

NOV 03 2008

P6901

Dear Friends at US Department of Agriculture,

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

Thank you for adding fruits and 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 + VEGETABLES AND

WHOLE GRAINS

What I like least about the proposed changes is

THERE IS LESS OF THE MILK EGGS CHEESE AND

JUICE

Thank you for reading my comments.

Sincerely,

NCASIONG  
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 that ~~you~~ you can get fruit and veg. and whole grains for your children.

What I like least about the proposed changes is

there ~~will~~ will be less milk and eggs and juice, that's what my child uses the most.

Thank you for reading my comments.

Sincerely,

  
WIC Participant

Riverside County, California

NOV 03 2006

P6903

Dear Friends at US Department of Agriculture,

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

Thank you for adding fruits and 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 Bread, Fruits + Vegetables

What I like least about the proposed changes is

Reducing the Cheese + milk + eggs  
Need more Cereal Choices in Larger Boxes

Thank you for reading my comments.

Sincerely,

Bonnie L Stark

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

Added fruits and vegetables

What I like least about the proposed changes is

Less fluids are offered as far as juice.

Thank you for reading my comments.

Sincerely,

*Ara Flores Dunn*

WIC Participant

Riverside County, California

NOV 03 2006

P 6905

Dear Friends at US Department of Agriculture,

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

Thank you for adding fruits and 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

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What I like least about the proposed changes is

THE FRUIT

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Thank you for reading my comments.

Sincerely,

Leah

WIC Participant

Riverside County, California

NOV 03 2006

P6906

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

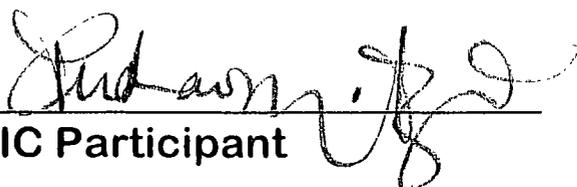
The wheat additions.

What I like least about the proposed changes is

that you get less egg. But overall I think it's fine.

Thank you for reading my comments.

Sincerely,

  
WIC Participant

Riverside County, California

NOV 03 2006

P6907

Dear Friends at US Department of Agriculture,

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

Thank you for adding fruits and 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 vegetables also the whole grains and dry or canned beans,

What I like least about the proposed changes is

changing from whole milk to 2% or less fat milk.

Thank you for reading my comments.

Sincerely,

Alma Hernandez  
WIC Participant

Riverside County, California

NOV 03 2008

P6908

Dear Friends at US Department of Agriculture,

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

Thank you for adding fruits and 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 fruits and whole grains and it has cow milk to me before you gave so much milk

What I like least about the proposed changes is

Thank you for reading my comments.

Sincerely,

*Stephanie Herrina*  
WIC Participant

Riverside County, California

NOV 03 2006

PL6909

Dear Friends at US Department of Agriculture,

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

Thank you for adding fruits and 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 I get vegetables & fruits

What I like least about the proposed changes is

the 3 gallons & one quart of milk

Thank you for reading my comments.

Sincerely,

Rebecca L. Saucedo  
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 bread and cereal

What I like least about the proposed changes is

about getting less milk

Thank you for reading my comments.

Alejandra Castañeda

Sincerely,

Alejandra Castañeda  
WIC Participant

Riverside County, California

NOV 03 2008

PO Box 911

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

we get fruits and grains

What I like least about the proposed changes is

we get less milk, cheese, eggs,

Thank you for reading my comments.

Sincerely,

Lucia Talavera

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 grains

What I like least about the proposed changes is

the tofu

Thank you for reading my comments.

Sincerely,



WIC Participant

Riverside County, California

NOV 03 2006

P9013 P6913

Dear Friends at US Department of Agriculture,

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

Thank you for adding fruits and 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~~

The fruits and veggies that are being added.

What I like least about the proposed changes is

That they will be cutting down milk.

Thank you for reading my comments.

Sincerely,

  
WIC Participant

Riverside County, California

NOV 03 2006

PC 914

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

The fruits and ~~grains~~ vegetables and bread.

What I like least about the proposed changes is

not get as much milk

Thank you for reading my comments.

