

NOV - 6 2006

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is MORE MILK

What I like least about the proposed changes is I LIKE ALL THE SUGAR

Thank you for reading my comments.

Sincerely,

JENNIFER BUCKLE
Jennifer Buckle SAC
WIC Participant City

NOV - 6 2006

Dear Friends at US Department of Agriculture,

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

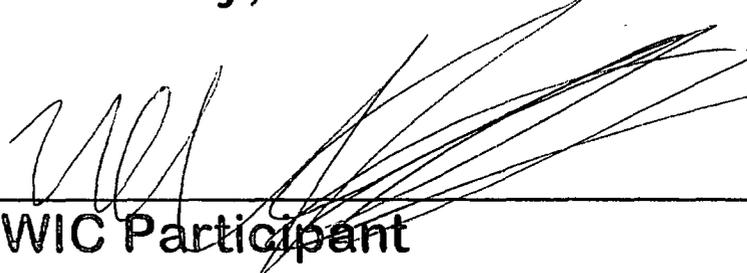
Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is more options

What I like least about the proposed changes is everything is good
There is nothing I don't like.

pep milk
Thank you for reading my comments.

Sincerely,



WIC Participant City

NOV - 6 2006

9/27/06

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is ~~options & choices of different~~ ^{the different varieties} ~~of different~~ ^{Foods}

is great. I really like the vegetable & fruit portion added as I do always use all of the milk vouchers that are issued. The peanut butter & bread (wheat) makes sense. Add fresh bananas for that my 3 yr olds snack!

What I like least about the proposed changes is This did not happen sooner.

Thank you for reading my comments.

Sincerely,

Debra Heitag
WIC Participant

LF251203056

*1932 Keith way
SACRAMENTO, CA
95815*

City

NOV - 6 2006

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is MORE options & better CHOICES.

What I like least about the proposed changes is _____.

Thank you for reading my comments.

Sincerely,



WIC Participant

NOV - 6 2006

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is that there is more fruits and vegetables, and additional items.

What I like least about the proposed changes is nothing.

Thank you for reading my comments.

Sincerely,

Gladys Lopez
WIC Participant

NOV - 6 2006

Dear Friends at US Department of
Agriculture,

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

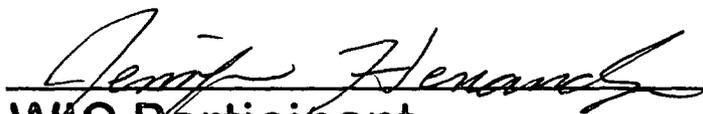
Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.

What I like most about the proposed
changes is It has more-better Products
than the one before.

What I like least about the proposed
changes is Just the TOFU.

Thank you for reading my comments.

Sincerely,



WIC Participant

NOV - 6 2016

Dear Friends at US Department of Agriculture,

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

Thank you for adding fruits and 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 add of vegetables and bread & less milk.

What I like least about the proposed changes is the cereal; need a little flavor need flavor added such as berries.

Thank you for reading my comments.

Sincerely,

Juanita Fall
WIC Participant

NOV - 5 2006

Dear Friends at US Department of
Agriculture,

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

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

What I like most about the proposed
changes is fruit, vegetables,
tortillas.

What I like least about the proposed
changes is no.

Thank you for reading my comments.

Sincerely,



WIC Participant

NOV - 6 2006

Dear Friends at US Department of
Agriculture,

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

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

What I like most about the proposed
changes is that they have veg
tables and minerals.

What I like least about the proposed
changes is less vegetables now.

Thank you for reading my comments.

Sincerely,



WIC Participant

NOV - 6 2006

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

added Soy milk due I can't have any regular milk.
Maybe add some bread

What I like least about the proposed changes is _____

Thank you for reading my comments.

Sincerely,

Melissa Netho
WIC Participant

NOV - 5 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 my family needs a well balanced diet.

What I like least about the proposed changes is n/a.

Thank you for reading my comments.

Sincerely,

Brenda Fth Sacto.
WIC Participant City

NOV - 6 2006

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is increases whole grains and fruits and vegetables.

