to change WIC foods.**

**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, fish
baby foods.**

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 we should drop
the peanut butter and add Ricemilk Soy milk
Avocado Fresh Fruit and vegetables and
bread and more dairy. Please.
Pasta wheat*

Thank you for reading my comments.

Sincerely,

[Handwritten Signature]

WIC Participant

NOV 03 2008

p 7790

**Dear Friends at US Department 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 FRUIT AND
BREAD.**

8210 S. BROADWAY AVE #22
WHITTIER, CA, 90606

Thank you for reading my comments.

Sincerely,



WIC Participant

NOV 03 2008

p 7791

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

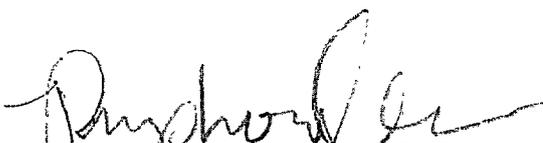
**I am writing to tell you what I think about the
proposal to change WIC foods.**

**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 Food**

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 Chicken, meat, vegies, fruit**

more dairy products

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.**

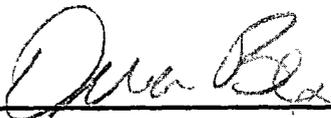
**Thank you for adding fruits and vegetables
to the WIC checks! I will enjoy choosing
fresh, healthier foods for my family.**

**What I like most about the proposed
changes is Chicken, fruits,**

Vegetables

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 fruit vegetables, bread
and cottage cheese

Thank you for reading my comments.

Sincerely,



Susan Zamudio

WIC Participant

8210 S. BROADWAY AVE #22
Whittier, CA 90606

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

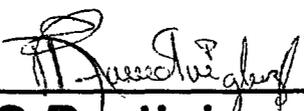
**I am writing to tell you what I think about the
proposal to change WIC foods.**

**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** I'd have the vegetables and fruits
in my table for my family because sometime
these foods are so expensive at the
market. Congratulation for this changes!

Thank you for reading my comments.

Sincerely,



WIC Participant

NOV 08 2008

P 7796

**Dear Friends at US Department 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, Bread,
Fruit, Rice, veggies**

Thank you for reading my comments.

Sincerely, RAMON ARVIZO

621 E. 95th St. LA CA 90002

WIC Participant

NOV 03 2006

P 7797

**Dear Friends at US Department 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 additional mixture to
include the above for a healthy balance meal**

Thank you for reading my comments.

Sincerely,

Ames

WIC Participant

NOV 03 2008

p 7798

**Dear Friends at US Department 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 it a wonderful thing
to do for the children

Thank you for reading my comments.

Sincerely,



WIC Participant

NOV 03 2006

p 7799

**Dear Friends at US Department 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! Great! Great!**

Major help in the way I buy my food
save money, and time. I feel the way to Go!!!

Thank you for reading my comments.

Sincerely,

Shavita Lawline

WIC Participant

1100 W 106th Apt #5 LA, CA 90044

NOV 03 2009

p 7900

**Dear Friends at US Department 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 my child
and I eat healthier and it
will introduce my baby
to foods that are good for
her**

Thank you for reading my comments.

Sincerely,

Latzhonda Johnson

WIC Participant

1539 W. 105th St.

L.A., CA 90047

**Dear Friends at US Department 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 Bananas, more fruits
and vegetables, More Juice**

Thank you for reading my comments.

Sincerely, Nicole Williams

8620 S. main st #1
LA, CA 90003

Nicole Williams

WIC Participant

NOV 03 2008

p 7802

**Dear Friends at US Department 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 &
Baby food.**

Thank you for reading my comments.

Sincerely,



WIC Participant

Lavoya Bryant
553 W 109th St.
LA, CA 90044

NOV 03 2008

p 7803

**Dear Friends at US Department 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 things to choose
from.**

Thank you for reading my comments.

Sincerely,



WIC Participant

NOV 03 2006

p 7804

**Dear Friends at US Department 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 Less milk and add
fruits vegetables and more protine**

Thank you for reading my comments.

Sincerely,

Myesha Stonum

WIC Participant

*1232 W 94th #4
Los Angeles CA 90044*

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

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

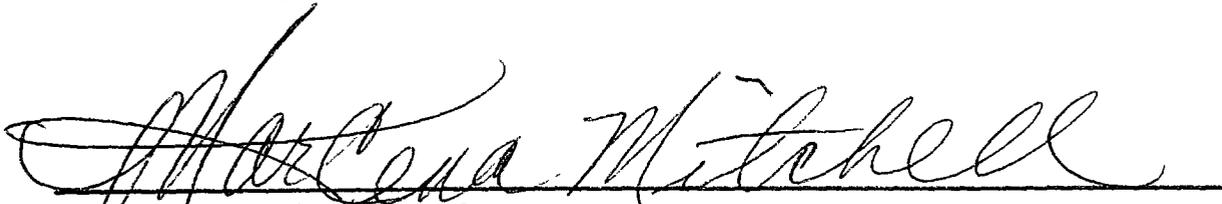
**Thank you for adding fruits and vegetables
to the WIC checks! I will enjoy choosing
fresh, healthier foods for my family.**

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

*it would help
families who don't have the
extra money for groceries, & they
would probably eat fruit's more often*

Thank you for reading my comments.

Sincerely,


WIC Participant

NOV 03 2006

p 7806

**Dear Friends at US Department 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 & Baby foods**

Thank you for reading my comments.

Sincerely,

9725 S 8th
Inglewood CA 90305

Anahit Gardin

WIC Participant

NOV 18 2008

p 7807

Dear Friends at US Department 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 gives more, better choices for me & my family.

Thank you for reading my comments.

Sincerely,

Melba Adams

WIC Participant

1725 - W 94th Los Angeles CA
90004

**Dear Friends at US Department 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 add baby-food in
jar.**

Thank you for reading my comments.

Sincerely,

A handwritten signature in black ink, appearing to be a stylized name, 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 you can go to any store to use your wic checks

Thank you for reading my comments.

Sincerely, Ashley Fort
630 East 91st Street
L.A., CA 90002

WIC Participant

NOV 03 2006

p7810

**Dear Friends at US Department 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 soy milk.**

Thank you for reading my comments.

Sincerely,

Ashon Walker

WIC Participant

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

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

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

**What I like most about the proposed
changes is** a big help to our

families with needs like me.

Thank you for reading my comments.

Sincerely,

Oula Oute

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**

having more choices

when choosing to live a healthy
lifestyle. Fresh Fruits & vegetables

should be added to our checks.

This change would be greatly appreciated

Thank you for reading my comments.

Sincerely,

M. Pride (Pride Pickens)

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 vegetables & fruits
and the grapes**

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.

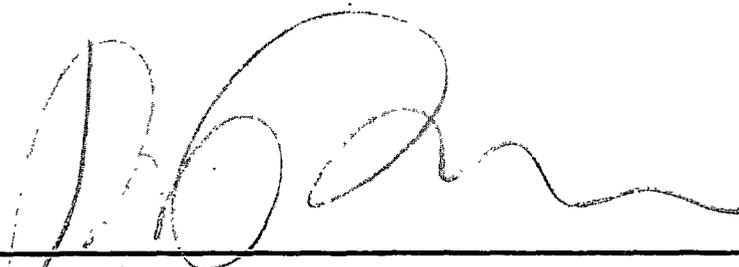
Thank you for adding fruits and vegetables to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

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

It will encourage others to eat healthier especially mothers that are not knowledgeable by nutrition.

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 _____**

Thank you for reading my comments.

Sincerely,

Danielle
WIC Participant

NOV 03 2008

p7816

**Dear Friends at US Department 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 nutrition
for my little girl that
I can't all the time
afford**

Thank you for reading my comments.

Sincerely,

Donna Pugh
WIC Participant

11253 Raymond ave #1
Los Angeles Ca 90044
(323) 754-9675

NOV 03 2006

p 7817

**Dear Friends at US Department 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 and vegetables**

Thank you for reading my comments.

Sincerely,

Martha Dominguez
WIC Participant
1648 West 100th place L.A. CA
90047

**Dear Friends at US Department 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 are getting
Baby food, vegetables & fruit
Rice.

Thank you for reading my comments.

Sincerely,

Claudia Perez
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 I think that it
was time for a new change.**

Thank you for reading my comments.

Sincerely,

Camilla Ruiz

WIC Participant

NOV 03 2006

P 7820

**Dear Friends at US Department 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 A GREAT IDEA!!**

Thank you for reading my comments.

Sincerely,



WIC Participant

NOV 03 2006

p 7821

**Dear Friends at US Department 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 can help children eat more
vegetables, and reduce child obesity**

Thank you for reading my comments.

Sincerely,

Betty McJannet
WIC Participant

NOV 03 2008

p 7822

**Dear Friends at US Department 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 rice and fruit**

Thank you for reading my comments.

Sincerely,

Breeze Mayoral

WIC Participant

*Breeze Mayoral
3726 Brookline Ave.
Rosemead Ca. 91070*

**Dear Friends at US Department 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 _____**

*Tortillas, bread, rice, tofu, and cheese
the fruits and vegetables,*

Thank you for reading my comments.