Sincerely,

Sheanna Amdahl

WIC Participant

Riverside County, California

NOV 03 2006

REG 125 16915

Dear Friends at US Department of Agriculture,

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

Thank you for adding fruits and 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 vegetables and choice of soy and tofu

What I like least about the proposed changes is

less cheese no choice of fat % in milk

Thank you for reading my comments.

Sincerely,

Jason Napayon  
WIC Participant

Riverside County, California

NOV 03 2008

P0916

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

I love the variety of food add to it specially  
vegetables Thank you for thing more healthy  
for our children health.

What I like least about the proposed changes is

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Thank you for reading my comments.

Sincerely,

  
WIC Participant

Riverside County, California

NOV 03 2006

PO Box P6917

Dear Friends at US Department of Agriculture,

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

Thank you for adding fruits and 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 MOST about the proposed

change is the option of tortillas and

fruit. I think fruit is the best change.

What I like least about the proposed changes is

I don't like that we will be cut off

of all the juice, the juice should stay

the same and the milk.

Thank you for reading my comments.

Sincerely,

Cynthia Rangel

WIC Participant

Riverside County, California

NOV 03 2008

09008 P6918

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

the fruits & vegetables

the whole grains

(very good idea)

What I like least about the proposed changes is

the eggs (more eggs)

Thank you for reading my comments.

Sincerely,

Cassandra M. Brown  
WIC Participant

Riverside County, California

NOV 03 2006

P6919

Dear Friends at US Department of Agriculture,

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

Thank you for adding fruits and 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 & vegetables & whole grain cereals.

What I like least about the proposed changes is

Getting less juice.

Thank you for reading my comments.

Sincerely,

Carmen Lopez  
WIC Participant

Riverside County, California

NOV 03 2006

RR000 P6920

Dear Friends at US Department of Agriculture,

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

Thank you for adding fruits and 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 guys are giving us  
RICE and corn tortillas.

What I like least about the proposed changes is

Thank you for reading my comments.

Sincerely,

  
WIC Participant

Riverside County, California

NOV 03 2006

RRR P6921

Dear Friends at US Department of Agriculture,

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

Thank you for adding fruits and 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 brown rice & fruit

What I like least about the proposed changes is

reducing milk

Thank you for reading my comments.

Sincerely,

Melissa Charvencoff

WIC Participant

Riverside County, California

NOV 03 2006

00020 P6922

Dear Friends at US Department of Agriculture,

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

Thank you for adding fruits and 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 & Vegetables

What I like least about the proposed changes is

Less Juice

Thank you for reading my comments.

Sincerely,

Ann Dashwood  
WIC Participant

Riverside County, California

NOV 03 2006

09023 06903

Dear Friends at US Department of Agriculture,

P6923

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

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

What I like most about the proposed changes is

By having the whole grain

What I like least about the proposed changes is

Using the juices & milk

Thank you for reading my comments.

Sincerely,

Anamela Sammartino  
WIC Participant

Riverside County, California

~~P9624~~ P6924

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 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 sugar from the  
Juices and fresh vegi & fruits.

What I like least about the proposed  
changes is Nothing

Thank you for reading my comments.

Sincerely,

  
\_\_\_\_\_  
WIC Participant

NOV 06 2006

~~P 9625~~ P 6925

Dear Friends at US Department of  
Agriculture,

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

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

What I like most about the proposed  
changes is I think it is a wonderful  
chance for families to make healthier choices.

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

Thank you for reading my comments.

Sincerely,

Kristy Hemphill  
WIC Participant

Kristy Hemphill

NOV 06 2006

~~P9626~~

P6926

Dear Friends at US Department of  
Agriculture,

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

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

What I like most about the proposed  
changes is up-graded - less  
sugar.

What I like least about the proposed  
changes is \_\_\_\_\_.

Thank you for reading my comments.

Sincerely,

Margie France  
WIC Participant

NOV 06 2008

~~P6927~~

P6927

Dear Friends at US Department of  
Agriculture,

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

Thank you for adding fruits and 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 items

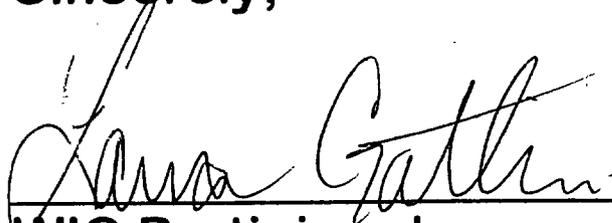
\_\_\_\_\_.