What I like least about the proposed changes is all
please make changes as soon as possible.

Thank you for reading my comments.

Sincerely, *MA*

Marina Olesko
WIC Participant

Sacramento CA
City

This is great, to change something, because my kids don't drink this much juices & it's not really good for health, better to eat fruits and best in the world.

NOV - 6 2006

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is Fruits & Veggies

What I like least about the proposed changes is less cheese

Thank you for reading my comments.

Sincerely,



Sacramento

WIC Participant

City

NOV - 6 2006

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is bread, fruit, green vegetables.

What I like least about the proposed changes is cheese.

Thank you for reading my comments.

Sincerely,

Randeep Kaur

WIC Participant

NOV - 6 2006

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is there are greater options, I especially like option for soy products.

What I like least about the proposed changes is nothing.

Thank you for reading my comments.

Sincerely,

Jocelyn Vandenberg
WIC Participant

NOV - 6 2006

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is I will not forget to buy fruits and veggies.

What I like least about the proposed changes is nothing.

Thank you for reading my comments.

Sincerely,

Twillika Howell

Sacramento

WIC Participant

City

NOV - 5 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 Breads have been added

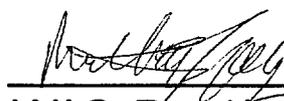
_____.

What I like least about the proposed
changes is _____

_____.

Thank you for reading my comments.

Sincerely,



WIC Participant

NOV - 6 2006

Dear Friends at US Department of
Agriculture,

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

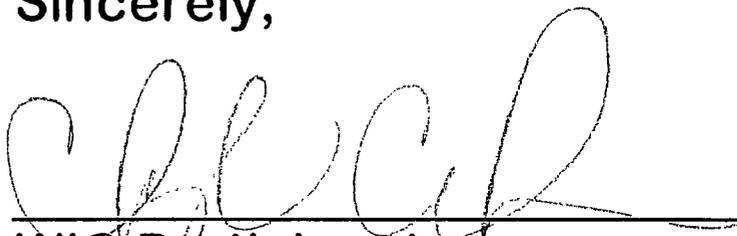
Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.

What I like most about the proposed
changes is That fresh fruit & veggies
& breads added.

What I like least about the proposed
changes is loss veges.

Thank you for reading my comments.

Sincerely,



WIC Participant

NOV - 6 2006

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is whole grains, fruits and vegetables.

What I like least about the proposed changes is ~~the~~ less milk.

Thank you for reading my comments.

Sincerely,

DHENANA TIRIC

WIC Participant

NOV - 6 2006

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is fresh fruit, bread, vegetables... I think we should get less juice.

What I like least about the proposed changes is it has taken too long...

Thank you for reading my comments.

Sincerely,

Vanessa J. Bruce
WIC Participant

NOV - 6 2006

Dear Friends at US Department of
Agriculture,

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

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

What I like most about the proposed
changes is a larger variety of
foods, plus fruits/vegetables.
as an option as well.

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

Thank you for reading my comments.

Sincerely,

Maub Baran

WIC Participant

6431 Benning St #5 Orangethale CA 95662
(916) 410-1042

NOV - 6 2006

Dear Friends at US Department of
Agriculture,

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

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

What I like most about the proposed
changes is the choices we would have
to choose from.

What I like least about the proposed
changes is _____.

Thank you for reading my comments.

Sincerely,

Eric Meller 7353 Hollingwood Blvd
WIC Participant

NOV - 6 2006

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is we have more options of food.

What I like least about the proposed changes is _____.

Thank you for reading my comments.

Sincerely,

Osmael Melendez 4349 marion Ave Apt #21
WIC Participant

9-22-06.

NOV - 6 2006

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is I like variety choices-

What I like least about the proposed changes is i'm NOT really into tuna or salmon but I would like more choices-

Thank you for reading my comments.

Sincerely,

Misty Swain - Ballinger
WIC Participant

NOV - 6 2006

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is I like the variety of food that meet the needs of my family OR

What I like least about the proposed changes is _____.

