

Dear Friends at US Department of Agriculture,

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

Thank you for adding fruits and 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 really like that theres more fruit for
the children since they really need them
and it gives them more nutrition.

What I like least about the proposed changes is

everything is good.

Thank you for reading my comments.

Sincerely,

Jessica Pios
WIC Participant

Riverside County, California

P 7001

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 more veg are involved
& less juice

What I like least about the proposed changes is

there is less eggs but total of
veg are involved

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

more balance nutritional foods

What I like least about the proposed changes is

none

Thank you for reading my comments.

Sincerely,

Virginia L Mustac
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 Package

What I like least about the proposed changes is

I like fresh and Juice

Thank you for reading my comments.

Sincerely,

Francis Maria
WIC Participant

Riverside County, California

P 7004

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

more food like fruit, nutella which are ~~the~~ healthy for
our children

What I like least about the proposed changes is

that they will be reducing the juice and ~~not~~ everyone will
like in kind of nutella or other foods being changed

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

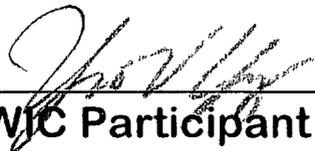
I can get veggies and fruits for my kids.

What I like least about the proposed changes is

none.

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

that you can go to a different store to get your WIC.

What I like least about the proposed changes is

I think its good because fruits are a good source of healthy foods

Thank you for reading my comments.

Sincerely,

Christina P.

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

being able to buy fruits and more

whole grains like bread, rice and tortillas

What I like least about the proposed changes is

I am pretty OK w/ the changes

Thank you for reading my comments.

Sincerely,

Carmona Marquez
WIC Participant

Riverside County, California

p 7008

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 most the Fruits + Vegetable
+ the whole grains

What I like least about the proposed changes is

what I like least
less eggs

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 that we can get fruit & vegetables

What I like least about the proposed changes is

that they are taking some milk away, my daughter drinks a lot of milk.

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

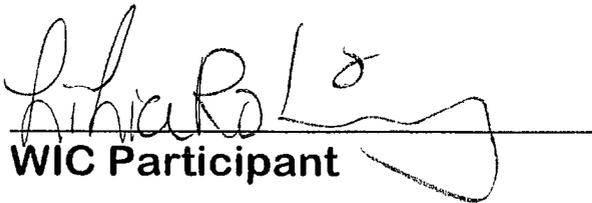
Best from the kid to eat what
she want like fruits and
veggies!

What I like least about the proposed changes is

That is good from mother
and kids, too.

Thank you for reading my comments.

Sincerely,


WIC Participant

Riverside County, California

P7011

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

It have fruits and vegetables + whole grains.

What I like least about the proposed changes is

None. Changes is excellent for women, children.

Thank you for reading my comments.

Sincerely,

Asolina Pater.

WIC Participant

Riverside County, California

P7012

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

YOU GET THE FRUITS AND VEGGIES

What I like least about the proposed changes is

THEY HAVE CUT DOWN MILK, CHEESE, EGGS, MEAT

Thank you for reading my comments.

Sincerely,

CIBELA GARCIA
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 ^{least} ~~most~~ about the proposed changes is

They cut down on eggs & milk.

What I like ^{most} ~~least~~ about the proposed changes is

more fruits & vegetables, ~~bread~~

Whole wheat bread

Thank you for reading my comments.

Sincerely,

Darlene Gardner

WIC Participant

Riverside County, California

P 7014

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

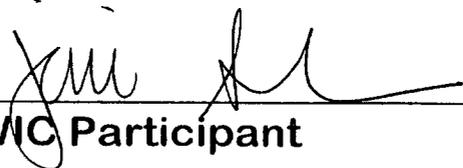
The addition of Tofu or Soy & Whole grains

What I like least about the proposed changes is

The decrease in amount of ~~the~~ milk

Thank you for reading my comments.

Sincerely,


WIC Participant

Riverside County, California

P 7015

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

my kid loves fruit & vego, I can't keep enough of them in the house.

What I like least about the proposed changes is

none

Thank you for reading my comments.