Sincerely,

Yaritremy Palenzuela

WIC Participant

NOV 03 2006

p 7824

Dear Friends at US Department of Agriculture,

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

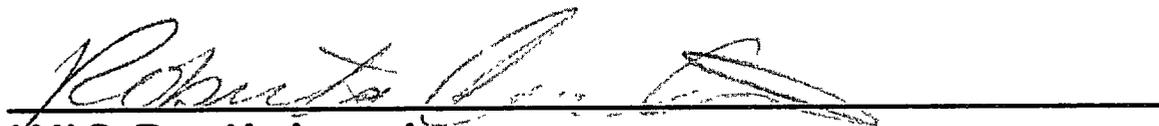
Thank you for adding fruits and vegetables to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

more vegies
low sugar "fruit butte"

Thank you for reading my comments.

Sincerely,



WIC Participant

Roberta Contreras
~~##~~ (626) 350-6931

102184 S. Valley Blvd
El Monte CA 91731

NOV 03 2006

7. p 7825

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

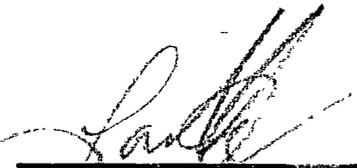
**I am writing to tell you what I think about the
proposal to change WIC foods.**

**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 Better for
our children**

Thank you for reading my comments.

Sincerely,



WIC Participant

NOV 03 2008

p7826

**Dear Friends at US Department 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 & veggies
& less milk.**

Thank you for reading my comments.

Sincerely,


Sonia Valencia

WIC Participant

NOV 03 2008

p7827

**Dear Friends at US Department 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 DOESN'T like Soy-
At All.**

Thank you for reading my comments.

Sincerely,

Gandy Padilla 10-2-06

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, veggies, + Gerber**

Thank you for reading my comments.

Sincerely,

Irene Atlano

WIC Participant

Irene Atlano
11844 Bryant Rd
El Monte Ca 91732

NOV 03 2006

p 7829

Dear Friends at US Department 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.

Carrots

Thank you for reading my comments.

Sincerely,



WIC Participant

Handwritten address:
22410
2010 Remond Blvd PO # 18
El Monte CA 91731

NOV 03 2008

p7830

**Dear Friends at US Department 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 & vegetables, tortillas
and gerber Rice & beans.**

Thank you for reading my comments.

Sincerely,

Elen Castillo

WIC Participant

*276 Collwood Ave
La Puente CA 91744
(6) 485-4550*

**Dear Friends at US Department 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 having fruits and
bread.**

Thank you for reading my comments.

Sincerely,



WIC Participant

Francine Jimenez
11744 Hallwood Dr.
El Monte Ca 91732

001 0 3 2008

p 7832

**Dear Friends at US Department 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,

Olivia Peña

WIC Participant

1115 Ellott Ave Apt B

El Monte CA 91733

NOV 03 2006

P7833

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

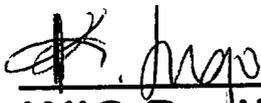
**I am writing to tell you what I think about the
proposal to change WIC foods.**

**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.**

Thank you for reading my comments.

Sincerely,



WIC Participant

3238 Nevada Ave
El Monte, Ca
91731

NOV 03 2006

p 7834

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

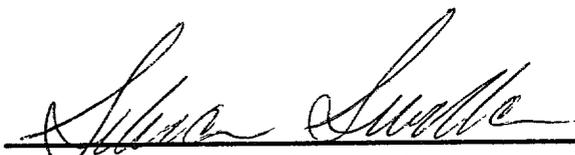
**I am writing to tell you what I think about the
proposal to change WIC foods.**

**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 fruit & vegetables
& more options on juices!**

Thank you for reading my comments.

Sincerely,



WIC Participant

Silvia Sevilla
4518 Arden Dr
El Monte CA 91731

P 7835

Dear Friends at US Department 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 healthier food
options for myself and my
unborn baby!

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 THE ADDED NUTRITIONAL VALUE
IT HAS TO OUR LIFE.**

Thank you for reading my comments.

Sincerely,

Elizabeth Saldaña

WIC Participant

NOV 03 2006

p 7837

**Dear Friends at US Department 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 variety in
foods. I think it's great that natural grown
foods is being added.**

Thank you for reading my comments.

Sincerely,

Amy DVM 3723 Gilman Rd #27 El Monte, CA 91732
WIC Participant

NOV 03 2006



p 7838

**Dear Friends at US Department 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
and baby food.**

Thank you for reading my comments.

Sincerely,

Elizabetta Suen 2730 Maxson Rd
WIC Participant El Monte, Ca 91732

NOV 03 2006

p 7839

**Dear Friends at US Department 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 and Gerber**

Thank you for reading my comments.

Sincerely,



WIC Participant

3538 1/2 Cogswell Rd
El Monte CA 91732

**Dear Friends at US Department 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 we will be able to eat
more healthy food for our family.**

Thank you for reading my comments.

Sincerely,

Maria Padilla

WIC Participant

NOV 03 2008

p 7841

**Dear Friends at US Department 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, new and different
things**

Thank you for reading my comments.

Sincerely,



WIC Participant

NOV 03 2008

p7842

**Dear Friends at US Department 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 bread and rice
vegetables, fruits & baby food**

Thank you for reading my comments.

Sincerely,


WIC Participant Daisy Cadena

NOV 03 2006

p 7843

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

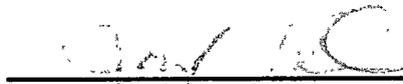
**I am writing to tell you what I think about the
proposal to change WIC foods.**

**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 Choices.**

Thank you for reading my comments.

Sincerely,



WIC Participant

NOV 03 2006

p7844

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

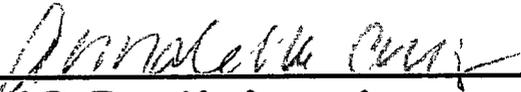
**I am writing to tell you what I think about the
proposal to change WIC foods.**

**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 food
baby food**

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 fruits, bread & vegetables**

Thank you for reading my comments.

Sincerely,


Yolanda R. Landisabal

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 it will help keep
our children more health
to many kid over wieght**

Thank you for reading my comments.

Sincerely,

Desiree Mesta
WIC Participant

NOV 03 2006

p 7847

**Dear Friends at US Department 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 increased variety.**

Thank you for reading my comments.

Sincerely,



WIC Participant

NOV 03 2006

p 7848

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

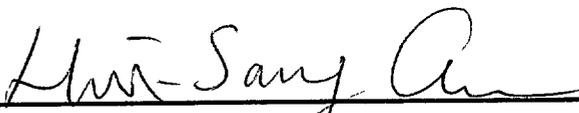
**I am writing to tell you what I think about the
proposal to change WIC foods.**

**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 Tofu**

Thank you for reading my comments.

Sincerely,


WIC Participant

NOV 03 2008

P. 7849

**Dear Friends at US Department 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 & vegetables
rice, tortillas,**

Thank you for reading my comments.

Sincerely,

cmambely
WIC Participant

NOV 03 2006

P 7850

**Dear Friends at US Department 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 theres more
healthy food in the WIC checks**

Thank you for reading my comments.

Sincerely,

WIC Participant

WIC Participant

NOV 03 2008

P7851

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

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

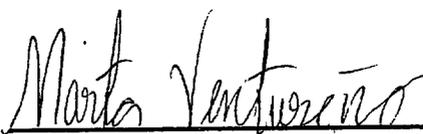
**Thank you for adding fruits and vegetables
to the WIC checks! I will enjoy choosing
fresh, healthier foods for my family.**

**What I like most about the proposed
changes is that more healthier**

**Food than usual. More Fruits and baby
Food too,**

Thank you for reading my comments.

Sincerely,



WIC Participant

NOV 9 2008

p 7852

Dear Friends at US Department 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 fact the WIC
will be giving them healthier

Thank you for reading my comments.

Sincerely,

Wendy L. Williams
Wendy L. Williams
11/10/08

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 vegetables and the fruits.

Thank you for reading my comments.

Sincerely,

GARCIA Santos Carla Jimenez
WIC Participant

7426 Duckess DR.
Whisper Ca.
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 I like that they are trying to change the fact that we have to many overweight kids. the thing I don't like is that they are cutting back to much

Thank you for reading my comments.

Sincerely, 

WIC Participant

11413 La Dolera Ln. S.F.S CA
94670

NOV 03 2008

p7855

**Dear Friends at US Department 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 variety, and adding
healthy foods to our diet like fruits
and veg. & Bread. Thank you**

Thank you for reading my comments.

Sincerely,

S. M. Juschelle Colby
WIC Participant

10522 Santa Gertrudes Ave #83
Whittier, CA 90603

NOV 03 2008

p 7856

**Dear Friends at US Department 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 as fruit, frozen dice, and
bread and egg, two.**

Thank you for reading my comments.

Sincerely,

Debra M. ...

WIC Participant

10104 Laurel Ave #A

Whittier CA 90605

562-330-1043

NOV 03 2008

p 7857

**Dear Friends at US Department 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 much more variety
to choose from to make meals
from**

Thank you for reading my comments.

Sincerely,


WIC Participant

**11020 ABBOTSFORD RD
- WHITTIER CA 90601**

NOV 03 2008

p 7858

**Dear Friends at US Department 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**

High Fiber foods (brown rice, Bread, Fruit Bars etc.)

Meat Chicken, baby jars 2nd, 3rd stages)

potatoes

Thank you for reading my comments.

Sincerely,



WIC Participant

Angelica León
1420 Broadway St.
Whittier CA 90604

NOV 03 2008

P 7859

Dear Friends at US Department 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 see bread or tortillas added // Also maybe some fresh fruit

Thank you for reading my comments.

