

OCT 31 2006

Queridos Amigos del Departamento de Agricultura de los Estados Unidos,

P-13401

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

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

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

Las frutas, verduras y pan.

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

Que disminuyen los jugos.

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Gracias por leer mis comentarios.

Atentamente,

Erendira Gombani

Participante de WIC

Riverside County, California

OCT 31 2006

Queridos Amigos del Departamento de Agricultura de los Estados Unidos,

P-13402

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

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

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

Me gusta que van a dar frutas,  
verduras y tortilla si  
me gustan los cambios.

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

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_.

Gracias por leer mis comentarios.

Atentamente,

  
Participante de WIC

Riverside County, California

OCT 31 2006

Queridos Amigos del Departamento de Agricultura de los Estados Unidos,

P-13403

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

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

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

*Que ay frutas y verduras*

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

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Gracias por leer mis comentarios.

Atentamente,

*Martha Gomez*  
Participante de WIC

Riverside County, California

OCT 31 2006

Queridos Amigos del Departamento de Agricultura de los Estados Unidos,

P-13404

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

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

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

Es que hay mas variedad de frutas  
y vegetales. para ofrecerles a  
nuestros hijos. y esr meno gras.

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

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_.

Gracias por leer mis comentarios.

Atentamente,

Raquel Luma  
Participante de WIC

Riverside County, California

OCT 31 2008

Queridos Amigos del Departamento de Agricultura de los Estados Unidos,

P-13405

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

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

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

que nos pueden dar ahora también  
frutas y verduras. Porque es nutritiva  
y saludable para toda la familia.

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

Porque todo es nutritivo y saludable  
y no encuentro nada que no me haya gustado  
Porque lo que nos dan en el WIC es lo mejor.

Gracias por leer mis comentarios.

Atentamente,

Alma Rosa Lopez  
Participante de WIC

Riverside County, California

OCT 31 2006

Queridos Amigos del Departamento de Agricultura de los Estados Unidos,

P-13406

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

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

Lo que más me gusta sobre los cambios propuestos es

es que todo ha ser sano

Lo que menos me gusta sobre los cambios propuestos es

Gracias por leer mis comentarios.

Atentamente,

ADRIANA LUNA

Participante de WIC

Riverside County, California

OCT 31 2006

Queridos Amigos del Departamento de Agricultura de los Estados Unidos,

P-13407

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

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

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

mas variedad para escoger

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

Los cambios de productos lacteos como leche

de soya, tofu.

Gracias por leer mis comentarios.

Atentamente,

Maria Gutierrez

Participante de WIC

Riverside County, California

OCT 19 2006

P-13408

06-P

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

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

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

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

El aver añadido frutas, verduras  
and tortillas

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

Esta bien

**Gracias por leer mis comentarios.**

**Atentamente,**

Ana L. Pelayo  
**Participante de WIC**

10-10-06  
**Fecha**

OCT 19 2006

P-13409  
06-P

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

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

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

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

no me gusta nada.  
son muy estrictos.

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

son menos alimentos para  
los niños.

**Gracias por leer mis comentarios.**

**Atentamente,**

Maria Sanchez 10-10-06  
**Participante de WIC** **Fecha**

OCT 19 2006

06-P

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

P-13410

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

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

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

que ay Mas verduras y Frutas Pan  
Frijol tortillas

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

**Gracias por leer mis comentarios.**

**Atentamente,**

Margarita Ortiz  
**Participante de WIC**

10-10-06  
**Fecha**

OCT 19 2006

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

06-P  
P-13411

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

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

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

Que agregarían tortillas o pan.

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

Lo que no me gusta es que quitarían  
leche y queso, y el huevo.

**Gracias por leer mis comentarios.**

**Atentamente,**

Julia Camacho

**Participante de WIC**

10-12-06

**Fecha**

OCT 19 2006

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

06-P  
P-13412

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

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

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

Que podré comprar frutas y  
verduras frescas

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

Yo creo que es muy bueno  
este cambio

**Gracias por leer mis comentarios.**

**Atentamente,**

Jorena Hernandez  
**Participante de WIC**

10-12-06  
**Fecha**

OCT 31 2006

Queridos Amigos del Departamento de Agricultura de los Estados Unidos,

P-13413

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

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

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

Son las frutas y verduras y el pan integral, las tortillas, es mejor alimentación.

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

que disminolle el queso, y el huevo, la leche.

Gracias por leer mis comentarios.

Atentamente,

Maia Galindo

Participante de WIC

Riverside County, California

Queridos Amigos del Departamento de Agricultura de los Estados Unidos,

P-13414

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

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

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

Que van a dar tortillas y pan.  
y verduras.

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

Que quiten  $\frac{1}{2}$  libra de queso

Gracias por leer mis comentarios.

Atentamente,

  
Participante de WIC

Riverside County, California

Queridos Amigos del Departamento de Agricultura de los Estados Unidos,

P-13415

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

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

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

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Por las verduras y fruta  
naturales y saludables.

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

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Gracias por leer mis comentarios.

Atentamente,

Martina Becerra  
Participante de WIC

Riverside County, California

OCT 31 2006

Queridos Amigos del Departamento de Agricultura de los Estados Unidos,

P-13416

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

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

Lo que más me gusta sobre los cambios propuestos es

Si estoy contenta por el cambio

las frutas y verduras son muy

saludables para todos las niñas  
tenemos mas variedad para escoger.

Lo que menos me gusta sobre los cambios propuestos es

Todo esta muy bien

Gracias por leer mis comentarios.

Atentamente,

Soliana Caridad

Participante de WIC

Riverside County, California

Queridos Amigos del Departamento de Agricultura de los Estados Unidos,

P-13417

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

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

Lo que más me gusta sobre los cambios propuestos es

lo  
que me gusta que han añadido frutas y verduras tortillas para mejorar mi familia.

Lo que menos me gusta sobre los cambios propuestos es

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_.

Gracias por leer mis comentarios.

Atentamente,

Emelia Avila Mendoza  
Participante de WIC

Riverside County, California

OCT 31 2008

Queridos Amigos del Departamento de Agricultura de los Estados Unidos,

P-13418

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

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

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

todo esta muy bien el cambio  
como las tortillas las frutas y verduras  
el pan integral Se mease mejor el de abajo  
Parameña

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

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_.

Gracias por leer mis comentarios.

Atentamente,

Eunice Rodriguez  
Participante de WIC

Riverside County, California

OCT 31 2008

Queridos Amigos del Departamento de Agricultura de los Estados Unidos,

P-13419

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

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

Lo que más me gusta sobre los cambios propuestos es

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que se van a añadir las frutas y vegetales

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Lo que menos me gusta sobre los cambios propuestos es

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Gracias por leer mis comentarios.

Atentamente,

Andrea Guerrero  
Participante de WIC

Riverside County, California

OCT 31 2006

Queridos Amigos del Departamento de Agricultura de los Estados Unidos,

P-13420

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

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

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

pues todo el paquete me agrada por que

es mas nutritivo por el pan las verduras y

las Frutas

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

la crema de cacahuete por que ami niño

no le gusta

Gracias por leer mis comentarios.

Atentamente,

Maria Felix

Participante de WIC

Riverside County, California

Queridos Amigos del Departamento de Agricultura de los Estados Unidos,

P-13421

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

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

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

es que puciero las Verduras y los granos.

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

Pues para mi todo esta bien.

Gracias por leer mis comentarios.

Atentamente,

Martha Alvarez  
Participante de WIC

Riverside County, California

OCT 31 2008

Queridos Amigos del Departamento de Agricultura de los Estados Unidos,

P-13422

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

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

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

la leche el Pan Integral y fruta

fresca

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

que dan menos leche

Gracias por leer mis comentarios.

Atentamente,

Rosa Coronel

Participante de WIC

Riverside County, California

OCT 31 2008

Queridos Amigos del Departamento de Agricultura de los Estados Unidos,

P-13423

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

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

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

Los frutas y Verduras, el pan  
Integral y que van a sustituir  
el Jugo y leche por Casas más  
nutritivas.

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

que disminuyan el queso y los  
huevos.

Gracias por leer mis comentarios.

Atentamente,

Sandra Conde C.

Participante de WIC

Riverside County, California

OCT 31 2008

Queridos Amigos del Departamento de Agricultura de los Estados Unidos,

P-13424

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

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

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

Es que piensan en las verduras.

que es muy importante en la salud

de nuestros niños si es por salud bien muy bien.

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

Que van a

reducir los alimentos.

Gracias por leer mis comentarios.

Atentamente,

Evelyn M

Participante de WIC

Riverside County, California

Queridos Amigos del Departamento de Agricultura de los Estados Unidos,

P-13425

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

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

Lo que más me gusta sobre los cambios propuestos es

que le pusieron frutas y verduras

Poco pan y tortilla fresca

Lo que menos me gusta sobre los cambios propuestos es

con todo estoy de acuerdo

no hay nada que no me guste.

Gracias por leer mis comentarios.

Atentamente,

Yaneth Trejo

Participante de WIC

Riverside County, California

Queridos Amigos del Departamento de Agricultura de los Estados Unidos,

P-13426

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

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

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

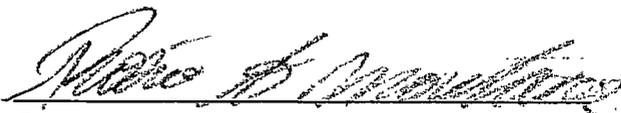
Las frutas y el pan de trigo  
y la leche rebajada y las  
Verduras

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

que es menos jugos

Gracias por leer mis comentarios.

Atentamente,

  
Participante de WIC

Riverside County, California

OCT 31 2008

Queridos Amigos del Departamento de Agricultura de los Estados Unidos,

P-13427

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

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

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

me gusta el cambio porque trae Pan Tortillas  
etc. Frutas verduras.

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

todos me gusta.

Gracias por leer mis comentarios.

Atentamente,



Participante de WIC

Riverside County, California

OCT 31 2008

Queridos Amigos del Departamento de Agricultura de los Estados Unidos,

P-13428

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

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

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

que van a dar frutas y vegetales que son muy nutritivos para mis niñas

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

se me hace todo bien.

Gracias por leer mis comentarios.

Atentamente,

Diane Fay  
Participante de WIC

Riverside County, California

OCT 31 2006

Queridos Amigos del Departamento de Agricultura de los Estados Unidos,

P-13429

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

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

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

Que pongan frutas y vegetales

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

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Gracias por leer mis comentarios.

Atentamente,

Mayra N. Salmeron  
Participante de WIC

Riverside County, California

OCT 31 2006

Queridos Amigos del Departamento de Agricultura de los Estados Unidos,

P-13430

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

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

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

Que tiene mas Variedad por escoger  
empesandos por los granos y los Vegetales.

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

No tengo nada que Opinar al Respecto

Gracias por leer mis comentarios.

Atentamente,

Maria Barbosa  
Participante de WIC

Riverside County, California

OCT 21 2006

Queridos Amigos del Departamento de Agricultura de los Estados Unidos,

P-13431

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

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

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

pues esta bien que agregen frutas  
y vegetales ya que son muy  
Nutritivos.

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

Todo esta bien

Gracias por leer mis comentarios.

Atentamente,

Maura Ramirez  
Participante de WIC

Riverside County, California

OCT 31 2005

OCT 31 2006

Queridos Amigos del Departamento de Agricultura de los Estados Unidos,

P-13432

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

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

Lo que más me gusta sobre los cambios propuestos es

frutas y verduras y alimentos mas  
frescos.

Lo que menos me gusta sobre los cambios propuestos es

que no obra juegos

Gracias por leer mis comentarios.

Atentamente,

Catalina Lucal  
Participante de WIC

Riverside County, California

OCT 31 2006

Queridos Amigos del Departamento de Agricultura de los Estados Unidos,

P-13433

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

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

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

que dan frutas y Verduras.

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

Ya no van a dar jugos.

Gracias por leer mis comentarios.

Atentamente,

Catalina Negroto  
Participante de WIC

Riverside County, California

SEP 31 2006

Queridos Amigos del Departamento de Agricultura de los Estados Unidos,

P-13434

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

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

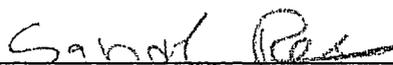
Lo que **más me gusta** sobre los cambios propuestos es

QUE PUEDE LA FAMILIA COMER MAS FRESCOS  
FRUTAS X VERDURAS

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

Gracias por leer mis comentarios.

Atentamente,

  
Participante de WIC

Riverside County, California

OCT 31 2006

Queridos Amigos del Departamento de Agricultura de los Estados Unidos,

P-13435

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

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

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

que nos puedan ayudar con frutas y verduras

para nuestras hijas. Gracias.

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

\_\_\_\_\_

Gracias por leer mis comentarios.

Atentamente,

Maria Molina  
Participante de WIC

Riverside County, California

OCT 31 2006

Queridos Amigos del Departamento de Agricultura de los Estados Unidos,

P-13436

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

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

Lo que más me gusta sobre los cambios propuestos es que incluye verduras, y es mas nutritivo.  
y incluye muchas opciones de whole grain.

Lo que menos me gusta sobre los cambios propuestos es

Gracias por leer mis comentarios.

Atentamente,

Maria Sanchez  
Participante de WIC

Riverside County, California

OCT 31 2006

Queridos Amigos del Departamento de Agricultura de los Estados Unidos,

P-13437

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

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

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

Frutas y Verduras

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

el queso amarillo

Gracias por leer mis comentarios.

Atentamente,

Helen Kellie  
Participante de WIC

Riverside County, California

OCT 31 2006

Queridos Amigos del Departamento de Agricultura de los Estados Unidos,

P-13438

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

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

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

es que esta dando Alimentos nutritivos  
para evitar la obesidad y dar  
Desarrollo Alimenticio.

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

no todo es ta bien

Gracias por leer mis comentarios.

Atentamente,

Guillermina martinez  
Participante de WIC

Riverside County, California

OCT 31 2006

Queridos Amigos del Departamento de Agricultura de los Estados Unidos,

P-13439

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

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

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

que van a dar pan y tortillas

---

---

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

que es menos leche, jugos y huevos

---

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Gracias por leer mis comentarios.

Atentamente,

Lolovina Rios

Participante de WIC

Riverside County, California

OCT 31 2006

Queridos Amigos del Departamento de Agricultura de los Estados Unidos,

P-13440

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

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

Lo que más me gusta sobre los cambios propuestos es

que han an dar pan + verduras

Lo que menos me gusta sobre los cambios propuestos es

esta bien los cambios

Gracias por leer mis comentarios.

Atentamente,

DORA GOMEZ

Participante de WIC

Riverside County, California

31 2006

Queridos Amigos del Departamento de Agricultura de los Estados Unidos,

P-13441

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

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

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

lo que mas me gusta son las frutas y vegetales

frescos el pan y la tortilla.

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

lo que menos me gusta es que trae menos

leche y menos jugos.

Gracias por leer mis comentarios.

Atentamente,

Lorena Hernandez

Participante de WIC

Riverside County, California

JUL 31 2006

Queridos Amigos del Departamento de Agricultura de los Estados Unidos,

P-13442

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

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

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

Que hagan puestas.

Frutos y Verduras

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

Que hagan quitado la 1 galon de leche

Gracias por leer mis comentarios.

Atentamente,

Brendo Acevedo  
Participante de WIC

Riverside County, California

OCT 31 2006

Queridos Amigos del Departamento de Agricultura de los Estados Unidos,

P-13443

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

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

Lo que más me gusta sobre los cambios propuestos es

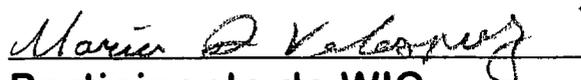
EL Pan la fruta las tortillas

Lo que menos me gusta sobre los cambios propuestos es

que <sup>deban</sup> ~~gustar~~ menos leche y HUEVOS

Gracias por leer mis comentarios.

Atentamente,

  
Participante de WIC

Riverside County, California

OCT 31 2006

Queridos Amigos del Departamento de Agricultura de los Estados Unidos,

P-13444

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

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

Lo que más me gusta sobre los cambios propuestos es

LA FRUTA EL PAN LAS TORTIJAS Y LAS  
VERDURAS.

Lo que menos me gusta sobre los cambios propuestos es

Lo que no me gusta que me han  
quitado leche.

Gracias por leer mis comentarios.

Atentamente,

Veronica DeLeon  
Participante de WIC

Riverside County, California

06/31/2006

Queridos Amigos del Departamento de Agricultura de los Estados Unidos,

P-13445

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

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

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

Que van a dar verdura y fruta y pan y avena

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

Que van a dar menos leche

Gracias por leer mis comentarios.

Atentamente,

Angelica Rivas  
Participante de WIC

Riverside County, California

OCT 31 2006

Queridos Amigos del Departamento de Agricultura de los Estados Unidos,

P-13446

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

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

Lo que más me gusta sobre los cambios propuestos es

Las frutas y vegetales

Lo que menos me gusta sobre los cambios propuestos es

el cambio de leche

Gracias por leer mis comentarios.

Atentamente,

Maria Garcia  
Participante de WIC

Riverside County, California

11/21/2006

Queridos Amigos del Departamento de Agricultura de los Estados Unidos,

P-13447

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

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

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

El mejoramiento en la alimentación para la

familia incluyendo lo más importante en la  
alimentación que es verdura y fruta.

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

la disminución de leche y queso que son

muy importantes en el triángulo básico de  
la alimentación en un niño.

Gracias por leer mis comentarios.

Atentamente,

Vanessa Trujillo

Participante de WIC

Riverside County, California

OCT 31 2006

Queridos Amigos del Departamento de Agricultura de los  
Estados Unidos,

P-13448

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

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

Lo que más me gusta sobre los cambios propuestos es

~~Frutas y verduras~~ tortilla

~~Verduras~~ verduras

~~Frutas~~ Frutas

Lo que menos me gusta sobre los cambios propuestos es

menos me gusta que tienen ~~un galón de leche~~

Gracias por leer mis comentarios.

Atentamente,

ANGUADDAIUPE ORTIZ

Participante de WIC

Riverside County, California

OCT 31 2006

Queridos Amigos del Departamento de Agricultura de los Estados Unidos,

P-13449

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

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

Lo que más me gusta sobre los cambios propuestos es

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Lo que menos me gusta sobre los cambios propuestos es

*Jose Espinoza Conforme con Cambios*

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Gracias por leer mis comentarios.

Atentamente,

*Jose Espinoza*  
Participante de WIC

Riverside County, California

OCT 31 2006

Queridos Amigos del Departamento de Agricultura de los Estados Unidos,

P-13450

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

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

Lo que más me gusta sobre los cambios propuestos es

Frutas y verduras todos

Lo demás

Lo que menos me gusta sobre los cambios propuestos es

\_\_\_\_\_

Gracias por leer mis comentarios.

Atentamente,

MARIA VELAZQUEZ  
Participante de WIC

Riverside County, California

OCT 31 2006

Queridos Amigos del Departamento de Agricultura de los Estados Unidos,

P-13451

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

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

Lo que más me gusta sobre los cambios propuestos es

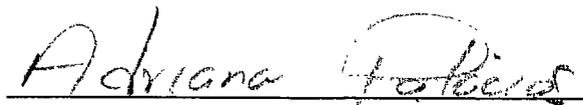
Lo que más me gusta en el cambio es porque agregaron frutas y vegetales.

Lo que menos me gusta sobre los cambios propuestos es

lo que menos me gusta es que no rebajen el queso.

Gracias por leer mis comentarios.

Atentamente,



Participante de WIC

Riverside County, California

05/31/2006

Queridos Amigos del Departamento de Agricultura de los Estados Unidos,

P-13452

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

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

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

Que tengan mas opciones.

---

---

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

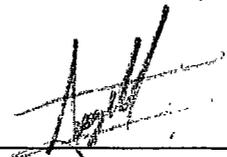
Esta bien.

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Gracias por leer mis comentarios.

Atentamente,



Participante de WIC

Riverside County, California

~~0584-AD77~~

P. 13453

From: Emily Acker [lascucas@lmi.net]  
Sent: Thursday, October 05, 2006 4:43 PM  
To: WICHQ-SFPD  
Subject: 0584-AD77, WIC

Dear People,

I wholeheartedly support the proposed revision of the food packages for children 1-5 years old (I have not read the others). I am a foster parent and relatively new to WIC. I find the 4 plus gallons of milk and 2 pounds of cheese, 2-dozen eggs, and 6 containers of frozen juice to be excessive. I support the option of canned beans because cooking dried beans is time-consuming and often difficult with children. I have been concerned about the sugared cereal choices and am happy with the change "whole grain" cereals. And finally, how wonderful to finally include fruits, vegetables, and other whole grains (beside cereal)! As a primarily ovo-lacto-vegetarian family we eat many fruits and vegetables and I would like to see even more than \$6 allotted to them.

Thank you for considering the health of our nation's neediest children, Emily Acker

OCT 10 2006

October 10, 2006

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

P13454

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

Dear Ms. Daniels:

I am a WIC participant in Hawaii. I am writing to thank USDA/FNS for its efforts to improve the WIC food packages by making them more in sync with the 2005 US Dietary Guidelines.

As a mother who exclusively breastfed my last baby, I was very grateful to have the option to choose salmon for my canned fish option. I am happy to see that USDA is proposing this option now for the rest of the states.

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

I support USDA's proposal to revise the WIC food package and urge USDA to finalize the rule as soon as possible.

Sincerely,



Debbie Smith

#101

Drive  
302

P-23301

P13455

From: Rhonda Harris [harrisar@aol.com]  
Sent: Thursday, October 12, 2006 1:02 PM  
To: WICHQ-SFPD

Dear Ms. Daniels:

I am writing as a WIC receipt 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 WIC Food Package Proposed Rule offers the most significant and substantive changes to the food packages since the Program's inception in 1974.

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 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 hope it will also assist the nutritionist to use proper advice to participants. Seeing that only children under 2 can have whole milk is great. They are the only ones who need that additional fat. Hopefully those in the WIC clinics will realize that with this change

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.

