

P-701

OCT 31 2006

October, 2006

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

f

Dear Ms. Daniels,

I am writing to tell you what I think about the proposal to change the WIC food package. I just think it's a great Idea, but what happens if people don't like sardines or salmon, can we get tuna fish instead. But do we still get the rest of our wic foods that we've been getting. Instead of wheat bread can we get white?

Please write back
to the address below

or

call me at 1-802-463-2560

or

email me at erica_collins18@yahoo.com

Thank you for considering my comments.

Sincerely,

Name Mrs. Erica Collins

Address 39 Laurel Ave Apt 2

Bellows Falls, VT 05101

OCT 31 2006

P. 702

Q

October, 2006

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

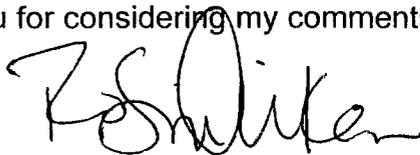
Dear Ms. Daniels,

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

I think this proposal is a wonderful idea! Great healthy additions - especially the fruits; vegetables and BREAD!!

Thank you for considering my comments.

Sincerely,



Name

Robin Aiken

Address

PO Box 304

South Woodstock, VT 05071

P-703

(P)

OCT 2 1 2006

October, 2006

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

lets get
healthy
healthy families!
ORGANIC
:-)

Dear Ms. Daniels,

yes SOY MILK

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

- I love the idea of fresh veg. & fruit especially if we could do organic. We should be supporting all the local organic farmers. I rather have organic in a smaller amount than lot's of un organic things. I love the idea of soy milk substitute and Tofu sounds great. whole wheat bread or brown rice - barley wheat tortillas all sounds awesome. I think this is a positive step!
Support organic farming!

Thank you for considering my comments.

Sincerely,

Name Amy Clements

Address 243 old Jay Montgomery Rd

Jay, VT, 05859

P-704

OCT 31 2006

October, 2006

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

f

Dear Ms. Daniels,

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

I strongly agree to all the proposed changes.

My children are 1½ + 2½ now, ~~but~~ but when they were both infants it seemed as though there were a few months that we didn't have enough formula, but as they got a little older and started eating baby food we always had too much formula.

Also I think it would be great to get less of what we get a lot of and instead start getting new items. Thanks for your time.

Thank you for considering my comments.

Sincerely,

Stephanie Lowlor

Name Stephanie Lowlor

Address 34 Henry St. #1

Bellows Falls VT 05101

OCT 31 2006

P-705

f

October, 2006

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

Dear Ms. Daniels,

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

I think that the proposal change is a wonderful idea.
I especially like the proposal package for fully breastfeeding
women

Thank you for considering my comments.

Sincerely,

Name Sharon White

Address 1124 Hooper Hollow Rd.

Bethel, VT 05032

p-706

OCT 31 2006

October, 2006

P

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

Dear Ms. Daniels,

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

I like all the things you want to add, also agree with reducing the amount of juice.

I would like to leave the same amount of milk and eggs.

We drink a lot of milk in our family. That's why I would like to see not to be able to get a whole milk for kids older 2 years. My 2 year old likes the whole milk. It taste better than 2% or other milks. There is not much of a difference in fat value with other milk.

Maybe some other whole grain cereals with low amount of sugar can be added for choice.

Thank you for considering my comments.

Sincerely,

Name Eva Rogar

Address Virgennes VT 05491

OCT 31 2006

p- 707

f

October, 2006

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

Dear Ms. Daniels,

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

Seeing it has not been updated since 1974, there is one great reason to change it. Presently, the WIC package is great, but missing some key components regarding proper nutrition. The addition of fruits + veggies would be great as we need them in our diet + they're quite costly when you have to buy them. Adding whole wheat bread is also a great idea - perhaps then more people will feed it to their children in place of having to buy white bread.

Thank you for considering my comments.

Sincerely,



Name Melissa M. Atkins

Address SIA North St.

Bristol, VT. 05443

I'm happy to see a decline in juice, as I think children drink too much of it + not enough water. Reducing eggs I can understand, but it's nice

to have those extra eggs for baking. Any kind of update would be great. I look forward to seeing what changes or is added.

OCT 31 2006

P-708

P

October, 2006

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

Dear Ms. Daniels,

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

For the adds: Fruits and vegetables would be nice. The baby foods would be a great help. The alternatives to milk, canned fish and the whole wheat, can do without. What would be an substitute for the people who wouldn't want it. would there be any or they just lose. The increase in the formula ~~would~~ be a great help. Formula is expensive. Reducing the formula for fully formula fed infants 6-11 months (NOT GOOD). We always had to buy extra for our daughter. Also reducing the eggs maybe for the people who don't use it, but I disagree we use our eggs and greatly appreciate them. Also reduce the milk is so bad, our children need the milk, if you reduce, will the kids be able to get the milk they need if family has to buy it (probably not) milk is very expensive. If we had to buy our milk we wouldn't be able to. Also reducing juice isn't good.

Thank you for considering my comments.

Sincerely,

Kim Marble

Name Kim Marble

Address 48 St Johns St

Johnson UT 08686

Kids need 100% juice, its healthy for them. Don't Change. This program is wonderful, its been a big help to our family. without it, I don't know what we would do.

Don't Change.
they say change is good but it don't look like alot of this change
→

would be. Besides who picked out
these changes? People who aren't
even on the WIC program, who can
go to the store and don't have to
buy generic this and isn't on a budget.
Please help the families. Don't change
much

Thank- you.



OCT 31 2006

P-709

P

October, 2006

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

Dear Ms. Daniels,

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

I think the food package should be changed for several reasons.

- 1) My two kids have food allergies - one being severe to peanuts, tree nuts, Eggs and soy, so with the change, he would have more choices of foods that are good for him.
- 2) Infant formula is very expensive - I think more formula would be beneficial to low income families. My son was on specialized formula - which costs \$25.00 for one can of powdered formula. Wic would only give me 8 cans a month - I would spend \$100-150, in food stamps a month to get enough formula for my son - But then in the long run, my older son and I would suffer because we didn't have enough food to last us the whole month because I used so much of it to buy formula - please go ahead w/ the proposal, I

Thank you for considering my comments.

