
GP-4312

From Megan McDonough [mcdonough.megan@gmail.com]
Sent Sunday, October 29, 2006 8:52 PM
To: WICHQ-SFPD
Subject: Docket ID Number 0584-AD77, WIC Food Packages Rule

Dear USDA,

As a young mother who has struggled through poverty and is now self-sufficient, I urge you to improve the WIC program's food offerings. My family greatly appreciated the cheese and milk we received from milk - it made a great difference in our budget. It stretched our foodstamps when we had them, and continued to provide assistance when we began to buy our own groceries. But, it always made me wonder why there were not more healthy options in the WIC program.

Please add more fruit, vegetable and whole grain items to the WIC program.

Thank you,

Megan

GP-4313

From: Rebekah [babycatcher98@wiktel.com]
Sent: Sunday, October 29, 2006 8:05 PM
To: WICHQ-SFPD
Subject: Docket ID #0584AD77, WIC Food Package Rule

Please pass this new proposal, as I feel it will greatly encourage more mothers to breastfeed, for longer. Thus leading to healthier babies, toddlers, & children & reducing the medical bills all around.

Sincerely,
Rebekah

GP-4314

From Caleb J Kelly [Caleb.Kelly@tufts.edu]
Sent Sunday, October 29, 2006 12:14 PM
To WICHQ-SFPD
Subject Docket ID #0584-AD77, WIC Food Packages Rule

Hello,

I am writing in support of the proposed revisions to the WIC food package. I am currently a nutrition student completing my dietetic internship in the Boston area. Having recently completed a rotation at a local WIC program and I feel strongly that if approved, the proposed changes will have a tremendous benefit to local families and our nation. I urge you to put the health of mothers and children above any special interests or short term economic considerations. Thank you for considering my opinion.

Sincerely,

Caleb Kelly

GP-4316

From Sylvia Britt-Raven [sbritt-raven@womenhiv.org]

Sent: Monday, October 30, 2006 12:11 PM

To WICHQ-SFPD

Subject wic changes

Both my daughters either receive wic or have received it in the past
My oldest daughter is on wic right now and pregnant. Most of the items she receives are
not what she needs. She needs fruit and vegetables. Although wic does help a lot it can be
more beneficial to pregnant women and children if fruit and vegetables were part of the
shopping list for wic participants. Your consideration on this matter is greatly needed.
Thank you

GP-4317

From: Alejandra Cano [acano@womenhiv.org]
Sent: Monday, October 30, 2006 3:24 PM
To: WICHQ-SFPD
Subject: WIC food package feedback

I would like to advocate for women who are HIV positive and they are not breastfeeding their babies as preventing measure to not pass on HIV to their babies.

They need as many incentives as the breastfeeding mothers and help to provide a nutritious and healthy diet for her babies
Many HIV positive women are not comfortable disclosing their status openly and they might not get the incentives they need too. In fact I heard from a woman that she felt stigmatized with front line WIC intake staff when she was trying to get more power milk since the staff person was putting pressure for her to breastfeed asking her questions why she wasn't doing it

Just keep that in mind

Thanks for the opportunity to give feedback Best wishes

--

Alejandra Cano
FCN Consumer Input Coordinator
Lotus Spanish Trainer

WORLD
414 - 13th Street, 2nd Floor
Oakland, CA
94612 USA

510-986-0341 (fax)
510-986-0340 ext 312

GP-4318

From anne haffey@bcsemail.org

Sent: Monday, October 30, 2006 6:43 AM

To: WICHQ-SFPD

Subject: Docket ID Number 0584-AD77, WIC Food Packages Rule”

I am asking for one amendment. to replace jarred infant food with fruits and vegetables I am a public school teacher from Asheville, NC and know many students parents who have benefited in the past and will continue to benefit from WIC

Thank you,

Anne Haffey

Buncombe County Schools

Candler, NC

GP-4319

From: Carolyn Donohoe Mather [cdonohoe-mather@co sutter ca us]
Sent Monday, October 30, 2006 7 22 PM
To WICHQ-SFPD
Subject: ?Docket ID Number 0584-AD77, WIC Food Packages Rule,?

Patricia N Daniels
Director, Supplemental Food Programs Division Food and Nutrition Service USDA
3101 Park Center Drive
Room 528
Alexandria, VA 22302

“Docket ID Number 0584-AD77, WIC Food Packages Rule,”

Dear Ms. Daniels:

Thank you for taking our comments on the proposed WIC food package!

We are so happy that the proposed changes add fruits and vegetables, whole grain cereals and other whole grains, soy milk, tofu and canned beans. These foods will give our WIC participants more choices and will help to meet more of their nutrient needs. These additions will also allow WIC to better meet the needs of its culturally diverse population.

The revised food packages will help our nation’s families to establish healthy eating habits – a key to preventing obesity, diabetes and heart disease.

I support the NWA positions on the USDA proposal to revise the WIC food package and urge USDA to finalize the rule with revisions as suggested by NWA as soon as possible.

Carolyn Donohoe Mather
5513 Freeman Circle
Rocklin, CA 95677

GP-4320

From: WebMaster@fns.usda.gov
Sent: Monday, October 30, 2006 2:02 PM
To: WICHQ-SFPD
Subject: RevisionstoWICFoodPackages-Proposed Rule

NAME Pam Milmoe
EMAIL: pmilmoe@earthlink.net
CITY: Boulder
STATE: CO
ORGANIZATION:
CATEGORY: GeneralPublic
OtherCategory
Date: October 30, 2006
Time: 02:02:18 PM

COMMENTS:

I am very much in favor of the proposed changes to the WIC food packages. As USDA indicates, children need fresh fruits and vegetables. Fruit juices containing 10% juice and 90% sugar are not healthy choices. A growing number of children are lactose intolerant and need soy, oat, and rice milk alternatives. Thanks for taking a stand for children's health with the new rules!

GP-4321

From: WebMaster@fns.usda.gov
Sent: Monday, October 30, 2006 1:14 PM
To: WICHQ-SFPD
Subject: Revisions to WIC Food Packages - Proposed Rule

NAME: Brenda Montanye
EMAIL: montanye@localnet.com
CITY: Caneadea
STATE: NY
ORGANIZATION: Valley PreSchool, Houghton, NY
CATEGORY: Other
OtherCategory: Pre-School teacher, mother, grandmother, previous WIC recipient, foster parent
Date: October 30, 2006
Time: 01:13:37 PM

COMMENTS

I am thrilled to read the proposed changes. For the last 25 years I have been involved, directly or indirectly, with WIC. As a parent, I appreciated the extra food for myself and my children. As a foster parent, I saw directly how WIC influenced the nutrition of my foster children. However, when the parents of the children were the ones picking up the food, I saw that this would likely be the only reasonably healthy food the household would have. Real fruit and vegetables tended to be scarce, whole grains were non-existent, and mothers appeared to be encouraged to formula feed by the sheer abundance of formula. As a nursing mom I knew first hand the unique bond that is formed with breastfeeding (the kind of good parenting parents of my foster children needed to develop) as well as the pleasure of providing perfect food to the infant. Giving more (healthy food, support, encouragement) to a breastfeeding mother pays huge dividends. On a daily basis I see the effect good nutrition, that that includes fruits, vegetables, and whole grains, has on young children. Energy, attention, behavior, and learning all are directly impacted with young children. I can tell which kids live on sugary cereals and processed foods and which have nutritious food available (actually, I can tell with adults also!). Americans (in my opinion) are in the midst of a health crisis. We have no real concept of healthy living, and how to enjoy living healthfully. WIC has an opportunity to introduce healthy eating habits that will impact Americans throughout their lives. I encourage the adoption of improved food packages.

(sorry for the rambling nature of this note. I am rarely on a speedy computer connection and am trying to think and write quickly. Good nutrition is a subject near to my heart.)

GP-4322

From: WebMaster@fns.usda.gov
Sent: Monday, October 30, 2006 7:08 PM
To: WICHQ-SFPD
Subject: RevisionstoWICFoodPackages-Proposed Rule

NAME: Tanya Smith
EMAIL: engtan19@evergreen.edu
CITY: Olympia
STATE: Washington
ORGANIZATION:
CATEGORY: Other
OtherCategory: student
Date: October 30, 2006
Time: 07:08 21 PM

COMMENTS

I fully support the WIC program and believe that it should include fresh fruits and vegetables from local farmer's and cooperatives. I trust that the USDA will make changes that reflect their desire to encourage healthy and local eating by supporting women and children's rights to wholesome and sustainably grown food. By stipulating a set amount to be spent specifically on these food items the USDA can insure lower health costs to the general public and support healthy living * Thank you so much for taking the time to read this I trust that the USDA will make the ethical and sustainable choice

GP-4323

From: Amy Wasserman [amy@cutnpaced.com]
Sent: Monday, October 30, 2006 10:54 AM
To: WICHQ-SFPD
Cc: ndep@external.umass.edu
Subject: Docket ID Number 0584-AD77, WIC Food Packages Rule

the WIC problem needs some major changes as far as nutrition is concerned we used WIC vouchers prior to adopting our foster daughter i was amazed that the program did NOT promote fresh fruits and veggies except during the summer when we got a couple of vouchers to use at our farmers market in addition, our family does not use dairy products. soy products cost a LOT more and are not covered.

and, the soy milk that the government does pay for (i know this because she is in head start) contains sugar. SUGAR????? where's the nutrition there? the only products we were able to use were the cereals, peanut butter and the orange juice but our daughter prefers other juices and most of the time she drinks water many times we would mix up the OJ and it would go to waste

you really need to educate the public about whole grains and fresh fruits and veggies education can start with the vouchers. why no vouchers for WHOLE GRAIN breads or cereals? many of the cereals that the vouchers cover contain large amounts of sugar. we also did not get vouchers for beans which are an excellent source of vitamins, minerals, fiber and protein many kids are allergic to peanuts so, peanut butter vouchers are rather pathetic as well

thank you,

--
amy l wasserman
collage illustration
6 country lane
pelham, ma 01002
voice 413-253-4664
fax 413-253-7667
[http //www cutnpaced com/](http://www.cutnpaced.com/)

"no one can make you feel inferior without your consent" - eleanor roosevelt

GP-4350

From: WebMaster@fns.usda.gov
Sent: Monday, October 30, 2006 12:56 PM
To: WICHQ-SFPD
Subject: Revisions to WIC Food Packages-Proposed Rule

NAME: Robert Wilson
EMAIL: rwilson@uidaho.edu
CITY: Sandpoint
STATE: ID
ORGANIZATION: University of Idaho
CATEGORY: Other
OtherCategory: University Extension Faculty
Date: October 30, 2006
Time: 12:56:22 PM

COMMENTS.