Rhonda Harris  
27542 Versailles Lane  
Romulus, MI 48174

P-2331

P 13456

\*\*\*\*\*

NAME: COLLEEN PERCY  
EMAIL: LCAT06@HOTMAIL.COM  
CITY: NEWPORT  
STATE: VERMONT  
ORGANIZATION:  
CATEGORY: WICParticipant/Recipient  
OtherCategory:  
Date: October 26, 2006  
Time: 09:02:00 AM

COMMENTS:

I GREATLY APPRICIATE MY FOOD PACKAGE!! I WOULD LIKE TO COMMENT ON THE REVISIONS HOWEVER. I COMPLETELY AGREE WITH REDUCING THE AMOUNT OF FRUIT JUICE. THE DOCTORS DONT WANT THE CHILDREN TO HAVE MUCH SO ,THEREFORE WE HAVE ALOT OF JUICE STACKED IN THE FRIDGE WAITING TO BE USED. I DISAGREE WITH REDUCING THE AMOUNT OF EGGS AND MILK FOR CHILDREN AND WOMEN. WE ALWAYS USE ALL OF OURS AND I STILL BUY SOME WEEKLY. I COOK WITH IT SO MY CHILDREN HAVE HEALTHY HOMEMADE MEALS. I AM EXCITED ABOUT THE FRUITS AND VEGETABLES AND THE FISH AND LEGUMES, GREAT IDEA!!!MY CHILDREN ARE 1 AND 3 YEARS OLD, THEY LIKE GETTING WIC EVERY WEEK, THEY LIKE TO BRING IT IN THE HOUSE WHEN IT COMES AND THEY KNOW THAT IT IS FOR THEM, SO THEY LIKE TO EAT IT. THE CHEESE IS AWESOME!WE DONT EAT ALOT OF WHOLE GRAIN ,BUT WE ARE TRYING NEW AND DIFFERENT THINGS MADE OF WHOLE WHEAT, SUCH AS WHOLE WHEAT PITA BREAD .I CAN ONLY SPEAK FOR MY FAMILY, BUT WE LOVE OUR WIC PACKAGES, I REALLY HOPE THAT OUR MILK AND EGGS ARE NOT REDUCED, AND I AM TOTALLY EXCITED ABOUT THE OTHER CHANGES THAT APPLY TO MY FAMILY.

P-2332

P13457

From: melissa young [sweetnsassy542@yahoo.com]  
Sent: Friday, October 27, 2006 10:30 PM  
To: WICHQ-SFPD  
Subject: Wic Changes

Hi, my name is Melissa Young I am currently enrolled in WIC, I would first like to thank you for having wic in the first place, but i would like to see a few more things added to the list of foods and juices. Some of these things would include:

Raisin Bran this used to be offered and is really good for my family as we are low in iron and this helps because of the raisins.

Rice Crispies is a non sugar cereal that alot of kids do eat, they serve it in school and i was really surprised not to see it on the list.

Cranberry Juice this is also another one that I was surprised not to see on the list, you can get it mixed with other fruit but not by itself and alot of the juice on your list are for kids that my kids can't drink. It is a healthy drink that is good for your kidneys and we have to have it all the time.

he new Mini Wheat's Strawberry Delight, we were able to get the strawberry one until they changed the name.

and regular oatmeal not the quick packs for microwaves because not everyone has a microwave.

I also have an infant that i would like to see some of the first foods brought in, yeah i know that ebt does exist for helping to buy foods but wic is a supplemental program and you do give them juice and cereal but baby's needs vegetables and fruits also so why not give them a nice group of foods to choose from also yo get them started in the right direction.

The only other suggestion that i would like to see is to have some breads and some fruits for toddlers and breastfeeding mom in order to make a well rounded program. I know that when i go to wic i am being told by them that we need to increase fruits and vegetables and if they were offered to me by Wic then I know I would be getting them and so would they and that would be a step in the right direction.

P-2333

P13458

NAME: Carrie L. Hall  
EMAIL: carriehall727@hotmail.com  
CITY: Sioux City  
STATE: Iowa  
ORGANIZATION:  
CATEGORY: WICParticipant/Recipient  
OtherCategory:  
Date: October 27, 2006  
Time: 10:40:22 PM

COMMENTS:

Thank you for considering positive change for the WIC program and continuing support for nursing mothers!! Changing the way that the WIC program works would be hugely beneficial! My three children and myself are WIC participants. My oldest will be 5 in November, my middle child just turned 3, and my youngest is 3 months old. One of the problems I had with WIC recently was shortly after the birth of my son. My WIC appointment happened to be a week after he was born and I was having some problems with breastfeeding. I had a complicated labor and delivery and my newborn son lost substantial weight while in the hospital. Though I was desperately trying to solely breastfeed, we did have to supplement occasional bottles until my milk fully came in. At the WIC office, I could either have the checks that covered breastfeeding women or formula fed babies...all or nothing. I didn't want my baby to end up solely on formula, so I declined and went with the breastfeeding checks for me. However, that meant I had a very rough few weeks. Also, we love that WIC supplies milk, cheese, and cereal for my older children. However, my two older children do not care for fruit juice. There's only so much juice my husband and I can drink on our own! If adding fruits would reduce how much juice one could get, we would be willing to give it a shot. Also, one of my children has a severe peanut allergy. We would love it if WIC would cover other "butters" besides peanut butter, such as sunflower butter or almond butter. This would give my son the chance at a Pb&J...or a SB&J! The addition of fruits and vegetables would be a much welcomed addition for our family. I've been fortunate that my children really like vegetables and fruits, so a lot of our monthly grocery money goes for such items. To have WIC help with fruits and vegetables would free up some of that money for meat, bread, extra milk, etc. For other families not as fortunate as mine, allowing fruits and vegetables to be included may allow those children to have

Sincerely,  
Carrie Hall

13459

13459

From: OhOhia@aol.com  
Sent: Saturday, October 28, 2006 1:20 AM  
To: WICHQ-SFPD  
Subject: "Docket ID Number 0584-AD77, WIC Food Packages Rule"

I am writing in support of the proposed changes for the WIC food list. I was very excited to hear that there were possibly going to be some changes made. I love the idea of adding fresh or processed fruits and veggies to the list as well as baby foods. I am a breastfeeding mom and I would love to receive tofu or soy milk instead of cow's milk. We don't like the idea of all the hormones and chemicals in cow's milk and would be thrilled if there was an alternative. It seems like we get too much milk and it spoils quickly and just goes to waste. Canned beans would be so much easier to prepare and much more likely to be eaten than dried beans. Whole wheat bread is so much healthier for everyone and would be a wonderful addition. I love the WIC program and greatly appreciate the assistance and would be so happy if these proposed changes were made.

Sincerely,

Ohia Sullivan  
WIC participant  
Pukalani, Hawaii

P13460

P13460

From: nicole stryke [lpn2303@msn.com]  
Sent: Saturday, October 28, 2006 6:35 PM  
To: WICHQ-SFPD  
Subject: DocketID Number 0584-AD77, WIC Food Packages Rule

I am writing in support of the proposed changes in the WIC Food Packages. As a single mother with a 2-year old son, I currently receive food stamps in addition to WIC. However, I do not receive many food stamps, and often only am able to buy fruits and breads once or twice a month. These proposed changes would greatly benefit me in the ability to ensure that my son is receiving adequate nutrition. Thank-you.

---

Nicole Stryke

P-2336

f 13461

NAME: Sonja Kivela  
EMAIL: sonja@burlingtoncurrency.org  
CITY: Burlington  
STATE: Vermont  
ORGANIZATION:  
CATEGORY: WICParticipant/Recipient  
OtherCategory:  
Date: October 28, 2006  
Time: 10:22:12 PM

COMMENTS:

I believe it is well overdue. Please change the packages - we need it.

---

✓ P2387

f13462

From: Jean Capone [jeanniebean8@yahoo.com]  
Sent: Sunday, October 29, 2006 10:07 PM

Personally, I recieve WIC and find it a great food supplement, but rigid and hypocritical. For example, the breastfeeding supplement is only until child is 1, but I still breastfeed and my child is 2. This implicitly says you don't support nursing over 1 year.

Jean Capone  
990 North Pleasant St G-6  
Amherst, MA 01002

P23381

P13463

NAME: Emily Waasdorp  
EMAIL: newlywaaz@hotmail.com  
CITY: Caneadea  
STATE: NY  
ORGANIZATION:  
CATEGORY: WICParticipant/Recipient  
OtherCategory: WIC overseas participant (US Navy)  
Date: October 30, 2006  
Time: 07:49:53 AM

COMMENTS:

When I brought my baby in to update my WIC registration, I informed the staff that I would be breastfeeding exclusively. "That's great. Now, how much formula do you want?" was the reply. Everywhere I go, I am commended for breastfeeding, and yet the actual support is sparse. Many of the mothers that I have talked to that are on WIC support do not nurse their babies because they are not aware of the health benefits, and because formula is so readily available. It would be wonderful to see the proposed changes to the breastfeeding mother's food package, and I know they would help mothers who are indecisive to opt to nurse their babies, if only for a little while. I myself would benefit greatly from the diversified food package, because our income through the navy does not often allow for luxuries like fresh vegetables and meat at every meal.

P/2339

NAME: Adriana De Santiago  
EMAIL: None  
CITY: Boulder  
STATE: Colorado  
ORGANIZATION: WIC  
CATEGORY: WICParticipant/Recipient  
OtherCategory:  
Date: October 30, 2006  
Time: 01:05:33 PM

P13464

COMMENTS:

I like the fact that WIC will be giving whole grain breads and corn tortillas because my family eats alot of these items and also that we will be able to buy fresh fruits and vegetables verses juice that my family would not drink sometimes. Fresh fruits and vegetables are much more nutritious than the juices.

A2340

f13465

NAME: Blanca Hernandez  
EMAIL: None  
CITY: Lafayette  
STATE: Colorado  
ORGANIZATION: wic  
CATEGORY: WICParticipant/Recipient  
OtherCategory:  
Date: October 31, 2006  
Time: 01:59:19 PM

COMMENTS:

Is happy about getting more foods rather than juice. Loves the fact she can get corn torillas.

---

11-06-06 davick

From: Colleen Davick [cdavick@jpusa.org]

Sent: Monday, November 06, 2006 10:26 AM

To: WICHQ-SFPD

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

f 13466

To whom it Concerns;

thank you for considering the change of foods available to WIC families. As a mom who used WIC until my son was five, I can appreciate this proposal. While WIC met our needs in a basic way, I felt that I had to pass up healthier options in order to pick the WIC approved items. I believe that offering families healthier choices will benefit our communities for many years to come.

Thank you,  
Colleen Davick  
Chicago, IL

11-06-06 alstad

P13467

From: webMaster@fns.usda.gov  
Sent: Monday, November 06, 2006 11:41 AM  
To: WICHQ-SFPD  
Subject: RevisionstowICFoodPackages-Proposed Rule

\*\*\*\*\*

NAME: christiana alstad  
EMAIL: ca52776@aol.com  
CITY: Boulder  
STATE: Colorado  
ORGANIZATION:  
CATEGORY: WICParticipant/Recipient  
OtherCategory:  
Date: November 06, 2006  
Time: 11:41:15 AM

COMMENTS:

Please approve the proposed package. This would greatly benefit myself and my baby.  
Thank you.

11-05-06 ste marie

P13468

From: WebMaster@fns.usda.gov  
Sent: Sunday, November 05, 2006 11:52 AM  
To: WICHQ-SFPD  
Subject: RevisionstoWICFoodPackages-Proposed Rule

\*\*\*\*\*

NAME: Taffy Ste. Marie  
EMAIL: taffysm@wildblue.net  
CITY: Sutton  
STATE: Vermont  
ORGANIZATION:  
CATEGORY: WICParticipant/Recipient  
OtherCategory:  
Date: November 05, 2006  
Time: 11:51:53 AM

COMMENTS:

Dear Ms. Daniels,  
I am writing to tell you what I think of the proposed changes to the WIC food packages. While I think it is a worthwhile change to add such things as fresh fruits and vegetables, I do not think the cost incurred to the state is worth the effort needed to make the changes.  
Currently I have WIC for my son (14m) and find everything receive to be useful and does help reduce my grocery bill. With a family of 5 that is important. I do not think it is the states responsibility to incur such great expenses when WIC is meant only to be a supplement for families and is not meant to be the full monthly allotment of the items. Most likely the changes will take effect regardless of my personal opinion so I would like to add one more thing. I have been on WIC previously and found that I HAD to receive all the items offered whether I need them or not in that case I did not need anything except formula the rest of the items I did not use and ended up giving them to the local food shelf. That was a waste of the states money but my children did not need the cereal offered. I believe the people should have the option of receiving the items listed. Personally I can do without the eggs and the Peanut Butter (which is disgusting anyway) but if I choose to not receive them it would in effect eliminate my WIC which I do not want to do as it helps reduce our other monthly grocery bill.

Sincerely,  
Taffy Ste. Marie  
467-3949  
Sutton, VT

P13469

11-04-06 campbell  
From: Melissa Campbell [zoemama03@yahoo.com]  
Sent: Saturday, November 04, 2006 2:55 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.

AS a mother to a 3 year old who does not tolerate cows milk I find this to be truly hopeful in the help I receive from the WIC program in assuring her nutritional needs. I fully agree with the addition of soy products as well as the fresh fruits and veggies which I believe are also very important parts of the diet that many kids do not get simply because the rising costs of produce making it hard for lower income families to purchase.

Melissa Campbell  
2060 N. Center St. #378  
Mesa, AZ 85201

913470

10-26-06 stettner

From: Kelly Stettner [k\_stettner@yahoo.com]  
Sent: Thursday, October 26, 2006 9:16 AM  
To: WICHQ-SFPD  
Subject: Docket ID Number 0584-AD77, WIC Food Packages Rule

Good day; I'm glad to see significant changes being made to the WIC program. I'm especially pleased about the inclusion of whole grains, fresh fruits and non-starchy vegetables (a big part of our lives) as well as a reduction of milk and eggs.

The logistics of implementing these changes will be a learning process, to say the least, but I am eager to be part of the new program. Our 4-month-old son will soon be moving to rice cereal and jar foods, and our 8-year-old daughter enjoys the cheese and milk but would benefit greatly from more fruits and veggies than we currently purchase.

Thank you for listening to my comments. would you be able to tell me when these changes might be implemented?

Sincerely,  
Kelly Stettner  
45 Coolidge Road  
Springfield, VT 05156

-----  
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P13471

11-02-06 phillips

From: webMaster@fns.usda.gov  
Sent: Thursday, November 02, 2006 3:24 PM  
To: WICHQ-SFPD  
Subject: RevisionstowICFoodPackages-Proposed Rule

\*\*\*\*\*

NAME: Samantha Phillips  
EMAIL: samanthaphillips@gmail.com  
CITY: Boulder  
STATE: Colorado  
ORGANIZATION:  
CATEGORY: WICParticipant/Recipient  
OtherCategory:  
Date: November 02, 2006  
Time: 03:23:50 PM

COMMENTS:

I would really love to be able to get more vegetables with WIC - fruit would be nice too!

11-02-06 williams

P13472

From: webMaster@fns.usda.gov  
Sent: Thursday, November 02, 2006 1:54 PM  
To: WICHQ-SFPD  
Subject: RevisionstowICFoodPackages-Proposed Rule

\*\*\*\*\*

NAME: Monica R. Williams  
EMAIL: mako3@juno.com  
CITY: Newport Center  
STATE: Vermont  
ORGANIZATION:  
CATEGORY: WICParticipant/Recipient  
OtherCategory:  
Date: November 02, 2006  
Time: 01:53:47 PM

COMMENTS:

I think it is great!!

P13473

11-03-06 pollard  
From: karen pollard [kaepollard@yahoo.com]  
Sent: Friday, November 03, 2006 12:42 AM  
To: WICHQ-SFPD  
Subject: docket id number 0584-AD77, WIC food packages rule

from wailuku, HI 96793

I support adding SOYMILK options to the wic packages available

thank you, karen pollard wic recipient  
I expect I will be off the program before any changes occur but still

-----  
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11-02-06 persson

P13474

From: webMaster@fns.usda.gov  
Sent: Thursday, November 02, 2006 2:53 PM  
To: WICHQ-SFPD  
Subject: RevisionstoWICFoodPackages-Proposed Rule

\*\*\*\*\*

NAME: Caroline Persson  
EMAIL: persson@svcable.net  
CITY: Jamaica  
STATE: Vermont  
ORGANIZATION:  
CATEGORY: WICParticipant/Recipient  
OtherCategory:  
Date: November 02, 2006  
Time: 02:53:26 PM

COMMENTS:

I am very happy to see the long awainted/long overdue changes. I believe all the participants will benefit!! My self and my family very much support the revisions to the new package and encourage you to make the changes as soon as possible. Thank you

P13475

11-02-06 katherine

From: WebMaster@fns.usda.gov  
Sent: Thursday, November 02, 2006 4:31 PM  
To: WICHQ-SFPD  
Subject: RevisionstowICFoodPackages-Proposed Rule

\*\*\*\*\*

NAME: katherine  
EMAIL: wittenbaugh  
CITY: lafayette  
STATE: co  
ORGANIZATION:  
CATEGORY: WICParticipant/Recipient  
OtherCategory:  
Date: November 02, 2006  
Time: 04:30:53 PM

COMMENTS:

implementing dietary substitutions like soy products and whole grains is a wonderfull idea. i personally would have loved to have tofu as an option when i was pregnant, it would have given me many more options for healthy food choices. i struggle with eating red meat and to have the option to have wic provided tofu would have greatly helped. i also support adding soy products to the toddler program because my son, who is 13 months old, LOVES tofu. he also isnt a big fan of cows milk and to have the option of soy milk might help to get the proper amount of calcium into his diet.

11-02-06 bakker

P13476

From: webMaster@fns.usda.gov  
Sent: Thursday, November 02, 2006 3:17 PM  
To: WICHQ-SFPD  
Subject: RevisionstowICFoodPackages-Proposed Rule

\*\*\*\*\*

NAME: Marie Bakker`  
EMAIL: mariebakker@comcast.net  
CITY: Oak Harbor  
STATE: WA  
ORGANIZATION:  
CATEGORY: WICParticipant/Recipient  
OtherCategory:  
Date: November 02, 2006  
Time: 03:16:35 PM

COMMENTS:

As a recipient of WIC, I love the proposed changes to the WIC checks. I rarely purchase the juice because of the sugar content, but I would love to have fresh fruits and veggies available - more nutritious! Thank you for giving me this opportunity to voice my choice!

P13477

11-02-06 cole

From: webMaster@fns.usda.gov  
Sent: Thursday, November 02, 2006 3:11 PM  
To: WICHQ-SFPD  
Subject: RevisionstowICFoodPackages-Proposed Rule

\*\*\*\*\*

NAME: Lindsay Cole  
EMAIL: babygurl030306@aol.com  
CITY: rutland  
STATE: vermont  
ORGANIZATION:  
CATEGORY: WICParticipant/Recipient  
OtherCategory:  
Date: November 02, 2006  
Time: 03:11:21 PM

COMMENTS:

i am just going to state which parts i think are a bad idea everything else i do not comment on i agree or like. the reduction of formula for infants 6-11 months is not a good idea babys consume more formula as they get older even though they are on baby food, reduction of milk for children. i know the amount i am getting at this moment still is not enough.. juice for children same as milk, elimination of whole milk for children over 2 not all children like the taste of any other milk choices. thats what i feel is not good choices for the program.

P13478

11-01-06 wood

From: webMaster@fns.usda.gov  
Sent: Wednesday, November 01, 2006 11:18 AM  
To: WICHQ-SFPD  
Subject: RevisionstowICFoodPackages-Proposed Rule

\*\*\*\*\*

NAME: Leslie A. Wood  
EMAIL: flyfreedolphin@yahoo.com  
CITY: Bradford  
STATE: Vermont  
ORGANIZATION:  
CATEGORY: WICParticipant/Recipient  
OtherCategory:  
Date: November 01, 2006  
Time: 11:18:09 AM

COMMENTS:

I feel that the proposal is a good idea, being that fruits and vegetables are better for us and our children, teaching our children young that eating this way is healthier for their minds and bodies. I want my children to be to be healthy and happy. When I was a child there wasn't a lot of structure about healthy foods and as a result I was a chunky teen. As an adult I've learned a lot about the right foods to eat and hope to make an impact in my childrens eating habits, so by making these changes with the program it will benefit my in better eating habits.

213479

11-01-06 scribner

From: webMaster@fns.usda.gov  
Sent: wednesday, November 01, 2006 11:19 AM  
To: WICHQ-SFPD  
Subject: RevisionstoWICFoodPackages-Proposed Rule

\*\*\*\*\*

NAME: Phyllis A. Scribner  
EMAIL: ImzadiVTty2@netscape.com  
CITY: Milton  
STATE: Vermont  
ORGANIZATION:  
CATEGORY: WICParticipant/Recipient  
OtherCategory:  
Date: November 01, 2006  
Time: 11:18:55 AM

COMMENTS:

I am very excited about the proposed changes to the food packages. I much prefer giving my children fruit rather than juice. I especially like the idea of receiving fresh fruit and vegetables. An option I'd like to have would be a voucher or credit system similar to the food stamp program, rather than delivery. I'd be able to go grocery shopping for the items my family prefers and pay for it with my "WIC credit card". I would be responsible to pay cash for any items in the basket not on the approved WIC list.

11-01-06 riendeau

P13480

From: webMaster@fns.usda.gov  
Sent: Wednesday, November 01, 2006 1:15 PM  
To: WICHQ-SFPD  
Subject: RevisionstowICFoodPackages-Proposed Rule

\*\*\*\*\*

NAME: Hope Riendeau  
EMAIL: hoperiendeau@hitchiner.com  
CITY: Gilman  
STATE: Vermont  
ORGANIZATION: WIC  
CATEGORY: WICParticipant/Recipient  
OtherCategory:  
Date: November 01, 2006  
Time: 01:15:15 PM

COMMENTS:

I feel in regards to the Food Package Proposal that we as Americans are first of all over-weight, and second of all not very conscious about the choices we make when it comes to feeding our families. I think to enable those of a lower class to have available more healthy and fresh foods would not only be beneficial to all but would also be setting a good example for our children. I think a new package proposal including fruits and vegetables is much a much needed change. Thanks for all that you already do!

11-01-06 morgan

213481

From: webMaster@fns.usda.gov  
Sent: Wednesday, November 01, 2006 12:15 PM  
To: WICHQ-SFPD  
Subject: RevisionstoWICFoodPackages-Proposed Rule

\*\*\*\*\*

NAME: Stephanie Morgan  
EMAIL: stephanie.morgan@valley.net  
CITY: woodstock  
STATE: Vermont  
ORGANIZATION:  
CATEGORY: WICParticipant/Recipient  
OtherCategory:  
Date: November 01, 2006  
Time: 12:14:53 PM

COMMENTS:

I think that adding fruits, vegetables, tofu, wheat bread, tortillas, milk alternatives are great and much needed in the WIC program. I also think reducing the juice is good- and eliminating juice for children is great. I have found the amount of milk and eggs to be fine as a WIC participant and I wouldn't reduce those.

I really like adding canned beans as I never cook all the dried beans that I have. I am a breastfeeding, single mom who works full-time. My local WIC office has been very supportive of me and I have appreciated the food very much. With the high cost of gas/groceries (I live in a rural area and must commute to work), it has really helped me to eat well and make ends meet. My WIC office was especially supportive when I ran into breastfeeding concerns. The worst thing about your program is the vendors/delivery. Often items are gross (snails in my bag of carrots), eggs are cracked, or my food allotment is not correct. Also, they don't deliver to your door, but to the end of my driveway. So, you should not advertise this as door-to-door service. It's also humiliating to put one's cooler out; you feel conspicuous to neighbors. If I was able to pick up the food after work, I would do that, but I am fortunate to have a car. I understand that others in the program may not. My local WIC office has changed vendors and tried to address this problem, but really the vendors don't care about their clientele - I think they just want the big government bucks. Having said this, I am still very grateful for the program. Thank you.

