

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

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

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

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

**What I like least about the proposed
changes is Nothing really different
to choose from**

Thank you for reading my comments.

Sincerely,

Janet A. Finch

WIC Participant

pl 702

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 more healthy foods!**

**What I like least about the proposed
changes is nothing**

Thank you for reading my comments.

Sincerely,

Danielle Pheine
WIC Participant

P 6703

NOV 08 2003

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

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

**Thank you for adding fruits and 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 would help
greatly with food costs.**

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

Thank you for reading my comments.

Sincerely,

Nicole McCall

WIC Participant

P6704

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 A very good choice**
_____.

**What I like least about the proposed
changes is [Signature]**
_____.

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 availability of healthier
foods for my children.**

**What I like least about the proposed
changes is nothing, it all sounds
fantastic.**

Thank you for reading my comments.

Sincerely,

Jennifer Lockhart Jennifer Lockhart
WIC Participant

P 6706

NOV 03 2009

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

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

**Thank you for adding fruits and 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 have to buy
them and it's healthy.**

**What I like least about the proposed
changes is There is nothing
I don't like least except it didn't
happen sooner**

Thank you for reading my comments.

Sincerely,

Yhina Paschal
WIC Participant

P6707

NOV 03 2016

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

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

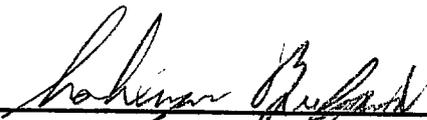
**Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.**

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

**What I like least about the proposed
changes is the wheat rice**

Thank you for reading my comments.

Sincerely,



WIC Participant

P6708

N
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 a new variety of
healthier foods.**

**What I like least about the proposed
changes is I hope the old choices
are still present.**

Thank you for reading my comments.

Sincerely,

Sarah Anders

WIC Participant

P 6709

N

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 fruits & veggies
added, bread added.**

**What I like least about the proposed
changes is more cereal changes
_____.**

Thank you for reading my comments.

Sincerely,

Nicole Ewing

WIC Participant

P6710

N
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 fact that vegetables can be
purchased as well as fruit.**

**What I like least about the proposed
changes is N/A**

Thank you for reading my comments.

Sincerely,

Daphna R. Kourt

10/17/06

WIC Participant

P6711

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 the new foods**

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

Thank you for reading my comments.

Sincerely,

Janice Booker

WIC Participant

P6712

N

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 We will have more
things to pick from.**

**What I like least about the proposed
changes is N/A**

Thank you for reading my comments.

Sincerely,



WIC Participant

Dear Friends at US Department of Agriculture,

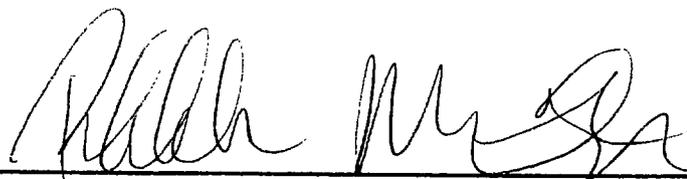
I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and 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 ability to choose things that my family would enjoy more

What I like least about the proposed changes is it looks like we would be still unable to get the real healthy milk or eggs.
Thank you for reading my comments.

Sincerely,



WIC Participant

P6714

N
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 the added fruits and
veggies!**

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

Thank you for reading my comments.

Sincerely,

Suzanne Walle

WIC Participant

P6715

N
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** less fat & more fruit
& veggies.

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

Thank you for reading my comments.

Sincerely,

Laurie Isaac
WIC Participant

P6716

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 need financial
assistance trying to provide fresh veggies & fruit to my
family.

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

The length of time it takes
to implement the change.

Thank you for reading my comments.

Sincerely,

Landree Stephens

WIC Participant

P6717

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 concerns about offering
foods that are fresh seem very
adequate for our household.**

**What I like least about the proposed
changes is reducing amount of
in-fant/ children juice.**

Thank you for reading my comments.

Sincerely,

Raddy C Speaks

WIC Participant

P6718

NOV 03 2007

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

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

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

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

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

Thank you for reading my comments.