Sincerely,

Know a lot of families will benefit and start eating health with the fresh fruits + vegetables

Name Mandy Beaupre

Address 669 Riverside Ave #18

Burlington VT 05401

OCT 31 2006

P-710

October, 2006

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

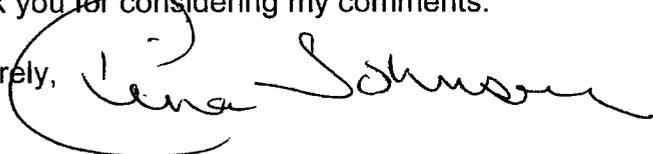
Dear Ms. Daniels,

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

I feel that it's very important that women children need the help that they receive from WIC and by taking away what we get isn't in the best interest of us, we are Americans and we shouldn't have to worry about things such as this so I'm asking please leave things the way they are.

Thank you for considering my comments.

Sincerely,



Name Tina Johnson

Address 99 Wood RD

Johnson UT 84656

P. 711

Oct. 29, 2006

Patricia N. Daniels

Director, Supplemental Food Programs Division

Dear Ms Daniels

I'm writing to tell you what I think about the proposal to change the WIC food package. From what I understand the changes will benefit my family by giving my daughter some healthy choices of fruit, vegetables and more grains. We are very appreciative of the dairy, juices and cereals we already receive, but I am excited at the prospect of receiving other healthy foods. As you are aware these healthy choices have become very costly in the supermarkets. And though we try to make the right healthy choices sometimes it's a challenge financially.

Thank you for your support,

Christin Sprague
15 Moreland Ave #3
Baltimore VA 21201

OCT 30 2006

P-712

October, 2006

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

Dear Ms. Daniels,

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

I am glad that the USDA is adding important fruits and vegetables as they are so important to starting our children off with healthy habits. I hope that the USDA will also consider factors such as hydrogenated fats and refined sugars when making the list of available foods. Foods like frosted mini wheats and Jif peanut butter have these ingredients. These issues should also be considered in the Food Commodity Programs.

Thank you for considering my comments.

Sincerely,

Laura Collaro

Name

Laura Collaro

Address

1708 S. Lincoln Rd

Lincoln, VT 05443

p-713

OCT 30 2006

October, 2006

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

Dear Ms. Daniels,

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

I think it is great and more than time for a change in WIC foods - what you supply now is very good but there is always room for change - more items would be beneficial to everyone's health. The fish, whole wheat products and fruits sound great. Reducing fruit juices for infants is good as some mothers are constantly stuffing a bottle in a baby's mouth to keep them quiet no matter what is in it -

Thank you,

Pat Tougas

Thank you for considering my comments.

Sincerely,

Name Pat Tougas

Address 9 Schoolhouse Hill Rd
East Middlebury, VT 05750

p- 714

OCT 30 2006

October, 2006

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

Dear Ms. Daniels,

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

Its a good Idea to add fruit and vegetables to the food that WIC delivers but its also good to still have the juices as well, Especially the Milk because its better at a young age to get all the nutrition possible. Certain times when breast feeding theres a little and ~~at~~ theres a lot. Its always good to have extra milk and formula to add with the breast milk if theres just a little.

~~Robbie~~
Maybe have Juice one week and fruit another then Veggies and bread. ~~to~~ keep the food ~~in~~ the same
and just Add Extra is the best way

Thank you for considering my comments.

Sincerely,

Name Sabrina Schaner

Address 1717 Franklin st

Brandon VT, 05733

P 715

OCT 30 2006

October, 2006

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

Dear Ms. Daniels,

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

The WIC program has been a huge help for us but some changes in the food choices would be great. I used WIC throughout my pregnancy and could have really used more soy products & vegetables. These healthy additions should definitely be added to the WIC program. I continue to get WIC as a breast feeding mother but again would love some more healthy options, whole grain bread, leafy vegetables, soy products. These are the

Thank you for considering my comments.

Sincerely, 

Name Aysna Beltz Wahlstrom

Address 726 Town Hill Rd
Whitingham, VT 05361

food we all should be eating. As a food subsidizer WIC should be offering the healthiest foods. Please add soy products, whole grains and more fruits and vegetables.

P-716

OCT 30 2006

October, 2006

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

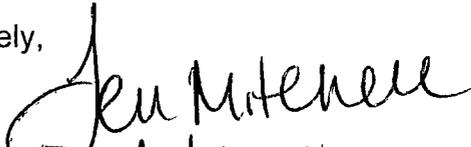
Dear Ms. Daniels,

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

I think that these changes will be good.
But I don't think that the milk quantity
should change. I like the idea of adding
baby foods & whole wheat products.
And reducing the juice and replacing w/
baby food fruits & veggies is a better
idea.

Thank you for considering my comments.

Sincerely,


Name Jen Mitchell
Address PO Box 259
Lyndon Ctr, VT 05850

P-717

OCT 3 11 2006

October, 2006

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

Dear Ms. Daniels,

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

Thankyou for considering changes in the WIC food package. I would like to address one concern I have. As a mother of a special needs child, I would like to make sure there are provisions allowed for moms to make the choice for whole milk after the age of 2 in certain cases. Also one more suggestion I have would be to include yogurt as an option as well. You are doing a great job!

Thank you for considering my comments.

Sincerely,

April C. Reed

Name April C. Reed

Address 58 Stanley Rd

Wolcott, VT 05680

P-718

OCT 30 2006

October, 2006

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

Dear Ms. Daniels,

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

I think they are a wonderful idea - especially fresh vegetables, organic + local would be ideal, and fresh whole wheat bread and tortillas. I'm curious if yogurt (plain-organic) would be an option?

Please consider organic foods - they're important both for our children's health and the small farmers of America.

Thank you for considering my comments.

Sincerely,

Name Rebecca Lindenmeyr

Address 2931 Lake St.

Addison, VT 05491

p-719

OCT 30 2006

October, 2006

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

Dear Ms. Daniels,

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

Some changes are good ideas, some I think are bad choices. If it wasn't for the eggs and milk that I received, quite often my kids would have had to go without. And I know a lot of people in the same situation as mine. It's too bad a compromise can't be made to even things out more so the milk and eggs wouldn't have to be ~~eliminated~~ eliminated. The milk to me was the most important thing. My 2 kids got though a gallon a day.

Thank you for considering my comments.

Sincerely,

Name Sara Mansur

Address 1303 Elmore St Apt 2F
Morrisville, VA 22661

P-720

OCT 30 2006

October, 2006

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

Dear Ms. Daniels,

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

I believe it is important to change the WIC Food Package. My son suffers from a heart defect and it is important for him to eat healthy. I would like to see more whole grain foods & vegetables on the list. The two things on your current package Juice & eggs are some of the foods that are not good for him. I believe the program should be updated to meet new dietary standards.

Thank you for considering my comments.