P13482

11-01-06 jenkins

From: webMaster@fns.usda.gov  
Sent: Wednesday, November 01, 2006 9:03 AM  
To: WICHQ-SFPD  
Subject: RevisionstowICFoodPackages-Proposed Rule

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NAME: April Jenkins  
EMAIL: april.jenkins@vtmednet.org  
CITY: Milton  
STATE: Vermont  
ORGANIZATION:  
CATEGORY: WICParticipant/Recipient  
OtherCategory:  
Date: November 01, 2006  
Time: 09:02:47 AM

COMMENTS:

I think it would be a great investment for people. I know a lot of peoples that can't always afford to have bread, fresh fruits and vegetables. I think this should be passed.

P13483

10-31-06 larrabee

From: WebMaster@fns.usda.gov  
Sent: Tuesday, October 31, 2006 9:31 PM  
To: WICHQ-SFPD  
Subject: RevisionstowICFoodPackages-Proposed Rule

\*\*\*\*\*

NAME: Jennifer L. Larrabee  
EMAIL: larrabeeliever@yahoo.com  
CITY: Danville  
STATE: Vermont  
ORGANIZATION:  
CATEGORY: WICParticipant/Recipient  
OtherCategory:  
Date: October 31, 2006  
Time: 09:30:44 PM

COMMENTS:

Thank you for looking at the WIC food packages and re-evaluating the contents. I am pleased at the prospect of adding fruits and veggies and baby foods, and offering a milk alternative as an option is great, but I do not support the reduction of milk or eggs. Both milk and eggs have been a huge benefit and support to my family. The other changes make more sense to me. Thank you for inviting feedback in this matter. I was a WIC participant 8 years ago (with my son who is now 10 and very healthy), and am currently a WIC participant again as a nursing mother with a beautiful 5 month old infant daughter. Thank you for a great program!

P13484

10-31-06 gonzalez

From: WebMaster@fns.usda.gov  
Sent: Tuesday, October 31, 2006 1:27 PM  
To: WICHQ-SFPD  
Subject: RevisionstoWICFoodPackages-Proposed Rule

\*\*\*\*\*

NAME: Anna Gonzales  
EMAIL: luvsexytrstnol@hotmail.com  
CITY: boulder  
STATE: co  
ORGANIZATION:  
CATEGORY: WICParticipant/Recipient  
OtherCategory:  
Date: October 31, 2006  
Time: 01:27:11 PM

COMMENTS:

Please change the food package to match todays needs and continue to help provide adiquate nutrition for americas growing and needy families.

P13485

10-31-06 cordova

From: webMaster@fns.usda.gov  
Sent: Tuesday, October 31, 2006 1:55 PM  
To: WICHQ-SFPD  
Subject: RevisionstowICFoodPackages-Proposed Rule

\*\*\*\*\*

NAME: Breanna cordova  
EMAIL: none  
CITY: lafayette  
STATE: Colorado  
ORGANIZATION: wic  
CATEGORY: WICParticipant/Recipient  
OtherCategory:  
Date: October 31, 2006  
Time: 01:54:31 PM

COMMENTS:

thinks changes are great. Excited about getting fruits and vegs.

P13486

10-31-06 bannucca

From: webMaster@fns.usda.gov  
Sent: Tuesday, October 31, 2006 1:56 PM  
To: WICHQ-SFPD  
Subject: RevisionstoWICFoodPackages-Proposed Rule

\*\*\*\*\*

NAME: Fidaa Bannucca  
EMAIL: none  
CITY: Aurora  
STATE: COlorado  
ORGANIZATION: wic  
CATEGORY: WICParticipant/Recipient  
OtherCategory:  
Date: October 31, 2006  
Time: 01:56:15 PM

COMMENTS:

Like the fact there will be less juice and more foods like bread and fruits/vegs.  
Doesn't use much of the juice.

P13487

10-31-06 arevalo

From: WebMaster@fns.usda.gov  
Sent: Tuesday, October 31, 2006 4:47 PM  
To: WICHQ-SFPD  
Subject: RevisionstowICFoodPackages-Proposed Rule

\*\*\*\*\*

NAME: jessica Arevalo  
EMAIL: mmorris@co.boulder.co.us  
CITY: lafayette  
STATE: CO  
ORGANIZATION:  
CATEGORY: WICParticipant/Recipient  
OtherCategory:  
Date: October 31, 2006  
Time: 04:46:57 PM

COMMENTS:

I would realy enjoy and like the idea of haveing a change for mor WIC saplaments.

P13488

10-30-06 zene1

From: WebMaster@fns.usda.gov  
Sent: Monday, October 30, 2006 10:34 AM  
To: WICHQ-SFPD  
Subject: RevisionstowICFoodPackages-Proposed Rule

\*\*\*\*\*

NAME: Julie A Zene1  
EMAIL: zenja@sover.net  
CITY: Newport Center  
STATE: Vermont  
ORGANIZATION:  
CATEGORY: WICParticipant/Recipient  
OtherCategory:  
Date: October 30, 2006  
Time: 10:34:01 AM

COMMENTS:

I have reviewed the proposed WIC Food Package Revisions, and I am in full support of the additions (fruit/vegs, baby food, tofu, canned beans, fish choices, whole breads and grain) increases (formula age 4-5 months) and even the eliminations (substitute fruits for juices for infants, whole milk after age 2, infant formula supplelements under 1 month). However, I am somewhat concerned about the reduction of milk, eggs, and formula for age 6-11 months, hoping that these reductions are minimal. WIC has been a very important support during my pregnancy and for the subsequent nutritional needs of my (healthy) 4 1/2 year old son. Had I know about WIC 17 years ago, it would have also benefited my daughter, who is now 16 (she of course has benefitted indirectly by things like our family's farm to family coupons. I am pleased to know however, that these positive changes will be happening for families in the future.

P13489

10-30-06 sabo

From: webMaster@fns.usda.gov  
Sent: Monday, October 30, 2006 3:53 PM  
To: WICHQ-SFPD  
Subject: RevisionstowICFoodPackages-Proposed Rule

\*\*\*\*\*

NAME: Melissa A Sabo  
EMAIL: sabofamily@gmail.com  
CITY: Fair Haven  
STATE: Vermont  
ORGANIZATION:  
CATEGORY: WICParticipant/Recipient  
OtherCategory:  
Date: October 30, 2006  
Time: 03:52:44 PM

COMMENTS:

I think the proposed changes, in general are smart and good.

I DO NOT however, support giving families MORE formula. Families need to be told before the baby is born that WIC only provides "X" amount of formula per month, and that it is the responsibility of the family to provide the rest.

Inform the family of the cost of formula, and the average intake of infants birth - 12 months, And therefore, the average "out of pocket" cost the family will face, should they "decide" not to breastfeed.

Also remind them that breastmilk is free, always ready, never contaminated and always warm.

The proposal for fruits, vegetables and legumes is wonderful! I hope there will be a choice available for neans, because right now the ONLY choice is Navy beans. My family prefers Pinto, pink or Black beans due to our Brazilian heritage.

Eliminating juice is a very good idea. Too much sugar/too little vitamins, and kids were probably preferring to drink juice rather than water, which is much healthier!

whole wheat bread, brown rice, and the rest are a great idea! (maybe you should include an option for whole grain flour, for families who like to make things from scratch?)

Will goat's milk be an alternative to milk also?

Thank you for revising the food packages!! it is very important, as it seemed to be outdated!

P13490

10-30-06 nava

From: WebMaster@fns.usda.gov  
Sent: Monday, October 30, 2006 10:58 AM  
To: WICHQ-SFPD  
Subject: RevisionstowICFoodPackages-Proposed Rule

\*\*\*\*\*

NAME: Marcela Nava  
EMAIL: n/a  
CITY: Longmont  
STATE: CO  
ORGANIZATION:  
CATEGORY: WICParticipant/Recipient  
OtherCategory:  
Date: October 30, 2006  
Time: 10:57:45 AM

COMMENTS:

I really like the changes. I like that we would be able to buy tortillas and rice as well.

10-30-06 clein

P13491

From: webMaster@fns.usda.gov  
Sent: Monday, October 30, 2006 7:47 PM  
To: WICHQ-SFPD  
Subject: RevisionstowICFoodPackages-Proposed Rule

\*\*\*\*\*

NAME: Joy Clein  
EMAIL: fnjsc4@uaf.edu  
CITY: Fairbanks  
STATE: Alaska  
ORGANIZATION:  
CATEGORY: WICParticipant/Recipient  
OtherCategory:  
Date: October 30, 2006  
Time: 07:47:10 PM

COMMENTS:

First of all, thanks for the WIC program. It has kept my 3 year old with eggs, cheese, cereal and peanut butter. Unfortunately, he is allergic to milk (so I have to buy soy milk), and I don't believe in feeding him juice. So I buy fresh fruit and ~~vegetables.~~ So you probably know that my comments include adding the option of soy milk and removing or decreasing or allowing a family to choose some type of fresh fruit instead of juice. I noticed that you are even considering adding whole grain options. I am all for that too.  
thank you  
Joy Clein

10-30-06 cardozo

P13492

From: WebMaster@fns.usda.gov  
Sent: Monday, October 30, 2006 3:50 PM  
To: WICHQ-SFPD  
Subject: RevisionstowICFoodPackages-Proposed Rule

\*\*\*\*\*

NAME: Brenda Cardoza  
EMAIL: none  
CITY: Boulder  
STATE: CO  
ORGANIZATION: WIC  
CATEGORY: WICParticipant/Recipient  
OtherCategory:  
Date: October 30, 2006  
Time: 03:49:51 PM

COMMENTS:

The changes look very good, I agree with them. Especially if a WIC client can receive corn tortillas, whole grain bread, rice, fruits and vegetables. These are added nutritional foods for my kids.

10-29-06 barbour

P13493

From: webMaster@fns.usda.gov  
Sent: Sunday, October 29, 2006 8:26 PM  
To: WICHQ-SFPD  
Subject: RevisionstoWICFoodPackages-Proposed Rule

\*\*\*\*\*

NAME: Karen Barbour  
EMAIL: budha33@AOL.COM  
CITY: Hartland  
STATE: VT  
ORGANIZATION:  
CATEGORY: WICParticipant/Recipient  
OtherCategory:  
Date: October 29, 2006  
Time: 08:26:02 PM

COMMENTS:

I would be extatic if the proposed changes were implemented. Having soy alternatives would be huge, plus vegetables and more whole grains. The current plan weighs heavily on fatty dairy products and sugary juices. It was a great addition when natural peanut butter was added to the selection but it would be even better to have whole grains instead of juices. Even if the juices have no additional sugar they still have to much sugar. Good bread is getting very hard to find at a reasonable price in the grocery store, it would certainly help me to be able to off set that a bit.

P13494

10-28-06 amanda

From: Caleb Downing [fendermallot@yahoo.com]  
Sent: Saturday, October 28, 2006 11:02 PM  
To: WICHQ-WEB  
Subject: Proposed WIC Changes  
I've recently come across on the Oregon WIC website some information regarding changes to the WIC Program.

After reading the posted document, it asked people to contact w/comments.

The changes that have been proposed are FANTASTIC!!!!!! I strongly agree with the elimination of Juice as my son (18m) never drinks it. He would rather have a nice juicy apple (and i would rather he did)!! Changing the monthly amount of formula is also really nice, towards the end of his 1st year he maybe used 1/2 of the actual allowed amount. Implementing fruits,veggies, and whole grains is a dream come true. I love the idea and have tried very hard to keep my son eating only whole grains. He now loves his brown foods.

The only change that makes me some what nervous is the reduction in cheese. My son is vegetarian (by his choice) and a lot of times I use cheese as a substitute for fat and caloric intake in his diet. There are days unfortunately that he takes in almost no fat except for dairy fat. The exemption of cheese would significantly impact his diet in a negative manner.

Other than that, the new changes are wonderful and I hope they come into affect.

Thank you

Amanda

-----  
want to start your own business? Learn how on Yahoo! Small Business.

10-27-06noreika

P13495

From: WebMaster@fns.usda.gov  
Sent: Friday, October 27, 2006 6:41 PM  
To: WICHQ-SFPD  
Subject: RevisionstowICFoodPackages-Proposed Rule

\*\*\*\*\*

NAME: Cybil Noreika  
EMAIL: Cybil22@myway.com  
CITY: Boulder  
STATE: Colorado  
ORGANIZATION: WIC  
CATEGORY: WICParticipant/Recipient  
OtherCategory:  
Date: October 27, 2006  
Time: 06:41:28 PM

COMMENTS:

I feel the new changes are an excellent idea for the WIC program. I really like the idea of adding fruits/vegetables and breads and torillas to the programs. Great Ideas (:

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p13496

10-27-06 simons

From: WebMaster@fns.usda.gov  
Sent: Friday, October 27, 2006 3:39 PM  
To: WICHQ-SFPD  
Subject: RevisionstowICFoodPackages-Proposed Rule

\*\*\*\*\*

NAME: Kirsten Simons  
EMAIL: kirsten.simons@colorado.edu  
CITY: Boulder  
STATE: CO  
ORGANIZATION: Student  
CATEGORY: WICParticipant/Recipient  
OtherCategory:  
Date: October 27, 2006  
Time: 03:39:23 PM

COMMENTS:

I think the new WIC packages would be a great change. It would be easier to feed fruits and vegetables to my child as I do not like giving him a lot of juice. I also like the idea of being able to purchase whole grain breads and rice because my son eats alot of these.

10-27-06 silva

P13497

From: WebMaster@fns.usda.gov  
Sent: Friday, October 27, 2006 4:18 PM  
To: WICHQ-SFPD  
Subject: RevisionstowICFoodPackages-Proposed Rule

\*\*\*\*\*

NAME: Fabiola Silva  
EMAIL: None  
CITY: Boulder  
STATE: CO  
ORGANIZATION:  
CATEGORY: WICParticipant/Recipient  
OtherCategory:  
Date: October 27, 2006  
Time: 04:18:01 PM

COMMENTS:

I think the new changes in WIC foods is GREAT! My kids like fresh fruits and vegetables verses juice. Being Mexican, corn tortillas/whole grain breads is very well welcomed. In all, the changes will be more nutritionally better.

P13498

10-27-06 patrick

From: WebMaster@fns.usda.gov  
Sent: Friday, October 27, 2006 12:28 PM  
To: WICHQ-SFPD  
Subject: RevisionstoWICFoodPackages-Proposed Rule

\*\*\*\*\*

NAME: Etta Patrick  
EMAIL: etpatri@aol.com  
CITY: Hardwick  
STATE: Vermont  
ORGANIZATION:  
CATEGORY: WICParticipant/Recipient  
OtherCategory:  
Date: October 27, 2006  
Time: 12:28:20 PM

COMMENTS:

I think it would be a good idea. There would be more choices and some people may eat better with the fruits and Vegetable options cuz those are very expensive.

P13499

10-27-06 nichols

From: webMaster@fns.usda.gov  
Sent: Friday, October 27, 2006 7:16 AM  
To: WICHQ-SFPD  
Subject: RevisionstowICFoodPackages-Proposed Rule

\*\*\*\*\*

NAME: Jennifer Nichols  
EMAIL: live2ride@pshift.com  
CITY: Johnson  
STATE: VT  
ORGANIZATION: WIC participant  
CATEGORY: WICParticipant/Recipient  
OtherCategory:  
Date: October 27, 2006  
Time: 07:16:25 AM

COMMENTS:

The proposed changes seem excellent to me. The more fresh stuff the better! Less juice and more fruits and veggies for babies is perfect. Thank you!

P13500

10-27-06 morrison

From: WebMaster@fns.usda.gov  
Sent: Friday, October 27, 2006 12:01 PM  
To: WICHQ-SFPD  
Subject: RevisionstoWICFoodPackages-Proposed Rule

\*\*\*\*\*

NAME: Cassia Morrison  
EMAIL: morrison.cassia@gmail.com  
CITY: Boulder  
STATE: Colorado  
ORGANIZATION:  
CATEGORY: WICParticipant/Recipient  
OtherCategory:  
Date: October 27, 2006  
Time: 12:01:25 PM

COMMENTS:

I feel that changing the WIC packages would be able to help families feel like they have more of a choice on starting their children off with healthy eating. I would honestly like to see organic foods and formulas also be more of an choice as well.

P13501

10-27-06 lemmon

From: webMaster@fns.usda.gov  
Sent: Friday, October 27, 2006 10:05 AM  
To: WICHQ-SFPD  
Subject: RevisionstoWICFoodPackages-Proposed Rule

\*\*\*\*\*

NAME: Amy Lemmon  
EMAIL: amylemmon@yahoo.com  
CITY: Hardwick  
STATE: Vermont  
ORGANIZATION:  
CATEGORY: WICParticipant/Recipient  
OtherCategory:  
Date: october 27, 2006  
Time: 10:04:36 AM

COMMENTS:

I am glad to see more variety of items, I think this is a good change. I personally feel that the benefits of ORGANIC foods are huge and we should be providing these as much as possible. If we had more support for organic farming then larger organizations would be forced to provided better quality! There have been some studies about the benefits of organic foods, especailly with children. I really feel these are important things to be looking at. Also the look at fresh, local items ... working in conjunction with CSA programs or local farms would be great. These benefit so many people in the long run. Bravo for exploring changes!

P13502

10-27-06 esposito

From: webMaster@fns.usda.gov  
Sent: Friday, October 27, 2006 1:36 PM  
To: WICHQ-SFPD  
Subject: RevisionstowICFoodPackages-Proposed Rule

\*\*\*\*\*

NAME: Rhiannon Esposito  
EMAIL: Rhiannonlesposito@hotmail.com  
CITY: wells River  
STATE: Vermont  
ORGANIZATION:  
CATEGORY: WICParticipant/Recipient  
OtherCategory:  
Date: October 27, 2006  
Time: 01:35:56 PM

COMMENTS:

I like the new changes, especially scince one of my children are lactos intolerant, it would be really nice to get soy milk. Please go ahead with with changes.

P13503

10-27-06 emerson

From: WebMaster@fns.usda.gov  
Sent: Friday, October 27, 2006 7:42 AM  
To: WICHQ-SFPD  
Subject: RevisionstowICFoodPackages-Proposed Rule

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NAME: Roseann Emerson  
EMAIL: roseannemerson@hotmail.com  
CITY: Groton  
STATE: Vermont  
ORGANIZATION:  
CATEGORY: WICParticipant/Recipient  
OtherCategory:  
Date: October 27, 2006  
Time: 07:41:49 AM

COMMENTS:

Dear Ms. Daniels,

I am writing to tell you what I think about the proposal to change the WIC food package

I am a firm believer with all Governmental food service programs that choice, and availability is the key to good nutrition. Many times people are given nutritious foods that themselves or their families do not like to eat. WIC has done an excellent job in trying to educate the public Participants/Recipient on how to use the foods in different ways. However, if a recipient uses the food and still does not like it for instance myself and family with the frozen peas, then it should be passed on to recipients that would use it more regularly. I think that fresh, frozen and canned fruits and veggies should be part of WIC. Most families I speak to need those items and can't provide them for their families. But a choice of a few should be given because after all if you don't like it you don't use it and everyone loses out. I think eliminating the bulk of the juice for adults and young children is a good idea--nutritionists say it is not as good for you as the actual veggies and fruit. Eggs are used so much for baking, breakfast, lunch and dinner. Without eggs many different things would lack the value of the protein and less carbohydrates that many need to live. Pregnant and Breastfeeding moms as well as children over one year of age need to have milk. To cut such a valuable piece out of WIC would hurt so many. I know that with milk costing what it does with a family of six and myself breastfeeding my 9 mo. old baby, I need my dairy products for strong bones, teeth and overall health. I have seen families that choose not to use WIC or cannot qualify give their children icetea for dinner and kool-aid in bottles and sippy cups. This would not be a good generational move to eliminate milk. Milk and Cereal are two of the most expensive items WIC has to offer, women and children need those items. Many people couldn't or wouldn't buy these items. It is a blessing that WIC provides for these families. Especially the children. Thank you for considering my comments.

Sincerely,  
Roseann Emerson  
Breastfeeding Mother

P1 3504

10-27-06 debbie

From: webMaster@fns.usda.gov  
Sent: Friday, October 27, 2006 7:53 PM  
To: WICHQ-SFPD  
Subject: RevisionstoWICFoodPackages-Proposed Rule

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NAME: Debbie  
EMAIL: debbailey@myway.com  
CITY: West Dover  
STATE: Vermont  
ORGANIZATION:  
CATEGORY: WICParticipant/Recipient  
OtherCategory:  
Date: October 27, 2006  
Time: 07:52:44 PM

COMMENTS:

way overdue! 22 years was the last update? Kudos for what is being proposed! It is PERFECT! Proposed changes are well within the guidelines of the food pyramid and make much more sense than the current offerings. Maybe this should be review every 10 years vs. 20+ years.

10-27-06 barron

P13505

From: WebMaster@fns.usda.gov  
Sent: Friday, October 27, 2006 2:03 PM  
To: WICHQ-SFPD  
Subject: RevisionstowICFoodPackages-Proposed Rule

\*\*\*\*\*

NAME: Jessica Barron  
EMAIL: mmorris@co.boulder.co.us  
CITY: Boulder  
STATE: CO  
ORGANIZATION:  
CATEGORY: WICParticipant/Recipient  
OtherCategory:  
Date: October 27, 2006  
Time: 02:03:13 PM

COMMENTS:

Its a good idea - please change the food package!!! Fruits and Vegetables would be good

10-27-06 bargfrede

P13506

From: webMaster@fns.usda.gov  
Sent: Friday, October 27, 2006 3:34 PM  
To: WICHQ-SFPD  
Subject: RevisionstowICFoodPackages-Proposed Rule

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NAME: Michele Bargfrede  
EMAIL: bargfredes@verizon.net  
CITY: Bellows Falls  
STATE: vermont  
ORGANIZATION:  
CATEGORY: WICParticipant/Recipient  
OtherCategory:  
Date: October 27, 2006  
Time: 03:33:38 PM

COMMENTS:

Thank you- I think this is a wonderful proposal. The only concern I have is the elimination of whole milk for children over 2 years. Although I understand the reasoning, and I know many Doctors recommend switching at this age. In the case of my son who is 3 1/2 and thin -even though he is very healthy- my Doctor feels he should remain on whole for the added calories. It should also be noted that fat in moderation, is an important part of a child's diet. I feel this should be left as an option. Thank you

10-26-06 mansfield

P13507

From: webMaster@fns.usda.gov  
Sent: Thursday, October 26, 2006 3:31 PM  
To: WICHQ-SFPD  
Subject: RevisionstowICFoodPackages-Proposed Rule

\*\*\*\*\*

NAME: Diane Mansfield  
EMAIL: freebird70@adelphia.net  
CITY: N Troy  
STATE: VT  
ORGANIZATION:  
CATEGORY: WICParticipant/Recipient  
OtherCategory:  
Date: October 26, 2006  
Time: 03:31:11 PM

COMMENTS:

As a vegetarian, I think fresh fruit and vegetables, combined with whole grains and tofu, is a wonderful idea. I would like to add that I've felt, for some time, that basic cooking ingredients, such as flour and brown sugar, would be extremely useful, as well. Thank you for your consideration.