Sincerely,

Angie Pacheco

WIC Participant

*THIS IS THE ADDRESS WHERE I LIVE
5071 19th St S*

NOV 03 2006

p7860

**Dear Friends at US Department 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 healthy choices**

Thank you for reading my comments.

Sincerely,

Alison A. Clark

WIC Participant

Litonia, GA
6,900 11/11/06
WIC Participant

NOV 03 2006

p 7861

**Dear Friends at US Department 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 additional fruits
and vegetables

Thank you for reading my comments.

Sincerely,

Y. Williams

WIC Participant

12409 4000 N.
Union St. York

NOV 03 2008

p 7862

**Dear Friends at US Department 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 vegies, bread, & meat**

Thank you for reading my comments.

Sincerely,

Veronica Castana

WIC Participant

NOV 09 2008

p 7863

**Dear Friends at US Department 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 and fruits
and vegetables**

Thank you for reading my comments.

Sincerely,

Jennifer Garcia

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.**

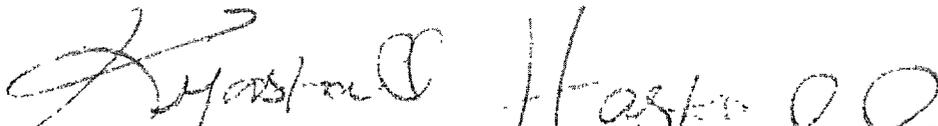
**Thank you for adding fruits and vegetables
to the WIC checks! I will enjoy choosing
fresh, healthier foods for my family.**

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

*that we will have the option of
fruits & vegetables, & also tortillas.
I just hope that we get the same
amount of milk.*

Thank you for reading my comments.

Sincerely,



WIC Participant

NOV 03 2008

P7865

**Dear Friends at US Department 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 it's a good idea
because fruit is healthy and it
would be nice to get help on
that

Thank you for reading my comments.

Sincerely,

Karla E. Romo

WIC Participant

NOV 03 2006

p 7866

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

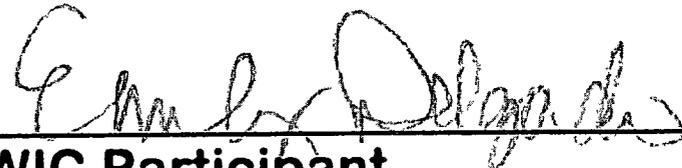
**I am writing to tell you what I think about the
proposal to change WIC foods.**

**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 ^{more} about the proposed
changes is The healthy food will be
available**

Thank you for reading my comments.

Sincerely,



WIC Participant

NOV 03 2008

p 7867

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

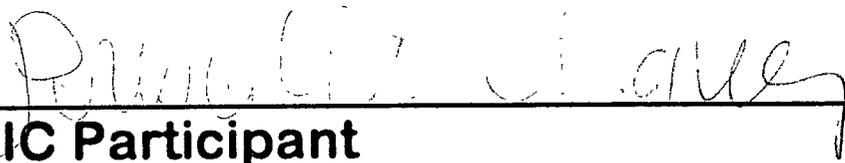
**I am writing to tell you what I think about the
proposal to change WIC foods.**

**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 milk**

Thank you for reading my comments.

Sincerely,



WIC Participant

NOV 08 2008

p 7868

**Dear Friends at US Department 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
give a variety of foods**

Thank you for reading my comments.

Sincerely,

Guillermina Martinez
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 everything**

Thank you for reading my comments.

Sincerely,

Angela Chan
WIC Participant

OCT 31 2006

p 7870

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

Fruit and vegetables

What I like least about the proposed changes is

Less juice not happy about it. we should have 1 bottle a week.

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

adding fruits, veggies and more whole grains

_____.

What I like least about the proposed changes is

only have 1 dozen eggs and reduce the gallon of milk

_____.

Thank you for reading my comments.

Sincerely,

Audemar T. Cook
WIC Participant

Riverside County, California

OCT 31 2006

p 7872

Dear Friends at US Department of Agriculture,

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

Thank you for adding fruits and 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/better variety.

What I like least about the proposed changes is

cutting down on sizes.

Thank you for reading my comments.

Sincerely,

Marlene Peck
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

of greater variety to choose from

What I like least about the proposed changes is

Thank you for reading my comments.

Sincerely,



WIC Participant

Riverside County, California

OCT 31 2005

p 7874

Dear Friends at US Department of Agriculture,

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

Thank you for adding fruits and 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 your adding fruits & veggies & soy milk. More healthier foods for us, that we really need. I was just thinking

that you guys should have coupons for ~~those~~ ~~products~~ ~~that~~ ~~we~~

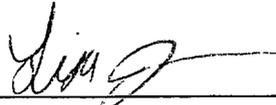
What I like least about the proposed changes is

that have fruits & veggies.

Nothing!

Thank you for reading my comments.

Sincerely,



WIC Participant

Riverside County, California

OCT 31 2006

p 7875

Dear Friends at US Department of Agriculture,

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

Thank you for adding fruits and 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 the Fruits and Veggies, The Containers
JUICE.

What I like least about the proposed changes is

the Cheese.

Thank you for reading my comments.

Sincerely,

Brittney Brown
WIC Participant

Riverside County, California

OCT 31 2006

p 7876

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

We get fruits and vegetables.

_____.

What I like least about the proposed changes is

That it reduced the cheese to 1lb.

_____.

Thank you for reading my comments.

Sincerely,


WIC Participant

Riverside County, California

OCT 31 2006

p 7877

Dear Friends at US Department of Agriculture,

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

Thank you for adding fruits and 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 liked that vegetables & fruits were added

What I like least about the proposed changes is

The total ~~food~~ soy beverage category will
not use.

Thank you for reading my comments.

Sincerely,


WIC Participant

Riverside County, California

OCT 31 2006

p 7878

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

fruit + veggies

What I like least about the proposed changes is

less choice of items

Thank you for reading my comments.

Sincerely, Thermit DAVIS

Thermit Davis

WIC Participant

Riverside County, California

OCT 31 2006

p 7879

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

Fruit, and bread

What I like least about the proposed changes is

less choice

Thank you for reading my comments.

Sincerely,

Alicia Alicia Ponce
WIC Participant

Riverside County, California

OCT 31 2006

p7880

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

Fruit & Veggies

What I like least about the proposed changes is

Less Cheese & Eggs

Thank you for reading my comments.

Sincerely,

Frevor Banks

~~WIC Participant~~
WIC Participant

Riverside County, California

OCT 31 2006
Dear Friends at US Department of Agriculture,

p 7881

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

Thank you for adding fruits and 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 could actually get fruits & veggies and tortillas I like the change even if we are gonna get less milk.

What I like least about the proposed changes is

That we will be cut down on the milk.

Thank you for reading my comments.

Sincerely,

 ~~my son Joseph~~
WIC Participant

Riverside County, California

OCT 31 2006

p 7882

Dear Friends at US Department of Agriculture,

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

Thank you for adding fruits and 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're~~ They're adding vegetables & Fruits.
for kids.

What I like least about the proposed changes is

They're removing whole milk.

Thank you for reading my comments.

Sincerely,

Stephanie Suran
WIC Participant

Riverside County, California

OCT 31 2006

p 7883

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

What I like least about the proposed changes is

The dropping of milk and Cheese

Thank you for reading my comments.

Sincerely,

Jack Lauderdale
WIC Participant

Riverside County, California

OCT 31 2006

p 7884

Dear Friends at US Department of Agriculture,

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

Thank you for adding fruits and 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 now be giving fruits
+ veggies + bread

What I like least about the proposed changes is

less milk

Thank you for reading my comments.

Sincerely,

Michelle Sabel

WIC Participant

Riverside County, California

OCT 31 2006

p 7885

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

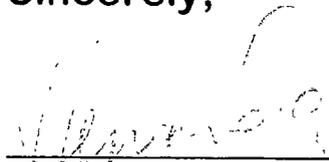
Will come with more fruits & vegetables
and less juice.

What I like least about the proposed changes is

Less servings of milk

Thank you for reading my comments.

Sincerely,



WIC Participant

Riverside County, California

OCT 31 2006

p 7886

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

Fruits & Vegetables and Any Store.

What I like least about the proposed changes is

Nothing

Thank you for reading my comments.

Sincerely,

Tina ...
WIC Participant

Riverside County, California

OCT 31 2006

p 7887

Dear Friends at US Department of Agriculture,

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

Thank you for adding fruits and 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 the vegetables, because

my kids love fruits and veggies.

What I like least about the proposed changes is

I don't like the price.

Thank you for reading my comments.

Sincerely,

Brenda Lovejoy

WIC Participant

Riverside County, California

OCT 31 2006

p 7888

Dear Friends at US Department of Agriculture,

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

Thank you for adding fruits and 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 would get the whole grains.

The boys love bread & tortillas. Also with the fruits & vegetables.

What I like least about the proposed changes is

About the less milk, juice & eggs.

Thats what they mostly like.

Thank you for reading my comments.

Sincerely,

Natalya Aldridge
WIC Participant

Riverside County, California

OCT 31 2006

p 7889

Dear Friends at US Department of Agriculture,

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

Thank you for adding fruits and 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 whole grains & fruits & vegetables

_____.

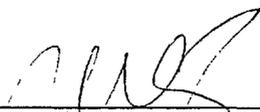
What I like least about the proposed changes is

less cheese & eggs

_____.

Thank you for reading my comments.

Sincerely,



WIC Participant

Riverside County, California

OCT 31 2006

p 7890

Dear Friends at US Department of Agriculture,

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

Thank you for adding fruits and 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

What I like least about the proposed changes is

they are taking out more Dairy's

Thank you for reading my comments.