I am very in favor of the proposed rule changes that will encourage children to eat more fresh fruits and vegetables by providing WIC support of farmer's market purchases. Healthy eating practices begin at a very young age and the WIC program shouldn't be a barrier to establishing healthy habits in low-income families. A side benefit of money going to purchase fresh, locally-grown produce is that it also supports small-scale sustainable agriculture in the US. The USDA already supports sustainable agriculture through the SARE program, and changes to the WIC program will lower barriers that currently exist that prevent people from using WIC dollars to purchase produce at farmer's markets.

From Claribel Fernandez [clar17@hotmail.com]

Sent: Tuesday, October 31, 2006 10:28 PM

To: WICHQ-SFPD

Subject: "Docket ID Number 0584-AD77, WIC Food Packages Rule"

Hi! My name is Claribel Ojeda and I am currently a dietetic intern at IUPUI (Indiana University Purdue University Indianapolis) I live in Columbus, Indiana I am writing in response to my opinion on the proposed changes for food offered in the WIC program With regard to the reduced milk allowance, I agree that it would be a good idea since whole and 2% milk are leading sources of total and saturated fat in children's diets But 1% and fat-free milk can be used in place of these other types of milk in order to get the nutritional benefits. I agree with reducing the amount of cheese in order to reduce fat intake Reduced fat cheeses can be used instead I do not agree with the USDA's decision to have no yogurt substitution in food packages due to the high cost. Yogurt is a great way to include nutrients such as calcium and Vit D for women and children that might be lactose intolerant or may not like milk too much It has great nutritional benefits With regard to the USDA allowing soy beverages as a milk substitute, I do not see a problem with that decision Soymilk's nutritional quality is similar to cow's milk since it is rich in calcium and contains important nutrients like vitamin A, vitamin D, vitamin B6, and vitamin B12 The FDA has stated that diets low in saturated fat and cholesterol that include 25 grams of soy protein a day may reduce the risk of heart disease. Of course, since there are many women and children who might not like the taste of soymilk, then lactose-reduced milk can be used instead. I agree that tofu is not nutritionally equivalent to milk, even though it contains many nutritious benefits found in milk But tofu can be included as part of a healthy diet due to its soy benefits I just don't think that calcium-set tofu should be an exact equivalent to milk since a person would have to eat lots of tofu in order for it to be equal to one cup of milk or soymilk Thank you for allowing me to share my comments!

GP-4352

From: Caroline Friduss [cfriduss@gmail.com]
Sent: Tuesday, October 31, 2006 2:15 PM
To: WICHQ-SFPD
Subject: Docket ID Number 0584-AD77, WIC Food Packages Rule

I am very supportive of the new proposal, especially the dairy issue. The dairy requirement of calcium and other nutrients are being met with milk and other milk products in a less fattening way. I also think it's great that whole grains, fruits and vegetables will be available for the recipients. These foods are all very important for the health of women and children.

Caroline Friduss
IUPUI, Dietetic Intern
Indianapolis, IN

GP-4353

From Elizabeth A Higgins [hignik@comcast.net]
Sent Tuesday, October 31, 2006 9:49 PM
To WICHQ-SFPD
Subject "Docket ID Number 0584-AD77, WIC Food Packages Rule"

To Whom it may concern.

I don't really know what the "docket ID" is but I thought it said to include it

I was once a WIC recipient, years ago. Now I am a licensed family childcare provider in Florence, MA. I serve families who are WIC clients now, and I cannot stress enough how important it is for these families to have healthy foods to eat. WIC is in a position to educate people about eating well, eating fruits and vegetables, whole grains, etc. and WIC is in a position to help make that possible. Please, make it happen for the sake of the children who are our future.

Thanks

Elizabeth Higgins
109 Straw Ave.
Florence, MA 01062-1425

GP-4354

From Johnson, Mary [Mary.Johnson@sncos.us]
Sent: Tuesday, October 31, 2006 5:50 PM
To: WICHQ-SFPD
Subject: Docket ID Number 0584-AD77, WIC package Rule

I'm voting yes on the new food package

GP-4355

From Klenck, Amber Nichole [aklenck@indiana.edu]
Sent Tuesday, October 31, 2006 3:24 PM
To: WICHQ-SFPD
Subject: Docket ID Number 0584-AD77, WIC Food Packages Rule

I believe the decision to substitute soy alternatives in place of milk products for the client with lactose maldigestion compromises the success of the new proposed WIC packages. Yogurt seems to be a more widely acceptable choice among the given population.

Dietetic Intern
Indianapolis, IN

GP-4356

From: Donna Bundrick [donna bundrick@rawl net]
Sent: Tuesday, October 31, 2006 12 56 PM
To: WICHQ-SFPD
Cc: abezon@unitedfresh.org, 'Ashley Rawl'
Subject: Docket ID number 0584-AD77, WIC Food Packages Rule

Dear Sirs,

I strongly support changing the WIC Food Packaging to include ALL fruits and vegetables

This is a huge opportunity to increase WIC Moms and Kid's consumption of fruits and vegetables to improve their health. This change in WIC will translate in \$500 million in new produce sales per year.

Sincerely,

Donna Bundrick Griffin
Coordinator
Marketing and Promotions
Walter P. Rawl & Sons, Inc
824 Fairview Rd.
Pelion, SC 29123
Phone: 803-894-1900, Ext 120
Fax: 803-894-1945
Email: donna bundrick@rawl net

GP-4357

From BRUCE CAPRIO [ccaprio22@verizon.net]

Sent Tuesday, October 31, 2006 7 21 PM

To: WICHQ-SFPD

Subject: "Docket ID Number 0584- AD77, WIC Food Packages Rule,"

As an active student of Boston University with the aspiration of becoming a dietician, I am recommending that the WIC Food Packages Revisions be approved! This is crucial in improving the overall health of our nation! When women are educated on healthy eating patterns and practice those habits, they become the most important leader in instilling those values in America's children. The original food package does not offer enough variety and can become discouraging for women wanting to participate in the program but realizing that it does not offer what they need. The new revisions must be approved!! Thank you for your time.

Crysta Caprio

GP-4358

From: brockmanjs@aol.com
Sent: Tuesday, October 31, 2006 4:21 PM
To: WICHQ-SFPD
Cc: brockmanjs@aol.com
Subject: Docket ID Number 0584-AD77, WIC Food Packages Rule

Dear Ms Daniels,

I urge you to move to the newly recommended changes that will bring better diets for the recipients of WIC. I was blessed to be given a healthy diet as a youngster. I believe all children have a right to the same.

Sincerely,

John M. Brockman

Sincerely,

John M. Brockman
82 E Colony Acres Dr.
Brazil, IN 47834

GP-4359

From WebMaster@fns.usda.gov
Sent: Wednesday, November 01, 2006 8:38 PM
To: WICHQ-SFPD
Subject: Revisions to WIC Food Packages - Proposed Rule

NAME: Barbara A Baldwin
EMAIL: baldwinpaints@hotmail.com
CITY: Emerson
STATE: NE
ORGANIZATION:
CATEGORY: Other
OtherCategory: teacher
Date: November 01, 2006
Time: 08:38:16 PM

COMMENTS

As a member of the teaching profession I witness everyday the terrible eating habits, obesity and health issues of our young children and young adults. In addition I believe there is a direct correlation between increase in such things as ADHD, allergies, asthma, etc. due to the additives/chemicals being consumed by our children from a very early age. If you expand this program to include fruits & vegetables perhaps more of our youth would avoid some of the above mentioned health concerns by learning to eat more healthy foods and less "fast food". I know having been a parent of young children at one time that these, fresh fruits and vegetables, can be expensive to add to the grocery list but I feel it is so necessary. Please seriously consider adding these foods to your acceptable list of products covered by the WIC program. Sincerely, Barbara A Baldwin

GP-4360

From: Sumner Brooks [sumner_brooks@yahoo.com]
Sent: Wednesday, November 01, 2006 10:56 PM
To: WICHQ-SFPD
Subject: Docket ID Number 0584-AD77, WIC Food Packages Rule

I am a graduate student in the UCLA School of Public Health, writing to provide my personal support of the proposed rules that would implement changes to the current WIC food packages. The packages have not been updated since the initiation of WIC over 30 years ago. As reflected in the recommendations by the Institute of Medicine, the changes to make sure that WIC foods are consistent with the 2005 Dietary Guidelines and the infant feeding practice guidelines of the American Academy of Pediatrics, are largely overdue and extremely necessary.

As an undergraduate student at San Diego State University, I studied nutrition and had the opportunity to spend a semester volunteering in a WIC clinic. The classes taught at WIC encourage increased consumption of fruits and vegetables and decreased consumption of saturated fats. These are only two of the major improvements that will be made to the diets of WIC clients when the proposed rules of change are implemented.

I strongly urge and ask that the rule be published by the Spring of 2007 in order to ensure it survives to full effect.

Please understand the immense potential that the new WIC food packages will provide in terms of improving the nutritional status of women and children in the US. The benefits of the changes made today, will be reaped by all generations in the future.

As a future Registered Dietitian and Public Health professional, I support the proposed changes in the WIC food package.

Thank you,

Sumner Brooks
Los Angeles, CA

GP-4361

From. KAREN DAVIS [KAREND@smoc.org]
Sent Wednesday, November 01, 2006 2:40 PM
To WICHQ-SFPD
Subject Docket ID Number 0584-AD77, WIC Food Package Rule

I am in support of the proposed changes for the WIC Food Packages

GP-4362

From: Frances Evans [fbevans@gmail.com]
Sent: Wednesday, November 01, 2006 11:32 AM
To: WICHQ-SFPD; Blackburn, Sara A
Subject: Docket ID Number 0584-AD77, WIC Food Packages Rule

I think it is exceptionally great that you are adding fresh fruits and vegetables to the WIC packages given. Hopefully this will increase the consumption of fruits and vegetables. However, with the milk issue, I am slightly torn, because it seems that it might not be quite enough for children, ages 2-4 and childbearing women. I think decreasing the fat content is good but I'm not sure about the amount across the whole board. Also, if cheese is being decreased to only 1 pound instead of 4 it might be somewhat difficult to get the required amount of calcium, etc that seems to be lacking in many. Maybe you could just decrease it to about 2 or 2.5 lbs, since the average cheese consumption is above 1 lb. Another point, soy since it is not nutritionally equal to that of milk, is it possible to replace some of the soy products with yogurt since that seems to be more acceptable as it is? Also, if anything, maybe you could send out random surveys asking WIC participants what type of changes they would prefer among those that you have proposed. This would at least give you an idea of what they like better, since there doesn't seem to be much research on the preferences of those on the WIC program.