10-26-06 julie

P13508

From: webMaster@fns.usda.gov  
Sent: Thursday, October 26, 2006 1:31 PM  
To: WICHQ-SFPD  
Subject: RevisionstoWICFoodPackages-Proposed Rule

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NAME: Julie  
EMAIL: texmont@hotmail.com  
CITY: Bennington  
STATE: Vermont  
ORGANIZATION:  
CATEGORY: WICParticipant/Recipient  
OtherCategory:  
Date: October 26, 2006  
Time: 01:30:47 PM

COMMENTS:

FANTASTIC! I am pleased to see much needed change to the WIC Food Package. I have always questioned the juice as it is loaded with sugar and I'm almost sure not one child or person alone could eat all the peanut butter that we receive. I use (d) fresh fruits and vegetables for teething and for healthier eating, which my older daughter now loves going to the fridge to get her own carrots. I think the formula and baby food change would be a much better allocation of resources to those who need it then what is offered. Most of the eggs and peanut butter go to waste in our house and that is really a shame, as we need the services. Bravo to all responsible for this proposal and for wanting to really talk the talk and walk the walk. Thanks again.

10-26-06 dailey

P13509

From: webMaster@fns.usda.gov  
Sent: Thursday, October 26, 2006 9:32 AM  
To: WICHQ-SFPD  
Subject: RevisionstoWICFoodPackages-Proposed Rule

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NAME: Kayla Dailey  
EMAIL: vhat2do@yahoo.com  
CITY: Manchester Center  
STATE: Vermont  
ORGANIZATION:  
CATEGORY: WICParticipant/Recipient  
OtherCategory:  
Date: October 26, 2006  
Time: 09:31:56 AM

COMMENTS:

I think that over all it is a good idea, I love the part about adding fruits and vegetables, since my son loves both. However I do not like the idea of the quantity of eggs, milk and juice going down, we use those on an every day basis and by ~~narrowing those down it will decrease~~ his intake of them since they tend to be fairly pricey at stores. I think you should have different options for different people. We are not interested in tofu or other soy products, canned fish or the canned vegetables (we prefer fresh or frozen). would there be a way to get just some of the new foods and not others?

10-26-06 atchinson

P13510

From: kcatchinson@yahoo.com  
Sent: Thursday, October 26, 2006 11:20 PM  
To: WICHQ-SFPD  
Cc: kcatchinson@yahoo.com  
Subject: Docket ID Number 0584-AD77, WIC Food Packages Rule

Dear Ms. Daniels,

I am a single working mother also enrolled fulltime in school. I rely on WIC to help provide nutritious food for my daughter, who will be four years old this December. This program has been extremely helpful for our household.

I understand that the WIC Food Package Proposed Rule offers the most significant and substantive changes to the food packages since the Program's inception in 1974.

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.

I am especially excited to see such changes as fresh fruits and vegetables and whole grain products. These are items that I think are important, but often quite costly ~~when you have a tight budget to adhere to as I do.~~

I support this proposed change and encourage USDA to move for publication of a final rule by the spring of 2007 to assure timely implementation of the rule's invaluable changes.

Sincerely,

KC Atchinson  
1625 Ellis Dr. #2  
Lawrence, KS 66044

10-25-06 wilson

P13511

From: webMaster@fns.usda.gov  
Sent: wednesday, October 25, 2006 10:03 PM  
To: WICHQ-SFPD  
Subject: RevisionstowICFoodPackages-Proposed Rule

\*\*\*\*\*

NAME: Katrina Wilson  
EMAIL: krokavt@gmail.com  
CITY: Newfane  
STATE: Vermont  
ORGANIZATION:  
CATEGORY: WICParticipant/Recipient  
OtherCategory:  
Date: October 25, 2006  
Time: 10:02:48 PM

COMMENTS:

I am in full support of the proposed WIC Food Package Revisions. I would also like the program to consider organic foods.

P13512

10-24-06 jambor - 2ND msg

From: Diane Jambor [gjambor@verizon.net]  
Sent: Tuesday, October 24, 2006 8:31 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 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 WIC Food Package Proposed Rule offers the most significant and substantive changes to the food packages since the Program's inception in 1974.

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.

I also hope you will change the peanut butter presently allowed on the program. Currently you allow only store brand 16 oz jars. Unfortunately, these all contain hydrogenated oil. I have found two brands currently on the market that contain no hydrogenated oil in them. They are 12 oz jars and the first is made by Skippy, I think and it's name is NATURAL and the second is called SMART BALANCE.

Thank you for allowing me to voice my concern and I look forward with anticipation on the outcome and decision on this matter.

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.

Diane Jambor  
881 Franklinville Road  
Mullica Hill, NJ 08062

P13513

10-25-06 mitchell

From: webMaster@fns.usda.gov  
Sent: Wednesday, October 25, 2006 4:23 PM  
To: WICHQ-SFPD  
Subject: RevisionstowICFoodPackages-Proposed Rule

\*\*\*\*\*

NAME: valerie mitchell  
EMAIL: tundrapig@earthlink.net  
CITY: boulder  
STATE: co  
ORGANIZATION:  
CATEGORY: WICParticipant/Recipient  
OtherCategory:  
Date: October 25, 2006  
Time: 04:23:08 PM

COMMENTS:

please please let us have more say it what we feed our kids, whole fruits are so much better than juice, as WIC participant I support the new ideas.

10-25-06 miller

P13514

From: webMaster@fns.usda.gov  
Sent: Wednesday, October 25, 2006 12:52 PM  
To: WICHQ-SFPD  
Subject: RevisionstowICFoodPackages-Proposed Rule

\*\*\*\*\*

NAME: Vicki Miller  
EMAIL: vlmiller79@aol.com  
CITY: Hyde Park  
STATE: Vt  
ORGANIZATION:  
CATEGORY: WICParticipant/Recipient  
OtherCategory:  
Date: October 25, 2006  
Time: 12:52:05 PM

COMMENTS:

I am receiving wic for myself and unborn child. I believe it is very important that the food packages are updated. By adding the fruits and vegetales, whole grains, fish, beans, meats, and alternatives to milk will be very beneficial. Those who are ~~lactose and tolerant or don't drink milk~~ don't really have much of a choice for the dairy products. Increasing formula is good considering the amount of formula a baby goes through in a weeks period. I receive some milk bbut not really enough for what i go through myself only because I chose 3 cheese products. But others receive more than they can drink and it spoils so reducing some milk is a good thing. I go through a lot of eggs myself but I love eggs. Some people get way too much for themselves. The purpose for wic is to make things financially easier for those who can't work or aren't making enough. I for one would love to stay home for the first year considering the first three years of a babies life is the most important years. Unfortunately I have to work because it takes at least 3 pay checks to barely get by. If it wasn't for wic I would not be getting the nutrients and healthy bits for myself and unborn child. These updates would be the best thing for all moms and babies through out the world. Especially for those who don't get what they need for themselves and babies because they can't work. I could go on but no time especially for all the comments you hopefully will be receiving. Please consider these changes and think about how important they really are.

P13515

10-25-06 grattton

From: WebMaster@fns.usda.gov  
Sent: Wednesday, October 25, 2006 8:03 PM  
To: WICHQ-SFPD  
Subject: RevisionstowICFoodPackages-Proposed Rule

\*\*\*\*\*

NAME: Lori Grattton  
EMAIL: l.grattton@att.net  
CITY: Bennington  
STATE: Vermont  
ORGANIZATION:  
CATEGORY: WICParticipant/Recipient  
OtherCategory:  
Date: October 25, 2006  
Time: 08:03:13 PM

COMMENTS:

I like that they are eliminating the juice. I also like the inclusion of fruits and vegetables to the wic food.

10-25-06 Altschaft

F13516

From: WebMaster@fns.usda.gov  
Sent: Wednesday, October 25, 2006 5:43 PM  
To: WICHQ-SFPD  
Subject: RevisionstowICFoodPackages-Proposed Rule

\*\*\*\*\*

NAME: Jason Altschaft  
EMAIL: jaysfinetouchcarpentry@earthlink.net  
CITY: Blackhawk  
STATE: CO  
ORGANIZATION: Family  
CATEGORY: WICParticipant/Recipient  
OtherCategory:  
Date: October 25, 2006  
Time: 05:43:16 PM

COMMENTS:

I know that these new items under proposal will be an even greater benefit to all recipients of the wic program. The choice of vegetables and soy products would be the greatest benefit for us. thank you the Altschaft family!

P13517

10-24-06m

From: WebMaster@fns.usda.gov  
Sent: Tuesday, October 24, 2006 12:46 PM  
To: WICHQ-SFPD  
Subject: RevisionstowICFoodPackages-Proposed Rule

\*\*\*\*\*

NAME: Diane Hallenbeck  
EMAIL: ridibuf@juno.com  
CITY: Morrisville  
STATE: Vermont  
ORGANIZATION:  
CATEGORY: WICParticipant/Recipient  
OtherCategory:  
Date: October 24, 2006  
Time: 12:46:01 PM

COMMENTS:

I would benefit from the fruits and vegetables greatly. My only concern would be for those who are not home during delivery and food being wasted.

013518

10-24-06 valerie

From: webMaster@fns.usda.gov  
Sent: Tuesday, October 24, 2006 11:39 AM  
To: WICHQ-SFPD  
Subject: RevisionstoWICFoodPackages-Proposed Rule

\*\*\*\*\*

NAME: Valerie  
EMAIL: valerie@burlingtontelecom.net  
CITY: Burlington  
STATE: VT  
ORGANIZATION:  
CATEGORY: WICParticipant/Recipient  
OtherCategory:  
Date: October 24, 2006  
Time: 11:39:29 AM

COMMENTS:

I'm thrilled that you're catching up with the times with healthier choices. The WIC foods we get are some of the least healthy things we eat (e.g. we choose tofu, whole grains, cereals with less sugar, no juice, less dairy, etc.) Thank you.

P13519

10-24-06 ross

From: webMaster@fns.usda.gov  
Sent: Tuesday, October 24, 2006 3:46 PM  
To: WICHQ-SFPD  
Subject: RevisionstowICFoodPackages-Proposed Rule

\*\*\*\*\*

NAME: Amy Brianne Ross  
EMAIL: amyrossmaui@hotmail.com  
CITY: Makawao  
STATE: Hawaii  
ORGANIZATION:  
CATEGORY: WICParticipant/Recipient  
OtherCategory:  
Date: October 24, 2006  
Time: 03:46:03 PM

COMMENTS:

I am in favor of the proposed rule, especially the addition of fruits and vegetables, the reduction of milk and juice for children, and the removal of juice for all infants.  
Thank you.

P13520

10-24-06 jambor

From: GEORGE JAMBOR [gjambor@verizon.net]  
Sent: Tuesday, October 24, 2006 7:41 PM  
To: WICHQ-SFPD  
Subject: WIC Food Package Rule

To whom it may concern,  
Presently my foster child is enrolled in this program (WIC) and I am happy with the nutrition it provides except for one issue or item. This item is peanut butter. Your program allows only store brand 18oz jars. Unfortunately, the peanut butter you allow is loaded with hydrogenated oil which is a big concern for me. I have located two brands of peanut butter without the hydrogenated oil in them. The first one is called NATURAL made by Skippy, I think and it comes in a 12oz jar and the second is SMART BALANCE. I hope when you review the guidelines you can make this small but very important nutritional change in peanut butter as well. Thank you for allowing me to voice my concern and I'm looking forward to your decision in this matter.

Sincerely,

Diane Jambor

881 Franklinville Rd  
Mullica Hill, NJ 08062

P13521

10-24-06 dyer

From: WebMaster@fns.usda.gov  
Sent: Tuesday, October 24, 2006 8:07 AM  
To: WICHQ-SFPD  
Subject: RevisionstoWICFoodPackages-Proposed Rule

\*\*\*\*\*

NAME: Alana Dyer  
EMAIL: chickoryblue00@hotmail.com  
CITY: Perrysburg  
STATE: OH  
ORGANIZATION:  
CATEGORY: WICParticipant/Recipient  
OtherCategory:  
Date: October 24, 2006  
Time: 08:07:04 AM

COMMENTS:

I think it is wonderful that WIC is considering adding soy to its list of foods. I am allergic to milk, and although it does help the grocery bill to have milk for my family, I have a hard time getting calcium in my diet.

P13522

10-23-06 tsao

From: Huei-Ling Tsao ??? [hltsao@hotmail.com]  
Sent: Monday, October 23, 2006 1:04 PM  
To: WICHQ-SFPD  
Subject: Docket ID Number 0584 - AD77, WIC Food Packages Rule

To whom it may concern,

I am a benefited family of WIC program, from Missoula Montana. I really appreciate to have a chance to write this letter. Being in this program for more than 3 years, I do feel the needs to have some changes in our program.

First, I would like to add Soy milk in liquid formation as one of the options as substitution for milk. That would benefit some children who are milk intolerance or allergies like my daughter. The powder form of soy milk needs prescription and has bad taste for toddler. Also, I would like to add yogurt as one of the options for dairy products since some children can tolerate yogurt better than cow's milk. Both products I mentions are calcium fortified or enriched in its natural form. So, Calcium insufficiency will not be a concern. Also, children who drink soy milk instead of cow's milk in their early age that needs lots of fatty acid can easily add other forms of fat in their diet like canola, olive oil, and flax seed etc.

Second, I rather have fresh fruits and vegetables than drink the juice. We may cut the amount of the juice and have more budgets to buy something fresh. If fresh fruit and vegetable are too expensive to put in our program, Caned or frozen vegetables and fruits maybe the answer for that.

Third, I am so happy to see that organic food can be purchased with our checks. But, I hope that we could evaluate the nutrition value beyond the organic things. For example, the organic cereal from kellogs has too much sugar contents from my point of view. I wish I had more choices to choose something healthier and organic.

Thank you so much!

Best regards,

Huei-Ling Tsao

P13523

10-23-06 moffit

From: WebMaster@fns.usda.gov  
Sent: Monday, October 23, 2006 8:44 AM  
To: WICHQ-SFPD  
Subject: RevisionstowICFoodPackages-Proposed Rule

\*\*\*\*\*

NAME: Kathryn Moffit  
EMAIL: first\_time\_mom2006@yahoo.com  
CITY: Springfield  
STATE: Vermont  
ORGANIZATION:  
CATEGORY: WICParticipant/Recipient  
OtherCategory:  
Date: October 23, 2006  
Time: 08:43:37 AM

COMMENTS:

I think that it is a great plan. The more choices and the healthier the food the better. Children and Mothers need the health food. As a breast feeding mother I would love to have more healthy food and more options. The more nutrients I get the better my milk is for my son. So I agree with this change and I think its a great one.

P13524

10-23-06 lussier

From: webMaster@fns.usda.gov  
Sent: Monday, October 23, 2006 7:34 AM  
To: WICHQ-SFPD  
Subject: RevisionstowICFoodPackages-Proposed Rule

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NAME: Julie Lussier  
EMAIL: lussierfamily2001@yahoo.com  
CITY: Swanton  
STATE: Vermont  
ORGANIZATION:  
CATEGORY: WICParticipant/Recipient  
OtherCategory:  
Date: October 23, 2006  
Time: 07:34:19 AM

COMMENTS:

I really like the proposed food package. I think it needs to change. I really like that it would offer rice or bread and vegetables/fruits. And I especially like that it would offer baby food. It is expensive to buy and this would help out tremendously. ~~I know receiving the formula from WIC is helping us out a lot.~~ I do hope these changes will go through.

P13525

10-23-06 janalee

From: webMaster@fns.usda.gov  
Sent: Monday, October 23, 2006 7:38 PM  
To: WICHQ-SFPD  
Subject: RevisionstowICFoodPackages-Proposed Rule

\*\*\*\*\*

NAME: janalee  
EMAIL: janalee.t@adelphia.net  
CITY: bomoseen  
STATE: vermont  
ORGANIZATION:  
CATEGORY: WICParticipant/Recipient  
OtherCategory:  
Date: October 23, 2006  
Time: 07:38:18 PM

COMMENTS:

i like the idea of changing the wic food's. at least children will be getting good healthy food's that some families might not beable to afford. and then they can eat a little better. i also think if you are changing the wic food's for children, ~~breastfeeding woman and pregnant woman you should also consider changing the~~ commoditie's for the older children that are getting off wic some people i have spoken to think commoditie's is not worth getting because u don't get alot or you don't get stuff that you would normally use. maybe you should think about making the commoditie's a better package like the wic package and then you would get more people wanting it for their children.

P13526

10-23-06 hor1

From: WebMaster@fns.usda.gov  
Sent: Monday, October 23, 2006 8:23 PM  
To: WICHQ-SFPD  
Subject: RevisionstowICFoodPackages-Proposed Rule

\*\*\*\*\*

NAME: Denae Hor1  
EMAIL: hvstmoon2001@yahoo.com  
CITY: Burlington  
STATE: Vermont  
ORGANIZATION:  
CATEGORY: WICParticipant/Recipient  
OtherCategory:  
Date: October 23, 2006  
Time: 08:22:35 PM

COMMENTS:

Dear Ms. Daniels,  
First I would like to start by saying, Thank You!! Every bit that we receive from WIC helps. My daughter Keiley is 18 months and is lactos intolerant. Looking over ~~the food packages I noticed there's no soy milk in the childrens package as well as there wasn't any Tofu, (although I don't think it will be a big hit, our family eats it often.)~~ we buy 2 half gallons of soy milk every week and only receive one half gallon of milk. Receiving it through WIC would be great. The juice is great, but maybe bringing back white grape or pear juice would be wonderful too. The fresh fruits and veggies is the smartest idea of all, very expensive to buy and overall the most nutritious, again not alot of it in the childrens package and that is what my daughter eats the most of. Crunchy peanut butter would be a nice option to choose from (natural of course, which I didnt see any on the packages are you doing away with the natural option on peanut butter?) they are the same price but good because some people prefer it over the creamy and would be more apt to eat it. I don't see cheese on any of the packages, are you doing away with the cheese? I still nurse and eat the cheese, besides some kids prefer to eat cheese over milk, getting there calcium in, like maybe a grilled cheese sandwich would be nice. which brings me to the bread great idea for getting in the whole grains. I don't see beans in the childrens package they need that nutrition too espically for vegetarians. Back to the juice maybe getting juice that is fortified would be a good idea. All of my suggestions are just suggestion but I am sure they will be considered when making the final decissions, you are our voice. I can't speak for other familys but for our family these suggestions would help alot. Our family does appreciate everything you do do and give to our family. Thank for taking the time to read this.

Sincerely,  
Denae Hor1  
113 Maple St.  
Burlington, Vt.  
05401

10-23-06 berry

P13527

From: WebMaster@fns.usda.gov  
Sent: Monday, October 23, 2006 4:08 PM  
To: WICHQ-SFPD  
Subject: RevisionstowICFoodPackages-Proposed Rule

\*\*\*\*\*

NAME: Jessica Berry  
EMAIL: jesberry4@yahoo  
CITY: Monkton  
STATE: Vermont  
ORGANIZATION:  
CATEGORY: WICParticipant/Recipient  
OtherCategory:  
Date: October 23, 2006  
Time: 04:08:04 PM

COMMENTS:

By looking at the potential changes in the WIC food packages I LOVE what I see!  
I've been waiting for a similar change for some time now! Adding fruits & veggies  
would be a wonderful addition. The option to choose alternatives to dairy products  
~~has been something I've hoped for!! The whole grains idea is also very appealing.~~  
I like the idea of reducing & eliminating certain food/drink items!! Thank you for  
allowing us to be part of this HUGE decision!

10-23-06 berger

P13528

From: WebMaster@fns.usda.gov  
Sent: Monday, October 23, 2006 11:58 AM  
To: WICHQ-SFPD  
Subject: RevisionstowICFoodPackages-Proposed Rule

\*\*\*\*\*

NAME: Robin Berger  
EMAIL: robin@pcc.com  
CITY: Burlington  
STATE: VT  
ORGANIZATION:  
CATEGORY: WICParticipant/Recipient  
OtherCategory:  
Date: October 23, 2006  
Time: 11:58:02 AM

COMMENTS:

I wanted to let you folks know that the proposed changes are wonderful. I am the mother of 2 boys who were both exclusively breast fed for the first 6 months and then only received solids with my milk. Both of my boys had a casein (the protein in milk) intolerance and so I could not eat the dairy in my package. These changes would have been so helpful. In addition I think the idea that WIC participants should have a choice of dried vs canned beans is important. As a busy mom if my beans were canned I would use them up EVERY month. As is I often do not use them, and I am an avid cook who even cans and bakes.

These changes will also make the package more inclusive. I have friends who are eligible but do not eat enough of the WIC foods to take part. This package would change that and their food budget.

Lastly, please be careful not to include baby cereals or baby food with sugar, high fructose corn syrup or trans fat. My youngest child is 19 months and I was shocked when i read the label on the infant rice cereal I was provided that it contained trans fat. I called my WIC office and basically told to only get the oatmeal and it is not a big deal, nothing can be done. I feel it is very important for an infants first food not to contain ingredients we know should be avoided.

Thank You  
Robin Berger

P13529

10-22-06 syria

From: webMaster@fns.usda.gov  
Sent: Sunday, October 22, 2006 9:09 PM  
To: WICHQ-SFPD  
Subject: RevisionstowICFoodPackages-Proposed Rule

\*\*\*\*\*

NAME: Laura syria  
EMAIL: mandavia8@yahoo.com  
CITY: Ludlow  
STATE: Vermont  
ORGANIZATION:  
CATEGORY: WICParticipant/Recipient  
OtherCategory:  
Date: October 22, 2006  
Time: 09:09:27 PM

COMMENTS:

I think that the revisions are great. I love that fruits and veggies will be offered. I've often wondered why they weren't. I also love the option for a milk alternative such as tofu and soy milk. My favorite addition, though, is the whole ~~wheat bread/grains/tortillas. This is the one change that will benefit my family~~ the most. I am also very pleased to see the elimination of juice for infants and the reduction of milk to children. Both of these, i feel, are detrimental to the health of our babies.