Sincerely,

Heather Simpkins

WIC Participant

P 6719

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

NOV 03 2001

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

**Thank you for adding fruits and 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 of the foods people
should eat.**

**What I like least about the proposed
changes is N/A.**

Thank you for reading my comments.

Sincerely,

Amel Amiles

WIC Participant

Sunrise

P6720

NOV 03 2000

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

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

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

**What I like most about the proposed
changes is it is good for the baby**
_____.

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

Thank you for reading my comments.

Sincerely,

Sabrina Werge
WIC Participant

P 6721

NOV 03 2004

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

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

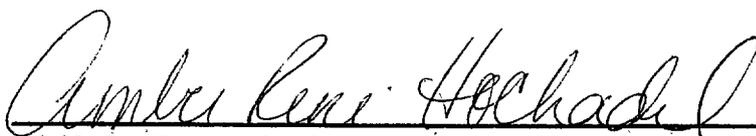
**Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.**

**What I like most about the proposed
changes is healthier food for child**
_____.

**What I like least about the proposed
changes is N/A**
_____.

Thank you for reading my comments.

Sincerely,



WIC Participant

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is more healthy foods for my children.

What I like least about the proposed changes is _____.

Thank you for reading my comments.

Sincerely,

Angela Howard
WIC Participant

P6723

OCT 31 2008

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

the fruits are healthy

What I like least about the proposed changes is

the milk is less

Thank you for reading my comments.

Sincerely,

A-o Adesegun
WIC Participant

Riverside County, California

NOV 03 2006

P6724

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

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

**Thank you for adding fruits and 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 keep making
good changes and adding healthier foods.**

**What I like least about the proposed
changes is nothing**

Thank you for reading my comments.

Sincerely,

Christina Angelo
WIC Participant

P6725

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 fruits and
able to pick your day.**

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

Thank you for reading my comments.

Sincerely,



WIC Participant

P 6726

N

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** more choices with food to
make healthier choices in our diet.

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

Thank you for reading my comments.

Sincerely,

Karen Carroll

WIC Participant

P6727

N
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 fruits & vegetables,
bread, soy,**

**What I like least about the proposed
changes is nothing,**

Thank you for reading my comments.

Sincerely,

Shirley Lombard

WIC Participant

NOV 03 2006

P6728

Dear Friends at US Department of Agriculture,

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

Thank you for adding fruits and 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 and vegetables.

What I like least about the proposed changes is

~~the adding~~ adding tofu or soy beverage

taking away one gallon of milk

1lb of cheese. I do not eat tofu, but do drink milk and eat the cheese

Thank you for reading my comments.

Sincerely,



WIC Participant
Veronica Padilla

Riverside County, California

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

*I think the changes are excellent
they should be brought of this sooner*

What I like least about the proposed changes is

I wish they offered more eggs + milk

Thank you for reading my comments.

Sincerely,

Mansi Surma
WIC Participant

Riverside County, California

NOV 03 2006

P6730

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

We get fruits & vegetables & whole
grains

_____.

What I like least about the proposed changes is

less milk, cheese & eggs.

_____.

Thank you for reading my comments.

Sincerely,



WIC Participant

Riverside County, California

NOV 03 2006

P6731

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

Because of the diverse cultures that have
come into America since 30 yrs. prior to now; I
think it is necessary for health & habit's that have
changed since then.

What I like least about the proposed changes is:

Not an issue; seeing that all it
has is what is needed for today's modern
world.

Thank you for reading my comments.

Sincerely,


WIC Participant

Riverside County, California

P 6732

NOV 4 3 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 incorporation of whole grains that
is so vital to our childrens health.

The fruits and vegetables! our children lack
the nutrition needed to have good mental health

What I like least about the proposed changes is

nothing.

and the new proposal will encourage us all to eat healthier.

Thank you for reading my comments.

Sincerely,

Melissa Henley
WIC Participant

Riverside County, California

P6733

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

the fruits and vegetables

What I like least about the proposed changes is

You won't give as much milk as you did if it changes

Thank you for reading my comments.