Sincerely,

MICHAEL A MILLARD SR
WIC Participant
Michael A Millard Sr
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 great "New" variety that fruit will add to our diets example adding bananas/strawberries milk for a "new" good for you drink.

What I like least about the proposed changes is

that you only offering \$6.00 for the fruit/veggies therefore all the fruit/veggies for the 1st week of the month but what about the other 3 weeks? It seem to me we should get 4 wks in amounts of \$5.00 for 1 wk month. So we have enough variety fruit.

Thank you for reading my comments.

Sincerely,


WIC Participant

Riverside County, California

P7017

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

They are adding fruits and vegetables.

What I like least about the proposed changes is

None. It sound better. We can definitely drink more water.

Thank you for reading my comments.

Sincerely,

Laura Garcia

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 variety and the fruits and
Vegetables

What I like least about the proposed changes is

less milk

Thank you for reading my comments.

Sincerely,

Vianey Guerrero
WIC Participant

Riverside County, California

P 7019

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 we'll get fruit & Vegetables
thats a big plus.

What I like least about the proposed changes is

That we would only get 4gal
of milk I myself Drink alot of Milk

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

getting Fruits and vegetables
and all the rest of the things
that make my kids healthy

What I like least about the proposed changes is

Nothing its fine

Thank you for reading my comments.

Sincerely,

Angel Rayburn
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

Better balance meals

Seems a better way to feed the children.

What I like least about the proposed changes is

I Don't know Right now

Thank you for reading my comments.

Sincerely,


WIC Participant

Riverside County, California

P7022

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 think that all the changes are better for the health of the children and look forward to the variety.

What I like least about the proposed changes is

the reduction of the juices.

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

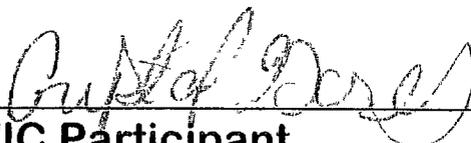
healthier Foods

What I like least about the proposed changes is

Less milk / less Juice

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 convenience of being able to go to any store. Adding the fruits and vegetables is a great idea.

What I like least about the proposed changes is

I think all the changes are good

Thank you for reading my comments.

Sincerely,

Cheryl Toner
WIC Participant

Riverside County, California

p 7025

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 the change because it will benefit my child. She love her Veggies especially. Green beans

What I like least about the proposed changes is

Thank you for reading my comments.

Sincerely,

Sophia Cox
WIC Participant

Riverside County, California

P 7026

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 addition of fruits & vegetables
to my sons WIC PACKAGE

What I like least about the proposed changes is

The reduction of Dairy
products that my son enjoys
eating & drinking.
Thank you for reading my comments.

Sincerely,

Ronnette Vargas
WIC Participant

Riverside County, California

P7027

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

More fruits + vegetables

More whole grains

What I like least about the proposed changes is

nothing

Thank you for reading my comments.

Sincerely,

Jo Ann Garcia
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 think it's a great idea adding fresh fruits and veggies

What I like least about the proposed changes is

~~The least thing I dislike is the less~~
The least thing I dislike is the less cheese and milk.

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

*there's more variety to choose from.
More protein for my baby.*

What I like least about the proposed changes is

Less milk, eggs and other foods.

Thank you for reading my comments.

Sincerely,

Jessica Carter
WIC Participant

Riverside County, California

*Mother of
Sielle Valerie
Devora*

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

is the fruits & vegetables
I hope they will be fresh.

What I like least about the proposed changes is

That my daughter is
turning 5 yrs in November

Thank you for reading my comments.

Sincerely,


WIC Participant

Riverside County, California

p 7031

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

These would definitely be a good choice
thing to introduce more to be a healthy family
and to also become a healthy way of eating more.

What I like least about the proposed changes is

Thank you for reading my comments.

Sincerely,

Helene Martinez
WIC Participant

Riverside County, California

P 7032

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

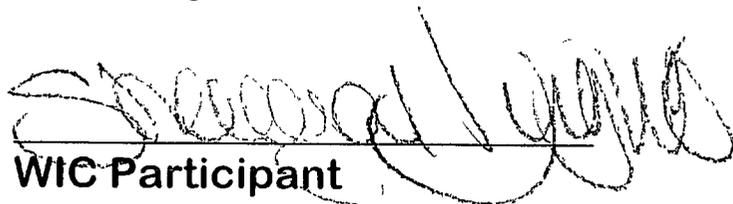
The new foods are more healthier for my child. No she is given the whole ~~Apple~~ ^{Apple}.