P13530

10-22-06 hotchkiss

From: Laurel Hotchkiss [Hotchkiss@chartermi.net]  
Sent: Sunday, October 22, 2006 6:06 PM  
To: WICHQ-SFPD  
Subject: Docket ID 0584-AD77, WIC FOOD PACKAGES RULE

As a parent that has been in the WIC program for several years, I would like to strongly support the proposed food changes. I was shocked when we joined the program at the unbalanced diet of food offered - so much dairy and way too much juice (most months we didn't use even half of the offerings in an attempt to stay healthy).

I am thrilled to see whole grains, fruits and veggies added to the list!

Most importantly, I wanted to share how strange it felt to be a breastfeeding mother in the WIC program. I almost felt as though I was "doing it wrong" by not using all of the formula that was offered. I know many mothers that chose not to breastfeed because they could get "free formula" from WIC. I think the proposed change on limiting formula in the the early months is a wonderful plan, and will really encourage more mothers to give their children the best through breastfeeding (and saving the government a heap of money by not providing artificial milk!)

~~-----Thank you for these great changes,-----~~

Laurel Hotchkiss  
Holland, Michigan

P13531

10-22-06 donaldson  
From: Kimberly Donaldson [kimdonaldson@hotmail.com]  
Sent: Sunday, October 22, 2006 5:08 PM  
To: WICHQ-SFPD  
Cc: kimdonaldson@hotmail.com  
Subject: docket ID 0584-AD77 WIC Food packages Rule

To Whom It May Concern:

I write to you as a former recipient of WIC coupons, and a current breastfeeding advocate and organic farmer who is in constant contact with WIC mothers in upper Michigan. As a self-declared "health nut" I found the WIC supplemental coupons very limiting. I didnt' feel like I could eat healthily and still purchase some of the foods on the lists like packaged cereals (both infant cereals and others) I understand that the food packages that mothers on WIC receive may be changing. I think it would be a great improvement if the coupons included more fruits and vegetables, lower fat dairy products, like plain yogurt, and whole grains. It would also be a great incentive for mothers to start and continue breastfeeding if their food packages would include more variety for them and for their babies as they continue breastfeeding.

Also, I understand that some restrictions may be made on how much formula is given ~~to mothers with young, partially-breastfed infants...~~ This may be a breastfeeding incentive. However, I fear that unless WIC advocates for mothers to contact a local La Leche League Leader, they may be left feeling without support. I appreciate your consideration of my comments as you revamp the WIC coupons.

Thank you for your time. I look forward to hearing your response.

Kim Donaldson  
N16071 Hansen Ln. Apt. 2  
Wilson MI 49896

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P13532

10-22-06 bissette

From: WebMaster@fns.usda.gov  
Sent: Sunday, October 22, 2006 5:22 PM  
To: WICHQ-SFPD  
Subject: RevisionstowICFoodPackages-Proposed Rule

\*\*\*\*\*

NAME: Tracy Bissette  
EMAIL: tracy.bissette@msn.com  
CITY: West Rutland  
STATE: VT  
ORGANIZATION:  
CATEGORY: WICParticipant/Recipient  
OtherCategory:  
Date: October 22, 2006  
Time: 05:22:22 PM

COMMENTS:

I believe that the new rule is a very good idea. I thought that we should be able to receive vegetables and fruit from WIC. I also believe that we should receive bread. we should mainly receive everyday items that we use more often for our diet. ~~Bread, milk, fruits and vegetables~~ are a definite necessity for our every day diet!

P13533

10-20-06a

From: Cheek, Holly [Holly.Cheek@nationalcity.com]  
Sent: Friday, October 20, 2006 12:38 PM  
To: WICHQ-WEB  
Subject: breast feeding

To whom it may concern:

I would like to make a comment about some of the new changes that could be occurring in the WIC program. I am a WIC client who is breastfeeding a six week old baby. I would like to say that having the option of using formula while breastfeeding is comforting. I am a working mother and I feel that it is sometimes difficult to keep up with pumping enough. I would feel completely insecure about not having enough milk for my daughter. I will supplement one to two ounces of formula to mix with my breast milk and it ensures that the milk that I do have pumped will last a lot longer. Foremost, I believe that if I did not have the option of having some formula while breastfeeding I would completely deter from it and just feed the baby formula. I truly think that by prohibiting breastfeeding mothers from having formula, you will eliminate many breastfeeding mothers which is depriving that baby of some valuable bonding as well as the best nutrition that they can receive.

Please email me with any comments at hcheek26@yahoo.com

Thank you  
Holly Cheek

-----  
\*\*\*National City made the following annotations  
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P13534

10-20-06 weinstein

From: WebMaster@fns.usda.gov  
Sent: Friday, October 20, 2006 8:23 AM  
To: WICHQ-SFPD  
Subject: RevisionstowICFoodPackages-Proposed Rule

\*\*\*\*\*

NAME: Jordan Weinstein  
EMAIL: jordan@DarkVictory.com  
CITY: Bellows Falls  
STATE: VT  
ORGANIZATION:  
CATEGORY: WICParticipant/Recipient  
OtherCategory:  
Date: October 20, 2006  
Time: 08:22:51 AM

COMMENTS:

like the non-milk alternatives. Don't bother with canned beans or peas dried are fine. whole grain bread is much smarter. A shame about the eggs being reduced as nursing mothers really seem to dig them and cholesterol is good for developing baby brains. ~~Juices are worth reducing, that's good.~~

Thanks,  
j

10-20-06 heffernan

P13535

From: hheff@gmavt.net  
Sent: Friday, October 20, 2006 12:12 PM  
To: WICHQ-SFPD  
Subject: Docket ID Number 0584-AD77, WIC Food Packages Rule

To Whom It May Concern:

Over the past 7 years my family has benefited from the WIC program in Vermont. I have always thought that adding fresh fruits, vegetables, and bread products would be a beneficial addition to the program.

I am writing to you in regards to the proposal to change the WIC Food Packages. I think that the changes are wonderful. I hope that this proposal is passed and that these changes go into effect as soon as possible. Adding whole grains, and fruits and vegetables to WIC packages is very beneficial and a healthy alternative to the current package available to women and children. Also, alternatives to milk, such as tofu and soy beverage will be great for those on a lactose-free diet.

I look forward to seeing these changes occur in the WIC packages.

Sincerely,

Jennifer Heffernan  
mother of 3 children  
WIC participant

Jennifer Heffernan- Senior Manager  
Green Mountain Stampers- Team Leader  
107 Sarah's Way  
Middlebury, Vermont 05753  
802-388-4225  
hheff@gmavt.net  
visit me on the web at  
[www.greenmountainstamper.stampinup.net](http://www.greenmountainstamper.stampinup.net)  
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opportunity...

P13536

10-20-06 farrell

From: webMaster@fns.usda.gov  
Sent: Friday, October 20, 2006 8:01 AM  
To: WICHQ-SFPD  
Subject: RevisionstoWICFoodPackages-Proposed Rule

\*\*\*\*\*

NAME: hannah farrell  
EMAIL: hkfarrell@shoreham.net  
CITY: shoreham  
STATE: vermont  
ORGANIZATION:  
CATEGORY: WICParticipant/Recipient  
OtherCategory:  
Date: October 20, 2006  
Time: 08:01:15 AM

COMMENTS:

feel it is more than necessary to provide alternatives such as soy and fruits and  
veggies.  
In support of the change

---

10-20-06 carpenter

P13537

From: webMaster@fns.usda.gov  
Sent: Friday, October 20, 2006 10:28 AM  
To: WICHQ-SFPD  
Subject: RevisionstoWICFoodPackages-Proposed Rule

\*\*\*\*\*

NAME: Susan E. Carpenter  
EMAIL: kcjsj@juno.com  
CITY: Bennington  
STATE: VT  
ORGANIZATION:  
CATEGORY: WICParticipant/Recipient  
OtherCategory:  
Date: October 20, 2006  
Time: 10:28:27 AM

COMMENTS:

I feel the overall changes will provide a much healthier program. Eliminating juice is great and replacing it with fruits and vegetables. Thank you for working on this. I am not trilled with not having whole milk available as we use this and my children are all thinner than thier age counter parts, this is due to a healthy life style and to overall good nutrition, exercise and no television in the home. But, I understand that the big picture may need this remedy. I hope that the transition goes smoothly. May God bless your efforts in providing better nutrition to the people you serve.  
Thank you. Susan

10-19-06 wager

P13538

From: WebMaster@fns.usda.gov  
Sent: Thursday, October 19, 2006 3:48 PM  
To: WICHQ-SFPD  
Subject: RevisionstowICFoodPackages-Proposed Rule

\*\*\*\*\*

NAME: Lindsay Wager  
EMAIL: ath\_lmw04@yahoo.com  
CITY: Bennington  
STATE: VT  
ORGANIZATION:  
CATEGORY: WICParticipant/Recipient  
OtherCategory:  
Date: October 19, 2006  
Time: 03:48:25 PM

COMMENTS:

I like the food packages the way they are. If anything should change in my opinion I would decrease the eggs and the juice! Keep the same amount of formula for fully formula feed babies. I'm am 6 months pregnant with my second child and I for one could use all the formula I can get when my baby is born, She will be formula fed only so there for I want the formula amount to stay the same. I don't think I could afford to buy formula that I would need if you guys cut down what you give now! Please keep it the same or at least keep the baby formula the same!

P13539

10-19-06 lamphere

From: WebMaster@fns.usda.gov  
Sent: Thursday, October 19, 2006 8:45 PM  
To: WICHQ-SFPD  
Subject: RevisionstoWICFoodPackages-Proposed Rule

\*\*\*\*\*

NAME: Kyle Lamphere  
EMAIL: lamphererkyle@yahoo.com  
CITY: Hartland  
STATE: V.T.  
ORGANIZATION: Participant  
CATEGORY: WICParticipant/Recipient  
OtherCategory:  
Date: October 19, 2006  
Time: 08:45:29 PM

COMMENTS:

I am very much for the proposal, I think it should have been done years ago, as a participant on and off for the last ten years, I have enjoyed the benefits from WIC and it would be refreshing to see it get even better, people can change their eating habits when they have the education and support to do so. We recently changed our eating habits for the better and this proposed change would only benefit our family.  
I hope this can happen in the near future.

10-19-06 koester

13540

From: webMaster@fns.usda.gov  
Sent: Thursday, October 19, 2006 11:01 PM  
To: WICHQ-SFPD  
Subject: RevisionstoWICFoodPackages-Proposed Rule

\*\*\*\*\*

NAME: emily koester  
EMAIL: emily2peru@yahoo.com  
CITY: northfield  
STATE: ma  
ORGANIZATION:  
CATEGORY: WICParticipant/Recipient  
OtherCategory:  
Date: October 19, 2006  
Time: 11:01:26 PM

COMMENTS:

I am thrilled that fresh vegetables, whole grains, tofu, and soy milk will now be included as WIC foods, because, as vegetarians, these are foods that my family and I eat on a regular basis. I hope that Apple and Eve juices will also be included, ~~because that is my kids' favorite brand of juice. I wish that organic foods could~~ be included as well, in order to encourage more farmers to farm organically. Thank you for looking at this issue so carefully.

P13541

10-19-06 hanson

From: WebMaster@fns.usda.gov  
Sent: Friday, October 20, 2006 11:33 AM  
To: WICHQ-SFPD  
Subject: RevisionstowICFoodPackages-Proposed Rule

\*\*\*\*\*

NAME: Elizabeth Hanson  
EMAIL: ehanson@vtc.edu  
CITY: Bristol  
STATE: VT  
ORGANIZATION:  
CATEGORY: WICParticipant/Recipient  
OtherCategory:  
Date: October 20, 2006  
Time: 11:33:11 AM

COMMENTS:

I am so glad to see more fruits and vegetables included in WIC food packages! Those food groups are so important but are often the first ignored when people are on a tight budget. I believe the inclusion of these types of foods will be very beneficial to the nation's children.

I was also glad to see that fomula supplements were eliminated for infants under one month of age who are breastfeeding. Misinformation about baby's eating habits can bring parents to supplement with formula, setting up for a failure with breastfeeding. I would like to see formula removed from the food package of infants under one month of age, period. A mother should take a few weeks to rest before going back to work anyways for her health and the health of her baby. During this time, it is only logical for the mother to breastfeed and give her child the best start possible. Of couse, some mothers cannot breastfeed for medical reasons related to disease in their own body. That is understandable; they should be given formula with a doctor's note. However, these cases are few. Healthy mothers should be strongly encouraged to at least try breastfeeding. The best way that WIC can do this is to make breastfeeding even easier.

P13542

10-19-06 depatie

From: webMaster@fns.usda.gov  
Sent: Thursday, October 19, 2006 3:02 PM  
To: WICHQ-SFPD  
Subject: RevisionstowICFoodPackages-Proposed Rule

\*\*\*\*\*

NAME: Donna Depatie  
EMAIL: justquilt@verizon.net  
CITY: Brandon  
STATE: Vermont  
ORGANIZATION:  
CATEGORY: WICParticipant/Recipient  
OtherCategory:  
Date: October 19, 2006  
Time: 03:01:47 PM

COMMENTS:

I like the idea of receiving fruits and vegetables. However, I do not like canned vegetables! I do not use any tofu or soy products, so that would not affect me. My children already only use whole milk in their diets. I do not serve any canned fish products as well, they don't like them. As for the whole wheat bread, I'm not a fan. I still prefer white (I do purchase rye, oat or multi-grain english muffins from Thomas' and they have 8 grams of fiber). I do make my own honey-oat bread with does contain whole white wheat flour. Since I do a lot of cooking and baking from scratch I do use a lot of eggs, I do not like the idea of being reduced. Plus, eggs are important in their diet especially for the eyes! As for the canned beans and peas you can keep them! UCK!!!! Canned foods are gross and reminds me of the food in the service! I would prefer frozen and they do not contain Sodium to preserve, plus tastes so much better! I do however, use the dried beans such as navy and split pea, lentils for soups. High in protein and fiber. For the tortillas no way will they eat corn or whole wheat. My children do drink juice as well as milk. So therefore, I do not appreciate that being eliminated. I do wish that WIC would provide butter!

Thank you.

p13543

10-19-06 brock

From: brock83 [brock83@bellsouth.net]  
Sent: Thursday, October 19, 2006 6:31 PM  
To: WICHQ-SFPD  
Subject: Opinion on changing WIC FOOD

To whom it may concern:

My name is Jennifer Brock. My 2 kids are on WIC. I have a 1 year old and a 4 year old. My personal opinion on changing the WIC program would be to leave the Milk alone and reduce the juice at the age say 3. After my daughter turned 3 she wouldn't drink much juice. Something else that might help as far as getting woman and children more interested in milk is flavoring. My daughter fights me to drink milk now unless it is strawberry or chocolate. Another idea is to get better cereal. Now that you have added Honey Bunches of Oats try adding the other honey tasted cereals. Like Honey Nut Cheerios, the Honey Nut Chex. The people at the cereal companies are getting smarter I will add that. Now that my daughter has seen Dora on KIX she will eat them. The Little Mermaid on Corn Flakes. As for adding Bread to the vouchers I think that would be great. But I wouldn't just limit it to whole wheat or whole grain. A lot of people don't like wheat bread and it would be a waste. But a lot of people do like wheat and won't buy it cause its more expensive. I love the WIC program but the peanut butter or beans isn't for us. I get the peanut butter most of ~~the time. I end up saving them most of the time for christmas time and let my grandparents have them to make christmas candy.~~ I do think Orange Juice should be added to the list (example: Tropicana). Though my son is over 11 months old and I am not expecting any more children (at least shouldn't be) My son still has little things of juice that he didn't drink. I fully agree putting baby food on the vouchers. Thank you for reading my opinion and I hope it will help you.  
Jennifer Brock

P13544

10-19-06 alexander

From: webMaster@fns.usda.gov  
Sent: Thursday, October 19, 2006 2:25 PM  
To: WICHQ-SFPD  
Subject: RevisionstowICFoodPackages-Proposed Rule

\*\*\*\*\*

NAME: Carla Alexander  
EMAIL: carlaalexander@wildblue.net  
CITY: Hyde Park  
STATE: VT  
ORGANIZATION:  
CATEGORY: WICParticipant/Recipient  
OtherCategory:  
Date: October 19, 2006  
Time: 02:25:23 PM

COMMENTS:

I feel these proposed changes are long overdue. We need to feed our children fruits and veggies but they aren't offered through WIC, now with these changes our children will have access to a more balanced diet. Plus infants under 1 will also be given the food they need besides breastmilk/formula. Please vote to change the WIC program meals, we need this!!!!

P13545

10-18-06 sarah rasmussen

From: webMaster@fns.usda.gov  
Sent: Wednesday, October 18, 2006 7:27 PM  
To: WICHQ-SFPD  
Subject: RevisionstowICFoodPackages-Proposed Rule

\*\*\*\*\*

NAME: Sarah E. Rasmussen  
EMAIL: sarahrasmussen@adelphia.net  
CITY: Killington  
STATE: VT  
ORGANIZATION:  
CATEGORY: WICParticipant/Recipient  
OtherCategory:  
Date: October 18, 2006  
Time: 07:27:04 PM

COMMENTS:

I strongly agree with the additions and increases you propose. I DISAGREE with the reduction of eggs and milk. These are the two items I can get my child to eat on a regular basis and I rely upon them as the staples of our cooking and meals. Please ~~reconsider this proposed reduction.~~

113546

10-18-06 palumbo

From: webMaster@fns.usda.gov  
Sent: wednesday, October 18, 2006 11:56 AM  
To: WICHQ-SFPD  
Subject: RevisionstowICFoodPackages-Proposed Rule

\*\*\*\*\*

NAME: Mrs. Ellen Palumbo  
EMAIL: bluddykisses@hotmail.com  
CITY: Poultney  
STATE: VT  
ORGANIZATION:  
CATEGORY: WICParticipant/Recipient  
OtherCategory:  
Date: October 18, 2006  
Time: 11:55:34 AM

COMMENTS:

I have to say that I do like the sound of the new proposal to change the WIC Food Packages. The items that will be added, especially the option of fresh fruit, baby food, the alternatives to milk and adding whole wheat bread and brown rice ect...increases the options for providing healthy food for myself and for my baby. I highly support the idea for increased amounts of formula for infants' age 4-5 months because I run out of formula at least a week to 10 days before the next delivery comes in. Reducing the amount of milk is also a great idea for me because sometimes I can't drink that much milk and I end up with gallons of it in the fridge and sometimes they start to spoil before I can get to them. I am going to admit that the idea of the canned fish choices are a good idea but (this could just be me being picky) I have always remembered canned salmon being very boney and I don't think people would be very receptable to that and sardines are just plain gross. Thank you vey much for considering my comments.

Sincerely,  
Mrs. Ellen Palumbo

P13547

10-18-06 norris

From: webMaster@fns.usda.gov  
Sent: Wednesday, October 18, 2006 9:51 AM  
To: WICHQ-SFPD  
Subject: RevisionstowICFoodPackages-Proposed Rule

\*\*\*\*\*

NAME: Lisa Norris  
EMAIL: plnorris@gmavt.net  
CITY: Panton  
STATE: Vermont  
ORGANIZATION: WIC  
CATEGORY: WICParticipant/Recipient  
OtherCategory:  
Date: October 18, 2006  
Time: 09:50:40 AM

COMMENTS:

I believe that the amount of formula for infants should be increased. i also agree with adding infants food fruits and aegetables. i don't agree with eliminating juice and whole milk as children under the age of five should be drinking while milk ~~after they are off formula.~~ I like the idear of adding fruits and vegetables for mothers and children. I do believe that we get to much eggs.

813548

10-18-06 moran

From: WebMaster@fns.usda.gov  
Sent: Wednesday, October 18, 2006 4:03 PM  
To: WICHQ-SFPD  
Subject: RevisionstoWICFoodPackages-Proposed Rule

\*\*\*\*\*

NAME: Amanda Moran  
EMAIL: jonesin\_for\_love@yahoo.com  
CITY: Marshfield  
STATE: Vermont  
ORGANIZATION:  
CATEGORY: WICParticipant/Recipient  
OtherCategory:  
Date: October 18, 2006  
Time: 04:03:00 PM

COMMENTS:

Being a recipient, I think that the proposed rule is a GREAT thing. I have been trying to feed my children healthier meals and this would really help since the costs of healthier food is much greater. Incorporating more vegetables and fruits and whole grains is also sending families with low incomes a good message. Eating right is important, it would be great if this government program could encourage that. Thank you for considering changing WIC food packages for the better.

P13549

10-18-06 longtin

From: webMaster@fns.usda.gov  
Sent: wednesday, October 18, 2006 7:13 PM  
To: WICHQ-SFPD  
Subject: RevisionstoWICFoodPackages-Proposed Rule

\*\*\*\*\*

NAME: johanna longtin  
EMAIL: johannaLee23@hotmail.com  
CITY: bennington  
STATE: vermont  
ORGANIZATION:  
CATEGORY: WICParticipant/Recipient  
OtherCategory:  
Date: October 18, 2006  
Time: 07:13:03 PM

COMMENTS:

i do think that some of these changes are good, such as adding baby food and cutting back on some of the things that people get overwhelmed with. cutting back on eggs, peanut butter, and cereal would not be a bad thing. i do not think that ~~you should cut back on the milk. we should be getting our kids to drink more milk~~ and less juice as drinking too much can cause cavities (my daughter is only 4 and already had cavities filled from drinking alot of juice as they contain lots of sugar). i also think that adding more formula is a great idea as i always had to buy extra for my kids.

thank you for listening to my comments

johanna longtin

10-18-06 hill

P13550

From: webMaster@fns.usda.gov  
Sent: wednesday, October 18, 2006 4:24 PM  
To: WICHQ-SFPD  
Subject: RevisionstowICFoodPackages-Proposed Rule

\*\*\*\*\*

NAME: Nancy Hill  
EMAIL: hill1998@sbcglobal.net  
CITY: Cameron Park  
STATE: CA  
ORGANIZATION:  
CATEGORY: WICParticipant/Recipient  
OtherCategory:  
Date: October 18, 2006  
Time: 04:23:37 PM

COMMENTS:

I feel the proposed changes to the WIC program are long overdue and very appropriate. As a mom to two toddlers with special needs who both qualify for WIC, I very much appreciate any changes that will support the health of my children.

10-18-06 bourn

P13551

From: webMaster@fns.usda.gov  
Sent: Wednesday, October 18, 2006 9:51 AM  
To: WICHQ-SFPD  
Subject: RevisionstowICFoodPackages-Proposed Rule

\*\*\*\*\*

NAME: Stephanie Bourn  
EMAIL: steph\_bourn@yahoo.com  
CITY: Danby  
STATE: Vermont  
ORGANIZATION:  
CATEGORY: WICParticipant/Recipient  
OtherCategory:  
Date: October 18, 2006  
Time: 09:50:40 AM

COMMENTS:

I think that the new proposed WIC food packages are a great idea. My children love fresh fruits and vegetables, but due to the high prices of things these days we dont always have the extra money to buy them. The soy beverages are also another great ~~idea. My children dont like regular milk. They prefer to have the soy milk or rice~~ milk and it isnt offered right now so the milk that we do get just gets wasted. Nobody in the house drinks it due to the kids not liking it and my husband and I being lactose intolerant. All in all, these proposed food packages are a good thing ang I am hoping that they will be put into effect. It will give the children more of a chance to have the things that they need but that the parents cant always afford to buy. I hope that as a WIC participant that my opinions will count for something.