Sincerely,

Dyanah Piro
WIC Participant

Riverside County, California

NOV 03 2006

PC734

Dear Friends at US Department of Agriculture,

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

Thank you for adding fruits and 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 adding the fresh fruit & the
whole grain products

What I like least about the proposed changes is

the ~~reducing~~ reducing of the milk and eggs
but it balances it self out with the
new products added.

Thank you for reading my comments.

Sincerely,

Alice Rinza
WIC Participant Alice Rinza

Riverside County, California

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

I like that they are adding fruits and vegetables to the WIC checks. I like that they are adding more choices to the WIC checks. I like that they are adding more choices to the WIC checks.

What I like least about the proposed changes is

Thank you for reading my comments.

Sincerely,

[Handwritten Signature]

WIC Participant

Riverside County, California

NOV 03 2008

PG730

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

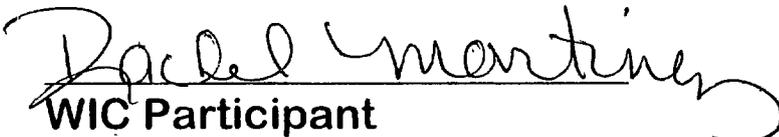
less juice for kids and the vegetables and fruit is a good idea

What I like least about the proposed changes is

not enough money for vegetables and fruit

Thank you for reading my comments.

Sincerely,


WIC Participant

Riverside County, California

NOV 03 2008

PG 737

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

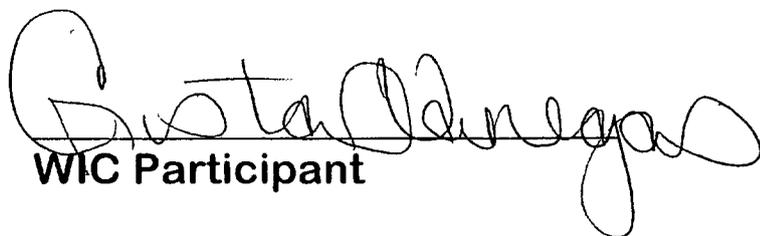
that we get to give our kids more vitamins from fruits and veggies that they don't get from juice.

What I like least about the proposed changes is

I don't dislike anything at all. I like the added bread and tortillas.

Thank you for reading my comments.

Sincerely,



WIC Participant

Riverside County, California

NOV 03 2008

P6738

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

1. receiving fruits and vegetables
2. less milk
3. Receiving whole grains (& a good variety)

What I like least about the proposed changes is

1. only \$6.00 for fruit + vegetables is so little
2. only getting 1 lb. of cheese

Thank you for reading my comments.

Plus... I appreciate the extra help.
Thank You Very Much ♡

Sincerely,

Martha J 10-17-06
WIC Participant

Riverside County, California

NOV 03 2006

P6739

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

the whole grains, fruits and veggies, I am glad you adjusted the juice too.

What I like least about the proposed changes is

that we will be receiving less milk and cheese. My family really benefits from this.

Thank you for reading my comments.

Sincerely,

Anna A. Martinez
WIC Participant

Riverside County, California

Hanna
Hanna 4 yrs old

NOV 03 2006

P 6740

Dear Friends at US Department of Agriculture,

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

Thank you for adding fruits and 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 & veggie were an excellent idea period.

What I like least about the proposed changes is

less milk.

Thank you for reading my comments.

Sincerely,

Wanda Williams

WIC Participant

Riverside County, California

NOV 03 2006

P6741

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

The fact that you are choosing from every culture. I think the change is awesome. Thank you.

What I like least about the proposed changes is

Thank you for reading my comments.

Sincerely,

Kimberly Sells
WIC Participant

Riverside County, California

NOV 03 2008

P6742

Dear Friends at US Department of Agriculture,

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

Thank you for adding fruits and 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 included more vegetables and fruits. I think its going to be better.

What I like least about the proposed changes is

It's a little less milk & eggs, but we like the vegetables and fruits.

Thank you for reading my comments.