What I like least about the proposed changes is

~~the~~ ~~that~~ ~~the~~ ~~milk~~ ~~is~~ ~~needed~~ ~~also~~. They should keep the milk in the program.

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

To give an exact accurate opinion I need to try, ~~some good~~

What I like least about the proposed changes is

Sounds good the changed about fruit and vegetables but I am not sure about the milk and cheese.

Thank you for reading my comments.

Sincerely,

Ivonne Ortiz

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

Encourages more people about nutrition and education for a healthy life.

What I like least about the proposed changes is

I don't see why the change would hurt I think its alot better for our children.

Thank you for reading my comments.

Sincerely,

Patricia Castro

WIC Participant

Riverside County, California

NOV 03 2006

P7035

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

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

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

**What I like most about the proposed
changes is canned food**

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

Thank you for reading my comments.

Sincerely,



WIC Participant
Hilo WIC Program

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 variety of Healthy products that would be available.

What I like least about the proposed changes is none.

Thank you for reading my comments.

Sincerely,



WIC Participant
Hilo WIC Program

Dear Friends at US Department of Agriculture,

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

Thank you for adding fruits and 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, TOFU, tortillas, tuna

What I like least about the proposed changes is /

Thank you for reading my comments.

Sincerely,

LYSSA SAKAMOTO
Lyssa Sakamoto

WIC Participant
Hilo WIC Program

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

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

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

**What I like most about the proposed
changes is soymilk + Fruit + Vegetables**

**What I like least about the proposed
changes is excluding soymilk for
toddlers.**

Thank you for reading my comments.

Sincerely,

Sandra Kille

WIC Participant

Hilo WIC Program

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

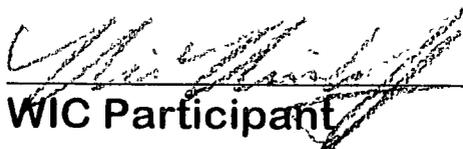
Fruits and Vegetables, tofu,
less juice

What I like least about the proposed changes is

milk restriction. What about underweight toddlers?
reducing class time. Better education = better Parents

Thank you for reading my comments.

Sincerely,


WIC Participant Nicol Newhoff

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 Fruit & vegetables and also the type of bread they get to change and the 2% milk is good also

What I like least about the proposed changes is

Thank you for reading my comments.

Sincerely,

Nancy Chavez
WIC Participant

Riverside County, California

P7041

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 fresh fruits & vegetables

What I like least about the proposed changes is

the amount of for the fruit & taking out the juices & the milk. (amount of milk & juice)

Thank you for reading my comments.

Sincerely,

Clarissa Duarte
WIC Participant

Riverside County, California

P7042

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

fruit that is fresh

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

Better food for kids

What I like least about the proposed changes is

nothing it just Better.

Thank you for reading my comments.

Sincerely,

Yesenia Medina
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

You will be able to get bread, fruits, more vegetables

What I like least about the proposed changes is

Take away the milk & juices & eggs

Thank you for reading my comments.

Sincerely,

Pentasha Johnson
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 and vegetables
are made available.**

**What I like least about the proposed
changes is prices of fruits
and vegetables.**

Thank you for reading my comments.

Sincerely,

Sasha Renee Mejias
WIC Participant

P7046

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 Mothers get more
healthy food like veggies and fruit**

**What I like least about the proposed
changes is get less of other foods**

Thank you for reading my comments.

Sincerely,

Monique Velazquez
WIC Participant

P7047

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 Canned beans/whole grains/
fruits & veggies/less juice.**

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

Thank you for reading my comments.

Sincerely,

WIC Participant
Hilo WIC Program

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

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

**Thank you for adding fruits and 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 the family budget;
it is the more costly items.**

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

Thank you for reading my comments.