Thank you for reading my comments.

Sincerely, 

Anne Beirn
WIC Participant 5031 Havelok St
Fair Oaks, ca 95628

NOV - 8 2006

Dear Friends at US Department of
Agriculture,

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

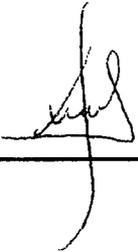
Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.

What I like most about the proposed
changes is the variety on our
daily diet. (More choices).

What I like least about the proposed
changes is none
_____.

Thank you for reading my comments.

Sincerely,

CORINA AZUCENA  (4617 Greenholme Dr #3)
WIC Participant (Sacramento, CA 95842)

NOV - 6 2006

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is I THINK THE PROPOSED HAS BETTER FOR VEGETABLES

What I like least about the proposed changes is VEGETABLES AND ALL CHANGES. THE USDA PACKAGE.

Thank you for reading my comments.

Sincerely,

Elizabeth Reynaga

WIC Participant

City

8000 Pocket Rd. Apt. 205
Sacramento CA.
95831

NOV - 8 2006

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is the fruits and tuna

We need more cheese and cranberry would be good if it can be added to the food/juice list.

What I like least about the proposed changes is its good all the way around.

Thank you for reading my comments.

Sincerely,

Debra Ruby
WIC Participant

Sacramento, Ca
City

NOV - 6 2006

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is the addition of bread and fruits/veggies. We can't usually get these things

What I like least about the proposed changes is the lower amount of milk - but the benefits outweigh the negative

Thank you for reading my comments.

Sincerely,

Rebecca Bailey
WIC Participant

NDV - 6 2006

Dear Friends at US Department of
Agriculture,

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

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

What I like most about the proposed
changes is ~~that you are giving~~ *that you are giving*
other options but the extra should be just added!
nothing should be taken away.

What I like least about the proposed
changes is *that you are lowering the amount in products*
that will be offered to participants now. It's bad enough
there are SO many out there who CANNOT get the help

Thank you for reading my comments.
needed for one reason or another they have been denied.

Sincerely,



WIC Participant

NOV - 6 2006

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is more choices, veggies, soy milk, tortillas.

What I like least about the proposed changes is nothing.

Thank you for reading my comments.

Sincerely,

9/21/06

Ashley Currier
WIC Participant

Sacramento
City

NOV - 6 2006

Dear Friends at US Department of
Agriculture,

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

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

What I like most about the proposed
changes is fruits and vegetables
in my Wic packet + getting whole grain bread.
and Tofu sound really nice.
What I like least about the proposed
changes is not getting as much
cheese, and juice.

Thank you for reading my comments.

Sincerely,

Virginia Fenchion

WIC Participant

NOV - 6 2008

Dear Friends at US Department of
Agriculture,

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

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

What I like most about the proposed
changes is adding fruits and veggies
_____.

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

Thank you for reading my comments.

Sincerely,

Sharon Brown

WIC Participant

NOV - 8 2006

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

I like that we would be able to buy fresh fruit and vegetables. Also the ability to buy whole grains and protein rich products. Being able to buy canned soups plus especially since a lot of people are on the food bank.

Lo que menos me gusta sobre los cambios propuestos es

the cost of the changes.

Gracias por leer mis comentarios.

Atentamente,

Anastacia Baldwin

Participante de WIC

Dear Friends at US Department of Agriculture,

OCT 31 2006

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

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

What I like most about the proposed changes is

is good because we are getting more variety.

What I like least about the proposed changes is

that we are getting less cheese

Thank you for reading my comments.

Sincerely,

Karen Kosas

WIC Participant

Riverside County, California

Dear Friends at US Department of Agriculture,

OCT 31 2006

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

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

What I like most about the proposed changes is

I like the added fruits & veg - apples
plus the breads. That will help out
a lot.

What I like least about the proposed changes is

what I don't like is the change
in olive - eggs & juice. I don't think
taking or lessening the amounts will help.

Thank you for reading my comments.