What I like least about the proposed  
changes is \_\_\_\_\_

\_\_\_\_\_.

Thank you for reading my comments.

Sincerely,



\_\_\_\_\_  
WIC Participant

~~P 9628~~  
P 6928

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 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 neather and  
it would be better for our kids

What I like least about the proposed  
changes is \_\_\_\_\_  
\_\_\_\_\_.

Thank you for reading my comments.

Sincerely,  
*Sara Dumfries*

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WIC Participant

NOV 06 2008

~~P9624~~

P6929

Dear Friends at US Department of  
Agriculture,

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

Thank you for adding fruits and 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 vegetables

is large part of our monthly food bill and this would help  
more than the current juice

What I like least about the proposed  
changes is \_\_\_\_\_

Thank you for reading my comments.

Sincerely,

Kathleen Spinks  
WIC Participant

~~P9630~~  
P6930

NOV 06 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 Fresh Fresh Fruit  
And Veggies.

What I like least about the proposed  
changes is tofu & donot  
like it.

Thank you for reading my comments.

Sincerely,



WIC Participant

NOV 06 2006

~~p9631~~

p6931

Dear Friends at US Department of  
Agriculture,

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

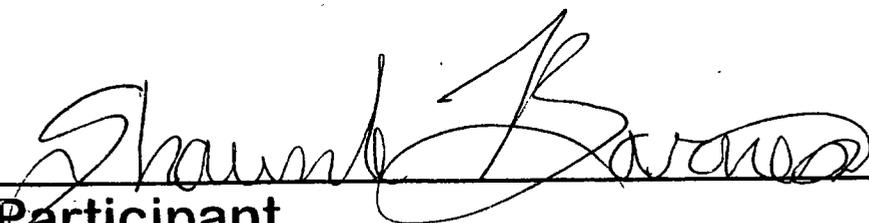
Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is I have more food for  
my child. Thank you!

What I like least about the proposed  
changes is Nothing!

Thank you for reading my comments.

Sincerely,

  
\_\_\_\_\_  
WIC Participant

NOV 06 2006

~~P9632~~  
P6932

Dear Friends at US Department of  
Agriculture,

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

Thank you for adding fruits and 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 & soy milk  
to be offered & less juice.

What I like least about the proposed  
changes is I may not receive  
the benefits from the change.

Thank you for reading my comments.

Sincerely,



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WIC Participant

NOV 06 2008

~~P9633~~  
P6933

Dear Friends at US Department of  
Agriculture,

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

Thank you for adding fruits and 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 food is more  
healthy for pregnant women & children

What I like least about the proposed  
changes is none

Thank you for reading my comments.

Sincerely,

  
\_\_\_\_\_  
WIC Participant

P 91030

P 6935

NOV 06 2008

Dear Friends at US Department of  
Agriculture,

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

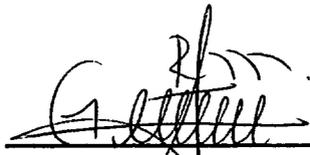
Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is for a good  
benefit to the family.

What I like least about the proposed  
changes is none  
\_\_\_\_\_.

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** I can eat better and so can my baby.

**What I like least about the proposed changes is** \_\_\_\_\_.

**Thank you for reading my comments.**

**Sincerely,**

*Bianca Beck*

**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 nutrition that you provide for my daughter.

**What I like least about the proposed changes is** \_\_\_\_\_.

**Thank you for reading my comments.**

**Sincerely,**

Rachel Herman & Isabelle (daughter)

**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.**

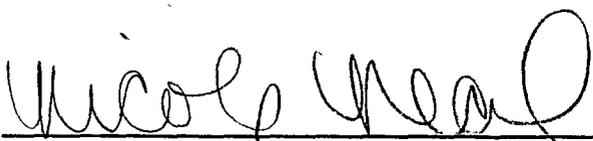
**Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.**

**What I like most about the proposed  
changes is that there is more  
variety.**

**What I like least about the proposed  
changes is Nothing, I think the  
entire change is a good thing.**

**Thank you for reading my comments.**

**Sincerely,**



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**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 variety - not just Box cereal  
Chex, milk, eggs, Fruit + Veggies and rice  
for a change -**