Sincerely,

Olivia Orozco
WIC Participant

Riverside County, California

simoniso ymas'comen'ly

P 6743

Dear Friends at US Department of Agriculture,

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

Thank you for adding fruits and 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

The cheese, eggs + milk are less, that's terrible.

Thank you for reading my comments.

Sincerely,


WIC Participant

Riverside County, California

NOV 03 2006

P 6744

Dear Friends at US Department of Agriculture,

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

Thank you for adding fruits and 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

What I like least about the proposed changes is

less cheese

Thank you for reading my comments.

Sincerely,

Patricia Guzman

WIC Participant

Riverside County, California

Riverside County, California

NOV 03 2008

P0745

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

more variety of foods.

What I like least about the proposed changes is

less milk

Thank you for reading my comments.

Sincerely,

Melissa Dyers
WIC Participant

Riverside County, California

NOV 03 2008

P6746

Dear Friends at US Department of Agriculture,

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

Thank you for adding fruits and 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 tortillas, veggies like broccoli, cereal of wheat

What I like least about the proposed changes is

TOFU and Beans

Thank you for reading my comments.

Sincerely,

WIC Participant

Riverside County, California

Administrative/Operational

Dear Friends at US Department of Agriculture,

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

Thank you for adding fruits and 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 vegetables.

What I like least about the proposed changes is

The Beans

Thank you for reading my comments.

Sincerely,

Tanessa Calderon
WIC Participant

Riverside County, California

NOV 03 2008

PG748

Dear Friends at US Department of Agriculture,

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

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

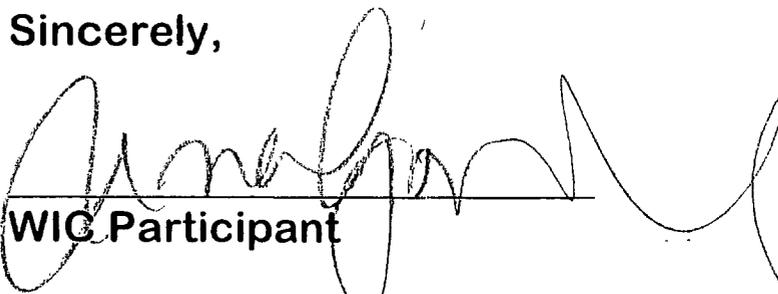
What I like most about the proposed changes is

Variety

What I like least about the proposed changes is

We'll obtain the breads from shelters and really like the amount of milk & cheese we are getting now. Don't like the change but will try.

Sincerely,



WIC Participant

Riverside County, California

Riverside County, California

NOV 03 2008

P 6749

Dear Friends at US Department of Agriculture,

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

Thank you for adding fruits and 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 melon

What I like least about the proposed changes is

the bean's

Thank you for reading my comments.

Sincerely,

Dulce Acosta
WIC Participant

Riverside County, California

NOV 03 2006

P6750

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

even though they are reduced the milk and juice, but they are being replaced by fruits, tortillas, wheat bread.

What I like least about the proposed changes is

nothing that I least like, everything seems okay.

Thank you for reading my comments.

Sincerely,

Maria Garcia
WIC Participant

Riverside County, California

P 6751

Dear Friends at US Department of Agriculture,

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

Thank you for adding fruits and 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 helps with the overweight problem in U.S. with limiting to proper consumption.
Since most people don't exercise & choice of wheat & vegetables.

What I like least about the proposed changes is

The specific type of milk for a specific age group. The consumption has been reduced for it & with the kids being active it is still good for them to have

Thank you for reading my comments. The whole milk. There are people that use the WIC properly, and are active everyday & eat right.

Sincerely,

Albuquerque
WIC Participant

Riverside County, California

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

The tuna the fruits 3 vegetables

What I like least about the proposed changes is

less cheese

Thank you for reading my comments.