Sincerely,

Heather M. Allen

WIC Participant

Riverside County, California

OCT 31 2008

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

- fruits & veggies
- whole grains
- canned beans

What I like least about the proposed changes is

- only 1oz cheese and not 2oz.
- also the milk change. & eggs

Thank you for reading my comments.

Sincerely,

Priscilla Meyer
 WIC Participant

Riverside County, California

Dear Friends at US Department of Agriculture,

OCT 31 2006

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

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

What I like most about the proposed changes is

Vegetables are added on WIC

What I like least about the proposed changes is

less amount of milk

Thank you for reading my comments.

Sincerely,

Olga Delgado

WIC Participant

Riverside County, California

Dear Friends at US Department of Agriculture,

OCT 31 2008

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

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

What I like most about the proposed changes is

fruits & vegetables should be added - great idea!

What I like least about the proposed changes is

disappointed with the thought of low milk & juice levels

Thank you for reading my comments.

Sincerely,

Debra Williams

WIC Participant

Riverside County, California

OCT 31 2006

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

bread, fruit and veg.

What I like least about the proposed changes is

less eggs and cheese

Thank you for reading my comments.

Sincerely,

Burton Clark

WIC Participant

Riverside County, California

Dear Friends at US Department of Agriculture,

OCT 31 2006

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

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

What I like most about the proposed changes is

ADDING BREAD AND MORE CEREAL

What I like least about the proposed changes is

LESS MILK

Thank you for reading my comments.

Sincerely,

ROSEMARIE HURBY
WIC Participant

Riverside County, California

Dear Friends at US Department of Agriculture,

OCT 31 2006

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

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

What I like most about the proposed changes is

good idea

What I like least about the proposed changes is

soy stuff

Thank you for reading my comments.

Sincerely,

Janice Chambers
WIC Participant

Riverside County, California

Dear Friends at US Department of Agriculture,

OCT 31 2006

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

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

What I like most about the proposed changes is

we will get fruits and vegetables

What I like least about the proposed changes is

we are getting least milk and Juice.

Thank you for reading my comments.

Sincerely,

WIC Participant

Riverside County, California

Dear Friends at US Department of Agriculture, OCT 31 2008

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

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

What I like most about the proposed changes is

add of fruits and vegetables and
also adding tomatoes

What I like least about the proposed changes is

none

Thank you for reading my comments.

Sincerely,

Deborah Garcia

WIC Participant

Riverside County, California

Dear Friends at US Department of Agriculture,

OCT 31 2006

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

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

What I like most about the proposed changes is

Bread & Veggies!

What I like least about the proposed changes is

less juice, eggs & Cheese

Thank you for reading my comments.

Sincerely,

Jessy Plame
WIC Participant

Riverside County, California

P 6347

OCT 31 2006

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

Reducing cheese and adding fruits and vegetables.

What I like least about the proposed changes is

Reduction in milk.

Thank you for reading my comments.

Sincerely,

Yesenia Chavez
WIC Participant

Riverside County, California

OCT 31 2008

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

more fruits and veggies

What I like least about the proposed changes is

nothing

Thank you for reading my comments.

Sincerely,

WIC Participant

Riverside County, California

Dear Friends at US Department of Agriculture,

OCT 31 2006

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

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

What I like most about the proposed changes is

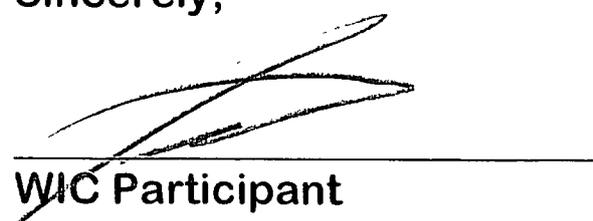
The adding of whole grain and fruits and Vegetables.

What I like least about the proposed changes is

No ba thing evething sounds good

Thank you for reading my comments.

Sincerely,


WIC Participant

Riverside County, California

Dear Friends at US Department of Agriculture,

OCT 31 2006

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

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

What I like most about the proposed changes is

What I like is that the new program is taking out for my children as they are young they eat it really helps.