Sincerely,

Valencia Stokely
WIC Participant

Riverside County, California

OCT 31 2006

p7891

Dear Friends at US Department of Agriculture,

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

Thank you for adding fruits and 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 foods were added to the list

What I like least about the proposed changes is

Some of the foods we use most were cut in half, as far as proportion

Thank you for reading my comments.

Sincerely,


WIC Participant

Riverside County, California

OCT 31 2006

p 7892

Dear Friends at US Department of Agriculture,

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

Thank you for adding fruits and 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 it is better for the mothers and children
the nutrition in the fruits + veggies added and
keeping the mothers on longer.

What I like least about the proposed changes is

_____.

Thank you for reading my comments.

Sincerely,

Lindsey Tillman
WIC Participant

Riverside County, California

OCT 31 2006

p 7893

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

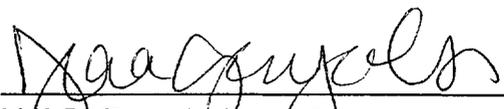
the fresh fruit and vegetables

What I like least about the proposed changes is

lower # of gallons of milk

Thank you for reading my comments.

Sincerely,


WIC Participant

Riverside County, California

OCT 31 2006

p 7894

Dear Friends at US Department of Agriculture,

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

Thank you for adding fruits and 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 variety of foods

What I like least about the proposed changes is

they offer less milk

Thank you for reading my comments.

Sincerely,

Marilyn Najera
WIC Participant

Riverside County, California

OCT 31 2006

p 7895

Dear Friends at US Department of Agriculture,

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

Thank you for adding fruits and 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 seem to get more variety of choices.

Healthier choices is always a plus.

What I like least about the proposed changes is

We receive less milk, eggs, cheese, and juice.

Overall, I think it is a good thing.

Thank you for reading my comments.

Sincerely,

Maria Kamulas
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

~~##~~ Fruits + Veggies / The Bread

What I like least about the proposed changes is

less Milk, less eggs.

Thank you for reading my comments.

Sincerely,

Dominique De Jey
WIC Participant

Riverside County, California

OCT 31 2006

p 7897

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

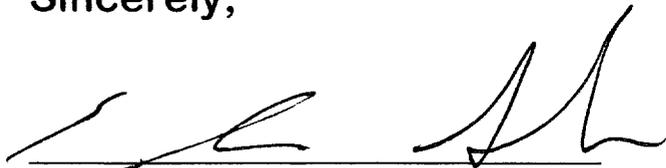
Different ~~was~~ stuff & more
healthier.

What I like least about the proposed changes is

I don't have a least

Thank you for reading my comments.

Sincerely,



WIC Participant

Riverside County, California

OCT 31 2006

p 7898

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

Having the option to get fruit/vegetables and whole grains.

What I like least about the proposed changes is

I think it in the best interest of everyone to make this change.

Thank you for reading my comments.

Sincerely,


WIC Participant

Riverside County, California

OCT 31 2006

p 7899

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

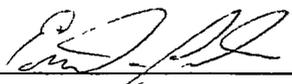
the choice of Fruit

What I like least about the proposed changes is

less milk and eggs

Thank you for reading my comments.

Sincerely,


WIC Participant

Riverside County, California

OCT 31 2006

p 7900

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

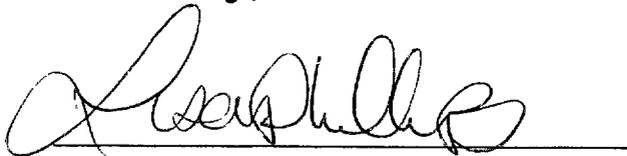
I liked changing the 2 lbs pre packaged carrots / ~~8~~ worth fruits and veges these are the main food goods.

What I like least about the proposed changes is

I Don't like the fact they changed the amount of milk and juice products My girls drink milk and juice all the time
It's healthier then sodas

Thank you for reading my comments.

Sincerely,



WIC Participant

Riverside County, California

OCT 31 2008

p 7901

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

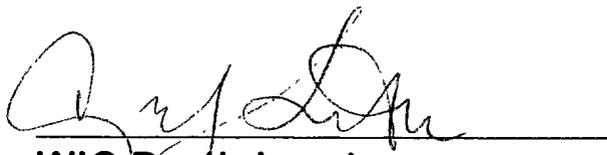
Bread, tortillas, Fruit leggies

What I like least about the proposed changes is

less Juice

Thank you for reading my comments.

Sincerely,


WIC Participant

Riverside County, California

OCT 31 2006

p 7902

Dear Friends at US Department of Agriculture,

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

Thank you for adding fruits and 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 fact that they are adding fruits and vegetables to the WIC checks. This is a great change and I will enjoy choosing fresh, healthier foods for my family.

What I like least about the proposed changes is

I don't like the fact that they are adding fruits and vegetables to the WIC checks. This is a great change and I will enjoy choosing fresh, healthier foods for my family.

Thank you for reading my comments.

Sincerely,



WIC Participant

Riverside County, California

OCT 31 2006

P 7903

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

yes, because help the kids can eat more.

What I like least about the proposed changes is

less milk because have more vegetables help healthy

Thank you for reading my comments.

Sincerely,

[Handwritten signature]

WIC Participant

Riverside County, California

OCT 31 2008

p 7904

Dear Friends at US Department of Agriculture,

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

Thank you for adding fruits and 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 most I like about this proposal is that now we'll add veg. and fruits.

What I like least about the proposed changes is

the thing I least like about it is less milk - because milk was one of the best.

Thank you for reading my comments.

Sincerely, *V. Arisela Hernandez*

WIC Participant

Riverside County, California

OCT 31 2006

p 7905

Dear Friends at US Department of Agriculture,

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

Thank you for adding fruits and 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 to the WIC checks

What I like least about the proposed changes is

nothing

Thank you for reading my comments.

Sincerely,

[Signature]

WIC Participant

Riverside County, California

OCT 31 2006

p 7906

Dear Friends at US Department of Agriculture,

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

Thank you for adding fruits and 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 more fruits and veggies to the WIC checks
and the new suggestions

What I like least about the proposed changes is

not knowing the exact date of these changes.

Thank you for reading my comments.

Sincerely,

C. Jordan
WIC Participant

Riverside County, California

OCT 31 2008

p 7907

Dear Friends at US Department of Agriculture,

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

Thank you for adding fruits and 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 veg fillers

What I like least about the proposed changes is

Tofu and less fruit

Thank you for reading my comments.

Sincerely,

Melissa Diaz

WIC Participant

Riverside County, California

OCT 31 2006

p 7908

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

All the fruit and vegies that we can
get.

What I like least about the proposed changes is

I don't like that we will be getting
less.

Thank you for reading my comments.

Sincerely,

Martha Becerra
WIC Participant

Riverside County, California

OCT 31 2006

p7909

Dear Friends at US Department of Agriculture,

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

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

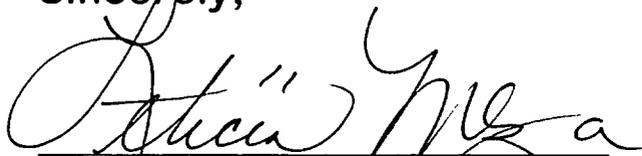
What I like most about the proposed changes is

The concern you show about a healthier diet for my kids - thank you.

What I like least about the proposed changes is

There is really nothing because the changes are for our own good - you are taking away but you are giving it back in fruits + vegetables.
Thank you for reading my comments.

Sincerely,


WIC Participant
Riverside County, California

OCT 31 2006

p 7910

Dear Friends at US Department of Agriculture,

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

Thank you for adding fruits and 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 milk is less fat and is better for children. They
are going to serve Soy beverages, and tofu. Also

they are giving you a choice to decide what veggies +
fruits you want.

What I like least about the proposed changes is

that they reduced the gallons of milk they
give.

Thank you for reading my comments.

Sincerely,

Colleen Kullmann
WIC Participant

Riverside County, California

OCT 31 2006
Dear Friends at US Department of Agriculture,

p 7911

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

Thank you for adding fruits and 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/veggies, adding Soy products, adding whole grains, adding bread, lower fat milk

What I like least about the proposed changes is

I wish there was a voucher for baby food (rice cereal) without soy. Also, I like the amount of eggs & cheese.

Thank you for reading my comments.

Sincerely,

Stefani McCune

WIC Participant

Riverside County, California

OCT 31 2006

p 7912

Dear Friends at US Department of Agriculture,

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

Thank you for adding fruits and 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 The choice of grains, having cornmeal separate from cereal is great. fruits and veggies are great

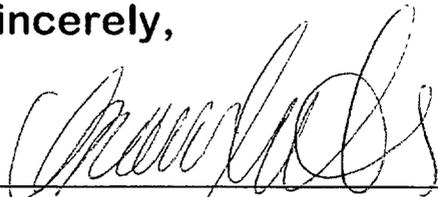
What I like least about the proposed changes is

is The amount of eggs and cheese, my 11 month old

loves eggs and cheese, I would hope that ~~we~~ we could divide these portions between two vouchers to avoid food going ~~bad~~.
example milk on separate vouchers.

Thank you for reading my comments.

Sincerely,



WIC Participant

Riverside County, California

OCT 31 2006

p 7913

Dear Friends at US Department of Agriculture,

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

Thank you for adding fruits and 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 fact that WIC is adding
\$600 worth of fruit and vegetables.