Sincerely,

Jana Reel

Name Tara Reel

Address PO Box 46

E. Barre VT 05649

p- 721

OCT 30 2006

October, 2006

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

Dear Ms. Daniels,

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

I think that the changes would be great especially the baby fruits and vegetables. I have a 7 month old and those would help a lot. The only thing I don't agree with ~~is~~ is ~~de~~creasing the formula, my 7 month old goes through the 9 cans of powdered each month and that's if it has 4 weeks. the 5 week months we end up having to buy formula. I feel that a small increase for the older babies would help many parents. ~~as~~ we use the formula →

Thank you for considering my comments.

Sincerely,


Name Tasha Olmstead
Address P.O. Box 191
E. Randolph, VA 05041

not only in bottles, but to make the cereal as well, also as the babies get older they tend to need more, so instead of increasing the formula for the 4-5 month olds, I strongly feel that it should be increased for the 6-11 month olds.

Other than that the changes sound very good and would help many people make sure their children are getting what they need.

OCT 30 2006

P-722

(P)

October, 2006

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

Dear Ms. Daniels,

Consider organic foods!

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

Proposed Add's - I think Fresh or Frozen veg over
Canned is better. Why Add meats For Breast Fed Bab's
Mother's milk is best. But adding vego for infants is
Great. Alternatives to milk is great! Soy

- Beans - Beans + legumes yes.
- Fish: ?!! no opinion on that. I am vegetarian
- Whole wheats, grains, brown rice etc... yes. what about
Those that are allergic to wheats? or Glutens?!
- ↑ Formula? no cannot eat that when I was
getting it years ago I got more than I could
use.
- ↓ Formula for Breast Fed babies yes - Breast milk is Best.
- ↓ Eggs - milk should be on individual Bases some need more
Then others -

Get ride of the sweet
Thank you for considering my comments.

Sincerely,

Name I Picard
Address Windsor Ht.
25029

Cheese is great
every Toddler should
Get some!!

what about yogurt!?!?

how Syon O.J. scrap
Apple + grape.
what about cranberry!
or Tea's such as
Mother's milk Tea for
Breast feeding moms

Protein supplement, rather than
Anim. o products - Soy or wheat...
(57-75) my notes

P-723

OCT 30 2006

October, 2006

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

Dear Ms. Daniels,

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

I think it would be good to add fruits and vegetables, but I don't think reducing the quantity of milk and eggs is a good idea. I would rather see you replace the canned juice with fruit. I don't know many children who like canned beans or peas, or canned salmon or sardines. To me these items will be a waste. Adults would probably like them, but isn't this a program for children? A change in cereal would be nice, because children like variety, and I know our grandson (we are his foster parents) is tired of cheerios and Kix and needs a change. He loves fruits and crackers - especially oyster crackers. He loves the cheese, and we balance it with fresh fruits so he doesn't get constipated. I hope this helps.

Thank you for considering my comments.

Sincerely,

Name Sharlene Carliss
Address 786 Campers Lane
North Concord, VT 05858
For: Tyler Cuevas

P.S. As a mother of 4 and a grandmother of 12, most children under 4 don't like rice - the texture is too coarse for them, but they love pasta, especially macaroni + cheese. I don't know what bulgur is, but barley is something I rarely

P-724

OCT 30 2006

October, 2006

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

Dear Ms. Daniels,

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

I believe it is a good thing to introduce more whole food products in fruits & veggies vs. juice. Although canned veggies typically have way too much NA in ~~them~~ canned fruits are sometimes packed in syrup. If these issues could be addressed when looking at the changes, that would be a good thing. Also, ~~provided~~ providing whole grain products is excellent. The American diet is typically too processed & "white".
It's about time!!
☺

Thank you for considering my comments.

Sincerely,

Name W. Lynx Brammer

Address 223 Airport Rd.

Perkinsville, VT 05151

OCT 30 2006

P-725

October, 2006

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

Dear Ms. Daniels,

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

The increase or show of vegetables
is great. Brussels are helpful
and make sense too. It

looks good. The only
thing I don't like is the
decrease of ~~egg~~ Egg. Egg are
great very versatile and have
essential proteins especially when
one doesn't eat

Thank you for considering my comments.

Sincerely,

Name X.P. Hinojosa

Address 815 Calys Falls much meat.
Morrisville VA 22661

P- 726

OCT 30 2006

October, 2006

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

Dear Ms. Daniels,

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

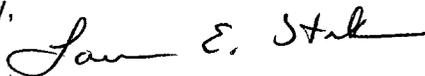
I think the proposal looks great! There is more diversity, with the canned meat options, alternatives to ~~the~~ milk, and the whole grain options (rice, bulghur, bread, etc.)

I felt we got too much milk & juice - we freeze a lot of it. I would like to see these changes take effect!

They seem to offer healthy options!

Thank you for considering my comments.

Sincerely,



Name Lauren Struck

Address 1549 Underpass Rd.

Sutton, VT 05867

OCT 30 2006

P-727

October, 2006

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

f

Dear Ms. Daniels,

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

As a mother of a very active 3 year old we go through a lot of milk. As noted on your proposed revisions to WIC it states that milk will be reduced for children and women. I would like to see the milk amount stay the same and the juice reduced or even eliminated for my family anyway. Juice is good but it also has a lot of extra sugar and calories. Milk is essential for their growth. I feel milk is better for our children than juice. I was also wondering if the package was still going to contain cheese and peanut butter? I didn't see anything on the revisions about that. I do agree that fruits and vegetables, and the whole wheat bread would be a great addition to the packages. Thank you for your time. I'm looking forward to hearing from you. And please keep the milk amount the same as it is now.

Thank you for considering my comments.

Sincerely,

Name Kimberly Deth

Address 919 Burke Green Rd.

East Burke, VT 05832-9643

P-728

OCT 30 2006

October, 2006

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

Dear Ms. Daniels,

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

I agree with the changes that will add to the packages. But the Reduce and Eliminate changes bother me greatly. I have been on wic for 8 years, through ~~two~~ pregnancies. My daughter, now 7, was 11 weeks premature, and my daughter, now 18 months, was 3 wks premature, and they have benefited greatly from the wic program as did I while I was pregnant. Being of low income we have relied greatly on the amount of milk and juice that we have received from wic. we would be suffering if we had not been getting such a fair amount of both milk and juice. I hate to think how we will be able to afford to buy milk and juice ~~if~~ if the amounts change.

Thank you for considering my comments.

Sincerely,

Name Maria Johnson

Address PO Box 1165

Hardwick, VT 05843

P- 729

October, 2006

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

Dear Ms. Daniels,

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

I think that a change would be great, although I didn't really like the part about reducing milk. My 2 children can't drink enough of it. I did however really like the part about adding fruits and vegetables and bread. Since this program really is designed for the kids, that might be helpful in getting them to try different foods, since things like milk & fruits are becoming more expensive.