P13552

10-17-06b

From: WebMaster@fns.usda.gov  
Sent: Tuesday, October 17, 2006 9:03 AM  
To: WICHQ-SFPD  
Subject: RevisionstoWICFoodPackages-Proposed Rule

\*\*\*\*\*

NAME: Brandy Forcier  
EMAIL: brandylynn86@yahoo.com  
CITY: Hyde Park  
STATE: Vermont  
ORGANIZATION:  
CATEGORY: WICParticipant/Recipient  
OtherCategory:  
Date: October 17, 2006  
Time: 09:03:15 AM

COMMENTS:

I am a mother of a 6 month old. I have read the proposed WIC food package revisions and would like to give my input. I am glad to see that you would like to add fruits and vegetables to your packages. I am also glad to see that you will be offering many other new foods. The only concern that I have with the package revisions is the reduction in formula for children ages 6-11 months. My daughter has a prescription for her formula that we receive from the WIC program. I receive nine cans a month and with the formula costing around \$14.00 per can at the store, I will have to compensate for the reduced amount of formula that I receive. I think that the participants that have a prescription for formula should be able to make the decision along with the infants doctor, if the infant gets a reduction in formula. Thank you for your time and consideration.

13553

10-17-06 hathaway

From: webMaster@fns.usda.gov  
Sent: Tuesday, October 17, 2006 2:48 PM  
To: WICHQ-SFPD  
Subject: RevisionstoWICFoodPackages-Proposed Rule

\*\*\*\*\*

NAME: Jessica Hathaway  
EMAIL: jessicadee5@hotmail.com  
CITY: West Topsham  
STATE: Vermont  
ORGANIZATION:  
CATEGORY: WICParticipant/Recipient  
OtherCategory:  
Date: October 17, 2006  
Time: 02:47:53 PM

COMMENTS:

I think it all looks good except for the reducing of the formula for infants 6-12 months. They may drink less bottles a day, but they drink more at one sitting then younger infants. So I think if anything you should increase the amount for infants ~~6-12 months of age.~~  
Also I don't think there should be an decrease in milk and juice for children and woman.  
But all in all I think it looks like a good plan.

P13554

10-17-06 cano-scribner

From: WebMaster@fns.usda.gov  
Sent: Tuesday, October 17, 2006 9:11 AM  
To: WICHQ-SFPD  
Subject: RevisionstoWICFoodPackages-Proposed Rule

\*\*\*\*\*

NAME: Tracy Cano-Scribner  
EMAIL: tracyalyn@aol.com  
CITY: East Montpelier  
STATE: Vermont  
ORGANIZATION:  
CATEGORY: WICParticipant/Recipient  
OtherCategory:  
Date: October 17, 2006  
Time: 09:11:13 AM

COMMENTS:

I like the proposed WIC food package revisions.

P13555

10-16-062

From: Rippee Family [rippeefamily@bmi.net]  
Sent: Monday, October 16, 2006 11:01 AM  
To: WICHQ-SFPD  
Subject: Docket ID Number 0584-AD77, WIC Food Packages Rule

As a past WIC participant, I applaud the proposed changes for the WIC food menu. They will help children and pregnant/nursing mothers more than the current program. I would be more excited to use the program again.

Sincerely, Kristine Rippee, mother of three

P13556

10-16-06b

From: WebMaster@fns.usda.gov  
Sent: Monday, October 16, 2006 9:58 PM  
To: WICHQ-SFPD  
Subject: RevisionstowICFoodPackages-Proposed Rule

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NAME: Victoria Bryer  
EMAIL: vbryer@aol.com  
CITY: Stowe  
STATE: Vermont  
ORGANIZATION:  
CATEGORY: WICParticipant/Recipient  
OtherCategory:  
Date: October 16, 2006  
Time: 09:58:02 PM

COMMENTS:

our babies need to stay on whole milk for the calories, they are considered under wieght for their age and short as well. Our babies are 1 1/2 & 2 1/2 they like their eggs fixed in different ways that we do for them. I don't understand exactly what the changes are that your talking about. Please let me know just what is what. I'm use to the way it is now!

10-16-06a

P13557

From: Heen, Teave [theen@boh.com]  
Sent: Monday, October 16, 2006 9:48 PM  
To: WICHQ-SFPD  
Subject: ID #0190193 WIC Food Pkg Rule

ID #0190193

Aloha my name is Teave Heen. WIC has been helping me and my family ever since I was a child. My main concern is the decrease in formula. For both my children I only wanted to breast feed. However work schedules and other complications made it impossible for me to continue to breast feed. I'm and so grateful that WIC provides me with 9 cans of formula without that I don't know how I could afford it. However for a fully formula feed baby 9 cans is not even enough. I still need to buy 2-3 additional cans per month. I and very grateful for the 9 cans that are provided and I hope that that number will either increase or stay the same.

If you'd like to eliminate or decrease something, the dried beans and evaporated milk would be a good one to eliminate. No one really uses those two items and they only go to waste. Milk is always used but you could lower the amounts provided. When I was pregnant I had checks for myself and my 4 year old and I had so much Milk I either don't grab it or I gave it away so it wouldn't spoil.

In closing, again Id like to stress the need for all 9 cans of formula for a fully formula feed baby. Please don't decrease the amount allowed if anything increase it. Mahalo

Please feel free to contact me.

Thank you for your time

Teave Heen

808-870-765

80-C Waipaha St

Kihei HI 96753

Te'ave H. Heen

Consumer Banking Rep.

Kihei Branch

Phone: (808)879-7512

10-15-06a

P13558

From: reikiii@comcast.net  
Sent: Sunday, October 15, 2006 2:23 PM  
To: WICHQ-SFPD  
Subject: Docket ID Number 0584-AD77, WIC Food Packages Rule

To Whom It May Concern,  
I have heard about the new foods WIC is thinking about offering to those of us on the WIC program, and I am delighted! Families will really benefit from these additional choices, especially the fruits and vegetables. I would request that whole milk be kept as a choice. Children do need that extra fat in their diet until they are at least 2-3 years old. It helps their brains to function and grow, as well as their joints, muscles, etc. I am really excited to see this plan implemented as soon as possible... WIC has always been there to help with my children, and this would make WIC even more helpful to growing families. I also think it is wonderful to increase the food packages for nursing women. Nursing is a wonderful gift a mother can give to her child, and being fully nourished helps them to provide the best milk they can. Thank you!

--  
Blessings,  
Toni Rakestraw  
~~WIC Client in Oregon~~

10-11-06a

P13559

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

From: Jessica Bardos [mailto:lainiejules@yahoo.com]  
Sent: Monday, October 09, 2006 10:57 PM  
To: WICHQ-SFPD  
Subject: Docket ID # 0584-AD77, WIC Food Packages Rule

Aloha,

I went to my Maui WIC appt today, in Kahului, HI, and was very pleased to hear there are certain changes to the foods allowed in the program.

I am most pleased to hear about a reduction in juices.

I don't like to give my children juice, and if it is given, I water it down. Our pediatrician absolutely forbids juice, calling it "junk food". I think that allowing FRESH fruits and veggies, would really improve the eating habits and over-all health of your families.

Another big deal is are the alternatives to milk being offered. Since there are other ways to get calcium rather than just milk, I love that you are taking the initiative to put those other options out there. This also helps to allow families to ~~try new things, and create better opportunities for our children to make good eating decisions when on their own.~~

I found it odd that wheat bread was not option as a WIC approved food. Cereal is great, and there are some wonderful options out there these days. However, bread is a staple and any whole grain or wheat bread is the best. Most people buy white just for the sake of having bread, not realizing it holds no nutritional value at all. Introducing wheat bread would really help to take the option of white bread out and make wheat the norm. And offering it through WIC, well that makes the transition all the easier for the families.

Since I appreciate how much the WIC program helps my family, I really shy away from saying anything that may seem "picky". But I have to say, the dried beans and legumes are very time consuming and difficult to make, especially for those working families. The option of canned would be greatly appreciated I am sure.

Thank you for all that WIC has done for my family, with the counseling and good, healthy food for my children. Any changes that are made would only be a testament to how wonderful this program is, and how much it strives to to inform and help families like mine to lead to happy, healthy lives. Mahalo!

Sincerely,  
Jessica Bardos  
Maui WIC Program Kahului, Maui, HI

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Tired of spam? Yahoo! Mail has the best spam protection around  
<http://mail.yahoo.com>

P13560

P-2352

P2352

From: Josh and Danielle Puffer [thepufferfamily@yahoo.com]  
Sent: Monday, October 09, 2006 8:19 AM

Hello,

I am writing to comment on the proposed WIC Food Package changes. For all packages (pregnant, nursing mothers and young children) my suggestions would be as follows:

1. There should be x amount of servings and families can choose between milk, soy products, eggs and chesse so that if a family doesn't eat one of these they could get a little more of another. Assigning the amounts can limit a family and be a waste of food.
2. There should be x amount of servings and families can take them in the form of fruits and vegetable (coupons) or juice or a combination. Many parents would rather their children don't drink juice and the juice could go to waste, but if you provide fruits and vegetables than the child is still having that nutritional need met.
3. There should be x amount of servings and families can choose between cereal or whole grains (or a combination of the two). Again with many families there is too much cereal, and it goes to waste, the whole grain option would be much more effective.

The WIC Program will be most productive and meet the most nutritional need if you provide families with choices within the categories provided.  
Thank you for the opportunity to share and we are thrilled at the fact there are changes being looked at!

Sincerely,

Danielle Puffer  
Barnet, Vermont

P-2351

P13561

P-2351

NAME: Jessica Pleasant-Illingworth  
EMAIL: 14 Henry St.  
CITY: Bellows Falls  
STATE: Vermont  
ORGANIZATION:  
CATEGORY: WICParticipant/Recipient  
OtherCategory:  
Date: November 06, 2006  
Time: 07:54:34 PM

COMMENTS:

The addition of fruits/vegetables to the food distribution is a great idea; it may help to get those who don't eat fruits/vegetables often to eat more of them. The other ideas also seem good too.

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P13562

P-2350

~~P-2350~~

NAME: Melissa Marquez  
EMAIL: nelly73@msn.com  
CITY: Boulder  
STATE: CO  
ORGANIZATION:  
CATEGORY: WICParticipant/Recipient  
OtherCategory:  
Date: November 06, 2006  
Time: 02:09:09 PM

COMMENTS:

would like more fruits and vegetables

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P-2349

~~P-2349~~

P13563

From: Chelsea Crosnier [chelsea.crosnier@gmail.com]  
Sent: Monday, November 06, 2006 1:34 PM  
To: WICHQ-SFPD  
Subject: food package changes

Hi, my name is Chelsea Crosnier and I have a 3.5 year old who has been on WIC for a while now and I have been on the WIC program due to my latest pregnancy of twins. We have just been informed about the proposal of changes to the food packages and are very excited to hear that there are thoughts for change! We are vegetarians and although we do eat some dairy, such as cheese, we do not drink cow milk or eat many eggs. We would love to have the option to receive soy milk, tofu, and fresh fruits and veggies! These items are what I use most in our meals and it would be a tremendous help financially for us to be able to receive them through wic! The WIC program is to help families get the food that they need to maintain a healthy diet, and that should include families that have different dietary needs. I thank you for considering all aspects of this proposal and I will be anxiously waiting to hear what has been determined.  
sincerely,  
Chelsea Crosnier

P13564

P-2348

P-2348

NAME: Theresa Matteson  
EMAIL: CrazyCrayolaz@hotmail.com  
CITY: Sunderland  
STATE: Vermont  
ORGANIZATION:  
CATEGORY: WICParticipant/Recipient  
OtherCategory:  
Date: November 06, 2006  
Time: 01:24:10 PM

COMMENTS:

I think change is good. WIC is very helpful to me and my daughter. I think it would be nice to get some different stuff. I hope that you do to. It would be nice to get veggies, fruits and bread. Hope you will listen to what people have to say and make the change. Thank you for your time.

P-2347

013565

P-2347

From: andrea solbrig [solbrig@chemistry.ucsc.edu]  
Sent: Saturday, November 04, 2006 2:54 PM  
To: WICHQ-SFPD  
Subject: \*Docket ID Number 0584-AD77, WIC Food

I support the WIC food package changes. I am currently a WIC participant and I believe that more fruits and vegetables can truly help the WIC nutrition program. I think that reducing the amount of milk and juice is a great idea. I never use all the milk and juice that is offered by WIC each month and if I could get other healthy food instead, it would be wonderful.

Thanks, Andrea Solbrig, San Mateo, CA 94403

P.S. Anyone ever think organic too?

P-2345

P13566

P-2345

NAME: Tina Caranicolas  
EMAIL: tinacisfree@yahoo.com  
CITY: Denver  
STATE: CO  
ORGANIZATION: WIC  
CATEGORY: WICParticipant/Recipient  
OtherCategory:  
Date: November 03, 2006  
Time: 10:20:48 AM

COMMENTS:

I think for a pregnant woman to get an adequate supply of vitamins and minerals, she needs to have vegetables and a more expanded selection of protein, so it's not just restricted to animal protein. In the proposed food plan, I like the soy options and the fruit and vegetable additions. I was not able to qualify for food stamps; I'm kind of in between. Fresh fruits and vegetables are hard for me to buy due to cost. I usually have to load up on starches, since they are cheap and can fill my hunger. However, I think it is very important to ensure a balanced diet during pregnancy. So, I definitely see the new diet plan as a major step in that direction for modern American mothers.

P13567

P-2344

~~P-2344~~

NAME: Liz Rawcliffe  
EMAIL: billingsli@yahoo.com  
CITY: orem  
STATE: UT  
ORGANIZATION: Utah County WIC  
CATEGORY: WICParticipant/Recipient  
OtherCategory:  
Date: November 02, 2006  
Time: 03:35:15 PM

COMMENTS:

I think that giving fruits and veg. are a very good idea. I also think soy milk would be a good alternative for a milk allergy. Breads would be a good alternative to receive.

~~P-23431~~

P-23431

P13568

NAME: Stephanie Brooke  
EMAIL: blueagoon\_94@yahoo.com  
CITY: Topeka  
STATE: KS  
ORGANIZATION:  
CATEGORY: WICParticipant/Recipient  
OtherCategory:  
Date: November 02, 2006  
Time: 09:23:50 AM

COMMENTS:

I like the proposed changes of offering whole grains, fruit and vegetables to WIC clients. I am a WIC recipient, I think these changes would help improve the nutritional value of foods offered to my child and other children participating in the program.

~~P2341~~

~~P2341~~

P 13569

NAME: Lucia Grodillo  
EMAIL: none  
CITY: Lafayette  
STATE: colorado  
ORGANIZATION: wic  
CATEGORY: WICParticipant/Recipient  
OtherCategory:  
Date: October 31, 2006  
Time: 02:01:10 PM

COMMENTS:

Happy that she will be able to get fresh fruits/vegs. Is o.k. about less juice.  
Happy about being able to get corn tortillas.

P13570

~~P1340~~

NAME: Blanca Hernandez  
EMAIL: None  
CITY: Lafayette  
STATE: Colorado  
ORGANIZATION: wic  
CATEGORY: WICParticipant/Recipient  
OtherCategory:  
Date: October 31, 2006  
Time: 01:59:19 PM

COMMENTS:

Is happy about getting more foods rather than juice. Loves the fact she can get corn torillas.

~~UP-2839~~

P13571

NAME: Adriana De Santiago  
EMAIL: None  
CITY: Boulder  
STATE: Colorado  
ORGANIZATION: WIC  
CATEGORY: WICParticipant/Recipient  
OtherCategory:  
Date: October 30, 2006  
Time: 01:05:33 PM

COMMENTS:

I like the fact that WIC will be giving whole grain breads and corn tortillas because my family eats alot of these items and also that we will be able to buy fresh fruits and vegetables verses juice that my family would not drink sometimes. Fresh fruits and vegetables are much more nutritious than the juices.

V-2338

P 13572

NAME: Emily Waasdorp  
EMAIL: newlywaaz@hotmail.com  
CITY: Caneadea  
STATE: NY  
ORGANIZATION:  
CATEGORY: WICParticipant/Recipient  
OtherCategory: WIC overseas participant (US Navy)  
Date: October 30, 2006  
Time: 07:49:53 AM

COMMENTS:

When I brought my baby in to update my WIC registration, I informed the staff that I would be breastfeeding exclusively. "That's great. Now, how much formula do you want?" was the reply. Everywhere I go, I am commended for breastfeeding, and yet the actual support is sparse. Many of the mothers that I have talked to that are on WIC support do not nurse their babies because they are not aware of the health benefits, and because formula is so readily available. It would be wonderful to see the proposed changes to the breastfeeding mother's food package, and I know they would help mothers who are indecisive to opt to nurse their babies, if only for a little while. I myself would benefit greatly from the diversified food package, because our income through the navy does not often allow for luxuries like fresh vegetables and meat at every meal.

12337

P13573

From: Jean Capone [jeanniebean8@yahoo.com]  
Sent: Sunday, October 29, 2006 10:07 PM

Personally, I receive WIC and find it a great food supplement, but rigid and hypocritical. For example, the breastfeeding supplement is only until child is 1, but I still breastfeed and my child is 2. This implicitly says you don't support nursing over 1 year.

Jean Capone  
990 North Pleasant St G-6  
Amherst, MA 01002

P13574

P13574

NAME: Sonja Kivela  
EMAIL: sonja@burlingtoncurrency.org  
CITY: Burlington  
STATE: Vermont  
ORGANIZATION:  
CATEGORY: WICParticipant/Recipient  
OtherCategory:  
Date: October 28, 2006  
Time: 10:22:12 PM

COMMENTS:

I believe it is well overdue. Please change the packages - we need it.

---

11/23/06

P13575

From: nicole stryke [lpn2303@msn.com]  
Sent: Saturday, October 28, 2006 6:35 PM  
To: WICHQ-SFPD  
Subject: DocketID Number 0584-AD77, WIC Food Packages Rule

I am writing in support of the proposed changes in the WIC Food Packages. As a single mother with a 2-year old son, I currently receive food stamps in addition to WIC. However, I do not receive many food stamps, and often only am able to buy fruits and breads once or twice a month. These proposed changes would greatly benefit me in the ability to ensure that my son is receiving adequate nutrition. Thank-you.

Nicole Stryke

P2334

P13576

From: OhOhia@aol.com  
Sent: Saturday, October 28, 2006 1:20 AM  
To: WICHQ-SFPD  
Subject: "Docket ID Number 0584-AD77, WIC Food Packages Rule"

I am writing in support of the proposed changes for the WIC food list. I was very excited to hear that there were possibly going to be some changes made. I love the idea of adding fresh or processed fruits and veggies to the list as well as baby foods. I am a breastfeeding mom and I would love to receive tofu or soy milk instead of cow's milk. We don't like the idea of all the hormones and chemicals in cow's milk and would be thrilled if there was an alternative. It seems like we get too much milk and it spoils quickly and just goes to waste. Canned beans would be so much easier to prepare and much more likely to be eaten than dried beans. Whole wheat bread is so much healthier for everyone and would be a wonderful addition. I love the WIC program and greatly appreciate the assistance and would be so happy if these proposed changes were made.

Sincerely,

Ohia Sullivan  
WIC participant  
Pukalani, Hawaii

P123331

P13577

NAME: Carrie L. Hall  
EMAIL: carriehall727@hotmail.com  
CITY: Sioux City  
STATE: Iowa  
ORGANIZATION:  
CATEGORY: WICParticipant/Recipient  
OtherCategory:  
Date: October 27, 2006  
Time: 10:40:22 PM

COMMENTS:

Thank you for considering positive change for the WIC program and continuing support for nursing mothers!! Changing the way that the WIC program works would be hugely beneficial! My three children and myself are WIC participants. My oldest will be 5 in November, my middle child just turned 3, and my youngest is 3 months old. One of the problems I had with WIC recently was shortly after the birth of my son. My WIC appointment happened to be a week after he was born and I was having some problems with breastfeeding. I had a complicated labor and delivery and my newborn son lost substantial weight while in the hospital. Though I was desperately trying to solely breastfeed, we did have to supplement occasional bottles until my milk fully came in. At the WIC office, I could either have the checks that covered breastfeeding women or formula fed babies...all or nothing. I didn't want my baby to end up solely on formula, so I declined and went with the breastfeeding checks for me. However, that meant I had a very rough few weeks. Also, we love that WIC supplies milk, cheese, and cereal for my older children. However, my two older children do not care for fruit juice. There's only so much juice my husband and I can drink on our own! If adding fruits would reduce how much juice one could get, we would be willing to give it a shot. Also, one of my children has a severe peanut allergy. We would love it if WIC would cover other "butters" besides peanut butter, such as sunflower butter or almond butter. This would give my son the chance at a Pb&J...or a SB&J! The addition of fruits and vegetables would be a much welcomed addition for our family. I've been fortunate that my children really like vegetables and fruits, so a lot of our monthly grocery money goes for such items. To have WIC help with fruits and vegetables would free up some of that money for meat, bread, extra milk, etc. For other families not as fortunate as mine, allowing fruits and vegetables to be included may allow those children to have

Sincerely,  
Carrie Hall

P13578

P-2002

From: melissa young [sweetnsassy542@yahoo.com]  
Sent: Friday, October 27, 2006 10:30 PM  
To: WICHQ-SFPD  
Subject: Wic Changes

Hi, my name is Melissa Young I am currently enrolled in WIC, I would first like to thank you for having wic in the first place, but i would like to see a few more things added to the list of foods and juices. Some of these things would include:

Raisin Bran this used to be offered and is really good for my family as we are low in iron and this helps because of the raisins.

Rice Crispies is a non sugar cereal that alot of kids do eat, they serve it in school and i was really surprised not to see it on the list.

Cranberry Juice this is also another one that I was surprised not to see on the list, you can get it mixed with other fruit but not by itself and alot of the juice on your list are for kids that my kids can't drink. It is a healthy drink that is good for your kidneys and we have to have it all the time.

the new Mini Wheat's Strawberry Delight, we were able to get the strawberry one until they changed the name.

and regular oatmeal not the quick packs for microwaves because not everyone has a microwave.

I also have an infant that i would like to see some of the first foods brought in, yeah i know that ebt does exist for helping to buy foods but wic is a supplemental program and you do give them juice and cereal but baby's needs vegetables and fruits also so why not give them a nice group of foods to choose from also yo get them started in the right direction.