What I like least about the proposed changes is

I don't know about this there aren't any thing I don't like.

Thank you for reading my comments.

Sincerely,

[Handwritten signature]

WIC Participant

Riverside County, California

Dear Friends at US Department of Agriculture,

OCT 31 2006

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

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

What I like most about the proposed changes is

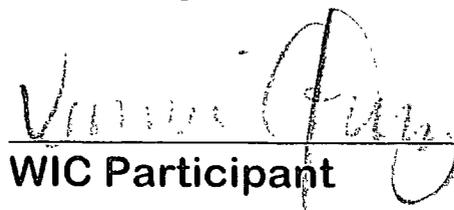
We will be getting fruits & veggies

What I like least about the proposed changes is

the amount of \$ may be low for the amount now added for fruits & veggies

Thank you for reading my comments.

Sincerely,


WIC Participant

Riverside County, California

OCT 31 2006

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

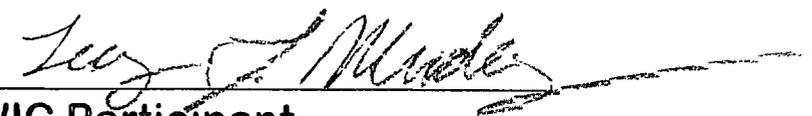
that fruit, vegetables, and whole grains
will be offered. I also like that cereals
will also be whole grain.

What I like least about the proposed changes is

that less milk and eggs will be offered.

Thank you for reading my comments.

Sincerely,


WIC Participant

Riverside County, California

Dear Friends at US Department of Agriculture,

OCT 31 2006

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

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

What I like most about the proposed changes is

that there is whole grain teams Bread is
a great idea. I'd love to see it
and get it.

What I like least about the proposed changes is

I don't like less milk and juices.
I like to still get some juice for
myself.

Thank you for reading my comments.

Sincerely,

Rebecca Rodriguez

WIC Participant

Riverside County, California

Dear Friends at US Department of Agriculture,

OCT 31 2006

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

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

What I like most about the proposed changes is

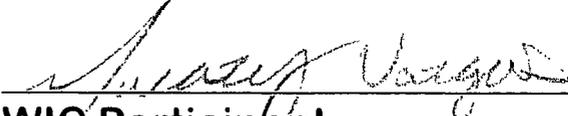
I don't like it at all

What I like least about the proposed changes is

you get less of cucumbers
just to get the fruit or
vegetables

Thank you for reading my comments.

Sincerely,


WIC Participant

Riverside County, California

OCT 31 2006

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

Adding ^{Fresh} fruit & veg-tables, being able to choose soy product & fruit.

What I like least about the proposed changes is

Very little amount of money for fresh fruits & vegetables. Hope we'll see Allocated \$ amt for ~~different~~ vegs & fruits not combined.
Thank you for reading my comments.

Sincerely,

Janelya Smith

WIC Participant

Riverside County, California

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

Get that you are giving the choices better for our kids, like the Fruits and vegetables that is very important for a healthy life.

What I like least about the proposed changes is

Should add a little more money for fruits and vegetables.

Thank you for reading my comments.

Sincerely,

Marlene Phentago
WIC Participant

Riverside County, California

Dear Friends at US Department of Agriculture,

OCT 31 2008

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

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

What I like most about the proposed changes is

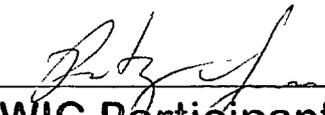
that we can give are children fruits and
veg. because my kid wouldn't eat all the cheese or sauce
but the fruit all the time, so we have a little
more money to buy them.

What I like least about the proposed changes is

there's nothing I don't like about this
new thing every thing is fine cause kids
need more fruits and vegetables.

Thank you for reading my comments.

Sincerely,



WIC Participant

Riverside County, California

NOV 03 2005

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is Getting money for fruit & veggies.

What I like least about the proposed changes is the whole milk thing.