What I like least about the proposed changes is

I wish that WIC could keep the
amount of eggs the same

Thank you for reading my comments.

Sincerely,

Kathryn Byrdle
WIC Participant

Riverside County, California

OCT 8 1 2006

p 7914

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

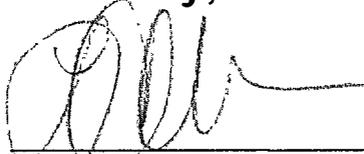
That you are adding fresh fruits + veggies
+ bread, beans

What I like least about the proposed changes is

The decrease in cheese

Thank you for reading my comments.

Sincerely,



WIC Participant

Riverside County, California

OCT 31 2015

p 7915

Dear Friends at US Department of Agriculture,

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

Thank you for adding fruits and 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 & veggies, some whole grains

What I like least about the proposed changes is

less cheese & eggs

Thank you for reading my comments.

Sincerely,

Kida Wilkey
WIC Participant

Riverside County, California

OCT 31 2006

p7916

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

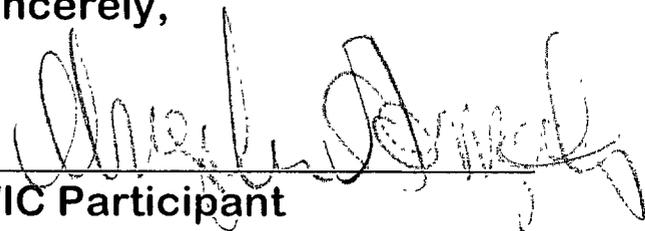
THE VEGGIES 2 THE WHEAT BREAD
3 TORTILLAS

What I like least about the proposed changes is

THE AMOUNT OF MONEY FOR VEGGIES
3 LESS JUICES

Thank you for reading my comments.

Sincerely,


WIC Participant

Riverside County, California

OCT 31 2006

p 7917

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

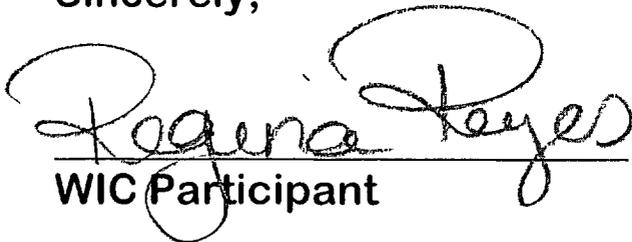
The fact that you added the whole wheat and the fruits & veggies.

What I like least about the proposed changes is

The \$ amount of Fruit & Veggie and the ~~low~~ low cheese.

Thank you for reading my comments.

Sincerely,


WIC Participant

Riverside County, California

OCT 31 2006

p 7918

Dear Friends at US Department of Agriculture,

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

Thank you for adding fruits and 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 vegetables.

What I like least about the proposed changes is

The dollar amount allowed for fruits and vegetables. Inflation should be taken into consideration.

Thank you for reading my comments.

Sincerely,



WIC Participant

Riverside County, California

OCT 31 2006

p 7918

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

The vegetables & (Bread) whole wheat
for kids are more healthy than cereal.
& Juices.

What I like least about the proposed changes is

Thank you for reading my comments.

Sincerely,

Rosario Meza

WIC Participant

Riverside County, California

OCT 31 2006

p7919

Dear Friends at US Department of Agriculture,

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

Thank you for adding fruits and 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 ~~was~~ different choices of food

_____.

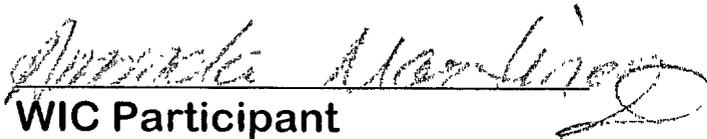
What I like least about the proposed changes is

less milk.

_____.

Thank you for reading my comments.

Sincerely,


WIC Participant

Riverside County, California

OCT 31 2006

p 7920

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

Soy beverage option & being able to choose between the whole grains & fruits & vegetables.

What I like least about the proposed changes is

Reduction of cheese & eggs.

Thank you for reading my comments.

Sincerely,



WIC Participant

Riverside County, California

OCT 31 2006

p 7921

Dear Friends at US Department of Agriculture,

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

Thank you for adding fruits and 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 will be getting healthier ~~also~~ Foods.
we will get less milk, that way my
vouchers ~~would~~ wouldn't exp.

What I like least about the proposed changes is

The only thing I don't like is
that they will give us less eggs
and chesse usually I wouldn't have to
~~buy~~ buy more at the store because of WIC,
Thank you for reading my comments.

Sincerely,

Claudia Dominguez
WIC Participant

Riverside County, California

OCT 31 2006

p 7922

Dear Friends at US Department of Agriculture,

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

Thank you for adding fruits and 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 & vegetables, that there will be bread, tortillas, oatmeal, I think these are better than all that juice.

What I like least about the proposed changes is

There will be less eggs & cheese, these are good sources for young children who are picky eaters

Thank you for reading my comments.

Sincerely,

Michelle Calderon

WIC Participant

Riverside County, California

OCT 31 2006

p 7923

Dear Friends at US Department of Agriculture,

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

Thank you for adding fruits and 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 more veggies & fruits,
alternatives for meat (tofu) & Breads

What I like least about the proposed changes is

Reduction of juice (can't understand why)
less milk

Thank you for reading my comments.

Sincerely,

Arra Lorigo
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

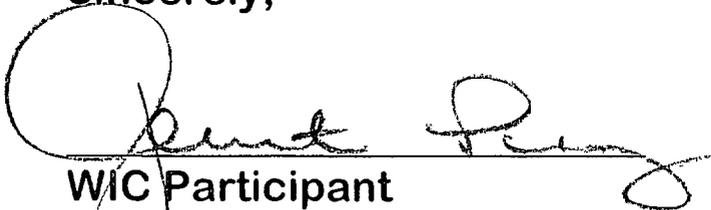
The fresh fruits and vegetables and more whole grains aiming for a healthier child.

What I like least about the proposed changes is

I'm all for the changes

Thank you for reading my comments.

Sincerely,



WIC Participant

Riverside County, California

OCT 31 2008

p 7925

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

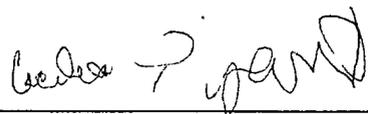
I think it's great that you also took culture and ethnicity into consideration for the new foods offered.

What I like least about the proposed changes is

white bread is not offered. And there is a lot of reductions.

Thank you for reading my comments.

Sincerely,



WIC Participant

Riverside County, California

OCT 31 2006

p 7926

Dear Friends at US Department of Agriculture,

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

Thank you for adding fruits and 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 fruits + veggies fresh veggies.

What I like least about the proposed changes is

less ^{whole} milk + eggs, + especially Cheese.
We love cheese.

Thank you for reading my comments.

Sincerely,

Laura Bussell mother
WIC Participant

Riverside County, California

OCT 31 2006

p 7927

Dear Friends at US Department of Agriculture,

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

Thank you for adding fruits and 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 fruit + fresh veggies.

What I like least about the proposed changes is

I like whole milk + cheese,

Thank you for reading my comments.

Sincerely,

Alhara Budseel (Child)
WIC Participant

Riverside County, California

OCT 31 2006

p 7928

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

What I like least about the proposed changes is

Thank you for reading my comments.

Sincerely,

WIC Participant

Riverside County, California

OCT 31 2006

p 7929

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

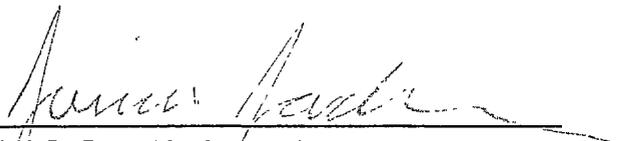
Getting more fruit & vegetables

What I like least about the proposed changes is

less milk & cheese

Thank you for reading my comments.

Sincerely,


WIC Participant

Riverside County, California

OCT 31 2006

p 7930

Dear Friends at US Department of Agriculture,

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

Thank you for adding fruits and 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 fruits and veggies

What I like least about the proposed changes is

is that there will be tofu and soy beverage

Thank you for reading my comments.

Sincerely,

Lina Moreno

WIC Participant

Riverside County, California

OCT 9 1 2006

p 7931

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

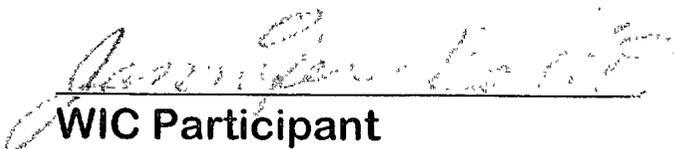
fruits and vegetables

What I like least about the proposed changes is

less cereal and less rice

Thank you for reading my comments.

Sincerely,


WIC Participant

Riverside County, California

OCT 31 2006

p 7932

Dear Friends at US Department of Agriculture,

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

Thank you for adding fruits and 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 & veggies, rather than leaving those

vitamins & nutrients available thru juice alone; the reduction

of high fat & cholesterol items; addition of whole grains
by way of bread.

What I like least about the proposed changes is

That it has taken so long to add fresh veggies

and fruits - our country has been steadily growing

larger and I believe an addition of more fresh veggies
and fruits, and less processed, will help.

Thank you for reading my comments.