Sincerely,

Juan A. Hernandez
WIC Participant
Hilo WIC Program

NOV 03 2006

P 7049

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

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

**Thank you for adding fruits and 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 + fruits**

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

sounds good

Thank you for reading my comments.

Sincerely,

Amiee Raenis

WIC Participant

Hilo WIC Program

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 ~~FR~~ Fruits & Bread

What I like least about the proposed changes is None all is good.

Thank you for reading my comments.

Sincerely,

Adley a. Lu
WIC Participant
Hilo WIC Program

Dear Friends at US Department of Agriculture,

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

Thank you for adding fruits and 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 are good & all are more expensive. The children love the fruits!!

What I like least about the proposed changes is _____

Thank you for reading my comments.

Sincerely,

Bruce L. Luamiro & Family

WIC Participant
Hilo WIC Program

NOV 08 2006

P7052

Dear Friends at US Department of Agriculture,

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

Thank you for adding fruits and 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 soy milk.

What I like least about the proposed changes is _____

Thank you for reading my comments.

Sincerely,



WIC Participant
Hilo WIC Program

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

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

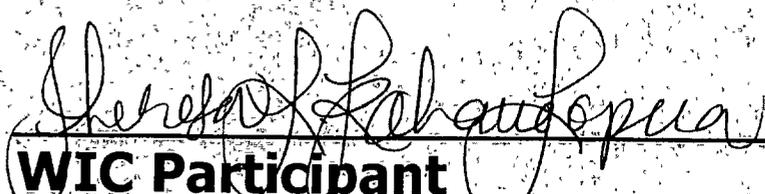
**Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing
fresh, healthier foods for my family.**

**What I like most about the proposed
changes is There is more food for me
to prepare for my son Kaunila.**

**What I like least about the proposed
changes is Nothing.**

Thank you for reading my comments.

Sincerely,


WIC Participant
Hilo WIC Program

NOV 20 9 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 That you are adding 6\$ worth of fresh vegetables.

What I like least about the proposed changes is Corn tortillas I prefer flour.

Thank you for reading my comments.

Sincerely,

James R. Evans

WIC Participant

Hilo WIC Program

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is health & nutrition Education

What I like least about the proposed changes is nothing

Thank you for reading my comments.

Sincerely,

Cynthia Rockwood

WIC Participant

NOV 03 2008

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is It (healthy)

What I like least about the proposed changes is being funny

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'll be able to provide more veggies to my son with runaround of money.

What I like least about the proposed changes is _____

Thank you for reading my comments.

Sincerely,

Caroline Albama

WIC Participant

NOV 03 2008

P 7058

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

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

**Thank you for adding fruits and 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'll be able to
take home some fruits and veggies.**

**What I like least about the proposed
changes is the reduced amount of
cheese.**

Thank you for reading my comments.

Sincerely,

A handwritten signature in black ink, appearing to be a stylized name, possibly "M. [unclear]".

WIC Participant

NOV 03 2008

P 7059

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

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

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

**What I like most about the proposed
changes is receiving fruits and
vegetables my kids enjoy.**

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

Thank you for reading my comments.

Sincerely,


WIC Participant

NOV 03 2006

P 7060

Dear Friends at US Department of
Agriculture,

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

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

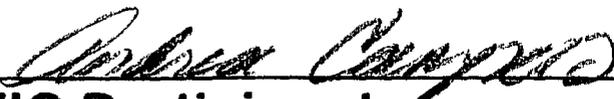
What I like most about the proposed
changes is My kids love fruits

so the change is good for my family.

What I like least about the proposed
changes is _____

Thank you for reading my comments.

Sincerely,



WIC Participant

NOV 03 2008

p7061

Dear Friends at US Department of
Agriculture,

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

Thank you for adding fruits and 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 fresh fruits
and vegies.

What I like least about the proposed
changes is less products of every-
thing.

Thank you for reading my comments.

Sincerely,



WIC Participant

NOV 03 2006

P7062

Dear Friends at US Department of
Agriculture,

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

Thank you for adding fruits and 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 will
be good.

What I like least about the proposed
changes is not enough milk or
eggs.

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 vegetables and whole grains.

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

Thank you for reading my comments.