The only other suggestion that i would like to see is to have some breads and some fruits for toddlers and breastfeeding mom in order to make a well rounded program. I know that when i go to wic i am being told by them that we need to increase fruits and vegetables and if they were offered to me by Wic then I know I would be getting them and so would they and that would be a step in the right direction.

10/23/06

P13579

\*\*\*\*\*

NAME: COLLEEN PERCY  
EMAIL: LCAT06@HOTMAIL.COM  
CITY: NEWPORT  
STATE: VERMONT  
ORGANIZATION:  
CATEGORY: WICParticipant/Recipient  
OtherCategory:  
Date: October 26, 2006  
Time: 09:02:00 AM

COMMENTS:

I GREATLY APPRICIATE MY FOOD PACKAGE! I WOULD LIKE TO COMMENT ON THE REVISIONS HOWEVER. I COMPLETELY AGREE WITH REDUCING THE AMOUNT OF FRUIT JUICE. THE DOCTORS DONT WANT THE CHILDREN TO HAVE MUCH SO ,THEREFORE WE HAVE ALOT OF JUICE STACKED IN THE FRIDGE WAITING TO BE USED. I DISAGREE WITH REDUCING THE AMOUNT OF EGGS AND MILK FOR CHILDREN AND WOMEN. WE ALWAYS USE ALL OF OURS AND I STILL BUY SOME WEEKLY. I COOK WITH IT SO MY CHILDREN HAVE HEALTHY HOMEMADE MEALS. I AM EXCITED ABOUT THE FRUITS AND VEGETABLES AND THE FISH AND LEGUMES, GREAT IDEA!!!MY CHILDREN ARE 1 AND 3 YEARS OLD, THEY LIKE GETTING WIC EVERY WEEK, THEY LIKE TO BRING IT IN THE HOUSE WHEN IT COMES AND THEY KNOW THAT IT IS FOR THEM, SO THEY LIKE TO EAT IT. THE CHEESE IS AWESOME!WE DONT EAT ALOT OF WHOLE GRAIN ,BUT WE ARE TRYING NEW AND DIFFERENT THINGS MADE OF WHOLE WHEAT, SUCH AS WHOLE WHEAT PITA BREAD .I CAN ONLY SPEAK FOR MY FAMILY, BUT WE LOVE OUR WIC PACKAGES, I REALLY HOPE THAT OUR MILK AND EGGS ARE NOT REDUCED, AND I AM TOTALLY EXCITED ABOUT THE OTHER CHANGES THAT APPLY TO MY FAMILY.

11-01-06 lackie

P13580

From: no-reply@erulemaking.net  
Sent: Wednesday, November 01, 2006 8:42 AM  
To: CNDPROPOSAL  
Subject: Public Submission

Please Do Not Reply This Email.

Public Comments on Special Supplemental Nutrition Program for Women, Infants and Children (WIC): Revisions in the WIC Food Packages:=====

Title: Special Supplemental Nutrition Program for Women, Infants and Children (WIC):  
Revisions in the WIC Food Packages FR Document Number: 06-06627 Legacy Document ID:  
RIN: 0584-AD77  
Publish Date: 08/07/2006 00:00:00  
Submitter Info:

First Name: Sammie  
Last Name: Lackie  
Mailing Address: PO Box 52  
City: Derby  
Country: United States  
State or Province: VT  
Postal Code: 05829  
Organization Name:

Comment Info: =====

General Comment: To change the WIC Food Package would be the best thing for a lot of people. I have two kids and they don't always get everything in the food groups because we don't have the money some times. By changing the food packages they would be able to recieve it and there would be no way I could say that we don't have the money. The WIC food program is a good thing because kids get foods that some people may not be able to afford. I think if it is changed then it may change the way kids eat and it will help with the on-going Obesity problem in America. It would be really nice to see a change to the food packages for the kids and women that may not get some of those benefits.

Thank you and Good luck.

09-24-06 hess-HI

P13581

From: no-reply@erulemaking.net  
Sent: Sunday, September 24, 2006 9:37 PM  
To: CNDPROPOSAL  
Subject: Public Submission

Please Do Not Reply This Email.

Public Comments on Special Supplemental Nutrition Program for women, Infants and Children (WIC): Revisions in the WIC Food Packages:=====

Title: Special Supplemental Nutrition Program for women, Infants and Children (WIC): Revisions in the WIC Food Packages FR Document Number: 06-06627 Legacy Document ID: RIN: 0584-AD77  
Publish Date: 08/07/2006 00:00:00  
Submitter Info:

First Name: Allison  
Last Name: Hess  
Mailing Address: 194-104 Cooley Ct  
City: Wahiawa  
Country: ~~United States~~  
State or Province: HI  
Postal Code: 96786  
Organization Name:

Comment Info: =====

General Comment: I think decreasing the formula is bad, they should go off a need bases. My son is only four months old and drinks the max amount aloud which is eight 12.9 oz containers. He drinks that with addition to eating stage one food. I still have to buy more formula every month. As the eggs they are well needed too. I plan to feed that to my son for breakfast when he can start eating whole foods. I eat lots of it now. The milk shouldn't be decreased either, it should go off a need bases. If someone asks about how much milk do you drink, we would know how much to give. I drank 6 gallon jugs when I was pregnant and continue too drink that much while breast feeding. My nieghbor on the other hand doesn't drink that much, she only drinks about 3-4 gallons a month. The juice should be increased my son and I go through it very quickly. The amounts are very small and we only get 6 a month as is. That's all I have to say, I hope that these things are NOT decreased but set on a need bases. Everyone is different, every family is different.

f13582

09-03-06 carpenter

From: no-reply@erulemaking.net  
Sent: Sunday, September 03, 2006 2:50 PM  
To: CNDPROPOSAL  
Subject: Public Submission

Please Do Not Reply This Email.

Public Comments on Special Supplemental Nutrition Program for women, Infants and Children (WIC): Revisions in the WIC Food Packages:=====

Title: Special Supplemental Nutrition Program for Women, Infants and Children (WIC):  
Revisions in the WIC Food Packages FR Document Number: 06-06627 Legacy Document ID:  
RIN: 0584-AD77  
Publish Date: 08/07/2006 00:00:00  
Submitter Info:

First Name: Erin  
Last Name: Carpenter  
Mailing Address: HC 88 Box 71  
City: Bassett  
Country: United States  
State or Province: NE  
Postal Code: 68714  
Organization Name:

Comment Info: =====

General Comment:I think the proposed changes are wonderful. I'm the mother of 2 children under the age of 2, and a current WIC recipient. Currently, I get way too much juice. I haven't bought juice in months because my freezer is full of it. What I really need the help with is the baby foods -- they're so expensive, and currently I don't get any help with buying them. The sooner these changes go into effect, the better.

p13583

09-03-06 bullard

From: no-reply@erulemaking.net  
Sent: Sunday, September 03, 2006 6:25 PM  
To: CNDPROPOSAL  
Subject: Public Submission

Please Do Not Reply This Email.

Public Comments on Special Supplemental Nutrition Program for Women, Infants and Children (WIC): Revisions in the WIC Food Packages:=====

Title: Special Supplemental Nutrition Program for women, Infants and Children (WIC):  
Revisions in the WIC Food Packages FR Document Number: 06-06627 Legacy Document ID:  
RIN: 0584-AD77  
Publish Date: 08/07/2006 00:00:00  
Submitter Info:

First Name: Jessica  
Last Name: Bullard  
Mailing Address: 212 SW Edward Terrace  
City: Lake City  
Country: United States  
State or Province: FL  
Postal Code: 32024  
Organization Name:

Comment Info: =====

General Comment:I am delighted to hear about these changes. My children both have a hard time drinking juice so we could really benefit from the addition of fresh fruits and veggies, the juices is a good source of nutrition, but they are high in sugar. As well as the baby food being adding I am sure that it would promote healthier eating. I feel like some people start table food to early because of the cost of baby food, so a helping hand could encourage them to fed their children baby food which is the best way to teach your children to eat properly. I am just so excited to hear about all of the changes and hope that we will see them soon. The only other thing that I would like to see is baby juice like Gerber, because I feel like the other juice are so full of sugar that they are not as benefitional. The Gerber Juices are 100% juice no added sugar. One more thing if there was a way to put all the items on to a credit card type system so that you can pick and choose from week to week that would be a great idea. Just a suggestion for future debates!

P13584

Spanish10-27-06 Jose Contreras

From: webMaster@fns.usda.gov  
Sent: Friday, October 27, 2006 3:41 PM  
To: WICHQ-SFPD  
Subject: RevisionstowICFoodPackages-Proposed Rule

\*\*\*\*\*

NAME: Jose Contreras  
EMAIL: josegcontreras@peoplepc.com  
CITY: Boulder  
STATE: CO  
ORGANIZATION:  
CATEGORY: WICParticipant/Recipient  
OtherCategory:  
Date: October 27, 2006  
Time: 03:40:58 PM

COMMENTS:

Creo que es buena idea que se incluyan verduras dentro del paquete.

--- Happy that vegetables are included in the package

P13585

Spanish10-27-06 Contreras

From: WebMaster@fns.usda.gov  
Sent: Friday, October 27, 2006 3:40 PM  
To: WICHQ-SFPD  
Subject: RevisionstowICFoodPackages-Proposed Rule

\*\*\*\*\*

NAME: Noemi Contreras  
EMAIL: josenoemi@msn.com  
CITY: Boulder  
STATE: Colorado  
ORGANIZATION:  
CATEGORY: WICParticipant/Recipient  
OtherCategory:  
Date: October 27, 2006  
Time: 03:40:16 PM

COMMENTS:

Creo que es buena idea que se incluyan verduras dentro del paquete.

-- Happy that vegetables are included in the package.

P13586

11-06-06 tharp

From: WebMaster@fns.usda.gov  
Sent: Monday, November 06, 2006 8:13 PM  
To: WICHQ-SFPD  
Subject: RevisionstowICFoodPackages-Proposed Rule

\*\*\*\*\*

NAME: Rebecca Tharp  
EMAIL: rgtharp@hotmail.com  
CITY: williston  
STATE: VT  
ORGANIZATION:  
CATEGORY: WICParticipant/Recipient  
OtherCategory:  
Date: November 06, 2006  
Time: 08:12:46 PM

COMMENTS:

I was excited to see the WIC proposed food package change. My family and I recently began receiving the WIC benefits and while we are grateful for the provisions received, we are also overwhelmed with the amount of animal products in the deliveries.— Eggs, cheese and milk used to make up a much smaller part of our diets before receiving WIC and now the sheer volume of dairy and eggs has lead me to feed my family much more of these high-fat, low fiber foods. Considering that the FDA food pyramid recommends that the highest percentage of our diets to be made up of plant based foods, like whole grains and fresh fruits and vegetables, I would be delighted to see the WIC food packages reflect more closely this ideal. Thank you for taking the time to read my comments and I look forward to the change.

11-06-06 tarleton

P13587

From: WebMaster@fns.usda.gov  
Sent: Monday, November 06, 2006 10:01 PM  
To: WICHQ-SFPD  
Subject: RevisionstoWICFoodPackages-Proposed Rule

\*\*\*\*\*

NAME: Sarah Tarleton  
EMAIL: jstarleton@adelphia.net  
CITY: Windsor  
STATE: Vermont  
ORGANIZATION:  
CATEGORY: WICParticipant/Recipient  
OtherCategory:  
Date: November 06, 2006  
Time: 10:01:04 PM

COMMENTS:

I am pleased to see the proposed changes as I see them as improvements. Having soy as an option is wonderful as my children are lactose intollerant and I feel that choosing soy is a healthier choise.

11-06-06 scott - hawaii

P13588

From: amber scott [sodapink2@hotmail.com]  
Sent: Monday, November 06, 2006 7:23 PM  
To: WICHQ-SFPD  
Subject: Docket ID Number 0584-AD77, WIC Food Packages Rule

I am writing with some of my personal suggestions for WIC changes.  
We need FRESH fruits and vegetables for older infants, children and women.  
These should be instead of juice.  
Please offer a milk alternative such as tofu, soy milk and rice milk. Dairy is hard to digest, and some people do not use it in their healthy diets.  
Whole wheat or whole grain breads would be great. Brown rice would be great.  
These are staples and are very nutritious.  
Take out juice- too much unnecessary sugar.  
Leave the eggs as they are a good protein and nutrient source.  
Organic where not so much more expensive such as, and especially, baby foods.

Thank you,

Amber Scott - mother of two  
Hilo, Hawaii

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~~Use your PC to make calls at very low rates~~  
~~<https://voiceoam.pcs.v2s.live.com/partnerredirect.aspx>~~

11-06-06 lewis - also breastfeeding counselor

P13589

From: webMaster@fns.usda.gov  
Sent: Monday, November 06, 2006 10:49 PM  
To: WICHQ-SFPD  
Subject: RevisionstowICFoodPackages-Proposed Rule

\*\*\*\*\*

NAME: Karla Lewis  
EMAIL: wilkar@juno.com  
CITY: Nyack  
STATE: NY  
ORGANIZATION: Morrisania WIC  
CATEGORY: Other  
OtherCategory: WIC Breastfeeding Peer Counselor/ WIC Participant  
Date: November 06, 2006  
Time: 10:49:20 PM

COMMENTS:

I think that it is great that the WIC program is adding fruits and vegetables. I am concerned about not giving any formula under any circumstances to a breastfeeding mom. While it is best practices for mother to refrain from giving anything else except breastmilk during the baby's first 6 months, mothers return to work at 4-6 weeks and can always have access to breastpumps, mothers have breast reduction surgery that can hinder their full milk supply as well as some medication that are contraindicated for breastfeeding may be prescribed for the mother to take for a period of time during the first month as well as a host of other possible situation that would cause a mother to have need for formula in the first month. I am a total breastfeeding advocate and believe in all the benefits of breastfeeding and have seen WIC do a tremendous job with promoting breastfeeding starting with the information and help I received while being a WIC participant. The changes are great and my family looks forward to them.

Karla Lewis, BS, IBCLC, RLC  
Morrisania WIC  
Bronx, NY

P13590

11-06-06 konieczka

From: WebMaster@fns.usda.gov  
Sent: Monday, November 06, 2006 8:17 PM  
To: WICHQ-SFPD  
Subject: RevisionstowICFoodPackages-Proposed Rule

\*\*\*\*\*

NAME: Heather Konieczka  
EMAIL: wicmother-heather@excite.com  
CITY: Norht Attleboro  
STATE: Massacusetts  
ORGANIZATION: Taunton/Attleboro WIC Mother to Mother program  
CATEGORY: WICParticipant/Recipient  
OtherCategory:  
Date: November 06, 2006  
Time: 08:16:49 PM

COMMENTS:

I feel these new food packages would allow for a greater dietary variety, taking into consideration the increase in food allergies and vegetarian and vegan preferences, offer greater incentives for breastfeeding women, and give many families the only fresh produce they will get. Please vote yes on this rule.

11-06-06 hirsch

13591

From: K Hirsch [kchmpp@bright.net]  
Sent: Monday, November 06, 2006 10:26 PM  
To: WICHQ-SFPD  
Subject: Docket ID Number 0584-AD77, WIC Food Packages Rule

November 6, 2006

To Whom It May Concern,

I am a currently participating WIC client in Ohio and have been asked to review the proposed changes to the WIC program and comment. After reviewing the information listed on the NWA website, I would like to encourage the proposed changes to be made with consideration of the following:

As a mother who fully breastfed her three children to at least 12 months (24, 18 and 12 months), and committed to fully breastfeeding my children, I had no use for the "cereal" that was provided during those first 12 months. I would like to see an increase in the fresh fruits and vegetables category for the mom as a substitution for the cereal. In most cases of a fully breastfed baby, the mother is the sole source of food. Therefore, putting more fresh fruits and vegetables into the mother.....becomes\_a\_part\_of\_the\_baby's\_nutrition!.....

Again, I would encourage the elimination of the "meat" in jars for the fully breastfed baby and again more fresh fruits and veggies for the mom. My personal experience was to mash up the fresh fruit or veggie or meat on my plate and offer that to my 6 month to 12 month old baby. They, if even ready at that age, would eat what I ate and off my plate. It does not make sense to me to put processed baby food in the mix when the point of exclusively breastfeeding is just that, giving the baby the most natural and complete nutrition it needs.

Otherwise, I commend your efforts to put fruits and vegetables in all forms (frozen, fresh or canned) on the WIC coupons. I also commend you for supporting the substitution of canned beans for the dried beans. Even as a college graduate, stay-at-home, love to cook mom, I did not use dried beans very often. Had I had the opportunity for canned beans, there would have been many a chili made with them!!!! In today's society of convenience, most women do not want to, let alone know how to string a string bean or soak beans and cook them. The allowance of canned beans and frozen (etc.) fruits and veggies would make a world of difference and the food may actually be used instead of donated to the local food bank!!!

Thank you for the opportunity to voice my opinion and for looking toward a brighter future for WIC participants!

Sincerely,

Kimberly Hirsch  
12769 St. Rt. 772  
Chillicothe, OH 45601  
740-775-3143

11-06-06 willard

P13592

From: webMaster@fns.usda.gov  
Sent: Monday, November 06, 2006 8:44 AM  
To: WICHQ-SFPD  
Subject: RevisionstowICFoodPackages-Proposed Rule

\*\*\*\*\*

NAME: Aimee Willard  
EMAIL: willard27@adelphia.net  
CITY: South Burlington  
STATE: Vermont  
ORGANIZATION:  
CATEGORY: WICParticipant/Recipient  
OtherCategory:  
Date: November 06, 2006  
Time: 08:44:15 AM

COMMENTS:

I think that the changes are wonderful. I believe that it is important to teach young children how to eat correctly and the best way to do that is provide people with the items to help best. wheat bread I believe is very important, most people buy white and then children grow up not liking wheat bread. I believe that the addition of whole grain products is very valuable. The fruit and vegetables are a great addition also. Our young children are so important, I believe that most parents buy what they like and a lot of times it is not the healthiest of products, providing families with these important tools to help the children grow up enjoying the healthiest of foods is extremely important. Please make these changes, I believe that they would be wonderful changes for our young children. Thank you for your time.

P13593

11-06-06 miller

From: WebMaster@fns.usda.gov  
Sent: Monday, November 06, 2006 4:48 PM  
To: WICHQ-SFPD  
Subject: RevisionstowICFoodPackages-Proposed Rule

\*\*\*\*\*

NAME: Mary Miller  
EMAIL: maiturtle@comcast.net  
CITY: North Bend  
STATE: Washington  
ORGANIZATION:  
CATEGORY: WICParticipant/Recipient  
OtherCategory:  
Date: November 06, 2006  
Time: 04:48:16 PM

COMMENTS:

The juice is ridiculous; pediatrician's are now advising NO juice for children. It would be much better to allow fresh fruits and vegetables. I also think that less milk and more fruits and vegetables would be better too. I don't give our son ANY ~~milk; just cheese and yogurt.~~ He also gets lots of fresh greens to get his calcium (and a supplement just in case his diet lacks any). Maybe that could work too: yogurt. I would hope you would continue to allow more organic options too. I can shop wisely and buy healthier options for my son, including an almost completely organic diet. NO SOY!!! It is horrible for everyone.

P13594

11-01-06 keith

From: webMaster@fns.usda.gov  
Sent: Wednesday, November 01, 2006 3:34 PM  
To: WICHQ-SFPD  
Subject: RevisionstowICFoodPackages-Proposed Rule

\*\*\*\*\*

NAME: Kim Keith  
EMAIL: kimcatterton@yahoo.com  
CITY: Pittsford  
STATE: Vermont  
ORGANIZATION:  
CATEGORY: Other  
OtherCategory: Mother  
Date: November 01, 2006  
Time: 03:33:41 PM

COMMENTS:

This is fantastic! Thank you for attempting to make this important change. WIC has helped my family through some very trying financial times. While we appreciate this program, there are many conflicting food offerings, like juice and the lack of fresh fruit, veggies and whole grains! I support this proposed change and appreciate your efforts.  
Kim Keith

P13595

From: carl [carls@kingcon.com]  
Sent: Friday, October 27, 2006 11:38 AM  
To: WICHQ-SFPD  
Subject: Docket ID Number 0584-AD77, Wic Food Package Rule

Dear Ms. Daniels,

I am writing to tell you what I asa recipetentthink of the proposal to change the WIC food package. Inlcuding whole grains, particularly the whole wheat bread+/or tortillas, is an excellent idea and would certainly be welcomed by our family. I think reducing the amount of milk is a mistake, not a step in a positive direction at all. In my family we can count change to buy a gallon of milk if we need it and have done so in the past. should it come dwon to it though, lots of people will go for the cheaper route of soda or tother soft drinks as they are a cheaper choice. So, providing milk with the Wic program is essential to the health of your customers! Also, I understand from a health food stand , the point behind including tofu and soy products. I do not however think that, even with a parents creativity that you will see many children eating a tofu sandwich when they can have peanut butter and fluff or jelly!! If you can provide ideas for sneaking it in to meals with out my children knowing then I would be all for it.-

Thank you for your time.

Holly Senecal Bradford Vermont

P13596

10-17-06a

From: Tera Smith [ctergo100@msn.com]  
Sent: Tuesday, October 17, 2006 1:54 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.

I was a participant in the WIC program for 6 months. When my daughter was 4 months of age I was told by the nutritionist at the WIC office in Hammond, LA to wean my daughter. ~~She even gave me a WIC handout on how to wean.~~ She told me that "if I felt the need to give my child breastmilk I should be pumping it and putting it into a bottle because breastfeeding is Disusing and shouldn't be done". I ignored her comments, when I went back for our 6 month check up, I was yelled at for still breastfeeding and not using the formula I was told to give her. I have a pediatrician who see my daughter on a regular basis and he told me to breastfeed her as long as we both would like.

When I mentioned to the nutritionist that I was a member of LLL and very educated on the AAP and WHO recommends on breastfeeding, I was once again chastised about breastfeeding. Again, given a WIC flier on how to wean and TOLD I must use the formula I am given. I let the RN/Nutritionist know I wouldn't not be giving my child formula ever. I was told to not come back to WIC.

The WIC programs here in Louisiana are very anti-breastfeeding and we as mothers are told to wean and not feed our children breastmilk. I would really appreciate some type of education at the WIC office on the importance of breastfeeding and not weaning at 4 months of age

The WIC Food Package Proposed Rule offers the most significant and substantive changes to the food packages since the Program's inception in 1974.

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.

Currently, WIC serves 8.2 million women, infants and children. Approximately half of all infants and 25% of all children under 5 in the U.S participate in WIC. 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.

Tera Smith  
41359 W. Portier  
Ponchatoula, LA 70454

10-24-06 griffin

013597

From: Symbliene Griffin [arthurs\_mommy@yahoo.com]  
Sent: Tuesday, October 24, 2006 10:18 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.

Although this is not my first time on WIC, I have currently been a participant since 2004, when I became pregnant with my son.