Thank you for considering my comments.

Sincerely,

Name Bandi May Perry
Address 1334 Scott Hwy. Apt #1
Groton VT 05046

P- 730

OCT 09 2008

October 2006

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

Dear Ms. Daniels,

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

I think that the proposed changes would benefit the families greatly who currently receive WIC. Not only will it provide us with more healthy and nutritious food such as whole grains, fruits and vegetables, which can be very expensive, but it will also provide us with a larger variety so we are not eating the same things over and over again!

I definitely support the proposed changes and hope that they will start soon!

Thank you for considering my comments.

Sincerely,

Shannon Merchant
289 Julie Drive, Apt 2
Colchester, VT. 05446

P-731

October, 2006

OCT 31 2006

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

Dear Ms. Daniels,

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

~~I~~ I think the changes are great.
We do not drink a lot of
juice, so having fresh fruit
is wonderful. I also like the
addition of the whole wheat
products.

Thank you for considering my comments.

Sincerely,

Dorothy Largent

Name Dorothy Largent

Address 6606 VT Rt 122

Sheffield, VT 05866

P-732

NOV - 1 2006

October, 2006

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

Dear Ms. Daniels,

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

I think it's great
Thank you for providing
this service!

Thank you for considering my comments.

Sincerely,

Name Valerie Mason
Address 584 Dement Rd
Wolcott VT 05680

P- 733

NOV - 1 2006

October, 2006

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

Dear Ms. Daniels,

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

It's about time changes were made! Thank you!
Whatever changes that bring the WIC foods ~~to~~
in line w/ the USDA food pyramid and will ensure
wholesome nutrition & fight childhood obesity
are imperative.

I see that milk for children is reduced - I
disagree! My children thoroughly enjoy the cheese option
for milk - could yogurt be an option, too?
All of the other changes look great.

Thank you for considering my comments.

Sincerely,



Name Maria Iannello

Address 1402 Route 113

E. THETFORD VT 05043

P-734

October, 2006

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

Dear Ms. Daniels,

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

I think the changes could be fantastic! The addition of fruits, veggies, bread, rice, oatmeal are great choices. I worry about how large of a reduction in milk and eggs will occur, and I hate to see all juice eliminated. I really count on the apple juice for myself and baby. I agree that some milk can be reduced, but again, in my low income household I heavily rely on these. The infant formula as well. If ~~it~~ we did not receive the WIC formula we would not be able to buy much at all because of cost. Overall, I believe the changes were a wonderful idea and I would be so excited to receive fruits & vegetables! I don't receive any food stamps or state help so anything from WIC is appreciated more than anyone could ever know.

Thank you for considering my comments.

Sincerely,

Name Sarah Sashin

Address P.O. Box 1137,

Newport, UT 05855

P- 735

NOV - 1 2006

October, 2006

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

Dear Ms. Daniels,

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

I think Reducing the amount of milk for women and children is a bad idea. Reducing the juice by, say, two cans a month would be an improvement. Adding the fruits, veges & other products is a very good idea. The baby food will be very helpful and reducing the formula to partially breast-feed older infants is also a good idea.

~~I~~ I think eliminating formula for breastfed infant under 1 month of age could be a problem. It would have been in my case.

Thank you for considering my comments.

Sincerely,

Shirleyann Adams

Name Shirleyann Adams

Address 1872 Joes Brook Rd.

St. Johnsbury VT 05819

P- 736

NOV - 1 2006

October, 2006

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

Dear Ms. Daniels,

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

I like that you're adding fresh (ect) fruits and veggies to the package. Also, the foods for babies. But, I don't like that milk will be reduced with eggs. The amounts of them already isn't enough a month. Therefore, I would like that to stay the same. I'm sure more people would agree.

Thank you for considering my comments.

Sincerely,

Name Nicole Kirby
Address 670 Pencil Mill Rd
Castleton, VT 05735

P-737

NOV - 1 2006

October, 2006

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

Dear Ms. Daniels,

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

I think the proposed changes are sorely needed. My son can only drink Soymilk (Dr's order) and no juice. When he was younger I never received enough formula. I love the addition of fruits, veggies, fish + breads. Thank you for working on this.

Thank you for considering my comments.

Sincerely,

Sandra E Boyens

(single working mom of Anthony 2yrs. old.)

Name SANDRA E BOYENS

Address 239 US Rt 5 South

Windsor VT 05089

K-738

NOV - 1 2006

October, 2006

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

Dear Ms. Daniels,

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

I am in favor of adding whole grains, fresh fruit and vegi's. (no canned maybe frozen).

I am worried about eliminating whole milk for children over two. I think in most cases that would be fine. My son has not gained a lot of weight over the past 2 yrs and even though he is 3 he still drinks whole milk. (There may need to be exceptions if M.D. agrees)

I also worry about less formula for infants
Thank you for considering my comments.

Sincerely,

Tracy Collier

Name Tracy Collier

Address 1249 Gebbie Rd

Greensboro VT 05841

that are partially breast fed. Each family has different needs based on situation.

Over all it is important nutritionally to keep up with current research on ~~the~~ Best Practices and support families with appropriate foods.

P- 739

NOV - 1 2006

October, 2006

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

Dear Ms. Daniels,

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

- * I like the idea of getting rid of Juice all together
Maybe keep orange Juice but no apple/grape.
- * I think adding yogurt would be great instead of Tofu or Soy for babies who tolerate milk
- * I also ~~did not know that~~ think that we should have the choice to switch eggs because I use all of my eggs each month - my son loves them so I am not in favor of decreasing eggs.
- * I like adding oatmeal, bread or tortillas
- * I think the peanut butter is fine except the brand keeps changing and none of them have been good - I don't know if this is anything you have control over - thank you

Thank you very much for changing the food packages -
It is much needed.

Thank you for considering my comments.

Sincerely,

Tia Boisvert

Name Tia Boisvert

Address 299 Wilkins St. Apt 2-D

Morrisville, VT 05461

P- 740

NOV - 1 2006

October, 2006

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

Dear Ms. Daniels,

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

I think add the Fruits & Vegetables for children & women is great

I think the alternatives to milk (tofu & Soybev.) should be added to the proposed USDA package for children as well. Older (1-5 yrs.) children can be lactose intolerant as well and still need the calcium

I am also glad to see the addition of whole grains

Thank you for considering my comments.