Thank you for rethinking the guidelines - for our kids' health! ☺

Sincerely,


Lori H. Jacobs

WIC Participant

Riverside County, California

OCT 31 2006

p 7933

Dear Friends at US Department of Agriculture,

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

Thank you for adding fruits and 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

"eggs" I think kids need eggs as much as milk and fruit

Thank you for reading my comments.

Sincerely,

Vanessa Perry
WIC Participant

Riverside County, California

OCT 31 2006

p 7934

Dear Friends at US Department of Agriculture,

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

Thank you for adding fruits and 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~~ ^{the} fact that there will be tortillas involved.

And that ^{there} will ~~be~~ ^{be} choices for as bread and cheeses go. also that ~~my~~ my kids will be able to ^{have} fruits and veggies.

What I like least about the proposed changes is

no dislike. Change will be good for my kids.

Thank you for reading my comments.

Sincerely,


WIC Participant

Riverside County, California

OCT 31 2006

p 7935

Dear Friends at US Department of Agriculture,

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

Thank you for adding fruits and 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 to choose from
adding fresh fruits & vegetables.*

What I like least about the proposed changes is

none

Thank you for reading my comments.

Sincerely,

Abendling
WIC Participant

Riverside County, California

OCT 31 2006

p 7936

Dear Friends at US Department of Agriculture,

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

Thank you for adding fruits and 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 looks like a good idea and ~~adds~~
~~more~~ ~~use~~ ~~of~~ ~~good~~ ~~ideas~~ I like the more
variety of foods.

What I like least about the proposed changes is

There isn't really anything I see that
is unlikable. It looks like a good
change.

Thank you for reading my comments.

Sincerely,

Alphania Bartellan
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

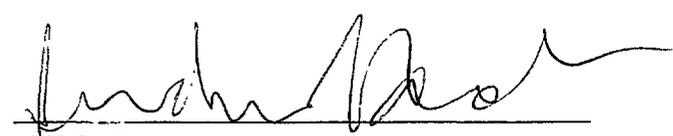
The variety of choices.

What I like least about the proposed changes is

I don't feel I would use some of the
proposed foods listed. I think the milk/cheese/
egg/cereal/juice should be one option and the other
you could pick if you used that stuff

Thank you for reading my comments.

Sincerely,



WIC Participant

Riverside County, California

OCT 31 2006

p 7938

Dear Friends at US Department of Agriculture,

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

Thank you for adding fruits and 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 ^{the} Tofu and the opportunity to eat
more healthy food.

What I like least about the proposed changes is

None

Thank you for reading my comments.

Sincerely,

Mad Kimmer
WIC Participant

Riverside County, California

OCT 31 2006

p 7939

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

The addition of fruit and veggies

What I like least about the proposed changes is

less juice

Thank you for reading my comments.

Sincerely,

Victoria Van Ravenswaay
WIC Participant

Riverside County, California

OCT 31 2006

p 7940

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

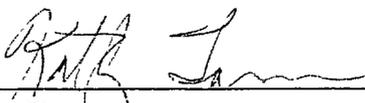
The addition of whole grain foods and
Fruit / Vegetables.

What I like least about the proposed changes is

∅

Thank you for reading my comments.

Sincerely,


WIC Participant

Riverside County, California

OCT 31 2006

p 7941

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

-? think its more healthier for our children, I also like the fact of choice of milk.

What I like least about the proposed changes is

there's nothing that I don't like, its nice to have that opportunity.

Thank you for reading my comments.

Sincerely,



WIC Participant

Riverside County, California

OCT 31 2006

p 7942

Dear Friends at US Department of Agriculture,

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

Thank you for adding fruits and 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 care wate we think.
and I think et's a grat ~~to~~ to Change et..

What I like least about the proposed changes is

nothing

Thank you for reading my comments.

Sincerely,

Kimberly Edwards.
WIC Participant

Riverside County, California

OCT 31 2006

p 7943

Dear Friends at US Department of Agriculture,

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

Thank you for adding fruits and 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 the new package has fruits and
vegetables.

What I like least about the proposed changes is

I don't like soy or Tofu so I think
they should offer something else if
they don't like a certain item.

Thank you for reading my comments.

Sincerely,

Crystal Schaul
WIC Participant

Riverside County, California

OCT 31 2006

p 7944

Dear Friends at US Department of Agriculture,

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

Thank you for adding fruits and 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 are providing other kind of foods
and the ~~is~~ quantity but the way it
was, was ok for me.

What I like least about the proposed changes is

How you decrease milk n juice

Thank you for reading my comments.

Sincerely,


WIC Participant

Riverside County, California

OCT 31 2006

p 7945

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

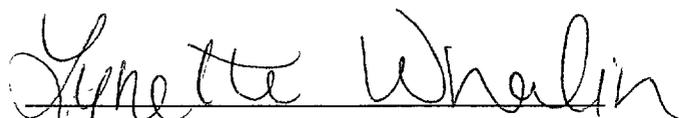
The fruit & veggies, bread and tortilla.

What I like least about the proposed changes is

nothing it's fine

Thank you for reading my comments.

Sincerely,


Yvette Whalin
WIC Participant

Riverside County, California

OCT 31 2006

p 7946

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

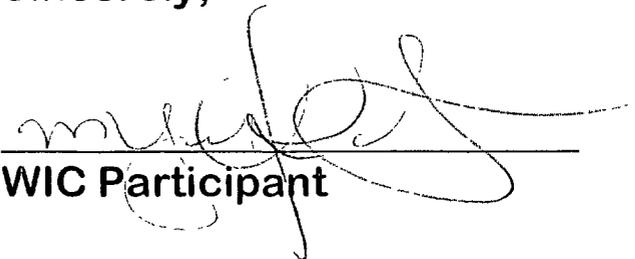
I like that you guys have more fruit
I have whole grain.

What I like least about the proposed changes is

~~nothing~~ NONE

Thank you for reading my comments.

Sincerely,



WIC Participant

Riverside County, California

OCT 31 2006

p 7947

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

Soy Beverage, Tofu, Brown rice

What I like least about the proposed changes is

fish canned, Juice

Thank you for reading my comments.

Sincerely,

Sung On

WIC Participant

Riverside County, California

OCT 31 2006

p 7948

Dear Friends at US Department of Agriculture,

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

Thank you for adding fruits and 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 are added on vouchers.

What I like least about the proposed changes is

my family drinks a lot of milk, in a month.

Thank you for reading my comments.

Sincerely,

Brooke C. Baron

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

what I like most about the propose is that we now get fruits and vegetable also have choice like corn tortillas and bread.

What I like least about the proposed changes is

I really don't have any least thoughts about proposed.

Thank you for reading my comments.

Sincerely,

Stacy Martinez
WIC Participant

Riverside County, California

OCT 31 2006

p 7950

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

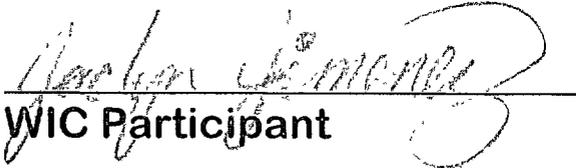
The fruit and vegetables and whole grains.
The fruits and vegetables should be 80% fresh.
Because fruit and vegetables are expensive.

What I like least about the proposed changes is

The USDA changes for Turkey. The current package should stay the same for the eggs and cheese. 2lb for cheese and 2 packages of eggs instead of 1 each.

Thank you for reading my comments.

Sincerely,


WIC Participant

Riverside County, California

OCT 31 2006

p 7951

Dear Friends at US Department of Agriculture,

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

Thank you for adding fruits and 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 the proposal is a good idea, more selection, more healthy items.

What I like least about the proposed changes is

I agree with everything - the only thing is that I'm not ~~so~~ fat person.

Thank you for reading my comments.

Sincerely,

Rosa A. Lopez
WIC Participant

Riverside County, California

OCT 31 2006

MOMENT BEGINS

p7952

Dear Friends at US Department of Agriculture,

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

Thank you for adding fruits and 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 there will be the fruit/veg.

What I like least about the proposed changes is

But US MOMS are use to give our children

what the WIC first had for us. And there

is a gap away for us women's mental health
problems.

Thank you for reading my comments.

Sincerely,



WIC Participant

Riverside County, California

OCT 31 2006

p 7953

Dear Friends at US Department of Agriculture,

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

Thank you for adding fruits and 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 you added fruits & veg.
the goal to whole grains

What I like least about the proposed changes is

that you want to reduce the amount
cheese & milk

Thank you for reading my comments.

Sincerely,

[Handwritten Signature]
WIC Participant

Riverside County, California

OCT 31 2006

p 7954

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

Do like the addition of fruits and
vegetables, and whole grains.

What I like least about the proposed changes is

The decrease in the amounts available.

Thank you for reading my comments.

Sincerely,

Cristina Garcia
WIC Participant

Riverside County, California

OCT 31 2006

p 7955

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

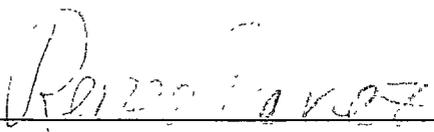
I like the whole food choices -
and I love the amount of
being able to get fruits and vegetables

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 7556

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

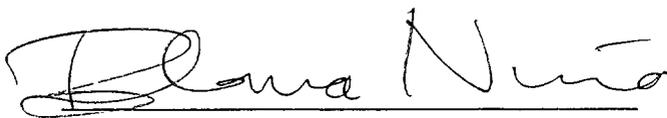
IS THAT THERE WILL BE VEGGIES
ADDED TO WIC WHICH IS MORE
HEALTHIER FOR MY KIDS.