Thank you for reading my comments.

Sincerely,

Patricia Rossler

WIC Participant

NOV 08 2006

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

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

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

**What I like most about the proposed
changes is fruit & veggies**
_____.

**What I like least about the proposed
changes is less milk & eggs**
_____.

Thank you for reading my comments.

Sincerely,

misty d. wyckoff
WIC Participant

NOV 6 3 2006

p 6360

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

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

**Thank you for adding fruits and 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 juice being reduced.**

**What I like least about the proposed
changes is The milk being reduced,
and the eggs.**

Thank you for reading my comments.

Sincerely,

Dolma Hickman

WIC Participant

NOV 08 2005

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is Adding the fruits + Veggies to it.

What I like least about the proposed changes is The lowering of the milk, cheese + juice - I used all out it and more.

Thank you for reading my comments.

Sincerely,



WIC Participant

NOV 03 2006

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is _____

_____.

What I like least about the proposed changes is _____
less milk and less juice
_____.

Thank you for reading my comments.

Sincerely,

WIC Participant

NOV 03 2008

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

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

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

**What I like most about the proposed
changes is Fruits & Veggies**

**What I like least about the proposed
changes is less milk + juice**

Thank you for reading my comments.

Sincerely,

Natalie Jacobs

WIC Participant

NOV 08 2008

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

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

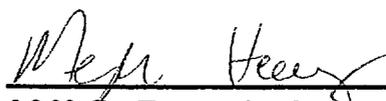
**Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.**

**What I like most about the proposed
changes is The addition of fruits
and vegetables.**

**What I like least about the proposed
changes is lowered the juice.**

Thank you for reading my comments.

Sincerely,



WIC Participant

NOV 03 2006

Dear Friends at US Department of Agriculture,

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

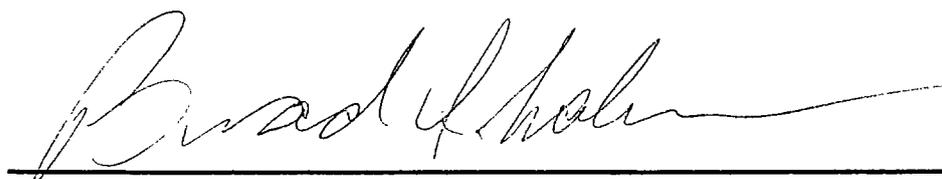
Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is providing canned beans and more whole wheat & fruits.

What I like least about the proposed changes is the cut in milk & cheese should of been one or the other.

Thank you for reading my comments.

Sincerely,



WIC Participant

NOV 03 2006

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is the addition of fruits and vegetables and whole grains.

What I like least about the proposed changes is the reduction of milk.

Thank you for reading my comments.

Sincerely,

Cari S. Shepard

WIC Participant

I would like to see the vouchers be set up a little differently, often we didn't need or have storage space for what the voucher called for. having the option of ~~splitting~~ splitting the voucher into

NOV 08 2006

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

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

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

**What I like most about the proposed
changes is fruit & vegetable**

**What I like least about the proposed
changes is less milk & cheese**

Thank you for reading my comments.

Sincerely,


WIC Participant

NOV 03 2006

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

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

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

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

and Veggies.

**What I like least about the proposed
changes is** into most that I like of

a deal, but I don't like that
you getting less milk.

Thank you for reading my comments.

Sincerely,

WIC Participant

May 9 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 baby food instead
of all that juice. The whole grain cereal is
good too.**

**What I like least about the proposed
changes is the reduction of the
milk offered.**

Thank you for reading my comments.

Sincerely,

Marie Fischer

WIC Participant

NOV 08 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 They'll be getting fruit and more milk.

What I like least about the proposed changes is I think they should have baby ~~food~~ food not baby juice

Thank you for reading my comments.

Sincerely,

Kemberly Fischer
WIC Participant

NOV 03 2006

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is My kids get more fresh fruit.

What I like least about the proposed changes is The lowering of milk products

Thank you for reading my comments.