Sincerely,

Olivia Carrasco

WIC Participant

Riverside County, California

NOV 03 2006

P6753

Dear Friends at US Department of Agriculture,

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

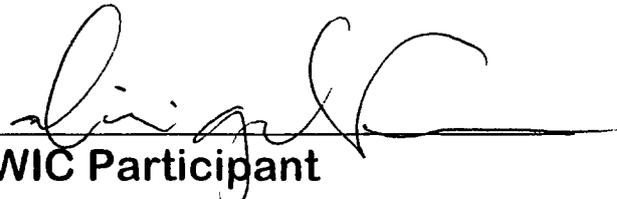
Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is
different items

What I like least about the proposed changes is
things are cut back

Thank you for reading my comments.

Sincerely,


WIC Participant

Riverside County, California

NOV 03 2006

P 6754

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

the fruits and veggies we will be receiving.

What I like least about the proposed changes is

the decrease in formula. I did breastfeed my child but my body quite producing milk.

Thank you for reading my comments.

Sincerely,



WIC Participant

Riverside County, California

NOV 03 2006

P 6755

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

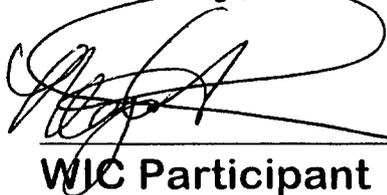
It was useful information.

What I like least about the proposed changes is

~~That the amount for less~~
The amount is not good because it's
to little.

Thank you for reading my comments.

Sincerely,



WIC Participant

Riverside County, California

NOV - 3 2006

PG 756

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** the bread and fresh

fruit

**What I like least about the proposed
changes is** nothing

Thank you for reading my comments.

Sincerely,

Angeline M. Garcia

WIC Participant

P 6757

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 Fresh fruit**

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

Thank you for reading my comments.

Sincerely,



WIC Participant

Dear Friends at US Department of Agriculture,

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

Thank you for adding fruits and 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 our budget only allows for a certain amount & this would increase the kids intake of veggies & fruit

What I like least about the proposed changes is NONE

Thank you for reading my comments.

Sincerely,

Melanie Cassidy
WIC Participant

P6759
NOV - 8 2005

NOV 08 2005
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** the Real Fruit & veggies
It is the best thing to happen to WIC

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

Thank you for reading my comments.

Sincerely, *Michelle A. Jones*

Michelle A. Jones

WIC Participant

OCT 31 2005

P6760

Dear Friends at US Department of Agriculture,

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

Thank you for adding fruits and 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 no longer offer V-D milk good choice

What I like least about the proposed changes is

Less milk

Thank you for reading my comments.

Sincerely,

Osmia James
WIC Participant

Riverside County, California

P6761

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 you are adding fruits

What I like least about the proposed changes is

Less milk

Thank you for reading my comments.

Sincerely,

Davinagrace Paxon
WIC Participant

Riverside County, California

OCT 31 2006

PC762

Dear Friends at US Department of Agriculture,

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

Thank you for adding fruits and 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 all change cheese to
vege

What I like least about the proposed changes is

Less milk

Thank you for reading my comments.

Sincerely,


WIC Participant

Riverside County, California

OCT 31 2006

P6703

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

less eggs is ok we need more
Fruit

What I like least about the proposed changes is

less milk

Thank you for reading my comments.

Sincerely,

Joevanie Montalvo
WIC Participant

Riverside County, California

OCT 31 2006

P6764

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

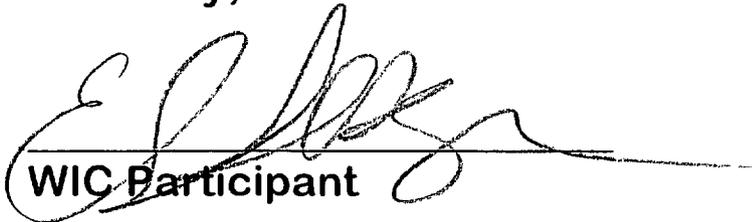
adding Fruits & Veggies

What I like least about the proposed changes is

less Cheese

Thank you for reading my comments.

Sincerely,



WIC Participant

Riverside County, California

OCT 31 2006

P6765

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

adding Fruits & Veggies

What I like least about the proposed changes is

less Cheese

Thank you for reading my comments.

Sincerely,

Greacia, A- Avila
WIC Participant

Riverside County, California

OCT 31 2006

P 6766

Dear Friends at US Department of Agriculture,

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

Thank you for adding fruits and 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 veggies and whole grains.