Frances Evans
Dietetic Intern
IUPUI
Indianapolis, IN

GP-4363

Clear DayFrom Linda Frei [lfrei@co.klamath.or.us]
Sent Wednesday, November 01, 2006 4:04 PM
To: WICHQ-SFPD
Subject: Comments 0584-AS77

- 1 Yes , adequate.
- 2 NO, a mother who is having a hard time nursing will choose formula if made to make a choice
- 3 Yes
- 4 No , medical professionals will not in my opinion want to take the time to write prescriptions for food items for WIC participants.
5. I think soy milk would be easy to get from Dr , not extra cheese though.
- 6 There are quite a few clients who cannot tolerate whole milk, but make up for it with cheese I think it still needs to be flexible for clients.
- 7 See only a few children and women who need whole milk for weight gain.
- 8 Baby food jars only
- 9 No problem seen with this.
10. Do not know
- 11 Do not know
- 12 24-32 ozs for bread.

Have a nice day.

Linda

GP-4366

From: Ann Hopton [ann.hopton@state tn.us]
Sent Wednesday, November 01, 2006 11 12 AM
To: WICHQ-SFPD
Subject: ?Docket ID Number 0584-AD77, WIC Food Packages Rule,?

Patricia N. Daniels
Director, Supplemental Food Programs Division Food and Nutrition Service USDA
3101 Park Center Drive
Room 528
Alexandria, VA 22302

“Docket ID Number 0584-AD77, WIC Food Packages Rule,”

Dear Ms Daniels

I am writing to thank USDA/FNS for its efforts in bringing the WIC food packages in alignment with the 2005 US Dietary Guidelines and other national nutrition guidance, including those of the American Academy of Pediatrics.

The proposed changes add fruits and vegetables, whole grain cereals and other whole grains, soy milk, tofu and canned beans, among others, which provide a greater variety of high nutrient food choices to the WIC participants. These additions will allow WIC to better meet the needs of its culturally diverse population.

The revised food packages will help our nation’s families to establish healthy eating habits – a key to preventing obesity, diabetes and heart disease

I support the USDA proposal to revise the WIC food package and urge USDA to finalize the rule with revisions as suggested below:

- 1) Increase the dollar amount of food instruments for fruits and vegetables to \$10 for women and children.
- 2) Allow states to determine the dollar denomination of fruit and vegetable food instruments
- 3) Allow states to use existing FMNP vendor certification and food instrument redemption procedures for fruits and vegetables so that local farmers can participate in this program

Allowing states to use systems already in place would provide the flexibility needed by farmers to make this a workable option. This would benefit both the WIC participants (fresh, local produce) and farmers and farming families.

I urge you to publish a final rule as quickly as possible

Sincerely

Ann Hopton
425 5th Ave North
Cordell Hull Bldg 5th floor
Nashville, TN 37247

GP-4367

From: Horner, Jan (AZ15) [jan.horner@honeywell.com]
Sent: Wednesday, November 01, 2006 12:14 PM
To: WICHQ-SFPD
Subject: Docket ID Number 0584-AD77, WIC Food Packages Rule - Arizona

To whom it may concern,

Please do not include jarred baby food in the WIC food "package"

I encourage you to include only fresh, frozen, or canned fruits and vegetables

I support your excellent efforts to educate WIC participants about healthy food choices

Respectfully,

Jan Horner
6903 W Bloomfield Rd.
Peoria, AZ 85031

GP-4368

BlankFrom: Kies, Janice M. [Janice.Kies@snco.us]
Sent: Wednesday, November 01, 2006 5:23 PM
To: WICHQ-SFPD
Subject: DocketID#0584-AD77 WIC fOOD Package Rule

Thank you USDA for looking into the food packages for the WIC Program. After 30 years it was time to reflect the new food pyramid. I am glad this is being done. Janice Kies

Janice Kies Health Information Management Specialist and Security Officer HIPAA
Compliance
1615 SW 8th Avenue Topeka, Kansas 66606
Fax# 368-2191 Phone# 368-2081

"Even if you're on the right track you'll be run over if you just sit there" Quote by Will Rogers

GP-4369

From WebMaster@fns.usda.gov
Sent: Wednesday, November 01, 2006 7:31 PM
To WICHQ-SFPD
Subject. RevisionstoWICFoodPackages-Proposed Rule

NAME. Jenny Lahner
EMAIL jenifer a lahner@healthpartners com
CITY: St Paul
STATE: MN
ORGANIZATION. HealthPartners
CATEGORY: GeneralPublic
OtherCategory:
Date: November 01, 2006
Time 07:31:09 PM

COMMENTS:

Please update the WIC package to include the recommended daily requirements of fruits and vegetables according to the 2005 dietary guidelines for Americans

GP-4371

From WebMaster@fns.usda.gov
Sent: Wednesday, November 01, 2006 11:28 AM
To WICHQ-SFPD
Subject: RevisionstoWICFoodPackages-Proposed Rule

NAME: Bruce A Scholten
EMAIL: bruce scholten@btopenworld com
CITY: Lynnwood
STATE: WA
ORGANIZATION Durham University Geography Dept, Durham City, DH1 3LE
England, UK
CATEGORY: Other
OtherCategory geographer studying food systems
Date: November 01, 2006
Time: 11 27.53 AM

COMMENTS:

I study food farming and food systems in newcastle, England and in Seattle, Washington
I believe it is important for consumers and for family farms that WIC continue to make
nutritious fruit, veg & other foods available to low-income consumers Best wishes -
Bruce Scholten

From Miller, Leah Marie [miller93@iupui.edu]
Sent: Wednesday, November 01, 2006 10:45 PM
To: WICHQ-SFPD
Subject: Comment- WIC Milk and Milk Products

My comments on the prescription packages for the Women, Infants, and Children (WIC) supplemental nutrition program

- Pros:

1) I admire the fact that the revised rule emphasizes breast feeding, this will decrease the cost of formulas for WIC

- Cons and confliction

1) The decrease in the amount of milk provided per month is a benefit to the budget of WIC, however, the program needs to consider the recommendations for the people and the amount provided.

2) Soy milk is expensive! And many people may neglect to shake Soy milk causing the solids settling on the bottom and a water substance on the top. Also there needs to be evaluation of the cultures that WIC is providing for. Those who have lactose intolerances are usually African American's and Hispanics. NDC conducted a taste test of milk preferences among children 8-13 yrs, and found that African Americans and Hispanics prefer lactose-reduced milk to soy beverage. Though it is not the WIC age range, it suggests a cultural preference.

3) Cheese provides a large amount of fat. Especially if someone decides to supplement it for milk. Two pounds of cheese will provide up to 8 grams of fat per day. 2 pounds per month only provides up to 2 slices per day and only 15% of someone's daily Calcium. Milk and yogurt with up to 2 servings per day provides 66% of person's requirements (based on a 2000 calorie diet).

4) There was suggestion of a certain amount of tofu to substitute for dairy servings. However, I feel there needs to be more clarification of what types of tofu is being given. Some tofu is light with lower amount of nutrients, and some tofu is fortified with higher amounts of nutrients.

5) One suggestion I would like to add is to maybe distribute non-fat dried milk. This product is cheap and provides beneficial protein and calcium to foods. A person can sprinkle dried milk on macaroni or pasta dishes.

Thank you for taking the time to read my comment

Leah Miller

GP-4375

From kachor@earthlink.net
Sent Thursday, November 02, 2006 3:23 PM
To: WICHQ-SFPD
Subject: Docket ID Number 0584-AD77, WIC Food Packages Rule

Patricia Daniels
Food and Nutrition Service, USDA
3101 Park Center Drive, Room 528
Alexandria, VA 22302

Dear Patricia Daniels,

As a concerned citizen, I strongly support the U.S. Department of Agriculture's (USDA) efforts to improve the nutritional quality of the WIC food packages.

Healthier food will help these children become stronger adults with less disease problems.

Please consider the following:

- + providing the full fruit and vegetable benefit, + promoting whole grains in the revised food packages, + limiting sugars in WIC cereals.
- + bringing the quantity of milk in the WIC food packages in line with the Dietary Guidelines
- + requiring milk in the food packages for children ages 2 to 4 years be low-fat (1-2%) to help to reduce saturated fat intake which can harm to cardiovascular. For women: skim (fat-free) or 1% low fat
- + allowing soy "milk" and calcium-set tofu as substitutes for milk--without requiring a doctor's prescription
- + reducing the quantities of cheese and eggs + requiring all cheese to be light, reduced, or very low in fat

I urge USDA to publish the final rule promptly, by spring 2007.

Sincerely,

Karen Achor
2782 Flower Fields Way
Carlsbad, California 92010-8336

GP-4378

From maxmark@earthlink.net
Sent: Thursday, November 02, 2006 12:59 PM
To WICHQ-SFPD
Subject Docket ID Number 0584-AD77, WIC Food Packages Rule

Patricia Daniels
Food and Nutrition Service, USDA
3101 Park Center Drive, Room 528
Alexandria, VA 22302

Dear Patricia Daniels,

HELLO!

I am a citizen who strongly supports the efforts of the U.S. Department of Agriculture's (USDA) to improve the nutritional quality of the WIC food packages. I ask that you consider the following suggestions as a means to strengthen the final rule.

- * Provide the full fruit and vegetable benefit as recommended by the Institute of Medicine.
- * Promote whole grains in the revised food packages, and limit sugars in WIC cereals.
- * Yes, bring the quantity of milk in the WIC food packages in line with the Dietary Guidelines but also require that all milk in the food packages for children ages 2 to 4 years and women be low-fat (1%) or fat-free (skim) to help to reduce saturated fat intake and harm to children's hearts and arteries.
- * Allow soy "milk" and calcium-set tofu as substitutes for milk--without requiring a doctor's prescription.
- * Reduce the quantities of cheese and eggs in the food packages to decrease saturated fat and cholesterol intake.
- * Require all cheese offered in the food packages to be light, reduced, or low in fat.

I cannot overstate my support for the USDA's proposed rule for updating the WIC food packages. I am elated. I also urge the USDA to publish the final rule as quickly as possible, no later than April 2007, to bring these improvements to WIC participants ASAP.