Sincerely,

Name Sara Phillips
Address 271 Whitford Rd
Vergennes, VT 05491

P-741

NOV - 1 2006

October, 2006

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

Dear Ms. Daniels,

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

Desperately I'm seeking for foods that contain more fat. Anything I see at stores have less or no fat.

My son didn't get fed well while in my womb, cause of 3!!! knots in umbelical cord. Born underweight (4.15 lbs), ~~full~~ term and still at 2 ^{4 yrs old} underweight! (22 lbs)
He needs whole milk after 2 yrs old, still!

How can you help kids that are bad eaters (don't like food at all - yes, my son hates food) by adding more fat & calories to their diet?

Please don't eliminate whole milk at age of 2 or

Thank you for considering my comments.

Sincerely,

Name Athina Hening

Address 45 Church St.

Chester, VT 05143

and no reduces at older formula, because when I was breastfeeding my ^(breast) milk supply was very-very low! Need more formula.

P-742

October, 2006

NOV - 1 2006

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

Dear Ms. Daniels,

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

Adding alternatives to milk like tofu + soy is so important for those with milk allergies and non-animal product eating people. Also delivering to your door fruits, vegetables and whole grain products will encourage people to eat those products. If it is there and someone is hungry it won't be wasted. Also eating whole fruit for infants is extremely important for fiber and will encourage eating whole fruit + vegetables later in life.

Thank you for WIC, and for updating the food package to consider healthier choices
Thank you for considering my comments.

Sincerely,

WIC participant

Name Christine Martel

Address 36 Derby Circle

S Burlington, VT

05403

for women +
Children

P- 743

NOV - 1 2006

October, 2006

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

Dear Ms. Daniels,

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

Myself and my family think the new food package proposal would be wonderful. It would be great to see healthier eating habits supported. It would be wonderful if WIC could fill a little bit more of diet we already eat. We have been recipients on and off in the past because we don't always feel that it is the healthiest choice. So this would be wonderful for our family.

Thank you for considering my comments.

Sincerely,

Name

Jennifer Yetman

Address

2834 E. Hill Rd.
Eden Mills, VT. 05653

P- 744

OCT 30 2006

10/30/06

Oct, 2006

Patricia N. Daniels
Director, Supplemental Food Programs Division

Dear Ms. Daniels

I like the new proposal to change the WIC food package. This will be a very welcome change for myself and my son Zack who is 2 and 4 months. We find with the old WIC we had more eggs + cheese than we could eat. The added veggies, Soy products etc... will be great

Thank You
Sincerely

Teresa Ekasala
P.O. Box 111
Lyndon VT 05849

P- 745

03-P

October, 2006

OCT 26 2006

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

Dear Ms. Daniels,

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

I think it is a very good idea that USDA is adding fresh fruits vegetables and breads to the ^{WIC} package but the idea to reduce the quantity of eggs, milk and Juice for women & children is not so welcoming.

The suggesting alternatives for milk is excellent idea, but the choice of whole milk for children 2 years & up is not preferable I think this should be a choice of parents to choose ~~for~~ ~~the~~ %age of milk for their children.

Thank you for considering my comments.

Sincerely,

Name Uzma Jamal

Address 61 South Main Street Apt#3

Brattleboro Vermont 05301

P-746

03-D

OCT 26 2006

October, 2006

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

Dear Ms. Daniels,

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

THANK YOU for the new
Food Package Revisions. This thoughtful
action assures that all the food
given can and will be beneficial
and used by all the families
receiving it. WIC makes it possible
for our children to always have good
food. We appreciate the help.

Thank you for considering my comments.

Sincerely,

Cynthia L Baird

Name Cynthia L Baird

Address 692 Pleasant Street
West Rutland, VT 05777

P-747

03-P

OCT 18 2006

October, 2006

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

Dear Ms. Daniels,

I am writing to tell you what I think about the proposal to change the WIC food package. I think it's wonderful you are responding to the changing diets of this day and age. The program seems to have put a lot of thought into creating the new packages. You have addressed many problems that have kept people from your program in the past by adding soy products, you have addressed rising food costs by adding fresh, frozen, canned (hopefully in pear juice unsweetened) fruits and veggies. I think the addition of whole grains is great and will hopefully urge people to only purchase whole grains for their families. I think the reduction of juice will help fight childhood obesity and the reduction of milk prevent waste. I am concerned about not providing whole milk to children over. I hope it will be available with a doctors note as my 3yr. old is only 27lbs. and needs the extra calories, as he is very busy. Thank you for your time.

Thank you for considering my comments.

Sincerely,



Name Taurie Wellspeak
Address 218 Grove St
Bennington VT 05201

PS. Thank you for supporting breastfeeding mothers by offering larger packages with tailored foods.

P-748

03-P

October, 2006

OCT 18 2006

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

Dear Ms. Daniels,

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

I think that its a good idea to change the kinds of food. as long as its what people will eat. so nothing goes to waste

Fruits + vegetables - very good. mostly fresh. maybe some beans I love the idea of wheat bread + other grains.

But no tofu or that other health food stuff

Thank you for considering my comments.

Sincerely,

Tracy M Denis

Name: Tracy M. Denis

Address: 108 Seymour St Apt 1
Middlebury, VT 05753

P- 749

OCT 18 2006

03-P

October, 2006

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

Dear Ms. Daniels,

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

I think that the proposed changes are great ones. Not only are they healthy food choices, but they would actually help a lot with the grocery bill! I strongly support the changes that help to promote breastfeeding. I do not, however, agree with the reduction in the amount of eggs. Because they are an excellent source of protein, and my family loves them, I would just have to start buying them myself.

Thank you for considering my comments.

Sincerely,

Name Tiffany Quinn

Address P.O. Box 256

Beebe Plain, VT 05823

P-750

03-P

OCT 18 2006

October, 2006

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

Dear Ms. Daniels,

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

Wonderful! The proposal is so much healthier than what WIC currently provides. It would also help teach us Moms how to better feed our families with whole grains, fruits, veggies etc...

Any chance of Non-fat yogurt being added to the proposal? Just a thought.

Many thanks - this proposal is exciting!! One concern, I noticed in the pictures that Jif Peanut butter was shown instead of All-natural. Jif has tons of sugar & trans-fats whereas the all-natural PB is a far healthier alternative. I hope All-natural PB will still be offered or perhaps replace Jif PB entirely.

Thank you for considering my comments.

Sincerely,

Name Carole E. Cepparello

Address #39 Church Street, Apt. #2

Paletney, VT 05764

P-751

03-P

October, 2006

OCT 18 2006

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

Dear Ms. Daniels,

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

*I believe the changes would be ~~not~~ good. Children need more than
dairy products to be healthy. Fruits and veggies are a big part
of my 3-yr. old's diet. Canned fish is also a decent food product.
I would love to see these food packages changed.*

Thank you for considering my comments.