Sincerely,

Angelica Bena

WIC Participant

P 7064

NOV 03 2006

Queridos Amigos del Departamento de Agricultura de Estados Unidos:

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

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

Lo que más me gusta sobre los cambios propuestos es

Fruits and vegetables

Lo que menos me gusta sobre los cambios propuestos es

No less cheese & Milk

Gracias por leer mis comentarios.

Atentamente,

Maria P. [Signature]

Participante de WIC

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'll know that I'll be able to purchase Fruits & Veggies. Sometimes money is short and those can't always be bought

What I like least about the proposed changes is _____

Thank you for reading my comments.

Sincerely,

Jenny Dorend
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 It's healthier.

What I like least about the proposed changes is nothing.

Thank you for reading my comments.

Sincerely,

Myndell Crance
WIC Participant

NOV 6 2 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 shop
wherever.

What I like least about the proposed
changes is can't see anything right
now.

Thank you for reading my comments.

Sincerely,

Connie Lawrence
WIC Participant

14 Sep 06
Date

NOV 03 2006

P7068

Dear Friends at US Department of Agriculture,

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

Thank you for adding fruits and 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 each of the groups
of the food pyramid

What I like least about the proposed changes is

That it looks like there would
be less items that I will be
getting

Thank you for reading my comments.

Sincerely,

Lucila Valdez

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 and veggies

are healthy and good for both baby & mother!

What I like least about the proposed changes is _____

Thank you for reading my comments.

Sincerely,



WIC Participant

NOV 03 2008

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is healthier

What I like least about the proposed changes is none

Thank you for reading my comments.

Sincerely,

PADRA WES
WIC Participant

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

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

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

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

we get more grains, fruits and vegetables

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

milk, cheese, eggs, we get less.

Gracias por leer mis comentarios.

Atentamente,

Junell Grijalva

Participante de WIC

70dd

NOV 03 2008

P7072

Dear Friends at US Department of Agriculture,

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

Thank you for adding fruits and 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 including vegetables & fruits because sometimes we don't have enough income to buy fruits & vegetables so I think it's a good idea.

What I like least about the proposed changes is

that they are lowering other items so they can provide more stuff. And probably if you have a large family it will affect a lot, but I think it's common sense to change other items to provide more.

Thank you for reading my comments.

Sincerely,

Allyson Reed

WIC Participant

Prep

NOV 03 2006

P7073

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

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

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

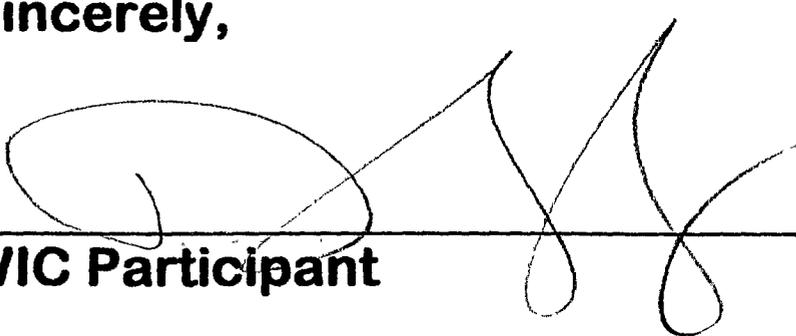
**What I like most about the proposed
changes is** it provides more health

for both the baby and mother.

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

Thank you for reading my comments.

Sincerely,



WIC Participant

NOV 03 2006

P 7074

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

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

**Thank you for adding fruits and 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**

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

Thank you for reading my comments.

Sincerely,

3. Alejandra Suma-Ny.
WIC Participant

P7075

OCT 21 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 like your adding fruits + vegetables
because they are good for the kids.

What I like least about the proposed changes is

Thank you for reading my comments.

Sincerely,

Helen [Signature]
WIC Participant

Riverside County, California

OCT 31 2006

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

Adding fruits and vegetables, canned beans and bread and tortillas.

What I like least about the proposed changes is

Reduced amount of cheese

Thank you for reading my comments.

Sincerely,

Monica Gonzalez
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 there is fruits vegetables
bread and tortillas.

What I like least about the proposed changes is

there is less milk and eggs

Thank you for reading my comments.