Sincerely,

WIC Participant

NOV 09 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 Baby food, Fruits added & Bread.

What I like least about the proposed changes is cutting the amount of milk & Cheese.

Thank you for reading my comments.

Sincerely,

WIC Participant

NOV 03 2006

p 6273

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

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

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

**What I like most about the proposed
changes is Diaper & milk**

**What I like least about the proposed
changes is Milk changes**

Thank you for reading my comments.

Sincerely,

Calamity Rogers

WIC Participant

NOV 03 2006

Dear Friends at US Department of Agriculture,

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

Thank you for adding fruits and 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 reduced juice, and the adding of the fruits and veggies.

What I like least about the proposed changes is the reducing the amount that you can receive.

Thank you for reading my comments.

Sincerely,

Crista Johnson

WIC Participant

NOV 03 2006

Dear Friends at US Department of Agriculture,

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

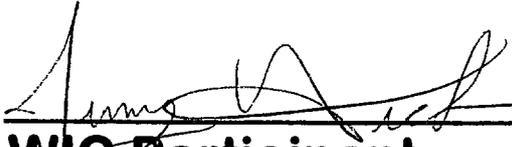
Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is What grows in the
Beans & Veg + Fruit.

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

Thank you for reading my comments.

Sincerely,



WIC Participant

NOV 03 2006

Dear Friends at US Department of Agriculture,

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

Thank you for adding fruits and 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 will be adding back fruit to wic.

What I like least about the proposed changes is that whole milk will always be available, only till a certain age.

Thank you for reading my comments.

Sincerely,

Alexandra H. Stacey
WIC Participant

NOV 03 2006

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is I like the idea about fresh Veggies + fruits, the bread + baby food

What I like least about the proposed changes is the beef + whole milk being taken away.

Thank you for reading my comments.

Sincerely,


WIC Participant

NOV 03 2006

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

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

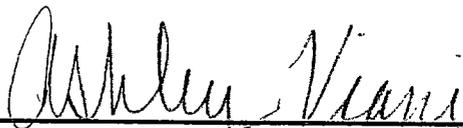
**Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.**

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

**What I like least about the proposed
changes is soy milk**

Thank you for reading my comments.

Sincerely,



WIC Participant

NOV 03 2006

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is the addition of whole grains

What I like least about the proposed changes is the lack of funding for the program

Thank you for reading my comments.

Sincerely,

Melissa Pearson

WIC Participant

NOV 03 2006

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is Baby foods.

What I like least about the proposed changes is Kids still need the whole milk. They also need some juice

Thank you for reading my comments.

Sincerely,

Deborah West Cynthia Johnson
WIC Participant

NOV 6 8 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 added variety and
fruits and vegetables.**

What I like least about the proposed

**changes is limit on breast-fed babies
for nutrition for the mom.**

Thank you for reading my comments.

Sincerely,

Rachel M. Amos

WIC Participant

NOV 03 2006

p 6382

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

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

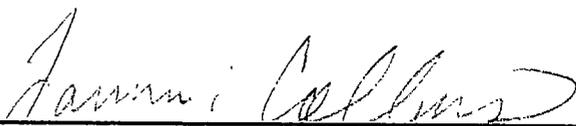
**Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.**

**What I like most about the proposed
changes is 2% or less milk and
canned beans.**

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

Thank you for reading my comments.

Sincerely,



WIC Participant

NOV 03 2006

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is recomming baby foods great idea.

What I like least about the proposed changes is milk change after 2 yrs old, kids need milk!

Thank you for reading my comments.

Sincerely,

Herry L Porter

WIC Participant

NOV - 1 2006

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

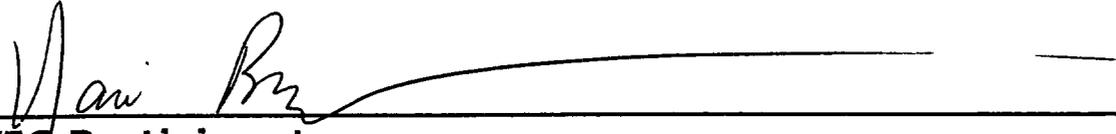
I will encourage our kids to eat healthier and help stop childhood/adult obesity.