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

**Thank you for reading my comments.**

**Sincerely,**

Stephanie Fugate

**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 adding  
of seafoods and fruits

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

N/A

**Thank you for reading my comments.**

**Sincerely,**

Christina Hawkins

**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 fruits & vegetables  
(my son loves to eat healthy).**

**What I like least about the proposed  
changes is The loss of milk.**

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**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.**

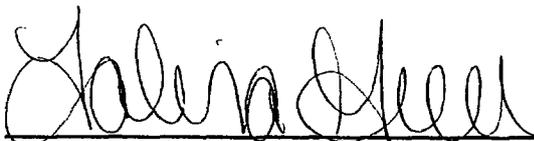
**Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.**

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

**What I like least about the proposed  
changes is no white potatoes.  
I would like more specific info.**

**Thank you for reading my comments.**

**Sincerely,**



**WIC Participant**

P6943

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 of a variety**  
\_\_\_\_\_.

**What I like least about the proposed  
changes is nothing**  
\_\_\_\_\_.

**Thank you for reading my comments.**

**Sincerely,**

Aeyson Wollshaus  
**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 the changes are age-  
appropriate for my toddler, so that I can  
make sure she eats more healthy foods.**

**What I like least about the proposed  
changes is nothing that I can think of  
at this time.**

**Thank you for reading my comments.**

**Sincerely,**

Jana Nory for Cheyenne Nory  
**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 offering different beverages.**

*Ex: Soy milk for those who are sensitive to cow's milk. Fruits and vegetables*

**What I like least about the proposed**

**changes is N/A**

**Thank you for reading my comments.**

**Sincerely,**

*Nichole Howard-McDaniel & Aniyah Howard*  
**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.**

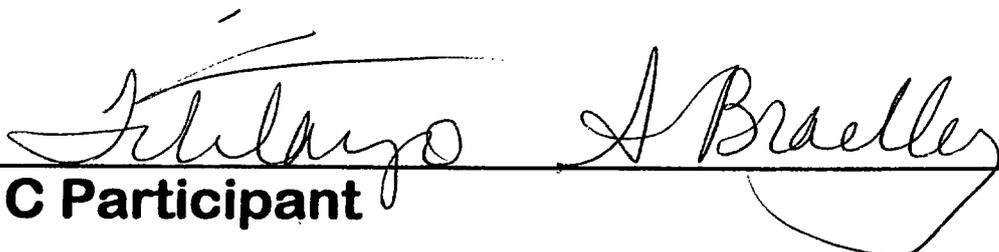
**Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.**

**What I like most about the proposed  
changes is it addresses the  
nutritional needs of the participants.**

**What I like least about the proposed  
changes is it took too long and  
still has farther to go.**

**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** Beans & Veggies & Fruit.

**What I like least about the proposed changes is** \_\_\_\_\_.

**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 variety of foods esp. the tortillas & the vegetables.

**What I like least about the proposed changes is** \_\_\_\_\_  
\_\_\_\_\_.

**Thank you for reading my comments.**

**Sincerely,**

Tracy H. Stokes.  
**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 Bread & fruit being  
added.**

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

**Thank you for reading my comments.**

**Sincerely,**

Carolee Chanler

**WIC Participant**

P6950

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 The fact that you  
are taking away the Eggs Cereal.

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 green grape, orange, salad,  
green bean (pea), pates, strawberry, banana.**

**What I like least about the proposed  
changes is coconut, carrot**

---

**Thank you for reading my comments.**

**Sincerely,**

*Walter Proori*

---

**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 fruits and veggies**

---

**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** fruits and veggies are a

very important part of my children's diet, this  
will help out very much.

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

**Thank you for reading my comments.**

**Sincerely,**

Alexandra Massullo

**WIC Participant**

*Sunrise*

P6954

NOV 03 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**

more balanced, better for  
you in combination with current wic foods

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

it took so long for  
someone to make the improvement

**Thank you for reading my comments.**

**Sincerely,**

*Janet Milly*  
**WIC Participant**

NOV 03 2006

p 6955

Dear Friends at US Department of  
Agriculture,

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

Thank you for adding fruits and 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 healthy  
choices.

What I like least about the proposed  
changes is

\_\_\_\_\_

Thank you for reading my comments.

Sincerely,

*Jelina Kennedy*  
WIC Participant

P 6956

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 Healthy Foods

What I like least about the proposed changes is \_\_\_\_\_

Thank you for reading my comments.