After signing up for WIC, I literally found myself with more milk and juice than I could drink. Whenever I filled out my monthly nutrition evaluations, I could count on being scolded by the nutritionist if I reported consuming even half of the amount I was given. ("Oh, no! You shouldn't be drinking six ounces of juice! It's very bad for you -- no more than four ounces!")

At the same time, we were often so broke that I couldn't afford foods beyond my WIC vouchers in a given week. I could make a crustless quiche with milk, eggs, and cheese, but really longed for some broccoli to put in it.

Therefore, I am delighted to see the proposed changes in the food package. No more flood of milk, no more freezer filling up with juice.

Instead, the new package will offer reasonable amounts of these foods, while providing healthy grains and produce.

While I may personally regret the fact that only children under 2 will be able to choose whole milk, I realize even this is a healthier choice.

I am also grateful for the ways in which proper breastfeeding (which should be exclusive for the first 6 months) is supported by the new package.

Please, keep up the good work!

The WIC Food Package Proposed Rule offers the most significant and substantive changes to the food packages since the Program's inception in 1974.

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.

Currently, WIC serves 8.2 million women, infants and children. Approximately half of all infants and 25% of all children under 5 in the U.S participate in WIC. 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.

10-13-06 nealy  
From: Allyson Nealy [allysonnealy@yahoo.com]  
Sent: Friday, October 13, 2006 9:44 AM  
To: WICHQ-SFPD  
Subject: =?ANSI\_X3.4-1968?Q?=3FDocket\_ID\_Number\_0584-AD7?=  
=?ANSI\_X3.4-1968?Q?7,\_WIC\_Food\_Packages\_Rule,=3F?=?

P13598

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 ~~WIC Food Package Proposed Rule~~ offers the most significant and substantive changes to the food packages since the Program's inception in 1974.

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.

Currently, WIC serves 8.2 million women, infants and children. Approximately half of all infants and 25% of all children under 5 in the U.S participate in WIC. 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.

I thank you for updating the program and have a few more suggestions. I think that women should be able to get "natural" peanut butter without hydrogenated oils. I think that it would be beneficial for women to be able to get whole grain cereal instead of white rice cereal only.

In my experience, the nurses that work in WIC offices are not very encouraging to breastfeeding mothers. I have been asked on several occasions by the nurses to supplement with formula, although there is no need for my baby to get formula. He is getting plenty of breastmilk and is thriving. I think it would be beneficial for the nurses to encourage mothers instead of making the mothers feel that it is "normal" to not make enough milk and therefore need to supplement with formula. This made me feel very discouraged about breastfeeding.

I would appreciate it if you could consider updating training programs for the nurses. It would be beneficial for the nurses to continue their education about breastfeeding. I think the extra support mothers got from the nurses would greatly increase the percentage of mothers that breastfeed.

Thank you again for updating the nutrition program. I hope that you will take my suggestions into consideration.

Allyson Nealy  
4111 Van Deeman  
Bossier City, LA 71112

10-12-06b

P13599

From: Dawn Hardy [rose@gt.rr.com]  
Sent: Thursday, October 12, 2006 1:15 PM  
To: WICHQ-SFPD  
Subject: =?ANSI\_X3.4-1968?Q?=3FDocket\_ID\_Number\_0584-AD7?=  
=?ANSI\_X3.4-1968?Q?7,\_WIC\_Food\_Packages\_Rule,=3F?=?

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.

~~-----As a breastfeeding mom with dairy allergies and children with dairy allergies having soy 'milk' on the list would have greatly helped mine and my children's nutrition.~~

The WIC Food Package Proposed Rule offers the most significant and substantive changes to the food packages since the Program's inception in 1974.

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.

Currently, WIC serves 8.2 million women, infants and children. Approximately half of all infants and 25% of all children under 5 in the U.S participate in WIC. 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.

Dawn Hardy  
308 N23rd Street  
Nederland, TX 77627

P-2330

P13600

From: Rhonda Harris [harrisar@aol.com]  
Sent: Thursday, October 12, 2006 1:02 PM  
To: WICHQ-SFPD

Dear Ms. Daniels:

I am writing as a WIC receipt 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 WIC Food Package Proposed Rule offers the most significant and substantive changes to the food packages since the Program's inception in 1974.

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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 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 hope it will also assist the nutritionist to use proper advice to participants. Seeing that only children under 2 can have whole milk is great. They are the only ones who need that additional fat. Hopefully those in the WIC clinics will realize that with this change

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.

Rhonda Harris  
27542 Versailles Lane  
Romulus, MI 48174

*Handwritten scribble*

P-2346

P-2346

*P13601*

From: chiviscandacegpna@yahoo.com  
Sent: Friday, November 03, 2006 12:28 PM

Dear Patricia Daniels,

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

Most importantly, 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.

In addition, bringing the quantity of milk in the WIC food packages in line with the Dietary Guidelines is an important part of the proposed rule. However, I recommend that USDA 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. And, I support the proposed rule ~~regarding allowing soy "milk" and calcium-set tofu as substitutes for milk--without requiring a doctor's prescription.~~

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 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, 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,

Candace Chivis  
2140 Madison apt.1  
Grand Rapids, Michigan 49507

anna

P13602

P-2342

P-2342

From: Heather Smith [aislingabstreiter@yahoo.com]  
Sent: Wednesday, November 01, 2006 12:39 PM

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 WIC Food Package Proposed Rule offers the most significant and substantive changes to the food packages since the Program's inception in 1974.

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.

Currently, WIC serves 8.2 million women, infants and children. Approximately half of all infants and 25% of all children under 5 in the U.S participate in WIC. 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.

PERSONAL NOTE FROM WIC PARTICIPANT HEATHER SMITH:

Please Please Please approve these changes as they would greatly aid me and my family! I have hoped for changes like these for a long time.

Thank you.

Heather Smith

Heather Smith  
848 N. 50 W.  
Orem, UT 84067

AN-NAA

P 13603

11-01-06 duplessy

From: RUTHZIE DUPLESSY [ruthzie@hotmail.com]  
Sent: Wednesday, November 01, 2006 3:51 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 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.

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Currently, WIC serves 8.2 million women, infants and children. Approximately half of all infants and 25% of all children under 5 in the U.S participate in WIC. 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.

THIS WILL BENEFIT MANY FAMILYS AND ALLOW MANY CHILDREN ON THIS PROGRAM TO GET FRUITS THAT ARE BENEFICIAL TO THERE GROWTH AND HEALTH PLEASE ALLOW THESE CHANGES.  
THANK YOU A WIC PARTICIPANT

RUTHZIE DUPLESSY  
10 dania st  
mattapan, MA 02126

WADWA

F 13604

10-28-06 mastee

From: Jennifer Mastee [jm65@walla.com]  
Sent: Saturday, October 28, 2006 8:40 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 WIC Food Package Proposed Rule offers the most significant and substantive changes to the food packages since the Program's inception in 1974.~~

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.

Currently, WIC serves 8.2 million women, infants and children. Approximately half of all infants and 25% of all children under 5 in the U.S participate in WIC. 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.

I receive WIC and would love to see these changes made. When my daughter was of WIC age, she ate mostly fruits and vegetables, but the wic office could only give us juice which she didn't like. I wish I could have given her the whole foods that she wanted and that, in my opinion, are a healthier choice. Now as a breastfeeding mom, I am having trouble with the gallons of milk I receive. Too much dairy upsets my stomach, so I would really like to get some other alternatives. We need the extra food, but it isn't helpful if it makes you sick to eat it. Thank you for considering these changes for moms and kids.

Jennifer Mastee  
1760 Creston  
Muskegon, MI 49445

DA- WAP- WPA

P13605

10-12-06bk

From: Aneka Horrell [annekah@earthlink.net]  
Sent: Thursday, October 12, 2006 1:44 PM  
To: WICHQ-SFPD  
Subject: =?ANSI\_X3.4-1968?Q?=3FDocket\_ID\_Number\_0584-AD7?=  
=?ANSI\_X3.4-1968?Q?7,\_WIC\_Food\_Packages\_Rule,=3F?=?

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:

As a WIC recipient, 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 WIC Food Package Proposed Rule offers the most significant and substantive changes to the food packages since the Program's inception in 1974.~~

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.

Currently, WIC serves 8.2 million women, infants and children. Approximately half of all infants and 25% of all children under 5 in the U.S participate in WIC. 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.

Thank you for your time & consideration.

Aneka Horrell  
6713 Sparrow Lane  
Wilmington, NC 28411

P13606

11-07-06 beckstead- participant AND dairy farmer

From: DKut@netscape.com

Sent: Tuesday, November 07, 2006 3:52 AM

To: WICHQ-SFPD

Subject: Docket ID #0584-AD77, WIC Food Pkg Rule/ user standpoint

To Whom It May Concern

I am writing as a dairy farm member of the Dairy Farmers of America (DFA) and a WIC participant.

I have been using the WIC program for over 15 years and the idea of changes in the packages are long overdue. I am currently using WIC for myself, a three-year-old, a eighteen month old and a newborn. The ideas and arguments in the proposed revisions are all well-founded, but I would like you to see it from my point of view. The reduction of milk in my packets will be very hard to handle and a big mistake. We drink a lot of milk, and I feel it is a very important part of mine and my children's diets. I do not breast-feed and this decision would not change with a reduction of certain things in a WIC package. I feel it would make bottle feeding women out there feel singled out or less important, due to their personal choice of how to feed their babies. I know I would. Is my nutrition less important than the model breast feeder? Breast feeding encouragement should be done through the classes and not through the packages. We usually get 2% milk for the eighteen month old, and 1% for the rest of us. I don't feel my 18 month old needs whole milk after one year. The idea of telling us exactly what percent we can get is too strict and I feel it would cause a lot of confusion (especially for the multi-cultural.) Also all the talk of substituting soy and yogurt sounds very confusing and a possible hassle. I know the local store has a hard time keeping track of every little stipulation. (I am already treated by some checkers as an inconvenience.)

I do not know anyone who would substitute the soy products, and I know that they do not offer as much nutritional value as the dairy products. The cheese reduction is also a bad idea. Cheese is one of the few items that I can get my kids to eat, and now they are talking of reducing that!

The eggs we receive in the packages are too excessive. That is where we need to reduce. I currently have 7 cartons of eggs in my fridge! If they want to reduce fat intake, lets reduce the egg allotment. The juice selections need to be widened. Why can't we get more blends and even lemonade? Why was Juicy Juice taken off? We used to get that and the kids really enjoyed it. We are a little tired of apple and orange juice. I don't buy the red grape juice because I can't clean up another stain.

I do agree with the idea of fruits and vegetables in the packets, but I don't know if the dollar voucher system will work. What if you go over 10 cents? The reports also mentions increasing whole grain. Would that be in the form of pasta, bread or flour? I am sure it is hard to tell people they must make their bread, and yet would you stipulate only whole wheat? I would like pasta, because our meals with children in the house include a lot of it. The non-sugar cereal choices are okay ( I have a hard time getting my kids to eat them,) but why can't they include the fruit added varieties? Isn't that a healthy choice?

I do appreciate the help the WIC program gives to my small budget, and I hope these comments helped in any way. Dairy products are very important and should not be reduced in quantity. If milk was a binging problem, they would find out quickly that they would all be better for it. I agree with the comment that people who are obese and overweight cannot blame dairy products. It is the cake, cookies, candy and other bad food choices that are responsible for their sizes.

Kim Beckstead  
DFA Member/ WIC Participant  
Lewiston, Utah

---

Netscape. Just the Net You Need.

P 13607

11-06-06 miles

From: rachel miles hoopes [ramileshoopes@hotmail.com]  
Sent: Monday, November 06, 2006 3:40 PM  
To: WICHQ-SFPD  
Subject: Docket ID Number 0584-AD77, WIC Food Packages Rule

Patricia N. Daniels, Director  
Supplemental Food Programs, FNS/USDA  
3101 Park Center Drive, Room 528  
Alexandria, VA 22302

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

Dear Ms. Daniels:

I am writing to support USDA's proposed WIC Food Packages Rule, which will:

improve the health and nutritional quality of the foods in the program; expand cultural food options; and increase participants' choices.

As a dietitian and a WIC participant, I am very glad these changes are being suggested and studied. WIC vouchers have helped my family very much, but as a dietitian the limited food options made me cringe. I look forward every summer to receiving the farmer's market vouchers. We all love going and picking fresh produce and talking to the farmers about the best way to store and cook the more unusual veggies. Giving WIC participants the opportunity to pick fresh produce on a monthly basis, not just during the summer months, helps families try and become accustomed to eating a greater variety of fruits and vegetables. Expanding other choices, like including whole grain cereals and breads, and options for tofu or soy milk give WIC families the ability to choose what is acceptable to their families. The time for these changes is now. We need greater choice to help families of all kinds be fit and healthy.

The following is from a letter encouraging the USDA to update the WIC food packages:

We commend USDA for updating the WIC food packages to reflect the Dietary Guidelines and current nutritional science by adding fruits and vegetables, whole grain bread, corn tortillas, whole grain rice and other whole grains, the option of soymilk and tofu, and moving to only low-fat milk and whole grain cereals.

Since the food packages were last revised, there has been an explosion of knowledge related to nutrition and health, as well as a growing obesity problem in this country. The addition of fruits and vegetables, whole grain products, and other improvements in the new WIC food packages, will strengthen WIC's positive role to help mothers and children maintain a healthy weight and allow them to make healthy food choices. This will help nutritionally vulnerable children form healthy eating habits from an early age.

Moreover, we applaud USDA's proposed improvements for infants, breastfeeding women, and medically fragile participants. The introduction of fruits and vegetables as baby food for older infants will provide healthy foods the family might not otherwise be able to afford. The new enhanced food package for breastfeeding women should help WIC to promote breastfeeding. The new rule also will provide welcome relief for families struggling to pay for essential nutrition products for women and children with special nutritional needs.

To ensure that WIC participants can get the full value from the new WIC food packages, we offer the following recommendations to strengthen the proposed rule:

Expand and Enhance the Fruit and Vegetable Benefit Eliminate Inappropriate Standards and Size Requirements for Whole Grain Bread and Cereals Remove Prescription Requirement for Soy Milk and Tofu Keep Proposed Food Package Protections Maximize Access to Farmers' Markets Establish State WIC Food Package Advisory Councils

11-06-06 miles

**Expand and Enhance the Fruit and Vegetable Benefit:**

**Increase the Fruit and Vegetable Benefits to Fully Meet the Institute of Medicine Recommendations:** USDA should make the value of the WIC fruit and vegetable benefit consistent with the IOM's recommendation to provide \$10 per month of fruits and vegetables for women and \$8 for children. The proposal gives children only three quarters of the amount of fruit and vegetables the Institute of Medicine (IOM) determined was necessary for a nutritionally sound children's WIC food package. Children receive \$8 in fruits and vegetables in the food package recommended by the IOM, but the USDA package provides only \$6. For women the proposed rule provides only \$8 in fruits and vegetables rather than the \$10 recommended by the IOM.

**Allow WIC Participants to Choose the Fruits and Vegetables They Want and Can Use:** WIC participants should be allowed to use the WIC food vouchers to select the fruits and vegetables that provide the best nutritional value, best bargain and best choice for themselves and their children. The rule should not give State agencies the authority to set state limits on the variety of fruits and vegetables participants are allowed to purchase with WIC vouchers. The successful WIC fruit and vegetable pilots allowed WIC participants full choice.

**The Value of the Fruit and Vegetable Benefit Must Keep Pace with Inflation:** The rule must require that the value of the fruit and vegetable benefit reflect a cost of living adjustment. It is unfortunate that the cost of living adjustment in the proposed rule is optional. Without an annual cost of living adjustment, the vouchers would be worth less and would buy smaller amounts of fruit and vegetables each year as inflation increases - further falling behind the IOM recommendations.

**Eliminate Inappropriate Standards and Size Requirements for Whole Grain Bread and Cereals:**

**Adopt Appropriate Standards for whole Grain Cereals to Assure Access to Healthy and Culturally Acceptable Choices:** We applaud USDA for preserving the nutritionally important sugar limit and important iron requirements for WIC cereals. However, the new proposed cereal grain standards create a significant barrier for WIC participants to consuming whole grain cereals. The proposed whole grain cereal standard is not an appropriate whole grain standard for bran, corn and rice cereals and consequently it eliminates de facto all bran, corn and rice WIC cereals. This is especially problematic for WIC because Hispanic families prefer corn-based cereals (for example corn flakes).

The inclusion of whole grain corn-based cereals will be necessary to maintain acceptable cereal choices for the 2.5 million Hispanic women and children in WIC. Also, both corn and rice cereals provide a healthy option for WIC participants with allergies and bran cereals are an excellent source of much-needed fiber for participants.

Therefore, to ensure a selection of healthy whole grain WIC cereals, we recommend the use of revised standards based on the whole grain standards used in USDA's Healthier U.S. Schools guidelines plus two additional alternative criteria of 1) at least 3 grams fiber for bran cereals and 2) a minimum of 8 grams whole grains.

**The Allowable Size for a Loaf of Bread Must be Consistent with the Bread Available in Stores:** WIC participants need a whole grain bread voucher for a loaf of bread that is consistent with the size typically sold in stores. Otherwise, the purpose of the whole grain change is subverted and the value of the food package shrinks further. In many markets, a mother may not be able to buy any whole grain bread with a

1 pound bread voucher. The proposed rule lumps the size of a loaf of bread and grains together as 1 pound (16 ounces). This is fine for the grains (i.e. rice), which are sold by the pound, but bread is sold by the loaf. Whole grain loaves are heavy, usually weighing more than

11-06-06 miles

1 pound. According to data from Interstate Bakeries, 56 percent of whole wheat/whole grain loaves are sold in a 24 ounce loaf and 25 percent are sold in a 20 ounce loaf.

Remove the Prescription Requirement for Soy Milk and Tofu: We commend USDA for including the option of soy milk and tofu to provide popular high-calcium foods for WIC participants from a diversity of cultures. In addition, these foods are an important alternative for participants with milk allergies and lactose intolerance, a problem disproportionately affecting African-Americans and Asian-Americans. The new packages will work well for women because they have free access to choosing soy milk/tofu. However, the proposed requirement for a medical prescription for children to get soy milk or tofu should be removed because it presents an insurmountable barrier for most low-income WIC families.

Keep Proposed Food Package Protections: We commend USDA for building in protections that safeguard the nutritional value of the new food packages for all participants by prohibiting state level cuts to the new food packages. In this proposed rule, USDA prohibits State WIC agencies from making across-the-board cuts in the food packages (a process known as "categorical tailoring"). This will guard against state pressures to dismantle the new WIC food packages. We agree with USDA that, given the carefully balanced food packages as designed by the Institute of Medicine, categorical tailoring is no longer necessary and would be detrimental. Individual WIC participants can have their WIC food package tailored for nutrition reasons or preference through the commonly used mechanism of "individual tailoring."

Maximize Access to Farmers' Markets: USDA's inclusion of farmers' markets as vendors for the new WIC food package fruit and vegetable vouchers is commendable, and, along with the continuation of the WIC Farmers' Market Nutrition Program, will be helpful for WIC families. The rule should make clear that farmers' markets qualify as eligible WIC vendors provided that they comply with the already well-established farmers' market or WIC Farmers' Market Nutrition Program procedures. WIC vendor requirements will need to allow farmers' markets to participate as seasonal vendors and exempt them from stocking the full package.

Establish State WIC Food Package Advisory Councils to Bring a Diversity of Voices and Support to the Implementation Process: State WIC Food Package advisory councils should be established to help support and inform the planning and early implementation of the new WIC food package. To be most effective, the advisory councils should include WIC participants and representatives of the communities and organizations working to improve the health and well-being of the families served by WIC, such as advocates, food bankers and other emergency food providers, immigrant groups, food policy councils, state chapters of nutrition and health associations, and local WIC agencies.

In summary, we strongly endorse the need for the new WIC food packages and urge USDA to proceed expeditiously to analyze the comments, make the necessary changes, and quickly move forward with the process of bringing a new, healthier food package to the more than 8 million women, infants and children in the WIC program each month. Thank you for this opportunity to share our support for the new WIC food packages and our recommendations to make it stronger still.

Sincerely,  
Rachel Miles Hoopes RD MS

---

Add a Yahoo! contact to Windows Live Messenger for a chance to win a free trip!  
<http://www.imagine-windowslive.com/minisites/yahoo/default.aspx?locale=en-us&hmtagline>

P 13608

10-12-06 roenke

From: Susan Roenke [oliveoyl\_123@hotmail.com]  
Sent: Thursday, October 12, 2006 3:58 PM  
To: WICHQ-SFPD  
Subject: =?ANSI\_X3.4-1968?Q?=3FDocket\_ID\_Number\_0584-AD7?=  
=?ANSI\_X3.4-1968?Q?7,\_WIC\_Food\_Packages\_Rule,=3F?=?

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.

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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.

Currently, WIC serves 8.2 million women, infants and children. Approximately half of all infants and 25% of all children under 5 in the U.S participate in WIC. The revised food packages will help our nation's families to establish healthy eating habits - a key to preventing obesity, diabetes and heart disease. This is because you will be encouraging breastfeeding as well as encouraging mothers to eat healthier and then their children will learn healthier eating by example. It is hard to be low income and afford to eat as healthy as one would like. I have been on WIC for 11 years, and know how hard it is!

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.

Susan Roenke  
2586 Agard Road  
Trumansburg, NY 14486

Dear Friends at USDA, P-13609

NOV - 3 2006

I think adding additional food items to the WIC vouchers is an excellent idea. Women and children across the world would appreciate this just as much as I would. Thank you for taking my response into consideration and I look forward to enjoying more fruits and vegetables and having a healthier lifestyle.

THANKS AGAIN

Lakia Nix



WIC PARTICIPANT

Re: WIC FOOD Package Rule  
0584-AD77

P ~~0678~~  
13610  
06-9  
OCT 23 2006

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

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

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

**What I like most about the proposed  
changes is the whole grains, fresh  
fruits & vegetables.**

**What I like least about the proposed  
changes is less milk & whole FAT milk only,  
less eggs.**

**Thank you for reading my comments.**

**Sincerely,**

*Kara L. Robbins*

---

**WIC Participant**

P-13611

Docket ID - 0584-AD77

OCT 23 2006

06-P

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

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

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

**What I like most about the proposed  
changes is I like the add of  
whole grains.**

**What I like least about the proposed  
changes is Drop in milk.**

**Thank you for reading my comments.**

**Sincerely,**

Sarah Penne Olo  
**WIC Participant**

Re: 584-AD77 - WIC Food Package Rule

06-P

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

OCT 23 2006

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

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

**What I like most about the proposed  
changes is that they added  
some whole grains + fruits.**

**What I like least about the proposed  
changes is that they are thinking  
about giving less things.**

**Thank you for reading my comments.**

**Sincerely,**

Shannon Stephens  
**WIC Participant**