Sincerely,

Jasmina Snellingo
WIC Participant

Riverside County, California

OCT 31 2005

p 7078

Dear Friends at US Department of Agriculture,

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

Thank you for adding fruits and 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 are adding

Bean and or peanut butter and fruits and

vegetables. That's good like this idea.
and I like the whole grains.

What I like least about the proposed changes is

well I don't like the idea ~~of~~ ~~the~~ ~~amount~~

of the amount of cheese & egg I like

2 dozen eggs and 2 pounds of cheese we
go through it all. Need them.

Thank you for reading my comments.

Sincerely,

Jennifer Wilson
WIC Participant
Jennifer Wilson
Riverside County, California

But I will be fine with the change less amount of some things we get back with the fruits and veg and peanut butter.

P 7079

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

you added fruits & veggies

What I like least about the proposed changes is

getting less cheese

Thank you for reading my comments.

Sincerely,

Charity Hye
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

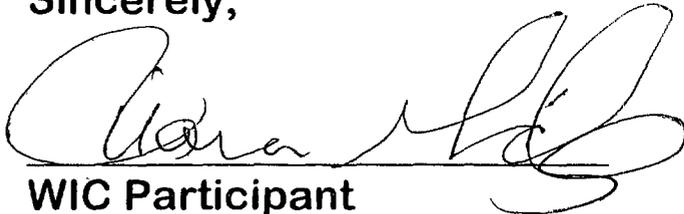
It adds more choices that are healthy, but what is currently on is from the food pyramid.

What I like least about the proposed changes is

Many things are reduced.

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

Whole grain choices and
fresh fruit.

What I like least about the proposed changes is

Milk reduction and
cheese reduction

Thank you for reading my comments.

Sincerely,

Hope A. Grant
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

Fresh Fruit and
Whole grain Choices

What I like least about the proposed changes is

Milk reduction and
cheese reduction

Thank you for reading my comments.

Sincerely,

Dosinee A. Grant

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

10 worth of fruits / vegetables
CANNED BEANS

What I like least about the proposed changes is

The cut back on MILK / Cheese / eggs
all think its very important to
have.

Thank you for reading my comments.

Sincerely,

BRANDON SALDANA

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 veggies are included

What I like least about the proposed changes is

that eggs & cheese were reduced.

I think cereal should be reduced

and cheese or eggs should be increased

Thank you for reading my comments.

Sincerely,


WIC Participant Guadalupe Mitchell

Riverside County, California

OCT 31 2006

p 7085

Dear Friends at US Department of Agriculture,

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

Thank you for adding fruits and 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 were added, and we get whole grain variety to choose from.

What I like least about the proposed changes is

I think its a good idea, eating healthy is always better!

Thank you for reading my comments.

Sincerely,

Yamini Castrip
WIC Participant

Riverside County, California

P7086

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 fact that someone took the time to really see what kids need.

The fruits and vegetables are my favorite change because my kids love

bananas, grapes and apples. The whole grains are a plus too, we love wheat bread for our grilled cheese sandwiches.

What I like least about the proposed changes is

The reduced number of juices. I think a reduction in the juice amount is okay but at least half the current amount would have better.

However, we can adapt. I love the proposed package.

Thank you for reading my comments.

Sincerely,

Jiffany Johnson

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

different locations not just one store, and the additions.

What I like least about the proposed changes is

none. changes are good.

Thank you for reading my comments.

Sincerely,

Annaba Delen

WIC Participant

Riverside County, California

P7088

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

I like that there going to give
fruits and bread or tortillas.

What I like least about the proposed changes is

I dont like how there going to
reduce my eggs and cheese.

Thank you for reading my comments.

Sincerely,

Bonnie Morales
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

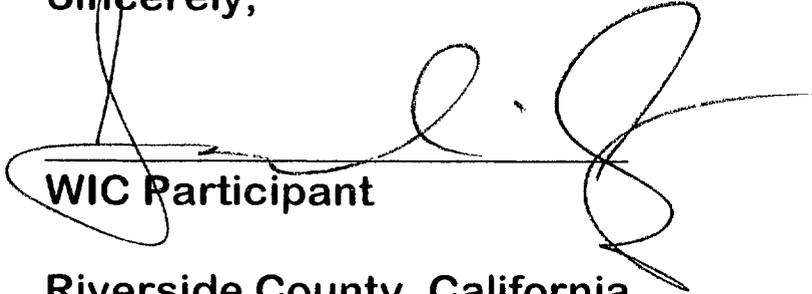
adding whole grains, fruits & veggies and canned beans,

What I like least about the proposed changes is

that the Cheese has been reduced.