What I like least about the proposed changes is

nothing. Our kids deserve a healthy start.

Thank you for reading my comments.

Sincerely,



WIC Participant

NOV - 1 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

Didn't like changes
_____.

What I like least about the proposed changes is

_____.

Thank you for reading my comments.

Sincerely,

Esmeralda Villanueva

WIC Participant

NOV - 1 2006

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

THAT IT GIVES MORE VARIETY - MORE FOOD GROUPS.

What I like least about the proposed changes is

DECREASE IN JUICE PRODUCTS.

Thank you for reading my comments.

Sincerely,

ELOISA VELASQUEZ

WIC Participant

NOV - 1 2006

p 6387

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

more fiber
less sugar

What I like least about the proposed changes is

making ~~too~~ Sure Wic Stores ^{carry} Quality ^{Fruits & Veg.}

Thank you for reading my comments.

Sincerely,

Shawna Torres
WIC Participant

NOV - 1 2006

p 6388

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

that there is more
healthy food

What I like least about the proposed changes is

that there will be changes
in the milk

Thank you for reading my comments.

Sincerely,

Mayra Castillo
WIC Participant

NOV - 1 2006

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

I like the change.
Less Juice is a good idea because veggies are so expensive

What I like least about the proposed changes is

absolutely nothing

Thank you for reading my comments.

Sincerely,

Lisa Furdit (Lisa Furdit)

WIC Participant

NOV - 1 2006

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

there will be fruits
4 veggies to keep my children healthy

What I like least about the proposed changes is

There won't be as
much grain & cheese.

Thank you for reading my comments.

Sincerely,

Sharia Martin

WIC Participant

NOV - 1 2006

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

we are able to chose
more items for our kids.

What I like least about the proposed changes is

that is that everything
is a low choice.

Thank you for reading my comments.

Sincerely,

Wafay Kamari

WIC Participant

NOV - 1 2006

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

getting fruits & veggies
it's healthier than cheese

What I like least about the proposed changes is

nothing if I had it
it's better not getting a milk cheese

Thank you for reading my comments.

Sincerely,

Lanita Rutherford

WIC Participant

NOV - 1 2006

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

That fruits are way better then a bottle of juice it has too much sugar I always end up adding water.

What I like least about the proposed changes is

N/A

Thank you for reading my comments.

Sincerely,



Monica Milian

WIC Participant

HMS - 005

10/26/06

NOV - 1 2006

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is MORE FRUITS & VEGGIES
3 WHOLE GRAINS.

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

Thank you for reading my comments.

Sincerely,

Heal Ann

WIC Participant

NOV - 1 2006

10-3-06

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is soy products, fruit & veggies, whole grains.

What I like least about the proposed changes is I love everything about the new proposal.

Thank you for reading my comments.

Sincerely,

Cynthia Wilson
WIC Participant

NOV 01 2006

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is is that there will be
more rice & bread.

What I like least about the proposed changes is Less cheese.

Thank you for reading my comments.

Sincerely,

Stacie Johnson
WIC Participant

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is fresh fruit & veggies

more variety, less juice,

my children love fresh apples
bananas
oranges.

What I like least about the proposed changes is _____

Thank you for reading my comments.

Sincerely,

Lisa Clark

WIC Participant

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is I would like to be the same.

What I like least about the proposed changes is _____.

Thank you for reading my comments.

Sincerely,

Elena Palosi

WIC Participant

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

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

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

**What I like most about the proposed
changes is Brown Rice, Soy beverage**

**What I like least about the proposed
changes is less milk**

Thank you for reading my comments.

Sincerely,

Kha T. Hoang

WIC Participant

Dear Friends at US Department of
Agriculture,

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

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

What I like most about the proposed
changes is adding soymilk.

What I like least about the proposed
changes is getting less juice.

Thank you for reading my comments.

Sincerely,

Yvonne Baker
WIC Participant