Sincerely,

Mark Bennett
4145 Maryland Street, #3
San Diego, California 92103-2360

GP-4379

From: WebMaster@fns.usda.gov
Sent: Thursday, November 02, 2006 2:22 PM
To: WICHQ-SFPD
Subject: RevisionstoWICFoodPackages-Proposed Rule

NAME: Tara Birnbaum
EMAIL: etara333@hotmail.com
CITY: Santa Cruz
STATE: CA
ORGANIZATION:
CATEGORY: GeneralPublic
OtherCategory:
Date: November 02, 2006
Time: 02:21:44 PM

COMMENTS:

Strongly believe in adding fresh fruits, vegetables to WIC official list. Was a previous grateful WIC participant and would have loved being able to get more veggies especially!
Thanks Much Tara

GP-4381

From: Sarah Brooks [iamsarahb@msn.com]
Sent: Thursday, November 02, 2006 5:18 PM
To: WICHQ-SFPD
Subject: Docket ID Number 0584-AD77, WIC Food Packages Rule

Hello I am sending this message, as a mother and a grandmother, in support of the proposed rule changes to the current WIC packages. With what we know about nutrition and healthy eating today, these changes are long overdue and will make a positive impact on the health and development of people receiving the packages. Please do all in your power to see that the final rules get published by Spring of 2007. Thank you for your hard work and diligence in this matter.

Sarah Brooks
Portland, Oregon

GP-4382

From jchurch@libertystone.com
Sent Thursday, November 02, 2006 8 11 PM
To: WICHQ-SFPD
Subject: Docket ID Number 0584-AD77, WIC Food Packages Rule

Patricia Daniels
Food and Nutrition Service, USDA
3101 Park Center Drive, Room 528
Alexandria, VA 22302

Dear Patricia Daniels,

As a person who has spent decades recovering from childhood obesity, (123 pounds) I strongly support the U.S. Department of Agriculture's (USDA) efforts to improve the nutritional quality of the WIC food packages

Please eliminate all milk from WIC food packages. Our human bodies were not created to eat the breast milk of a cow. I have personally lost many years of my life due to disease caused by cow's milk. Having grown up on a dairy farm, my siblings and I have lost our hair, suffered digestive diseases including constipation, diarrhea and ulcerative colitis, as result of cow's milk. I strongly support the proposed rule regarding allowing soy "milk" and calcium-set tofu as substitutes for milk--without requiring a doctor's prescription.

I own 80 acres of Wisconsin dairy land and am disgusted by the degradation caused by the manure runoff and water contamination caused by dairy cows

I encourage USDA to provide the full fruit and vegetable benefit as recommended by the Institute of Medicine. I support the promotion of whole grains in the revised food packages, and limiting sugars in WIC cereals

I strongly support the proposed reductions in the quantities of cheese and eggs in the food packages to decrease saturated fat and cholesterol intake, and urge USDA to require all cheese to be offered only along side healthier choices such as hummus, bean spreads and salsa

I strongly support USDA's proposed rule for updating the WIC food packages, and urge USDA to publish the final rule promptly, by spring 2007 at the latest, to bring these improvements to WIC participants as soon as possible

Sincerely,

Janice Church
2117 Sondra Ct

Silver Spring, Maryland 20905



GP-4384

From: Stephanie Cunningham [stephoc@gmail.com]
Sent Thursday, November 02, 2006 11:43 AM
To: WICHQ-SFPD
Subject: Docket ID Number 0584-AD77, WIC Food Packages Rule

I'm writing in **STRONG** support of the WIC food package changes that have been proposed. It is absurd that there have been no changes in the past 30 years, and I am ashamed to be part of a country that provides this kind of service but not with proper nutrition. Please ensure that the changes are made and that the final rule is published by the spring of 2007. This is very important for those who receive these packages and for those of us who support them.

Thank you,

Stephanie Cunningham
Pittsburgh, PA

GP-4385

From Peggy Freeman [peggy.freeman@fhsinc.org]
Sent: Thursday, November 02, 2006 4 02 PM
To WICHQ-SFPD
Subject Docket ID Number 0584-AD77, WIC Food Packages Rule

November 2, 2006
Director, Supplemental Food Programs Patricia Daniels
3101 Park Center Drive
Room 528
Alexandria, VA 22302

Dear Patricia Daniels,

FNS/USDA
3101 Park Center Drive, Room 528
Alexandria, VA 22302
RE: Docket ID Number 0584-AD77

Dear Ms Daniels

Some of my grandchildren and their mother's receive the items on the WIC program. I believe children today (and USDA and most nutritionists agree) need more fresh fruits and vegetables. Children enrolled in the CACFP are receiving these benefits and it is extremely important that children whose families qualify for the WIC program receive these benefits also. These children need access to more whole grain cereals and breads and the mother's should not have to waste time, and money seeing a doctor to get a prescription for soy milk. Please support the WIC New Food Packet. Docket ID Number mentioned above. The future of country could be at stake.

Sincerely,

Peggy Freeman
P.O. Box 40317
Baton Rouge, LA 70835-0317

From: Felice Gardner [happycappy.felice@gmail.com]
Sent: Thursday, November 02, 2006 12 51 PM
To: WICHQ-SFPD
Subject: "Docket ID Number 0584-AD77, WIC Food Packages Rule"

My name is Felice Gardner I have recently learned the fact that the USDA is planning on changing the WIC program for the first time since the 1970s when WIC was implemented. I feel that the addition of fruits, vegetables, multi-grains, as well as the addition of soy products and culturally sensitive foods is a wonderful idea I know that there is controversy coming from the juice, milk and egg industries, however, I feel that the new changes in the program which decreases the amount of these items follows the dietary guidelines better. In my mind it is better that infants, children and mothers have access to healthy foods rather than an influx of juice or milk, which doesn't even necessarily follow the dietary guidelines. As a public health student at UCLA we find time and time again that SES and lifestyle leads to health status. With these changes the people that are assisted by WIC will have a better chance of having positive health statuses. The changes are necessary and the final rule should be published by 2007.

Best,
Felice Gardner

GP-4387

From: WebMaster@fns.usda.gov
Sent: Thursday, November 02, 2006 5:25 PM
To: WICHQ-SFPD
Subject: RevisionstoWICFoodPackages-Proposed Rule

NAME: Tom Hall
EMAIL: thall1844@hotmail.com
CITY: Philadelphia
STATE: PA
ORGANIZATION: Pine Forge Academy
CATEGORY: GeneralPublic
OtherCategory:
Date: November 02, 2006
Time: 05:24:46 PM

COMMENTS

Since some children do not tolerate milk and/or milk products, I am sure that alternatives MUST be made to meet these needs

GP-4388

From: WebMaster@fns.usda.gov
Sent: Thursday, November 02, 2006 9:57 AM
To: WICHQ-SFPD
Subject: RevisionstoWICFoodPackages-Proposed Rule

NAME: Denise Ivory
EMAIL: zollicoffee@mail.com
CITY: Topeka
STATE: KS
ORGANIZATION:
CATEGORY: Other
OtherCategory: consumer
Date: November 02, 2006
Time: 09:57:29 AM

COMMENTS.

I feel the changes are long over due. Eating habits for this country are steadily changing. With the program being helpful to so many children that would possibly not get a balanced healthy meal due to financial difficulties faced by this country and many families. Healthy foods tend to cost more and budgeting for this is sometimes difficult. I eat fresh fruits, vegetables, soy products, lactose free products etc. I am a past WIC participant and found the program a saving for my kids being a single mom and working. I am trying to serve them nutritious and healthy meals, if it would not have been for WIC and the commodity program I don't know what we would have done most times. The formula especially when I discontinued breastfeeding totally. Thanks and keep up the good work.

GP-4390

From: Richard Kukucka [Rckukucka@valleyopp.com]

Sent Thursday, November 02, 2006 3 48 PM

To: WICHQ-SFPD

Subject. docket id#0584-ad77, wic

I would like to add my support to adding more fruits and vegetables, whole grains, soy beverages and more to the WIC food package.

GP-4391

From: JeeYoung Kutz [kutzerjee@gmail.com]
Sent: Thursday, November 02, 2006 12:04 PM
To: WICHQ-SFPD
Subject: Docket ID Number 0584-AD77, WIC Food Packages Rule

I support changing the nutritional guidelines for WIC. It is imperative that we stop the cycle of obesity and poor nutrition.

I ask that the final rule is published by the spring of 2007.

Sincerely,

JeeYoung Dobbs

From: LLEFFERT@drew.edu
Sent: Thursday, November 02, 2006 3:55 PM
To: WICHQ-SFPD
Subject: Docket ID Number 0584-AD77, WIC Food Packages Rule

Patricia Daniels
Food and Nutrition Service, USDA
3101 Park Center Drive, Room 528
Alexandria, VA 22302

Dear Patricia Daniels,

As a concerned citizen, I strongly support the U.S. Department of Agriculture's (USDA) efforts to improve the nutritional quality of WIC food packages. As USDA finalizes the regulations, please consider the following suggestions to further strengthen the final rule:

- 1) USDA MUST provide the full fruit and vegetable benefit as recommended by the Institute of Medicine
- 2) Whole grains should be included in the revised food packages
- 3) Added sugars and/or High Fructose Corn Syrup MUST not be included
- 4) The quantity of milk in the WIC food packages should be in line with Dietary Guidelines, this is an important part of the proposed rule
- 5) The USDA should require that all milk in the food packages for children ages 2 to 4 years and women be low-fat (1%) or fat-free (skim) to help to reduce saturated fat intake and harm to children's hearts and arteries.
- 6) I support the proposed rule allowing soy "milk" and calcium-set tofu as substitutes for milk--without requiring a doctor's prescription
- 7) I strongly support the proposed REDUCTIONS in the quantities of cheese and eggs. This will decrease saturated fat and cholesterol intake
- 8) I also urge USDA to require all cheese offered in the food packages to be light, reduced, or low in fat.

In general, I strongly support USDA's proposed rule for updating the WIC food packages, and urge USDA to publish the final rule promptly, by the end of 2006, to bring these improvements to WIC participants as soon as possible.

Thank you for considering my petition

Sincerely,

Leedom Lefferts
132 12th Street, SE
Washington, District of Columbia 20003

GP-4402

From: stoscheck@netscape.net
Sent: Thursday, November 02, 2006 10:46 PM
To: WICHQ-SFPD
Subject: Docket ID Number 0584-AD77, WIC Food Packages Rule

Patricia Daniels
Food and Nutrition Service, USDA
3101 Park Center Drive, Room 528
Alexandria, VA 22302

Dear Patricia Daniels,

As a mother who knows about nutrition for her family, I strongly support the U.S. Department of Agriculture's (USDA) efforts to improve the program.

I encourage USDA to provide fruits and vegetables as recommended by the Institute of Medicine and the promotion of whole grains in the revised food packages. Also, sugars should be reduced and trans-fats eliminated.

In addition, I recommend that USDA require that all milk in the food packages for children ages 2 to 4 years and women be low-fat to help to reduce saturated fat intake that can clog hearts and arteries. Skim milk is inappropriate for young children since milk-fat carries vitamins. Follow the guidelines of the Academy of Pediatrics.