What I like least about the proposed changes is

less milk and less Juice.

Thank you for reading my comments.

Sincerely,

Naomi Mason's

WIC Participant

Riverside County, California

Riverside County, California

P 6767

OCT 31 2006

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

fruits and veggies and whole grains

What I like least about the proposed changes is

less milk and less juice.

Thank you for reading my comments.

Sincerely,

Crystal Marks

WIC Participant

Riverside County, California

OCT 31 2006

P6768

Dear Friends at US Department of Agriculture,

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

Thank you for adding fruits and 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 veggies added and whole grains, bread and tortillas

What I like least about the proposed changes is

Thank you for reading my comments.

Sincerely,

Kathy Owens
WIC Participant

Riverside County, California

Riverside County, California

OCT 31 2006

P 6769

Dear Friends at US Department of Agriculture,

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

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

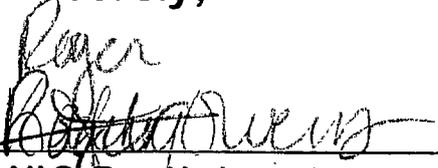
What I like most about the proposed changes is

fruits and veggies and whole grains, breads, and tortillas

What I like least about the proposed changes is

Thank you for reading my comments.

Sincerely,

Roger

WIC Participant

Riverside County, California

simodis0, ynuof simevif

NOV 06 2006

P6770

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

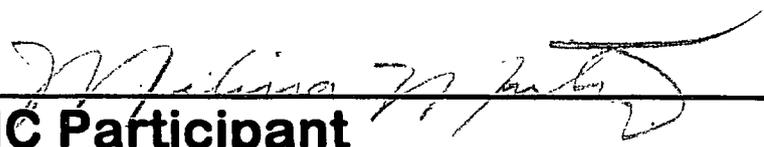
**I am writing to tell you what I think about the
proposal to change WIC foods.**

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

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

Thank you for reading my comments.

Sincerely,



WIC Participant

NO I think its fine the way
it is !!
♡♡

NOV 06 2006

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

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

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

**What I like most about the proposed
changes is that I can give the
fruit/vegetables that my child needs
to stay healthy & strong.**

Thank you for reading my comments.

Sincerely,

Sibby Merchain
WIC Participant

OCT 31 2006

~~XXXXXXXXXX~~
P-6772

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

fruits and vegetables

What I like least about the proposed changes is

the reduction of milk, cheese and eggs.

Thank you for reading my comments.

Sincerely,



WIC Participant

Riverside County, California

NOV 03 2008

P6773

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

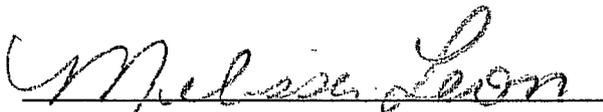
that you are able to get more
nutrition for you and child

What I like least about the proposed changes is

I don't care to much for tofu
or soy milk for children.

Thank you for reading my comments.

Sincerely,


WIC Participant

Riverside County, California

NOV 03 2006

P6774

Dear Friends at US Department of Agriculture,

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

Thank you for adding fruits and 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 veg & fruit added &
option with breads or tortias.

What I like least about the proposed changes is

Is less milk & eggs & cheese

Thank you for reading my comments.

Sincerely,



WIC Participant

Riverside County, California

NOV 03 2006

P6775

Dear Friends at US Department of Agriculture,

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

Thank you for adding fruits and 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 is very good

What I like least about the proposed changes is

you are taking from us, you should be giving us. I don't like what the USDA is trying to do. ADD fruits But Don't take away from us.
Thank you for reading my comments.

Sincerely,


WIC Participant

Riverside County, California

NOV 03 2006

PC 776

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

the whole grain foods.

What I like least about the proposed changes is

the cut down on juice.

Thank you for reading my comments.