What I like least about the proposed changes is

THEY SHOULD HAVE ~~HERE~~ ~~DIFF~~ MORE
VARIETY ON THE JUICES AND ADD
MORE VEGGIES AND BREAD TOO.

Thank you for reading my comments.

Sincerely,



WIC Participant

Riverside County, California

OCT 31 2006

p 7957

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

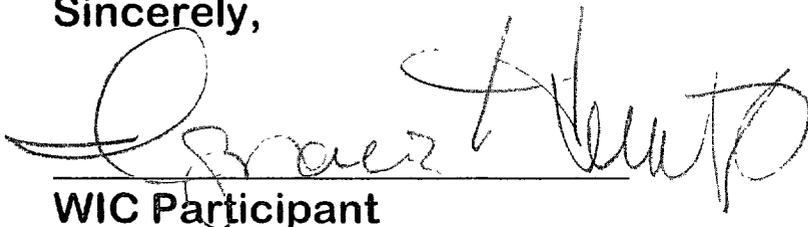
adding fruits & veggies & whole grains,
also letting PPT know that at age 2 they
need to get only low fat milk or nonfat.

What I like least about the proposed changes is

giving less or the cheese

Thank you for reading my comments.

Sincerely,



WIC Participant

Riverside County, California

OCT 31 2006

p 7958

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

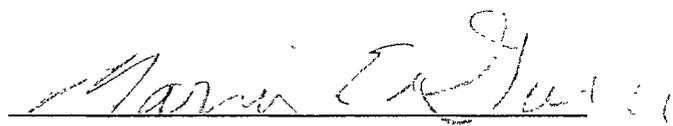
what I like the most is the addition of
fruits and veg. because I can't buy
them at home. I like because

What I like least about the proposed changes is

that I like to buy fresh produce
at home but I can't buy it at home.

Thank you for reading my comments.

Sincerely,



WIC Participant

Riverside County, California

OCT 31 2008

p7959

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

Inclusion of Fruits & vegetables, canned beans, &

whole grain tortillas/bread/past meal.

What I like least about the proposed changes is

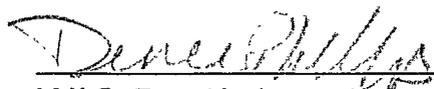
reduction of milk & restriction of whole milk.

Reduction of eggs & cheese & juice. Only ~~able~~ able to

get whole grain cereals

Thank you for reading my comments.

Sincerely,



WIC Participant

Riverside County, California

OCT 31 2006

p 7960

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

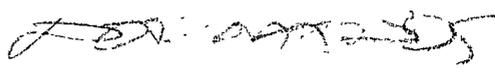
It seems healthier and the variety of options is a welcome change, especially the fruits & vegetables and canned beans & fish alternatives.

What I like least about the proposed changes is

the reduction of cheese and juice. there should be alternatives to juices.

Thank you for reading my comments.

Sincerely,



WIC Participant

Riverside County, California

OCT 31 2006

p 7961

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

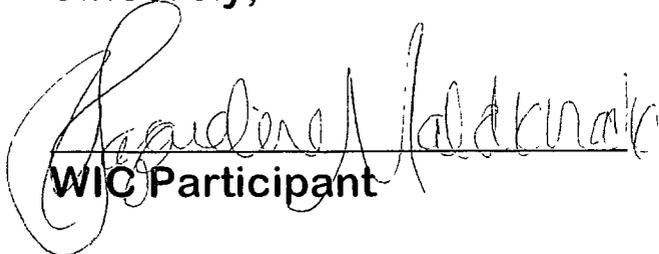
the fruit, vegetables
and bread.

What I like least about the proposed changes is

less milk and not alot
of fruit/vegetables.

Thank you for reading my comments.

Sincerely,


WIC Participant

Riverside County, California

OCT 31 2006

p 7962

Dear Friends at US Department of Agriculture,

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

Thank you for adding fruits and 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 IS MORE WHEAT & GRAINS, AND
FRUITS & VEGGIES ADDED, THE LOWER
IN FAT CONTENT FOR MILK & CHEESE.
HEALTHIER FOODS,

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 7963

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

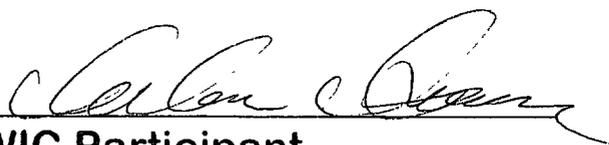
Adding the Veggies to the proposal
and wheat grains

What I like least about the proposed changes is

Your Decreasment on the Dairy Milk.
and Juice.

Thank you for reading my comments.

Sincerely,


WIC Participant

Riverside County, California

OCT 31 2006

p 7964

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

Everything!

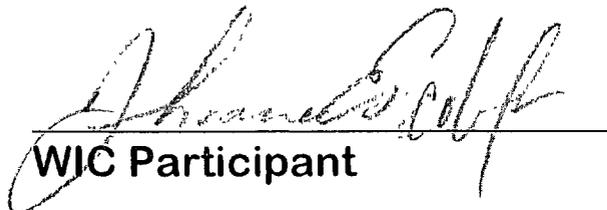
It's healthier; more grains, less sugars

What I like least about the proposed changes is

It's all okay

Thank you for reading my comments.

Sincerely,


WIC Participant

Riverside County, California

OCT 31 2006

p 7965

Dear Friends at US Department of Agriculture,

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

Thank you for adding fruits and 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 proposal is more healthier for ~~the~~ us and our children.

What I like least about the proposed changes is

That they are reducing the ~~amount~~ amount ~~of~~ ~~beans~~ ~~tea~~.

Thank you for reading my comments.

Sincerely,

Reisi Mendez
WIC Participant

Riverside County, California

OCT 31 2006

p 7966

Dear Friends at US Department of Agriculture,

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

Thank you for adding fruits and 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 fruits & leggies were added and

I like that whole grain were added.

What I like least about the proposed changes is

That there's less milk.

Thank you for reading my comments.

Sincerely,

Hannah Cannon

WIC Participant

Riverside County, California

OCT 31 2006

p 7967

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

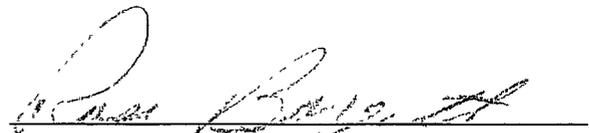
getting fruits & veggies

What I like least about the proposed changes is

getting 2% milk instead of whole milk

Thank you for reading my comments.

Sincerely,


WIC Participant

Riverside County, California

OCT 31 2006

p 7968

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

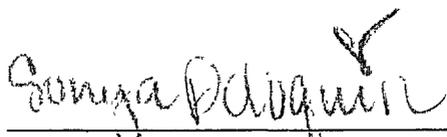
The variety. Its true a lot of mothers/parents fill up their children w/liquids as opposed to food!

What I like least about the proposed changes is

~~It~~ Its all good! @P

Thank you for reading my comments.

Sincerely,



WIC Participant

Riverside County, California

NOV 03 2006

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is that there are more fruits and veg in the program

What I like least about the proposed changes is nothing

Thank you for reading my comments.

Sincerely,

[Handwritten Signature]

WIC Participant

p 7970

NOV 02 2006

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is the addition of fruits & vegetables.

What I like least about the proposed changes is the removal of 1 dozen eggs & removing the parent's choice regarding which kind of milk to purchase.

Thank you for reading my comments.

Sincerely,

Paula Mitchell
WIC Participant

19 Sept 06
Date

p 7971

NOV 22 2006

Dear Friends at US Department of
Agriculture,

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

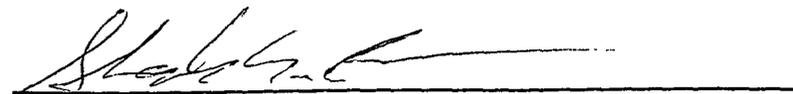
Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.

What I like most about the proposed
changes is the introduction of fruits,
vegetables, and whole grain products.

What I like least about the proposed
changes is none that I am aware of.

Thank you for reading my comments.

Sincerely,



WIC Participant

9/22/06

Date

p 7972

NOV 02 2006

Dear Friends at US Department of
Agriculture,

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

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

What I like most about the proposed
changes is More options

What I like least about the proposed
changes is less milk

Thank you for reading my comments.

Sincerely,

Joshua Adams
WIC Participant

9.26.06
Date

p7973

NOV 02 2000

Dear Friends at US Department of
Agriculture,

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

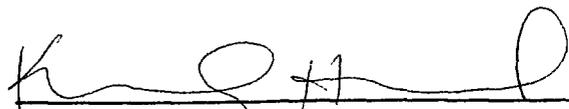
Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.

What I like most about the proposed
changes is more variety, healthier choices
_____.

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

Thank you for reading my comments.

Sincerely,



WIC Participant

9-26-00
Date

p 7974

NOV 6 2006

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is more green vegetables & grains
I tend to run out of bread and fruit.

What I like least about the proposed changes is I think it's a good nutrition
change. me and two of my sons are low on iron
and need more than usual.

Thank you for reading my comments.

Sincerely,

Happy Mcfamily

Thank you

Jennie Sanson
WIC Participant

☺
9-25-06
Date

p 7975

NOV 03 2007

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

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

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

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

Frutas Frescas y Verduras

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

es menos Leche

Gracias por leer mis comentarios.