Sincerely,

Christa Stoscheck
209 Idlehour Dr
Jackson, Tennessee 38305

GP-4403

From: Titus, Jennifer Dawn [jentitus@iupui.edu]
Sent: Thursday, November 02, 2006 8:38 AM
To: WICHQ-SFPD
Subject: Pocket ID#- 0584-AD77 WIC Packages Rule

Pocket ID#- 0584-AD77 WIC Packages Rule

Indiana University Dietetic Internship
Indianapolis, IN

After reviewing the USDA proposal regarding the recommendations to change the foods offered in the WIC program, I agree with the changes to try and accommodate the needs of diverse populations. I think making milk substitutions available is a great idea. Many people only drink soy milk, use soy products, or prefer cheese and yogurt as their source of Ca and other nutrients. I also think only allowing mothers and children (1 year and older) to get 2% (or less) milk is setting a great standard to influence families to consume the lower fat product.

I think the changes are definitely needed, especially since this program has not been updated in decades.

Jennifer Titus
Dietetic Intern

GP-4405

From WebMaster@fns.usda.gov
Sent: Friday, November 03, 2006 3:32 PM
To: WICHQ-SFPD
Subject: RevisionstoWICFoodPackages-Proposed Rule

NAME: Jenny Adams
EMAIL: jad_2_99@yahoo.com
CITY: Seattle
STATE: WA
ORGANIZATION: Bastyr University
CATEGORY: Other
OtherCategory: Dietetic Intern
Date: November 03, 2006
Time: 03:32:06 PM

COMMENTS:

I am in support of the proposed changes, in particular the addition of fresh fruits and vegetables, milk alternatives, and whole grain options.

GP:4407

From: carlacaccia@yahoo.com
Sent: Friday, November 03, 2006 11 16 AM
To: WICHQ-SFPD
Subject: Docket ID Number 0584-AD77, WIC Food Packages Rule

Patricia Daniels
Food and Nutrition Service, USDA
3101 Park Center Drive, Room 528
Alexandria, VA 22302

Dear Patricia Daniels,

I support the U S Department of Agriculture's (USDA) efforts to improve the nutritional quality of the WIC food packages

I support the following:

-provide the full fruit and vegetable benefit as recommended by the Institute of Medicine

-promote whole grains in the revised food packages, and limit sugars in WIC cereals

-bring the quantity of milk in the WIC food packages in line with the Dietary Guidelines

-require that all milk in the food packages for children ages 2 to 4 years and women be low-fat (1%) or fat-free (skim)

-allow soy "milk" and calcium-set tofu as substitutes for milk--without requiring a doctor's prescription

-reduce the quantities of cheese and eggs in the food packages to decrease saturated fat and cholesterol intake

-require all cheese offered in the food packages to be light, reduced, or low in fat.

Thank you!

Sincerely,

Carla Caccia
507 Village Loop Dr
Apex, North Carolina 27502

GP-4408

From: Amelia Fields [amehaf777@yahoo.com]
Sent: Friday, November 03, 2006 7:09 PM
To: WICHQ-SFPD
Subject: Docket ID Number 0584-AD77, WIC Food Packages Rule

My great grand children benefit from the WIC clinics food program. I think it is very important that the proposed changes are approved by the government. There have been no revisions since 1970. I am asking that the "final rule is published by the spring of 2007"

Thank you

Amelia R. Fields
San Francisco, California

GP-4409

From: L G [apmom44@hotmail.com]
Sent: Friday, November 03, 2006 8:48 PM
To: WICHQ-SFPD
Subject: Docket ID Number 0584-AD77, WIC Food Packages Rule

I support the stronger incentives for continued breastfeeding by providing less artificial infant milk to partially breastfed infants and providing larger quantities of more varied food for breastfeeding mothers. These changes will promote and support long term successful breastfeeding, which is a key step in the prevention of obesity.

Linda Goodman Lactation Educator, Mother of four
Whittier, CA

GP-4410

From: WebMaster@fns.usda.gov
Sent: Friday, November 03, 2006 6 20 PM
To: WICHQ-SFPD
Subject: RevisionstoWICFoodPackages-Proposed Rule

NAME: Becky Hellerstein
EMAIL: becky.hellerstein@gmail.com
CITY: Seattle
STATE: WA
ORGANIZATION:
CATEGORY: Other
OtherCategory: dietetic intern
Date: November 03, 2006
Time: 06 20.09 PM

COMMENTS

I strongly support the changes in the WIC food package. Changing the WIC food package will bring continuity, support, and reinforcement to the nutrition information and education given by WIC providers

The addition of fresh fruits, vegetables, and whole grains are ideal because these nutrient dense foods offer WIC participants a more wholesome diet. Offering milk alternatives and soy options will provide the healthy benefits of soy and serve participants with special food needs (such as participants with lactose intolerance, milk allergies, and vegetarians). In addition, offering canned beans or peas will provide WIC participants with more convenience, thus possibly increasing the usage of these foods, which are rich in vitamins, minerals, protein, and fiber.

I also support the reduction of juice for children and woman because drinking too much of these highly concentrated beverages are related to the increase in obesity. Substituting baby food fruits and vegetables for juice will offer all or more of the nutritional benefits of juice, without being highly concentrated in sugar and calories. Additionally, eliminating whole milk for participants age 2 and older will support the dietary recommendation of consuming low fat dairy products after the age of 2.

All in all, I strongly support the changes in the WIC food package. These changes will provide participants with a more nutritious diet, combat the obesity epidemic, and offer healthy food choices to all WIC participants. Thank you for taking the initiative to combat the obesity epidemic and provide WIC participants with a wholesome and nutritious diet!

GP-4411

From: Jane Hertenstein [janeh@jpusa.org]
Sent: Friday, November 03, 2006 7:16 PM
To: WICHQ-SFPD
Subject: "Docket ID Number 0584-AD77, WIC Food Packages Rule"

Dear Friends at US Department of Agriculture,

I am writing to tell you that I support the proposal to change the WIC foods. I look forward to being able to provide fruits, vegetables and whole grain cereals for my family

I also understand that some states such as Indiana also allow WIC participants to use their coupons at Farmers Markets. All of this works perfectly with the Chicago Public schools and Illinois school initiative for children to eat healthier and to know more about which foods to eat

Thanks.

Jane Hertenstein
920 W Wilson
Chicago, IL 60640
773-561-2450 ext 2089

From sylvia ledoux [ledouxrama@yahoo.com]
Sent: Friday, November 03, 2006 10:29 AM
To: Patricia Daniels@usda.gov; WICHQ-SFPD
Subject: Docket ID Number 0584-AD77, WIC Food Packages Rule
Sylvia LeDoux
www.fixourfood.com
Austin, Tx 78724
(512) 351-9687

Patricia Daniels,

I think the Wic program is a very important program because women and children have the most need in our society in which men are paid higher salaries and many times do not fully support their families.

I am also glad to see milk alternatives being added to the WIC program. I have been researching this for years and find that milk is responsible for the inflammatory disease seen among many minorities whose society did not have milk and do not tolerate it. In the position that you are in, it is imperative that you read and understand the information in my book which is free online at www.fixourfood.com

You and your advisory committee are in a position to implement the greatest changes in the food industry based on this knowledge.

Inflammatory diseases are epidemic and I have come to understand the causes based on my family history. I had cancer, my oldest daughter had cancer at 22, my father had cancer. Our whole family was plagued with immune-related disease which includes diabetes, arthritis, and heart disease. I was blessed with opportunity of time to research and discover what was causing inflammation in my own body. I had access to medical journals and documented the information presented and illustrated in this book. I did this out of my passion to correct a terrible injustice to society induced by our agricultural industries' ignorance and capitol structure. It will mean nothing without support!

I am willing to allow WIC to use sections and my illustrations on noticing food-induced reactions to help society understand what is paralyzing this country with illness.

You could make that difference.

Please read the book!

Sincerely,

Sylvia LeDoux

GP-4413

From. Ines Malick [amr3006@hotmail.com]
Sent Friday, November 03, 2006 12:12 PM
To. WICHQ-SFPD
Subject. Docket ID Number 0584-AD77, WIC Food Packages Rule

November 3, 2006
Director, Supplemental Food Programs Patricia Daniels
3101 Park Center Drive
Room 528
Alexandria, VA 22302

Dear Patricia Daniels,

FNS/USDA
3101 Park Center Drive, Room 528
Alexandria, VA 22302
RE Docket ID Number 0584-AD77

Dear Ms Daniels

I am writing to support USDA's proposed new WIC food packages rule because it will improve the health and nutritional quality of the foods offered, expand cultural food options, and increase choices for the women, infants and children in the WIC program

I would like to see more healthy food choices and more diversity because Im on WIC and I know I would benefit from these changes and be able to eat more healthfull foods It directly impacts me and I would like you to consider how it would be for you if you were depending on these foods.

Sincerely,

Ines Malick
3958 Norhtampton Dr.
Winston-Salem, NC 27105-3348

From Kitty Martin [kittymartin@gmail.com]
Sent: Friday, November 03, 2006 2 02 PM
To: WICHQ-SFPD
Subject: Docket ID Number 0584-AD77, WIC Food Packages Rule

November 3, 2006
Director, Supplemental Food Programs Patricia Daniels
3101 Park Center Drive
Room 528
Alexandria, VA 22302

Dear Patricia Daniels,

FNS/USDA
3101 Park Center Drive, Room 528
Alexandria, VA 22302
RE Docket ID Number 0584-AD77

Dear Ms Daniels

I am writing to support USDA's proposed new WIC food packages rule. In my work with the Cooking for Life program of the Vermont Campaign to End Childhood Hunger, I've learned how food preferences begin early and are reinforced by what the family can afford. When Pizza Hut offers their Family Meal Deal that's bread, saturated fat, and more bread for an easy low price, folks need all the support they can get to eat right. Why not make it easy for them and help them learn why changing the way they eat can save their lives.

Thank you for this opportunity to share my support for the healthy WIC food packages and my recommendations to make them stronger still. I hope USDA will act quickly to issue the new food packages.

Sincerely,

Kitty Martin
POB 9348
South Burlington, VT 05407-9348

GP-4415

From: Jocelin Moore [biglove2@cavtel.net]
Sent: Friday, November 03, 2006 1:55 AM
To: WICHQ-SFPD
Subject: Food Packages

----- Original Message -----

From: Jocelin Moore
To: wichq-sfpd@fns.usda.gov
Sent: Friday, November 03, 2006 1:48 AM
Subject: Food Packages

I support the needed changes in the food packages

Philadelphia, Pa.

GP-4416

From: BueatAngel@aol.com

Sent: Friday, November 03, 2006 11:02 PM

To: WICHQ-SFPD

Subject: Docket ID Number 0584-AD77, WIC Food Packages Rule

I greatly support the WIC food package changes and I would please like the final rule to be published by spring 2007.