Sincerely,

Name Carleen M Kasidoe

Address 163rd High Rd

Poultney VT 05764

P-752

OCT 18 2006

03-P

October, 2006

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

Dear Ms. Daniels,

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

I think its a great idea and that it should have happened before now. I feel its a good idea to have a more wider variety of stuff. The only thing is my family like others won't drink 2% milk they only drink whole so if children over 2 can't have it then theres no point in getting the milk because we all would just have to buy the whole anyway.

Thank you for considering my comments.

Sincerely,

Name Dana Jahue

Address 156 Holland pond Rd

Derbyline VT 05830

P-753

October, 2006

OCT 18 2006

03-P

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

Dear Ms. Daniels,

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

As a receiver of WIC for almost 2 years, I can tell you that the changes you have made are excellent. My daughter is almost 18 months and we have never been able to keep up with the amount of milk, eggs, or juice; good decision on the reduction! Excellent decision to include whole grains and to eliminate juice for infants. Juice is not good for babies. It fills up the stomach with empty calories, rots the teeth, is addicting, and causes children to become addicted to sugar. Water and fresh fruit are much healthier. Also - the infant cereals I received were awful! They were highly processed and contained sugar (hidden under "barley malt" or some such thing). I bought Earth's Best Organic Rice + Oatmeal cereal instead. Let's start kids out on the right food instead of filling them with processed sugar. The Earth's Best cereals are whole grain, by the way. Have you considered removing the sugary cereals for kids while you're at it? (Frosted Mini wheats). Babies who are fed sugary processed foods will grow into kids who only eat these things who grow into adults who have health issues. So kudos for your additions of fresh fruit + veggies, beans, peas + legumes, and whole grains. Children who are started out on fresh fruits, vegetables and whole grains like them! (My daughter and I are two success stories). Thank you for the improvements and just one last request: GO ORGANIC! It really does matter for our health and our environment. Thank You,

Sincerely,

Name Jessica Ojala

Address 1408 Brown Hill Rd

Wolcott VT 05680

P-754

03-P

OCT 23 2006

October, 2006

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

Dear Ms. Daniels,

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

From my experience along, I believe the proposed package change would be a suitable change. I think a variety of foods is a nice change for children who are less likely to try something new. I know from my deliveries my children like helping me with the foods delivered, they help put things away & we talk about what foods are present and how they help your body.

Thank you for letting us have a voice! The kids really benefit from the program.

Thank you for considering my comments.

Sincerely,

Molly J. Becker

Name Molly J. Becker

Address 183 Sunset Dr

Bennington, VT 05201

P- 755

03-P

OCT 23 2006

October, 2006

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

Dear Ms. Daniels,

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

I am excited about the proposed changes to the WIC food package. The choices seem well-balanced. Although my child is 3 1/2 + beyond the baby food stage, I know that the baby food would have been a great addition for us

Thank you for considering my comments.

Sincerely,

Annette Franklin
When she + my other children

Name ANNETTE FRANKLIN were infants.

Address 75 LOVERS LN

BRINPORT VT 05734

P-756

OCT 23 2006

03-P

October, 2006

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

Dear Ms. Daniels,

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

While I feel that including fruits & vegetables and grains are a good thing, I don't know why the age limits apply. Don't older babies and children still need milk ^{and fruit & veggies} even if they are over 2 yrs old? Why decrease the amount of formula for 6-11 month olds just when they are drinking larger quantities. Why meats just for fully breast fed babies? Don't they get the nutrients in the meat their mom eats.

Thank you for considering my comments.

Sincerely,

Name Darlene Keener
Address 22 Gibbs St
Proctor, VT 05765



Darlene Keener
22 Gibbs St.
Proctor, VT 05765

P-757

03-D

OCT 23 2006

October, 2006

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

Dear Ms. Daniels,

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

Well first of all I think that WIC is an awesome program, and I am sure you will get lots of different opinions on this, but I feel that you as a mom it is my job to make the decisions for my kids and you I do think that the change is a good change. The only thing I would suggest is giving kids fruit also. WIC has been a true help to my family and I fully trust what the USDA has come up with.

Thank you for considering my comments.

Sincerely, *Peggy Severance*

Name *Peggy Severance*

Address *12 Fourth Street*

Fair Haven VT 05743

P-758

03-P

OCT 23 2006

October, 2006

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

Dear Ms. Daniels,

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

I think that the proposed changes are a good idea. The foods that are going to be added are a good variety of different food groups that we have not seen before. I think that the changes are geared toward the children, especially infants with adding the fruits and vegetables for them along with the formula. The changes would give the growing children a more well balanced diet.

Thank you for considering my comments.

Sincerely,

Jennifer Gorton

Name Jennifer Gorton

Address 108 Ward Dr

Budport VT 05734

P-759

03-P

OCT 23 2006

October, 2006

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

Dear Ms. Daniels,

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

I believe the changes are good ones. The only one I disagree with is making whole milk eliminated for 2 yrs olds and up. We don't eat lots of fat or junk so the fat in the milk is okay.

Thank you for considering my comments.

Sincerely,

Suzanne Williams

Name Suzanne Williams

Address 1964 Plains Rd

Pittsford VT 05763

P-760

03-P

OCT 23 2006

October, 2006

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

Dear Ms. Daniels,

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

I am so pleased to see the addition of whole grains, fruits and vegetables. Encouraging healthy eating choices is so important. Thank you for this improvement.

Thank you for considering my comments.

Sincerely,



Name Sarah Tirrell-Baker

Address 291 Putney mtn Rd

Putney VT 05344

P-761

OCT 23 2006

03-P

October, 2006

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

Dear Ms. Daniels,

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

I think the changes are great! Whole grain & whole foods are always better. Thank you for proposing these changes!

Thank you for considering my comments.

Sincerely,

Name Hilly Savage

Address 32 West St

Fair Haven VT 05743

P- 762

63-P

OCT 23 2006

October, 2006

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

Dear Ms. Daniels,

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

I think the proposed changes are good ideas for the WIC program. Most of the changes are great ways to make the WIC program a better program. By adding fruits, vegetables, beans, soy, rice and fish it will really help out many families.

I do not think that taking away juice for toddlers is a great idea. Toddlers + children still need juice. I also think parents should be able to choose which percentage of milk their toddler drinks.

Overall, the changes proposed to WIC seem like great ways to continue to help families.

Thank you for considering my comments.