Sincerely,

Cherise Jones  
WIC Participant

P 6957

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 healthier foods

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 healthy foods

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 Healthy Choices.

What I like least about the proposed  
changes is \_\_\_\_\_.

Thank you for reading my comments.

Sincerely,

  
\_\_\_\_\_  
WIC Participant

P6960

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.

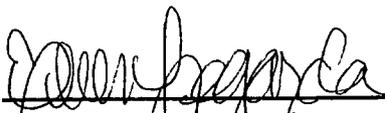
Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is The food will be different  
and healthier.

What I like least about the proposed  
changes is \_\_\_\_\_  
\_\_\_\_\_.

Thank you for reading my comments.

Sincerely,

  
\_\_\_\_\_

WIC Participant

P6961

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.

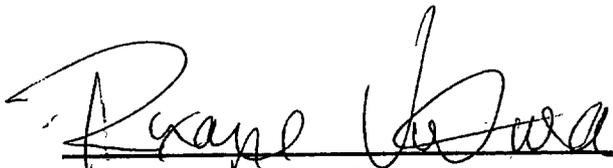
Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is Healthy Food

What I like least about the proposed  
changes is \_\_\_\_\_

Thank you for reading my comments.

Sincerely,



WIC Participant

NOV 03 2006

P6962

Dear Friends at US Department of  
Agriculture,

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

Thank you for adding fruits and 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 can get healthier  
foods especially if you're pregnant.

What I like least about the proposed  
changes is \_\_\_\_\_

Thank you for reading my comments.

Sincerely,

Ashley Ridd  
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 healthier choices

What I like least about the proposed changes is \_\_\_\_\_

Thank you for reading my comments.

Sincerely,

*Christy Bell*

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 fruits and  
vegetables and more healthy choice.

What I like least about the proposed  
changes is \_\_\_\_\_  
\_\_\_\_\_.

Thank you for reading my comments.

Sincerely,

Marissa M. Guyman  
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.**

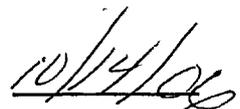
**What I like most about the proposed  
changes is adding more healthier  
foods.**

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

**Thank you for reading my comments.**

**Sincerely,**

  
\_\_\_\_\_  
**WIC Participant**

  
\_\_\_\_\_  
**Date**

P6966

NOV 02 2006

Dear Friends at US Department of  
Agriculture,

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

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

What I like most about the proposed  
changes is that some women and children  
need more fruits and veggies in their diet.

What I like least about the proposed  
changes is nothing to think its a great  
idea

Thank you for reading my comments.

Sincerely,

April Rose

April Rose

WIC Participant

9-25-06

Date

P 6967 NOV 02 2006

Dear Friends at US Department of  
Agriculture,

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

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

What I like most about the proposed  
changes is I like the benefits of  
fresh Fruits & Veggies.

What I like least about the proposed  
changes is none. it all Good.

Thank you for reading my comments.

Sincerely,

Gina Marshall  
WIC Participant

10/16/06  
Date

Dear Friends at US Department of  
Agriculture,

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

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

What I like most about the proposed  
changes is There are more varieties

What I like least about the proposed  
changes is There isn't enough.

Thank you for reading my comments.

Sincerely,

Shirley Spivey  
WIC Participant

10/20/06  
Date

P6969

NOV 02 2006

Dear Friends at US Department of  
Agriculture,

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

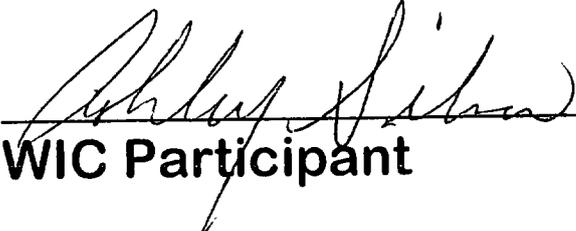
Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is fruits and vegetables, the  
prices fluctuate and this makes  
buying them easier.

What I like least about the proposed  
changes is no preference.

Thank you for reading my comments.

Sincerely,

  
\_\_\_\_\_  
WIC Participant

9/13/06  
Date

NOV 02 2006

Dear Friends at US Department of  
Agriculture,

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

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

What I like most about the proposed  
changes is It would make sure that children  
get the benefits of fruits and veggies.