Stephanie Nathanson

San Diego, CA

SNO (Student Nutrition Organization) at SDSU

Thank You

GP:4417

From: Kathy Pokorski [kpokorski@tchd.us]
Sent: Friday, November 03, 2006 3:42 PM
To: WICHQ-SFPD
Subject: Docket ID number 0584-AD77, WIC food packages rule

I would like to comment regarding the proposed changes to the WIC food package.

I strongly believe that these changes allow for much healthier diets for our children and families. I would actually prefer to see the \$ amounts higher for the fruits and vegetables. It is difficult to educate a family on healthy meals and snacks when they are able to obtain so much juice and cheese with their WIC coupons. Most clients figure if it is provided by WIC then it is okay for their child to drink juice all day.

You definitely have my vote for these changes!!

GP-4419

From Varsha Rakholia [varsharakholia@sbcglobal.net]
Sent: Friday, November 03, 2006 4:51 PM
To: WICHQ-SFPD
Subject "Docket ID Number 0584-AD77, WIC Food Packages Rule"

Hi,

I like to support new changes on WIC Food Packages Rule" It'll provide nutritious food for pregnant women, infants, and others

Varsha Rakholia
11465 Mayapple Way
San Diego, Ca 92131

GP-4422

From: michael valenti [mwvalenti@yahoo.com]

Sent: Friday, November 03, 2006 1:13 PM

To: WICHQ-SFPD

Subject: "Docket ID Number 0584-AD77, WIC Food Packages Rule"

i feel that it is very important that the proposed changes must be approved by the government because there have been no revisions regarding the food that the clients can get since the program began in the 1970's, that is just unthinkable. Just think of all that we have learned about nutrition and health in the past 3 decades, and still no major revisions. I am aware that some of the proposed changes include: adding fresh fruits and vegetable dollars, whole grain products, reduce the amount of whole milk to better align with the guidelines for saturated fat intake, this plan will replace excessive juice amounts with infant food fruits and veggies, and commit to stronger incentives for mothers to breastfeed.

I also wish to include that you ask that the "final rule is published by the spring of 2007"

thank you

GP-4423

From: bwinkel@z1alink.com
Sent: Friday, November 03, 2006 12:22 AM
To: WICHQ-SFPD
Subject: Docket ID Number 0584-AD77, WIC Food Packages Rule

Patricia Daniels
Food and Nutrition Service, USDA
3101 Park Center Drive, Room 528
Alexandria, VA 22302

Dear Patricia Daniels,

I thank the U.S. Department of Agriculture for planning to improve the nutritional quality of the WIC food packages. Please provide fruit and vegetables, whole grains, and limiting sugars in WIC cereals.

Also, please require that all milk in the food packages for children ages 2 to 4 years and women be low-fat (1%) or fat-free (skim). I strongly support the proposed reductions in the quantities of cheese and eggs in the food packages and urge USDA to require all cheese offered in the food packages to be light, reduced, or low in fat.

Overall, I strongly support USDA's proposed rule for updating the WIC food packages. These changes can positively affect the health of our citizens and our society.

Thank you

Sincerely,

Carol WINKEL
P O BOX 1688
LAS VEGAS, New Mexico 87701

GP-4424

From Lisa Brukilacchio [lisa.b@erols.com]
Sent: Saturday, November 04, 2006 8:06 AM
To: WICHQ-SFPD
Subject: re WIC program

To whom it may concern:

Very simply, I am asking that you not change the WIC program in any manner that would threaten the current status of WIC recipients being about to use benefits at local farmer's markets. This is contrary to all current advocacy for healthy children and adults and for healthy communities which can support women, infants and children. Here in Somerville, we have worked very hard to ensure that our two farmer's markets are welcoming to and supportive of WIC program participants, and provide educational exhibits to help build consumer confidence in using fresh produce at home.

If these benefits are cut, it will not only eliminate this option for fresh food for WIC recipients, but will impact small scale local farmers who are coming to rely on the prevalence and popularity of farmers markets nationally. These markets not only provide fresh food, but serve as an economic engine for the farmers and the urban area where the markets are held. From a systems approach, changing the WIC program to exclude these participants is not only a nutritional loss, but a social and economic one for both individuals and communities. I urge you to maintain the Farmers' Market Nutrition Program.

Massachusetts was a model for this program and we will fight to see it retained at the federal level.

The following are my recommendations:

- "Do no harm" to the WIC Farmers' Market Nutrition Program (FMNP). Do not reduce FMNP funding or establish procedures that would adversely affect its operation or effectiveness.
- Maintain the provision that makes farmers' markets eligible WIC vendors.
- Allow coordination of the implementation and coordination of the new fruit and vegetable program with the WIC FMNP.
- Allow farmers markets to participate in the WIC program as seasonal vendors, to be exempt from the "WIC-only" cost containment requirements, and not be required to carry a full-range of WIC food package products.
- Do not limit the type of fresh fruits and vegetables that may be purchased with the new fruit and vegetable coupons.

As a former health care provider and current educator, I strongly urge you to very carefully consider changes to the WIC program.

Sincerely,
Lisa Brukilacchio

GP-4427

November 4, 2006 From: Kuo Angela [jeffroling@hotmail.com]
Sent Saturday, November 04, 2006 2:40 PM
To WICHQ-SFPD
Subject WIC Food Packages: Time for a Change

Patricia N. Daniels
Director, Supplemental Food Programs Division
Food and Nutrition Service
USDA
3101 Park Center Drive
Room 528
Alexandria, VA 22302

Docket ID Number. 0584-AD77-WIC Food Packages Rule

Dear Ms. Daniels:

I'm writing to convey my support for the proposed rule to change the Special Supplemental Nutrition Program for Women, Infants and Children food packages. As being a student and studying in the field of nutrition, I understand the importance of nutrients in food besides just supplying calories to those people. The changes made to WIC food packages would better benefit those people to receive products that provide more nutrients to their needs. Therefore, please have my best regards toward on making the changes to WIC Food Packages program.

Sincerely,

Hong-Lin Kuo

GP-4429

From Bob Sargent [florarestaurant@rcn.com]

Sent: Saturday, November 04, 2006 11:05 AM

To: WICHQ-SFPD

Subject: Docket ID Number 0584-AD77, WIC Food Packages Rule

Please continue to allow the use of WIC coupons at Farmer's Markets.

The support of local agriculture, coupled with the health benefits of eating fresh fruits and vegetables makes this a 'no-brainer'. Of course supermarkets and agribusiness won't benefit, so you may want to consider their interests, too.

Sincerely,

Bob Sargent

citizen, Somerville MA

chef/owner flora restaurant, Arlington, MA

GP-4430

From Beatrice Schwartz [bs2@earthlink.net]
Sent: Saturday, November 04, 2006 12:58 PM
To: WICHQ-SFPD
Subject: Docket Id Number 0584-AD77 WIC food pkg.rule

This letter is being written in support of the new WIC food pkg. rule. I commend the IOM, USDA and all parties involved in their efforts to bring the WIC food pkg in line with the Guidelines set by health care professionals in the field of public health and nutrition. I support the modifications outlined by the National WIC Associations and those of the NYSDOH. My only additional comment would include a "reasonable" amount of time to phase in all the recommendations as I believe implementation will require a tremendous amount of effort and outreach. Thank-you for allowing me this opportunity to comment.

GP:4431 .

From: Alsup, Emily Lynn [elalsup@iupui.edu]

Sent: Sunday, November 05, 2006 7 44 PM

To: WICHQ-SFPD

Subject Docket ID Number 0584-AD77, WIC Food Packages Rule

I am in support of the proposed changes to the WIC food packages. I agree with deleting and reducing the items in Exhibit B and strongly believe this would be a great improvement to the WIC program. It is great that these food packages are being updated and reviewed and that guidelines are being used to do so

Emily Alsup

IUPUI Dietetic Intern

CIDDA

Indianapolis, IN

GP-4432

From: mbest27 [mbest27@insightbb.com]
Sent: Sunday, November 05, 2006 9 13 PM
To: WICHQ-SFPD
Subject: Docket ID Number 0584-AD77

I am writing as a concerned consumer and mother to urge your support of the proposed changes to the WIC food package. Our country must see that all have access to healthy eating, especially mothers and children.

Sincerely,
Marilyn H. Best
610 W Michigan Ave.
Urbana, IL 61801

GP-4433

From: WebMaster@fns.usda.gov
Sent: Sunday, November 05, 2006 6:50 PM
To: WICHQ-SFPD
Subject: RevisionstoWICFoodPackages-Proposed Rule

NAME: Traci N. Bethea
EMAIL: tnb2103@columbia.edu
CITY: South Boston
STATE: MA
ORGANIZATION:
CATEGORY: GeneralPublic
OtherCategory
Date: November 05, 2006
Time: 06:49:56 PM

COMMENTS:

I think amending the WIC program is a vital first step to empowering low-income women to make healthy choices for their families. I think it also sends a message that the obesity epidemic has reached a crisis and that we as a society are determined to fight back in positive and structured ways. The proposal also brings the WIC program up-to-date with advancements in nutrition and public health that have occurred since the program was designed.

GP-4434

From: Lydia B. D'Andrea [dandrea77@verizon.net]

Sent: Sunday, November 05, 2006 10:09 PM

To: WICHQ-SFPD

Subject: Docket ID Number 0584-AD77, WIC Food Packages Rule

- > Please ensure that WIC recipients can continue to shop at farmers'
- > markets, and that the local farmers continue to benefit from the sales
- > they make to WIC customers.
- >
- > Lydia D'Andrea
- > Southborough, MA

GP-4435

From Kdnob@aol.com

Sent: Sunday, November 05, 2006 11:52 AM

To: WICHQ-SFPD

Subject: "Docket ID Number 0584-AD77, WIC Food Packages Rule"

I, Kristin Debevits, do support the WIC food package changes. I also ask that the final rule be published by spring of 2007

Kristin Debevits

San Diego, Ca.

Student Nutrition Organization

San Diego State University

GP-4436 .

From: Nhan & Melody [nhanandmel@yahoo.com]

Sent: Sunday, November 05, 2006 2:46 PM

To: WICHQ-SFPD

Subject: Docket ID Number 0584-AD77, WIC Food Packages Rule

Dear Friends at the US Department of Agriculture,

I am writing to inform you about my thoughts regarding the proposal to change the foods offered by WIC. I am currently a Nursing Student at California State University, Sacramento. This semester, I have clinical hours at the North Sacramento Public Health Nursing Field Office. Every week, I make home visits to families and many of these families utilize the WIC program. Many of these families know about the proposed changes, and they are all excited for the change. In turn, I too am excited for this change.