Sincerely,

Carolina Dimelas

WIC Participant

Riverside County, California

NOV 03 2008

P6777

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

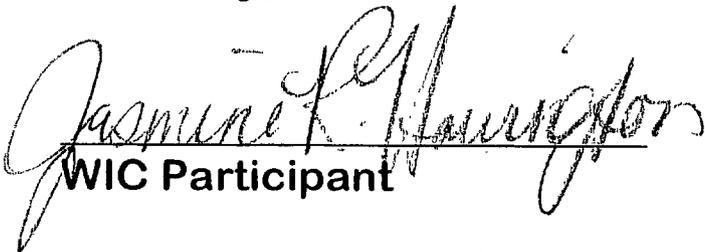
You have more choices and variety of foods.

What I like least about the proposed changes is

There is nothing that I do not like about it.

Thank you for reading my comments.

Sincerely,


WIC Participant

Riverside County, California

NOV 03 2006

P0778

Dear Friends at US Department of Agriculture,

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

Thank you for adding fruits and 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 because you are able to get fruits and breads like tortias

What I like least about the proposed changes is

I dont like because they are taking away alot of juices

Thank you for reading my comments.

Sincerely,


WIC Participant

Riverside County, California

UW of Annapolis

annapolis, maryland

NOV 10 2008

P6779

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

Healthier choices and more variety.

What I like least about the proposed changes is

The amount of eggs.

Thank you for reading my comments.

Sincerely,

[Handwritten Signature]
WIC Participant

Riverside County, California

NOV 03 2006

P6783

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

I like the fact that it gives more options.

I like that it will have fresh fruits and vegetables.

What I like least about the proposed changes is

The 1 doz eggs. We use more than 2

doz. egg a month - for my son. My son is a

big cheese eater reducing the cheese would make him upset.

Thank you for reading my comments.

Sincerely,

Jana Edwards

WIC Participant

Riverside County, California

simon@ymail.com

NOV 03 2006

P0784

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

More Healthy Food For us and baby I like the Vegies and the Tortillas Idea.

What I like least about the proposed changes is

Everything is good I like the chge.

Thank you for reading my comments.

Sincerely,

Mari Chavez
WIC Participant

Riverside County, California

Riverside County, California

NOV 03 2008

PL 785

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

their will be more foods than beverages.
Also that you will be able to go to any food store that accepts WIC.

What I like least about the proposed changes is

The infant formulas are limited and I run out of it fast.

Thank you for reading my comments.

Sincerely,


WIC Participant

Riverside County, California

P 6786

Dear Friends at US Department of Agriculture,

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

Thank you for adding fruits and 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're going to be able to purchase fruits & veggies. Sometimes they can get expensive.

What I like least about the proposed changes is

the taking away of certain food items. I know some of us need & some of us don't.

Thank you for reading my comments.

Sincerely,

Margaret Lopez
WIC Participant

Riverside County, California

Riverside County, California

NOV 03 2006

P6787

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

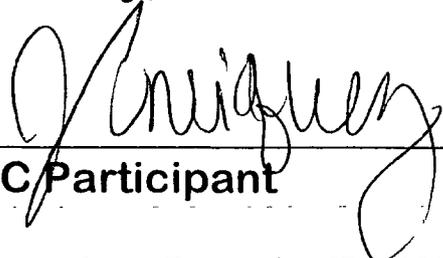
the availability of fruits and vegetables that WIC strongly praise about.

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,

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

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

What I like most about the proposed changes is

I like the fact of adding fruits
and veggies and Bread. That's great.

What I like least about the proposed changes is

I don't like cutting the milk,
eggs, cheese and juice in half.

I have 5 children (not all on wic) and
every little bit really helps.
Thank you for reading my comments.

Sincerely,

Kathryn D. Kuiper
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

Having bread, tortillas, and fresh fruits & vegetables as options.

What I like least about the proposed changes is

nothing. I'd like to see the changes go into place.

Thank you for reading my comments.

Sincerely,

Marivel Richards

Am Richards

WIC Participant

Riverside County, California

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

I like that you get a variety of food

What I like least about the proposed changes is

Nothing

Thank you for reading my comments.

Sincerely,

Nahide Iltis
WIC Participant

Riverside County, California

NOV 03 2006

P6791

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

More variety, love the fact that they are going to allow you to shop at any participating WIC store.