What I like least about the proposed  
changes is nothing veggies and fruits are a  
good idea.

Thank you for reading my comments.

Sincerely,

Tracy Calver  
WIC Participant

10-26-06  
Date

P6971  
NOV 02 2006

Dear Friends at US Department of  
Agriculture,

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

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

What I like most about the proposed  
changes is being able to provide healthy  
foods for poor families.

What I like least about the proposed  
changes is Nothing I think its  
great!!!.

Thank you for reading my comments.

Sincerely,

Wendy Colman  
WIC Participant

11/1/06  
Date

P.6972

NOV 02 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 It more nutritious &  
up to date.

What I like least about the proposed  
changes is I like everything about  
it, please change the foods!.

Thank you for reading my comments.

Sincerely,



WIC Participant

10/26/05

Date

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.

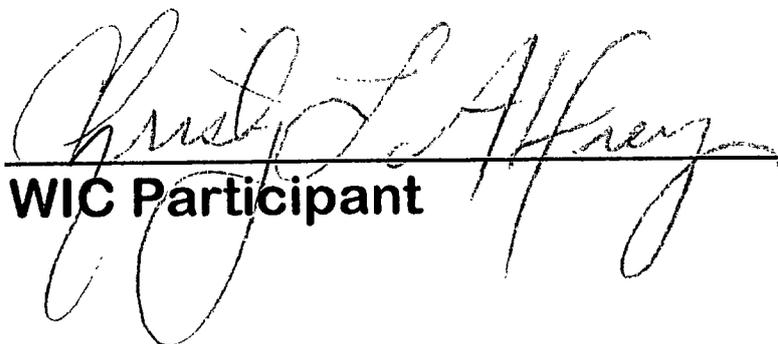
Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is that I can establish a system of nutrition for my baby, that includes fresh produce.

What I like least about the proposed changes is nothing.

Thank you for reading my comments.

Sincerely,

  
WIC Participant

OCT 31 2006

P6974

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is  
that vegetables are being added  
to the new packages.

What I like least about the proposed changes is  
Nothing EVERYTHING seems very  
much healthy.

Thank you for reading my comments.

Sincerely,

MAYRA SUAREZ  
WIC Participant

Riverside County, California

P 6975

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

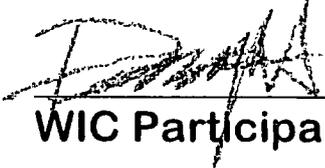
IT IS MORE NUTRIOUS AND HEALTHY FOR MY 4 YRS  
OLD. WE EAT A LOT OF FRUITS IN OUR FAMILY.

What I like least about the proposed changes is

NOTHING.

Thank you for reading my comments.

Sincerely,

 (DAWN JARIYASATHIT)  
WIC Participant

Riverside County, California

P6976

Dear Friends at US Department of Agriculture,

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

Thank you for adding fruits and 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 veggies

What I like least about the proposed changes is

less juice

Thank you for reading my comments.

Sincerely,



WIC Participant

Riverside County, California

P6977

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 they are making the mothers feed the children instead of giving them the bottle all the time.

What I like least about the proposed changes is

Is because they don't have meat

Thank you for reading my comments.

Sincerely,

Carla A. Elvory  
WIC Participant

Riverside County, California

16978

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

healthier foods, veggies, fruits

What I like least about the proposed changes is

No comments

Thank you for reading my comments.

Sincerely,

Arlene Ruiz  
WIC Participant

Riverside County, California

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

*It has more bread and fruits*

What I like least about the proposed changes is

*It has ~~more~~ less milk and juice*

Thank you for reading my comments.

Sincerely,

*Fernanda Perez*

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

There are fruits and vegetables available

What I like least about the proposed changes is

There are less juice & milk

Thank you for reading my comments.

Sincerely,

*Cayle O...*

WIC Participant

Riverside County, California

P6981

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, vegetables, tortillas, Reduced milk

What I like least about the proposed changes is

Everything is ok.

Thank you for reading my comments.

Sincerely,

Sonia Huerta

WIC Participant

Riverside County, California

P6982 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 fruit, more food.

What I like least about the proposed changes is

Nothing.

Thank you for reading my comments.