My clients like that they will be able to finally buy fruits and vegetables. The Asian families I visit especially like that they will be able to buy soy beverages and tofu. In addition, the Hispanic families like that they will be able to buy tortillas.

I am advocating for this change to occur. The Proposed USDA Package is more consistent with the Dietary Guidelines. This will allow the WIC participants to have a more balanced diet. In addition, the Proposed Rule allows for increased variety in the foods they can choose. Furthermore, it accommodates to the cultural diversity of the WIC participants. I feel that these changes would ultimately have a positive impact on the health of women, infants, and children in California.

Thank you for taking the time to read my letter. I look forward to the positive changes that will occur.

Sincerely,
Melody Domingo

GP-4437

From: Judy Filipkowski [judyfilp@comcast.net]
Sent: Sunday, November 05, 2006 5:42 PM
To: WICHQ-SFPD

Docket ID Number 0584-AD77, WIC Food Packages Rule

What a good idea, to give people fruits and vegetables, not dairy - dairy, which most people are unable to digest and is full of hormones and antibiotics - by the way, yogurt is still a dairy product, unlike the comments from Althea Zancosky, consultant to, what a surprise, the National Dairy Council!

J Filipkowski, Wellness Plus Delaware
Certified Wellness Consultant
Vegan

GP-4438

From Gussch@aol.com
Sent Sunday, November 05, 2006 10 47 PM
To: WICHQ-SFPD
Cc: Gussch@aol.com
Subject: Comments on WIC Food Packages Rule-Docket ID Number 0584-AD77

August Schumacher Jr
1332 29th Street N.W.
Washington, DC 20007

Date November 3, 2006

Ms Patricia Daniels, Director
Supplemental Food Programs Division
Food and Nutrition Service
United States Department of Agriculture
3101 Park Center Drive Room 528
Alexandria, Virginia 22303

Dear Ms Daniels:

REF Docket ID Number 0584-AD77-WIC Food Package Rule

I am writing to strongly support the proposed revisions in the WIC food packages as proposed by USDA. As former Commissioner of Food and Agriculture in Massachusetts and as former Undersecretary of Farm and Foreign Agriculture Services at USDA, I especially want to commend USDA and the management and staff at the Food and Nutrition Service for recommending these important regulatory changes.

Personally, these proposed regulatory recommendations are particularly heartwarming

Twenty six years ago I was selling fruits and vegetables at the Fields Corner Farmers Market in Boston from my brother's Lookout Farm in Natick, Massachusetts. As we were closing up around noon on a late August Saturday in 1980, the bottom of a wooden box holding Bosc pears broke apart. These excellent and tasty pears dropped into the gutter at market side.

When I returned from the front of the truck with a new, more solid, box to pick up these no longer saleable pears, I discovered a woman with two young boys in tow picking up some of these now damaged and non-saleable pears from the gutter.

She was frightened that I would fuss or even call the police. I asked her why she needed to "gutter pick" these pears. She calmed and said that her husband had left her some

months prior and that her food stamps did not provide enough money for fresh fruits and vegetables for her two sons. We had a good talk, we arranged a mixed "peck" of apples and pears from an new unbroken box for her, she calmed and walked away, thanking us for this small gift of fresh picked Natick fruit

A few years later, when I was asked to be Commissioner of Food and Agriculture in Massachusetts, I recalled this story at dinner with some nutritionists from Tufts University. They too said it was sad that poorer families, particularly those with younger children, didn't have money to buy top quality, fresh, healthy, local fruits and vegetables from nearby farmers.

Subsequently, these Tufts University nutritionists met a number of times with my staff at the Department. Jointly, staff and these nutritionists devised a small pilot program for \$17,000 (\$10,000 provided by the Chile Foundation of Portland, Oregon and \$7,000 from Commonwealth funds) to run a small pilot program to provide \$10 in farmers market vouchers for WIC mothers and their children (\$30 annually for a WIC mother and an average of 2 children to 5 years) to be tested at four farmers markets in 1986 (I attach the original memo to the Governor that jump started this program)

Backed by then Governor Dukakis and then City Councilor and now Mayor Tom Menino, local farmers and Mary Kassler, head of the State WIC program, this initial small pilot proved successful and the program expanded with state funding. Additional states also explored pilot programs (Dan Cooper in Iowa, Bob Lewis in New York and Mark Winne in Connecticut) in the subsequent five years, all using local foundation and state budgets for funding

In 1992, Congressman Chet Atkins (Massachusetts) introduced successful legislation in Washington to provide modest funding for a national expansion. Now called the WIC Farmers Market Nutrition Program, this effort is assisting some 2.7 million WIC mothers and children and benefiting some 21,000 small farmers providing healthy, locally grown and very fresh fruits and vegetables to 30% of the WIC population in America at 2,200 farmers markets nationally. While a modest program (WIC clients only receive \$20 to \$30 in vouchers annually), the program has been a success.

Thus, USDA's proposed regulation to widen and deepen this initial program to build out from this 20 year initial WIC program and provide monthly vouchers to purchase fruits and vegetables at farmers markets as well as stores on a year round basis is personally most gratifying.

Because America's farmers markets have been particularly successful in making fresh produce available in lower income urban and rural areas, and especially to WIC participants under the existing modest pilot program, I want to focus my brief comments on the proposed revisions that address the inclusion of farmers at farmers' markets as eligible vendors.

According to your colleagues at AMS/USDA, there are now 3,740 U.S. farmers' markets (a number that is continuously growing) serving millions of consumers and providing tens of thousands of farmers with strong market outlets for locally produced food. They operate in every state, nearly every major city, and can be found in almost every county.

Among other places, the acceptance of farmers' markets by WIC participants is evident in a Los Angeles pilot research study (E. Jenks, et al., University of California, Los Angeles) that found that WIC participants redeemed 90.7 percent of their special fruit and vegetable coupons at a farmers' market compared to 87.5 percent at a supermarket even though the location of the supermarket was more convenient.

To be successful in underserved, often lower income neighborhoods, farmers selling at America's farmers' markets have had to learn the specific fresh food preferences of their residents. This has frequently meant that farmers have tailored their crop selection and marketing to the traditional food preferences of a wide variety of racial and ethnic minority groups, and in many cases, newly arrived refugee and immigrant groups.

At the same Fields Corner Farmers Market in Boston where the broken box of Bosc pears helped to foster the WIC Farmers Market Nutrition Program, Kachederian Berberian and his family continue to market their top quality fruits and vegetables. Now 82 years, he and his family have continually marketed at Fields Corner since the day he was the first farmer to set up there in 1979. As this neighborhood has evolved, so has his product composition, from potatoes and cabbage for an older clientele to water spinach and Asian squashes for the new Vietnamese centered neighborhood. I include a picture of Mr. Berberian with his specialty Asian squashes, often sold to young Vietnamese mothers in exchange for WIC Farmers Market vouchers.

Kachederian Berberian—Berberian Farm, Northboro Mass
Fields Corner Farmers Market-(Boston, Mass) October 14, 2006

While Mr. Berberian has adjusted his plantings to accommodate a changing customer base, many new immigrant farmers who are from the same communities as WIC shoppers. The result is that new farmers are growing and marketing food at farmers' markets that is preferred by these same minority, refugee, and immigrant groups.

Thus over these nearly 30 years that Mr. Berberian has marketed in Boston, farmers' markets have improved the access of some of America's most nutritionally vulnerable people to fresh, affordable locally produced fruits and vegetables.

Surveys conducted over the years by state and tribal agencies, which administer the WIC FMNP consistently find that the modest benefits provided to WIC recipients (usually about \$20 per recipient annually) result in greater consumption of fresh fruits and vegetables. When WIC offices and other participating organizations, including the farmers and farmers' markets themselves, provide nutrition education information and activities to WIC recipients, the value of the FMNP vouchers is enhanced and the long-term consumption of fresh fruits and vegetables is more likely to occur.

By operating WIC FMNPs, many states and tribal organizations have developed a substantial share of the organizational and administrative capacity they will need to operate the expanded WIC produce voucher program proposed under the new draft Regulations.

The current procedures for WIC FMNP benefit distribution, redemption, and accountability are consistent with the proposed revisions pertaining to fruit and vegetable vouchers. FMNP agencies (generally state health and agriculture departments) now issue vouchers that range in value from \$2 to \$5.

They have voucher tracking and other accountability procedures as well as procedures to authorize participating farmers and farmers' markets. Additionally, both the development of farmers' markets and the implementation of the WIC FMNP require working partnerships and collaborations between multiple agencies and organizations, both public as well as private.

These experiences and practices, developed over the course of 17 years of operating the existing WIC Farmers Market Nutrition Program, should enable state and tribal WIC agencies to make a relatively smooth transition to the implementation of the proposed new WIC expanded fruit and vegetable cash voucher system.

In order for WIC recipients to secure as much nutritional value from the use of the proposed fruit and vegetable WIC vouchers at farmers' markets as possible, I would like offer a few suggestions as you and your team review and finalize these innovative new regulations for the WIC program.

Consistent with Institute of Medicine's recommendation, I strongly support their suggested amount of \$10 per month of fruits and vegetables for mothers and \$8 for children, an increase from the amount proposed in your current draft regulations of \$8 monthly for mothers and \$6 monthly for children between 2 and 5 years.

I ask that in implementing the new expanding WIC program, that USDA continues to fund and underpin the existing modest WIC Farmers Market Nutrition Program, maintaining existing funding levels and keeping the current rules, systems, or procedures at the federal or state levels that support the current operation and effectiveness of the WIC FMNP.

With respect to vendor specification procedures, I would ask USDA to permit farmers' markets to participate as seasonal vendors as most farmers' markets in the country are unable to operate year round. Similarly, farmers' market should be exempt from the "WIC-only" cost containment requirement and shall not be required to carry a full-range of WIC food package products.

I would also ask that substantial efforts should be made to promote coordination between the proposed WIC fruit and vegetable cash voucher program and the existing WIC Farmers Market Nutrition Program

Farmers and farmers' markets that are currently authorized under state WIC FMNP procedures should be automatically eligible for vendor specification under the new fruit and vegetable voucher program. These WIC FMNP farmer and farmers' market authorization procedures should also be applied by states in the future vendor specification process.