Sincerely,

Jill Legacy

Name

Jill Legacy

Address

2461 Mines Rd #1

Lowell VT 05847

P-763

OCT 23 2006

03-P.

October, 2006

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

Dear Ms. Daniels,

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

I think the proposed food package looks good.
The only thing I can suggest is to either get
rid of the eggs or supplement them with
something else.

Thank you for considering my comments.

Sincerely,

Name Lindsey Schaner

Address 14 Hopkins St. Apt #1

Putland, VT 05701

P-764

OCT 23 2006

OCT 23

October, 2006

03-P

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

Dear Ms. Daniels,

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

I think this is a wonderful
change!!! The choice of fruits
and vegetables are so important.

Thank you so much!

Health to our children.

Thank you for considering my comments.

Sincerely,

Name Debra Riccio

Address 4312 Rt. 155

Belmont, Vt. 05730

P-765

10/23/06

October, 2006

D3-P

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

Dear Ms. Daniels,

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

I think it is a great idea! It will cut down on wasted or unwanted food. Cereal (boxed) gets piled up and you have to eat it everyday in order to keep up, then your eggs won't be getting used. We use more eggs than all boxes of cereal. I also think more of a variety of foods is a healthier and great idea, especially with different religions and eating sources and needs of different families. I think adding veggies, fruits, and bread will increase healthier eating habits and a wonderful idea! I really encourage the change! Great idea!

Thank you for considering my comments.

Sincerely, *Jennifer White*

Name Jennifer White

Address 3819 River Road

New Haven, VT 05472

P-766

October, 2006

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

OCT 24 2006

03-P

Dear Ms. Daniels,

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

I think the changes are fantastic! Finally, those families, like mine, can truly be a part of WIC. We live/^{eat} not only traditionally, but also have vegetarian needs as well. To be able to receive more alternative foods is wonderful. Although, I believe cutting back on milk & eggs (especially) is not good. Our family eats every one of the 5 dozen eggs we receive every month. We would miss them if they were cut back.

Thanks for all of your & colleagues hard work.

Thank you for considering my comments.

It's definitely time for change!

Sincerely,

Jennifer Sargent

Name

Jennifer Sargent

Address

122 Sugar House Rd

Dummerston VT 05301

P- 767

OCT 24 2009

Dear Friends at US Department of
Agriculture,

26-P

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

Thank you for adding fruits and 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 choices

What I like least about the proposed
changes is going to the store
to buy wic stuff

Thank you for reading my comments.

Sincerely,

Elisabeth Carlsby
WIC Participant

P-768

October, 2006

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

OCT 24 2006

03-P

Dear Ms. Daniels,

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

I think it's a good decision to update the WIC package. Currently I feel that too much juice is given, because it is much healthier to eat whole fruits for vitamin C + folic acid. So, the addition of both whole fruits + vegetables is a better choice. Also, it will help encourage women to cook healthy meals from scratch using whole foods. The addition of soy products is a great idea as well since they provide a vegetable-based protein source, vitamins + isoflavones. I also support the addition of legumes + fish, and especially whole grain breads. I would rather receive these items than so much cereal. I've been receiving more than enough milk so a reduction is probably a good idea. I would not want to receive less eggs, although

Thank you for considering my comments.

I understand that it may be important to control one's egg consumption.

Sincerely,

Beth Vickers

Name Beth Vickers

Address 2720 Timmouth Rd.

Danby, VT 05739

P-769

October, 2006

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

OCT 24 2006

03-P

Dear Ms. Daniels,

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

I think it is a great idea
& it's too bad this hasn't happened
yet I as a mother think it is
is a major improvement to our
packages.

Thank you for considering my comments.

Sincerely,

Name Kelli Locke

Address P.O. Box 57

East Ryegate, VT 05042

P-770

October, 2006

OCT 2 2 100

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

03-P

Dear Ms. Daniels,

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

I feel that changes would be great except I would not reduce formula, milk or eggs just juice. Kids ^{women} don't need juice especially if they get fruit. It is much less expensive to buy fruits & vegis (baby food) with ^{mfg} coupons than it is for formula. Wheat bread will be a great addition! Fruits and vegis for woman and children

Thank you for considering my comments.

Sincerely,



Name Nicole Carpio-Lee

Address 116 Aldrich dr

Pittsford VT 05763

OCT 24 2005

P-771

October, 2006

03-P

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

Dear Ms. Daniels,

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

I think it is a great choices you are doing for children. all the kids need the nutrition they can get when under the age of 5 years old, and some kids don't get that at all. I hope it goes through

Thank you for considering my comments.

Sincerely,

Name Lina Gerson

Address 11 Leduc Dr.

Swanton VT 05488

P- 772

OCT 24 2006

03-P

October, 2006

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

Dear Ms. Daniels,

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

I am so pleased that changes are being proposed. Healthier food for families in need reflects an honest commitment to the welfare of communities across the country. Thank you for your integrity and intention to make these changes realized!!

Also, this sends a message to food manufactures to use less sugar, more whole grains, etc. in their products.

We've got to work together -- consumers, producers and administrators to make ^{healthier} change possible!!!

Thank you for considering my comments.

Sincerely,

Name K. Rachel Edwards

Address 1060 Ripton Rd.

Lincoln VT 05443

P- 773

06-P

OCT 24 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

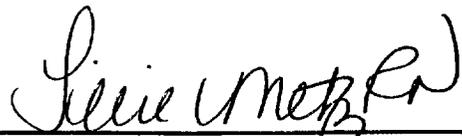
adding fruits & vegetables
limiting juices

What I like least about the proposed changes is

limiting cheese
limiting milk
limiting formula

Thank you for reading my comments.

Sincerely,


Healthcare professional

P-774

October, 2006

OCT 24 2006

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

U3-P

Dear Ms. Daniels,

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

that the average american doesn't eat
Tofu, soy beverages or salmon, sardines, if you
add this to the diet alot of food will be
wasted. I think its a good idea to add
Fruits and vegetables, I don't like the idea about
eliminating juice. I like the idea about whole
wheat breads but when you have to
buy them yourself they are just too
expensive. I think more fruits and
vegetables at an early stage is the
best way to go. But don't get the
children used to the expensive food that normal
people can't afford when the
program is over.

Sincerely,

Christina Pelkey

Name Christina Pelkey

Address 108 Country Club Rd.

Brandon, VT 05733

P-775

October, 2006

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

OCT 24 2006

03-P

Dear Ms. Daniels,

I am writing to tell you what I think about the proposal to change the WIC food package. I think that the new food package will help many families that can not always afford to buy the proper foods. I hope that this new proposal will go through.