Sincerely,



WIC Participant

Riverside County, California

P6983

OCT 31 2006

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

The fruits and vegetables

What I like least about the proposed changes is

less milk

Thank you for reading my comments.

Sincerely,

Sandra Espayze  
WIC Participant

Riverside County, California

P6984

OCT 31 2006

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

The adding of fruit + vegetables

What I like least about the proposed changes is

The reducing of milk, my son was breast fed for 2 yrs, and introducing milk and getting him to drink other things

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

The fruits and veggies because

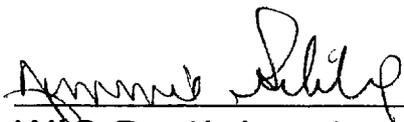
because she like it

What I like least about the proposed changes is

WIA

Thank you for reading my comments.

Sincerely,



WIC Participant

Riverside County, California

P 6 986

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

We will have fruits and bread and totellia

What I like least about the proposed changes is

Less\$ juice and Less milk

Thank you for reading my comments.

Sincerely,

*Genil Waters*

WIC Participant

Riverside County, California

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

more healthier

What I like least about the proposed changes is

None

Thank you for reading my comments.

Sincerely,



WIC Participant

Riverside County, California

P6988

OCT 31 2006

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

Fruits & Veggies

What I like least about the proposed changes is

It didn't happen sooner.

Thank you for reading my comments.

Sincerely,

Ram Espinoza  
WIC Participant

Riverside County, California

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

That I will be getting more healthier things such as fruits & veggies.

What I like least about the proposed changes is

I will be getting less milk and eggs.

Thank you for reading my comments.

Sincerely,

*Aliza Senado*  
WIC Participant

Riverside County, California

P6990

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 there will be fruits & veggies  
also that we can go to any authorized  
vendor.

What I like least about the proposed changes is

nothing

Thank you for reading my comments.

Sincerely,

  
WIC Participant

Riverside County, California

P6991

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.

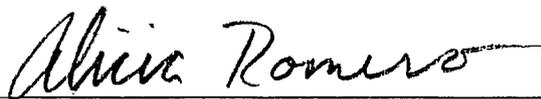
Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is  
the fruit & Bread

What I like least about the proposed changes is  
Less milk & Tofu

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

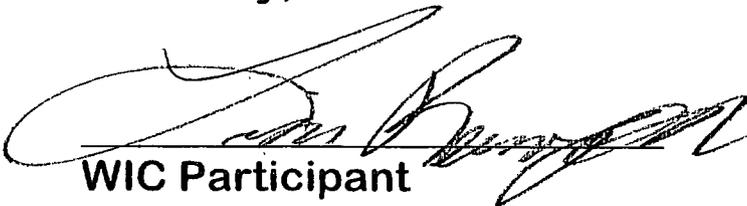
the fruit & vegs.

What I like least about the proposed changes is

the milk & juices

Thank you for reading my comments.

Sincerely,

  
WIC Participant

Riverside County, California

P6993

OCT 31 2006

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

WHAT I LIKE THE MOST IS THE  
FRUIT & VEGETABLES ALSO. THE BREAD.

What I like least about the proposed changes is

LESS CHEESE

Thank you for reading my comments.

Sincerely,

  
WIC Participant

Riverside County, California

P6994

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

I like that there are more fruits & veggies.

What I like least about the proposed changes is

not enough juice

Thank you for reading my comments.

Sincerely,

*Claudia D*

WIC Participant

Riverside County, California

P6995

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

Healthy for our children.

fruits

What I like least about the proposed changes is

I don't dislike.

I'm happy with everything on the list.

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

fruits & Veggie is a wonderful Idea. more health aware.

What I like least about the proposed changes is

0

Thank you for reading my comments.

Sincerely,

*[Handwritten Signature]*  
WIC Participant

Riverside County, California

P 6997

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 adding of the fresh fruits and veggies.

What I like least about the proposed changes is

That there will be less milk and other things.

Thank you for reading my comments.

Sincerely,

Ramona Medina  
WIC Participant

Riverside County, California

P6998

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

Veggies

What I like least about the proposed changes is

less milk

Thank you for reading my comments.

Sincerely,

Mance Jelic

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

Will have more healthier food to eat

+ enjoy food

What I like least about the proposed changes is

Thank you for reading my comments.

Sincerely,

Diana Gomez

WIC Participant

Riverside County, California