What I like least about the proposed changes is

my son drinks a lot of milk so I wouldn't want the milk to decrease.

Thank you for reading my comments.

Sincerely,


WIC Participant

Riverside County, California

NOV 03 2006

P 6792

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

all store locations, thats great!

What I like least about the proposed changes is

nothing

Thank you for reading my comments.

Sincerely,

Heather

WIC Participant

Riverside County, California

NOV 03 2006

P6793

Dear Friends at US Department of Agriculture,

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

Thank you for adding fruits and 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 & veggies, the bread & tortillas

What I like least about the proposed changes is

the milk & eggs getting taken away.

Thank you for reading my comments.

Sincerely,

Catherine Sutton

WIC Participant

Riverside County, California

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

We can get fruits and vegetables and wheat bread & brown rice

What I like least about the proposed changes is

A lot is taking away like the milk juice, eggs, cheese

Thank you for reading my comments.

Sincerely,

[Signature] WIC Participant

Riverside County, California

Riverside County, California

NOV 03 2008

P 6795

Dear Friends at US Department of Agriculture,

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

Thank you for adding fruits and 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 of a variety of foods I like the vegetables

What I like least about the proposed changes is

less cheese

Thank you for reading my comments.

Sincerely,

Ang Ramirez
WIC Participant

Riverside County, California

simonio, ymoio sbinem

Dear Friends at US Department of Agriculture,

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

Thank you for adding fruits and 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 can get fruits + vegetables and wheat bread + brown rice

What I like least about the proposed changes is

A lot is taking away like the milk juice, eggs, + cheese

Thank you for reading my comments.

Sincerely,

Rosendo Diaz
WIC Participant

Riverside County, California

WIC Participant
Riverside County, California

NOV 03 2006

P6797

Dear Friends at US Department of Agriculture,

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

Thank you for adding fruits and 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 + whole grains

What I like least about the proposed changes is

Less Eggs & Cheese

Thank you for reading my comments.

Sincerely,

Lynette Giglio
WIC Participant

Riverside County, California

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

THE FACT THAT YOU ARE ADDING FRESH FRUITS & VEGGIES, & ALSO THE WHOLE GRAIN TORTILLAS & WHOLE WHEAT BREAD.

What I like least about the proposed changes is

THAT YOU ARE CUTTING THE AMOUNT OF MILK WE RECEIVE. MY CHILD USES EVERY LAST DROP PER MONTH.

Thank you for reading my comments.

Sincerely,


WIC Participant

Riverside County, California

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

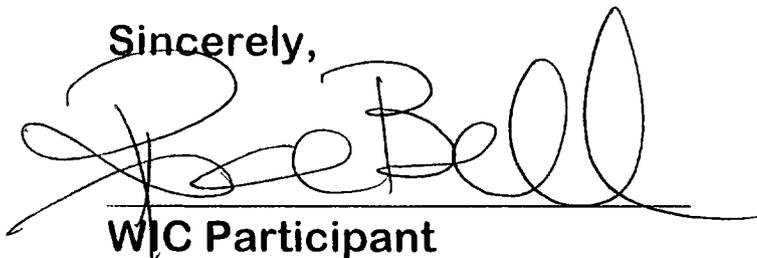
Choice of Healthier foods for Kids and MOMS

What I like least about the proposed changes is

Decrease in formula for Infants, my daughter uses formula because I was unable to produce enough milk and I was advised by my Doctor at the time to formula feed.

Thank you for reading my comments.

Sincerely,



WIC Participant

Riverside County, California

Riverside County, California

P6800

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

I will be able to buy some of my kids favorite things (fruits & veggies) each time & get bread & stuff for sandwiches. encourage healthy choices

What I like least about the proposed changes is

loss of milk, cheese, eggs, & juice big loss some times we survive on this and it doesn't go far as it is. We don't only use the products for 1 meal a day.

Thank you for reading my comments.

Thank you

Sincerely,

Kimona Watkins JEM Watkins

WIC Participant

H/O WIC Program