When practicable, states should seek to develop systems for the distribution and use of the new WIC fruit and vegetable cash vouchers that are compatible with existing WIC FMNP procedures. Nutrition education efforts and state and local promotion of fresh fruit and vegetable vouchers should be compatible with and seek to take advantage of existing WIC FMNP education and promotion practices. States shall be required to allow farmers' markets as eligible vendors, provided that they comply with farmer and farmers' market authorization procedures \\\

Keeping in mind that farmers' markets carry a wide selection of locally produced fresh fruit and vegetables, I would ask that the regulations when finalized permit agencies to permit a full range of locally grown, healthy, fresh fruit and vegetable items that may be purchased with the new fruit and vegetable WIC vouchers

I would ask that preference shall be given to fresh fruits and vegetables first, then to frozen, and lastly canned fruit and vegetable products

I would ask that a cost of living adjustment reflected in the value of the new WIOC fruit and vegetable vouchers in order to keep pace with inflation

If possible, I would suggest that the denomination of fruit and vegetable instruments be \$2.00 and no change shall be given for vouchers that don't purchase their full denominational value

To ensure smooth implementation of the new regulations, I would suggest that State advisory groups be established to develop the most effective and responsive system possible. Where states and/or municipalities have food policy councils, their participation in the advisory process is strongly encouraged

Just as farmers' markets have been pioneers in making the best fruits and vegetables available to people and places that need them the most, I encourage WIC to make high quality, locally produced fresh fruits and vegetables available in all outlets that serve WIC recipients. In this regard the national WIC Program should consider implementing pilot projects that test various methods of increasing access to fresh produce, with a variety of small scale retail food outlets including farmers' markets and also bodegas, small stores and outlets in areas that are poorly served by such food stores

I again thank and commend you and your team for the forward-looking proposal to make fruits and vegetables a regular part of the WIC food package. This advance in the food package will not only prove immeasurably valuable for lower income women and children, but also assist the nation's family farmers for whom farmers' markets are essential to preserving their livelihoods

I feel that farmers' markets can make a substantial contribution to the success of this new initiative, one that promises to provide a healthy tomorrow for all Americans. As farmers such as Kachedorian Berberian at 82 years has evolved to serve America's changing food needs, I commend USDA for also evolving its nutritional regulatory systems to support critical dietary issues faced by our mothers and their children

Sincerely,

August Schumacher Jr

Editorial Cartoon-Capital Press-Washington State-September, 2006

GP-4439

From: sana hamid [soracle2@hotmail.com]
Sent: Sunday, November 05, 2006 4:22 PM
To: WICHQ-SFPD
Subject: Docket ID Number 0584-AD77, WIC Food Packages Rule

Patricia N. Daniels
Director, Supplemental Food Programs Division Food and Nutrition Service USDA
3101 Park Center Drive
Room 528
Alexandria, VA 22302

"Docket ID Number 0584-AD77, WIC Food Packages Rule"

Dear Ms. Daniels:

I strongly support the efforts of USDA/FNS to make substantial changes to the WIC food packages. These changes being consistent with the 2005 US Dietary Guidelines and those of the American Academy of Pediatrics will greatly improve the overall health of WIC mothers and children.

Based on the latest nutrition science, the proposed rule will help reduce obesity and other diet-related chronic diseases. The addition of fruit, vegetables, and variety of whole grains and soy products will not only provide high nutrient food choices but will also aid in meeting the needs of the culturally diverse population.

Being a Nutrition student myself, I am very much in favor of the whole grain requirement for cereals and the use of low fat milk in replacement for whole milk. This would reduce the total saturated fat and cholesterol content of the food packages and lower the risk of heart diseases.

To further encourage breastfeeding, I find the \$2 increase in the cash-value of their fruit and vegetable vouchers necessary. Raising it to \$10 will be cost-neutral and a significant incentive for breastfeeding mothers.

I am an advocate of the NWA positions on the USDA proposal to revise the WIC food package and urge USDA to finalize the rule with revisions as suggested by NWA as soon as possible.

Best of Regards,

Sana Hamid

GP-4440

From: Johnson, Laura Susan [johnsols@iupui.edu]

Sent: Sunday, November 05, 2006 5 47 PM

To: WICHQ-SFPD

Subject: Docket ID Number 0584-AD77, WIC Food Packages Rule

My name is Laura Johnson, and I am a dietetic intern of the IUPUI program in Indianapolis, Indiana

I appreciate the fact that the WIC program food packages are being evaluated in the attempt to bring the maximum benefits to WIC participants. It is important to keep in mind that improvements can be made due to the latest research as well as changes in the food industry.

I strongly favor the proposal to increase fruits and vegetables and eliminate fruit juices for infants' packages in the program. This is a positive move forward.

However, I feel that the reduction of milk allotted, for non-breastfeeding women especially, will not be a helpful change for the food packages. Though it was speculated that this may help increase the incentive to breastfeed, there is no guarantee that these women will change their personal choices, and therefore will receive inadequate amounts of milk.

I also wonder about the inclusion of soy products. Though I am not opposed to soy products, I have to speculate about how much this population will embrace them. This is something worth considering.

Finally, although I realize that yogurt may be rather cost-prohibitive, it would be an excellent product to consider adding into the women and young children's food packages. They are quite appealing to the masses, and provide wonderful amounts of calcium per serving. Please consider this.

Thank you for your attention,

Laura Johnson

GP-4441

From: King, Kristi L. [king23@iupui.edu]
Sent: Sunday, November 05, 2006 5:28 PM
To: WICHQ-SFPD
Subject: Docket ID Number 0584-AD77, WIC Food Packages Rule

A major goal of revising WIC food packages is to help improve nutrient intakes. However, several of the proposed changes will work against that objective. While I applaud the suggested inclusion of fruits and vegetables, the proposed reduction in the amount of milk allowed in food packages is neither rational nor nutritionally appropriate. Milk contains protein and many essential vitamins and minerals which are required for healthy growth in children. Therefore, reducing the amount of milk available in food packages could hinder the participants' chances of receiving these beneficial nutrients.

In addition to healthy growth, addressing the issue of overweight in children is important. Therefore, it is rational to work toward reducing the intake of saturated and total fat in the diet. However, there is no guarantee that reducing the amount of milk provided to WIC participants will accomplish this goal. This is due to the fact that saturated fat can come from a variety of foods which are not included in the WIC food packages. It would perhaps be more beneficial to offer participants milk lower in fat. This would enable children to still receive the benefits of having the recommended amount of milk each day.

Reducing the amount of cheese that can be substituted for milk would not be advantageous. Cheese, like milk, contains many essential nutrients. In addition, it is a food that is well liked by most children and it is a less irritating dairy product for lactose intolerant individuals. Because reduced fat cheeses are available, it might be beneficial to allow such products to be included in food packages. This would aid in the effort of reducing fat intake while providing choices to participants.

There is little rationale in considering soy beverages and tofu as substitutes for milk instead of yogurt. From a nutrition standpoint, it is best to use other dairy products containing comparable vitamins and minerals found in milk as substitutes. Nutrient wise, tofu is not equal to milk. While it contains protein, the amount of calcium in tofu may vary depending on preparation methods. In contrast, yogurt contains plenty of calcium as well as potassium and vitamins.

Ultimately, it is important that all proposed changes to WIC food packages take into consideration participants' need for good nutrition, variety, and culturally appropriate choices. This is what will help the program thrive and reach its overall objectives.

Kristi King
Dietetic Intern
Indiana University Purdue University Indianapolis

GP-4442

From Françoise LaMonica [franswas@rcn.com]
Sent Sunday, November 05, 2006 12:45 AM
To: WICHQ- SFPD@fns.usda.gov
Subject: WIC Food Packages Rule, "Docket ID Number 0584-AD77,"

Mike Johanns, Secretary, U.S. Department of Agriculture

Dear Secretary Johanns:

As you know, it has been recognized now that the American diet was largely to blame for the epidemic of degenerative diseases in the country. In view of this I find it distressing and counter-productive that a program which is designed to facilitate access to wholesome food to low income people would be weakened. The proposed lower level of funding will adversely affect the impact of the program.

I urge you to maintain a level of funding that would make it possible for WIC recipients to continue shopping at farmers' markets.

Sincerely

GP-4443

From Leisha Malone [mleisha2006@yahoo.com]

Sent Sunday, November 05, 2006 10:14 PM

To: WICHQ-SFPD

Subject: "Docket ID Number 0584-AD77, WIC Food Packages Rule"

Nov 5, 2006

To whom it may concern,

I believe this is a great proposal. If the current WIC Program is changed to the newly revised one, it will lead to much healthier pregnant women and therefore much healthier children. My favorite part is that they will be making the switch from juice to real fruits and vegetables. This will help lower the sugar intake and increase the vitamin and mineral intake by far. Also, I love the fact that whole grain foods are being included. So many women and everyone in general don't realize how much they are missing by eating enriched bread and cereals instead of whole grains. In addition, adding infant food meat to fully breastfed infants is a wonderful suggestion.

Helping the mothers eat healthier and much more nutritious foods is where it all begins because with her having good eating habits during pregnancy, she will produce a much healthier child which will then be breastfed by a healthy mother and eventually be fed healthy food, all of which is provided by this much wiser WIC Program. I can not tell you how pleased I am to hear of the new change to the already fantastic program. I can not wait to see it become approved.

Student at University of Houston,
Leisha Malone

GP-4444

From: vnowakoski@gmail.com on behalf of grace nowakoski
[vnowakoski@wesleyan.edu]
Sent Sunday, November 05, 2006 10 08 PM
To WICHQ-SFPD
Subject: WIC and Farmer's markets
To Whom it may concern.

As a child of a WIC mom, I am grateful to the flexibility of the program and the ability it gave my mother to feed us in the healthy way she wanted (on many fresh fruits and vegetables), it would be a grave mistake to take away the ability of WIC participants to purchase food at farmers markets.

Please make sure that any changes to the WIC program do not jeopardize the ability of women to use their WIC benefits to purchase food from local farmers at farmer's markets

Sincerely,
Virginia Grace Nowakoski
Putney, VT

GP-4445

From. go4rolly@cox.net

Sent. Sunday, November 05, 2006 8:26 PM

To: WICHQ-SFPD

Subject Docket ID# 0584-AD77, WIC Food Packages Rule

I support the WIC food package changes. Examples of some of the proposed changes include adding fresh fruits and vegetable dollars, whole grain products, reduce the amount of whole milk to better align with the guidelines for saturated fat intake, replace excessive juice amounts with infant food fruits and veggies, and stronger incentives for mothers to breastfeed.

Karoly Porkolab
San Diego, CA

GR-4446

From Marina Stauffer [marinaaa1129@yahoo.com]
Sent Sunday, November 05, 2006 7:20 PM
To: WICHQ-SFPD
Subject: Docket ID Number 0584-AD77, WIC Food Packages Rule

Hi,

My name is Marina Stauffer and I am from San Diego, CA / I am an active member of San Diego State's Student Nutrition Organization and I think that WIC's food package changes are very important to current generations and the ones to come. I greatly support these changes and they should be made without hesitation

Sincerely,
Marina Stauffer