Thank you for reading my comments.

Sincerely,



WIC Participant

Riverside County, California

Dear Friends at US Department of Agriculture,

P7090

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

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

What I like most about the proposed changes is

Can get fruit & veggies

What I like least about the proposed changes is

Change in the milk the fact that 2-5 has to get 2% or 1%, less cheese

Thank you for reading my comments.

Sincerely,

Christine Pennington
WIC Participant

Riverside County, California

OCT 31 2008

Dear Friends at US Department of Agriculture,

P7091

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

Thank you for adding fruits and 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 fruit/veggies, bread, tortillas

What I like least about the proposed changes is

limiting the whole milk to age groups,
we should be able to choose. Decreasing
the amount of cheese.

Thank you for reading my comments.

Sincerely,



WIC Participant

Riverside County, California

P7092

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.

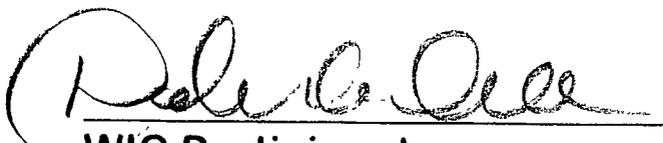
What I like most about the proposed changes is

It seems to support the food pyramid
and it looks better and healthier,

What I like least about the proposed changes is

Thank you for reading my comments.

Sincerely,


WIC Participant

Riverside County, California

P 7093

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

is that they are adding vegetables
and bread and tortillas

What I like least about the proposed changes is

is that they are going to be giving
whole milk

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

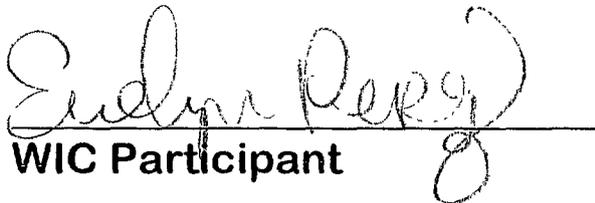
That they give fruits and vegetables. And added grains

What I like least about the proposed changes is

less milk, less cheese, less juice

Thank you for reading my comments.

Sincerely,


WIC Participant

Riverside County, California

OCT 31 2006

p 7095

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

adding fruits and vegetables

What I like least about the proposed changes is

decreasing the cheese

Thank you for reading my comments.

Sincerely,

Suadalupe Medrano
WIC Participant Breesa Medrano.

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

You added Veg and Fruits

What I like least about the proposed changes is

Less cheese

Thank you for reading my comments.

I am really looking forward to this change.
Sincerely,

Margaret Richardson
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

making fruits and vegis a part of the
wic program , also less juice given

What I like least about the proposed changes is

giving less cheese and eggs

Thank you for reading my comments.

Sincerely,

Jim Villaseñor
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

Fruit is a good choice

What I like least about the proposed changes is

less choice for the good of a child.

Thank you for reading my comments.

Sincerely,

Danyale Lowry
WIC Participant

Riverside County, California

P7099

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

Fruit is a good choice.

What I like least about the proposed changes is

less choice for the good of a child.

Thank you for reading my comments.

Sincerely,

Mary Butero
WIC Participant

Riverside County, California

OCT 31 2006

P 7100

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

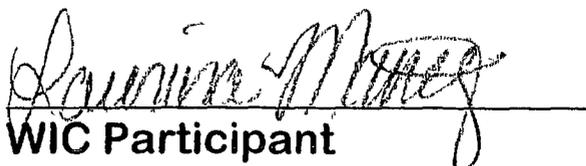
Healthier food

What I like least about the proposed changes is

less Cheese

Thank you for reading my comments.

Sincerely,


WIC Participant

Riverside County, California