Atentamente,

Martin Corona

Participante de WIC

p 7976

NOV 2 2006

Dear Friends at US Department of
Agriculture,

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

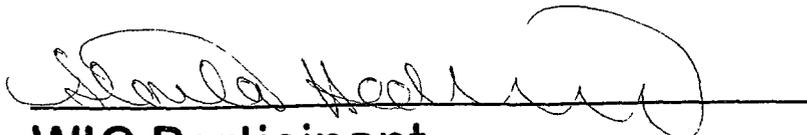
Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.

What I like most about the proposed
changes is The whole grain option...
~~_____~~

What I like least about the proposed
changes is The decrease in eggs,
cheese, & milk.

Thank you for reading my comments.

Sincerely,


WIC Participant

9/25/06
Date

Dear Friends at US Department of Agriculture,

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

Thank you for adding fruits and 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 and whole wheat.

What I like least about the proposed changes is decrease in milk, eggs, and cheese.

Thank you for reading my comments.

Sincerely,

Jennifer M Larson
WIC Participant

9/27/06
Date

p 7978

NOV 6 2000

Dear Friends at US Department of
Agriculture,

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

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

What I like most about the proposed
changes is that you're offering more healthy
products that is necessary for good nutrition

What I like least about the proposed
changes is it took so long to change

Thank you for reading my comments.

Sincerely,

Maria Garcia
WIC Participant

9-27-00
Date

p 7979

NOV 6

Dear Friends at US Department of
Agriculture,

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

Thank you for adding fruits and 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 vegetables
different varieties.

What I like least about the proposed
changes is Nothing.

Thank you for reading my comments.

Sincerely,

Christina Welton

WIC Participant

9-27-06

Date

OCT 31 2006

p 7980

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

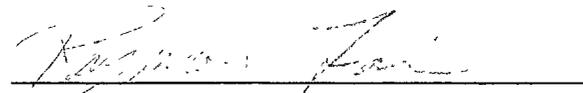
The breads and fruits

What I like least about the proposed changes is

The amount of milk eggs cheese and
juice

Thank you for reading my comments.

Sincerely,



WIC Participant

Riverside County, California

OCT 31 2006

p 7981

Dear Friends at US Department of Agriculture,

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

Thank you for adding fruits and 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 grains

What I like least about the proposed changes is

The ~~meats~~ cheese and gas.

Thank you for reading my comments.

Sincerely,

Wanda Lewis
WIC Participant

Riverside County, California

OCT 31 2006

p 7982

Dear Friends at US Department of Agriculture,

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

Thank you for adding fruits and 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 more organic vegetables &
fruits.

What I like least about the proposed changes is

I don't like that they
are reducing the eggs
and cheese.

Thank you for reading my comments.

Sincerely,

Jessica Rodriguez
WIC Participant

Riverside County, California

OCT 31 2006

p 7983

Dear Friends at US Department of Agriculture,

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

Thank you for adding fruits and 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'll be less fat for some kids

What I like least about the proposed changes is

that it's too hard to get some things

too hard

Thank you for reading my comments.

Sincerely,

WIC Participant

Riverside County, California

OCT 31 2006

p 7984

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

fruit and vegetable also beans.

_____.

What I like least about the proposed changes is

_____.

Thank you for reading my comments.

Sincerely,

Brenda Cozney
WIC Participant

Riverside County, California

OCT 31 2006
Dear Friends at US Department of Agriculture,

p 7985

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

Thank you for adding fruits and 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's nice that you have added
a little bit more stuff.

What I like least about the proposed changes is

Don't like the things that you
say and add & say ever things.
You guys have it soon on

Thank you for reading my comments.

and don't like that you guys
take off eggs and milk

Sincerely,

WIC Participant

Riverside County, California

OCT 31 2006

Dear Friends at US Department of Agriculture,

p 7986

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

Thank you for adding fruits and 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're adding fruits & vegetables which is good for your health.

What I like least about the proposed changes is

that they're giving less milk and less juice. That's also good for kids.

Thank you for reading my comments.

Sincerely,

Denise Lopez
WIC Participant

Riverside County, California

OCT 31 2006

p 7987

Dear Friends at US Department of Agriculture,

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

Thank you for adding fruits and 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 added tortillas, fruits, in some cases

you added tuna.

What I like least about the proposed changes is

that you took more good stuff

out and that you lower the

amounts of each things.

Thank you for reading my comments.

Sincerely,

Miguel Moran

WIC Participant

Riverside County, California

OCT 31 2006

p 7988

Dear Friends at US Department of Agriculture,

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

Thank you for adding fruits and 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 that they are adding vegetables & fruits

and more grains. Our children do need more fruits & vegetables

to grow healthier.

What I like least about the proposed changes is

I am not happy that they are reducing the amount of

milk and cheese. I think children need as much milk

that they are provided.

Thank you for reading my comments.

Sincerely,

Marcela Flores

WIC Participant

Riverside County, California

OCT 31 2006

p 7989

Dear Friends at US Department of Agriculture,

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

Thank you for adding fruits and 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~~ vegies and fruits
are going to get.

What I like least about the proposed changes is

That we are going to get less vegs and the
change of the milk

Thank you for reading my comments.

Sincerely,


WIC Participant

Riverside County, California

OCT 31 2006

p 7990

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

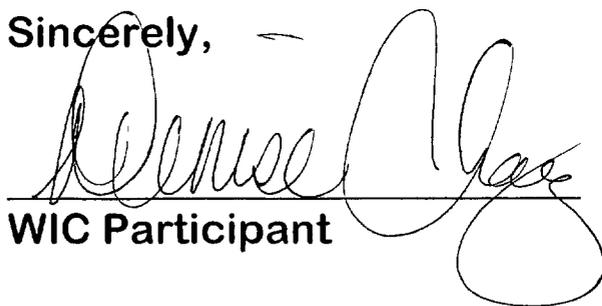
Fruits & vegetables & tortillas

What I like least about the proposed changes is

Nothing. Everything seems good

Thank you for reading my comments.

Sincerely,



WIC Participant

Riverside County, California

OCT 31 2006

p 7991

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

Change is good + fruits & veggies
are always needed - less juice less
sugar better health drink more water

What I like least about the proposed changes is

Thank you for reading my comments.

Sincerely,

Eta Bartelet

WIC Participant

Riverside County, California

OCT 31 2006

p 7992

Dear Friends at US Department of Agriculture,

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

Thank you for adding fruits and 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
and I like whole grains

What I like least about the proposed changes is

none

Thank you for reading my comments.

Sincerely,


WIC Participant

Riverside County, California

OCT 31 2006

p 7993

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

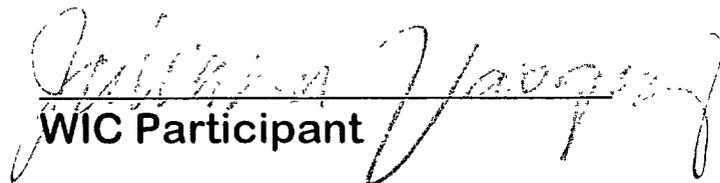
Diets rich in fruits & veg
fruits

What I like least about the proposed changes is

less milk, less eggs

Thank you for reading my comments.

Sincerely,


WIC Participant

Riverside County, California

OCT 31 2006

p 7994

Dear Friends at US Department of Agriculture,

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

Thank you for adding fruits and 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 has more grain cereal / and

It has fruit and vegetables. wheat

wheat bread / tortillas

What I like least about the proposed changes is

LESS juice / and milk.

Thank you for reading my comments.

Sincerely,

Ch. Owens - Gray - Ferguson
WIC Participant

Riverside County, California

OCT 31 2006

p 7995

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

Incl breastfeeding women get
more fruits & vegetables and
more whole grains.

What I like least about the proposed changes is

you get less milk &
your choice in percentage
of fat goes down.

Thank you for reading my comments.

Sincerely,

Valerie Busarin
WIC Participant

Riverside County, California

OCT 31 2006

p 7996

Dear Friends at US Department of Agriculture,

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

Thank you for adding fruits and 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 vegetables and the whole grain products.

What I like least about the proposed changes is

that if you have to take away some products that are good for the kids.

Thank you for reading my comments.

Sincerely,

WIC Participant

Riverside County, California

OCT 31 2006

p 7997

Dear Friends at US Department of Agriculture,

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

Thank you for adding fruits and 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's more nutritious. That were getting
on there's a veggie and bread and fruit.

What I like least about the proposed changes is

I don't have any problem about
the changes.

Thank you for reading my comments.

Sincerely,

Leopoldo
WIC Participant

Riverside County, California

OCT 31 2006

p 7998

Dear Friends at US Department of Agriculture,

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

Thank you for adding fruits and 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 that we will be getting as well as adding fruits & vegetables.

What I like least about the proposed changes is

We won't have the option of what we want milk since we have a choice of what kind of milk we want; the change takes that away.
Thank you for reading my comments.

Sincerely,

Michelle Williams
WIC Participant

Riverside County, California

OCT 31 2006

p7999

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

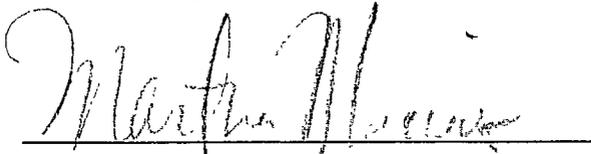
I like that there is veggies
in the wic now.

What I like least about the proposed changes is

Low Fat Milk

Thank you for reading my comments.

Sincerely,



WIC Participant

Riverside County, California