I have a question though. I live in Vermont were they still deliver WIC right to the door. Will this change if the food package goes through?

Thank you for considering my comments.

Sincerely, Mae Farley

Name Mae Farley

Address 927 Rt 74 E Unit #5

Shoreham VT 05770

P-776

OCT 24 2006

October, 2006

03-P

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

Dear Ms. Daniels,

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

I am in favor of the proposed changes. They reflect the new information we have learned about healthful eating.

Sounds Good!

The WIC program has been important to us during these early years of our family. The new foods, in addition to what we've already received have helped us bring healthy food to our family.

Thank you for considering my comments.

Sincerely,

Name Betsy Synnot

Address 37 West Main St
Vergennes, VT 05491

P-777

October, 2006

OCT 24 2008

03-P

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

Dear Ms. Daniels,

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

It's an excellent proposal, benefiting all essential nutrients important to our health.

The addition will provide an outstanding, resourceful, and positive benefit to the program and all who participate in this program.

Thank you Sincerely,

Thank you for considering my comments.

Sincerely,

Name Radikusska Jean

Address 388 Wolf Den Rd.

Hyde Park, VT 05635

P-778

OCT 24 2006

October, 2006

03-P

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

Dear Ms. Daniels,

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

I think it would be a healthier change for woman, infants + children, Fruits are better than Juices because they dont have all the sugars and additives, we all would also be getting servings from all the food groups, which is recommended to have everyday. It would ~~be~~ be a big change for a healthier life. Thank you.

Thank you for considering my comments.

Sincerely, *Clare Davis*

Name Angela Demasi

Address 221 King Street

Northfield, Vt. 05663

P-779

03-P

October, 2006

OCT 26 2006

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

Dear Ms. Daniels,

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

I am very pleased to see more areas of the pyramid being hit! Families with children; pregnant women can use the extra help to stay healthy and to add onto their already very stretched food budgets.

Also as a child care provider, I must add that over the years I've seen many families who couldn't get any other help and having these add ons would have really helped them out.

With this state our country is in we middle class will appreciate this extra help. Keep up your great work! Thank you!

Thank you for considering my comments.

Sincerely,

Name Michelle J. Sherwin

Address PO Box 35

Whiting, VT 05778

P-780

03-P

OCT 27 2006

October, 2006

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

Dear Ms. Daniels,

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

I am excited about the proposed changes - especially the addition of fresh fruits and vegetables.

I think reducing the amount of eggs and milk is a great idea - we don't use / don't receive the amounts we are eligible for.

The proposed changes sound like someone really was thinking about eating healthier - much appreciated.

Thank you for considering my comments.

Sincerely,

Name Lori Saccardo

Address 22 Tupper Street

Wadlow, VT 05749

P-781

03-P

OCT 27 2006

October, 2006

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

Dear Ms. Daniels,

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

I think that the proposal to change the current WIC packages is 100% a good idea! The only thing that concerns me is the cheese and milk I feel that both are a very important to my child's diet needs so I would hope that both of those would be able somehow to stay the same! I have been a WIC participant for 7 years and my youngest child is 2 so I'll only be on for 3 more years so I don't know if I'll even be affected by this change!

Thank you for considering my comments.

Sincerely,

Amanda Chase

Name

Amanda Chase

Address

245 Lower Main St.
Johnson, Vt. 05750

P-782

03-D

OCT 27 2006

October, 2006

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

Dear Ms. Daniels,

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

I think the food change proposal is a great idea because we all need to be healthy, and make good food choices for ourselves and for the children.

Thank you for considering my comments.

Sincerely,

Name Beverly M. Morrison
Address 164 Evergreen Manor
Dr Hardwick, VT, 05843

P-783

03-P

OCT 27 2006

October, 2006

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

Dear Ms. Daniels,

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

I support the proposal of adding fresh fruits and vegetables to the wic package, as well as frozen fruits + veggies. I would use canned fruits w/ no sugar added and canned veggies with no salt added.

I also support the proposal of adding milk alternatives, since both my children were bothered by dairy in ~~my~~ my breastmilk, soy milk would be very beneficial as well as tofu. I support all of the "adds" listed on the summary I reviewed of the proposal.

It makes sense since that the package be revised with all the new information we have now on healthy foods and their benefits, that people may not have been aware of in 1974. I often wondered why we received so much juice from WIC, when the pediatrician

Thank you for considering my comments.

doesn't recommend children drink it.

Sincerely,

Name Amber Holden

Address 3756 VT Rte. 5A

W. Burke, VT 05871

I truly appreciate the wic program and the time you are spending improving the program.

Thank you.

Amber Holden

P-784

03-P

OCT 27 2006

October, 2006

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

~~Sanville~~
Dear Ms. Daniels,

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

I agree that we do get too much juice and that we get too much eggs, I don't like whole milk nor do my children so I agree with eliminating that. I agree with alternatives to milk, right now I have just found out my daughter is allergic to milk so I have to buy soy milk myself. adding fruits and vegetables is a great idea, we really need them and they do cost a bit to buy ourself. I agree with increasing formula, when my kids were babies I always ran out from WIC and had to buy it myself.

Great ideas:

Thank you for considering my comments.

Sincerely,


Name Jennifer Sanville

Address 908 Collins Mill Rd.

Newport Ctr, vt 05857.

P-785

03-P

OCT 27 2006

October, 2006

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

Dear Ms. Daniels,

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

I think its a great idea to include all the foods from the pyramid. I was wondering when they would ever do it.

Thank you for considering my comments.

Sincerely,

Name Aleena Lafleur

Address 14314 Rt 22A

Port Deposit VA 20684

P-786

03-P

October, 2006

OCT 27 2006

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

Dear Ms. Daniels,

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

The addition of fruits + vegetables
to the childrens package is great, and needed
Also, whole wheat bread and tortillas is a good
thing too. The juice already made lasts
longer than the cans we have to make
ourselves. My daughter is two years old
and is throwing thanks to our
nutritious WIC foods! Thanks for
the proposed needed changes
to help our little ones grow + be
strong!

Thank you for considering my comments.

Sincerely,

Renee L. Schutze

Name

2111 Route 302
Wells River, VT

Address

05081



P-787

03-P

OCT 27 2006

October, 2006

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

Dear Ms. Daniels,

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

Hello! I think that the new proposal is fantastic! Right now, my daughter is receiving more than enough dairy, and it would be very very nice to have in addition of fruits and veggies. (and a little less dairy.)
I am 100% for this change.

Thank you for considering my comments.

Sincerely,

Name Sarah Telling

Address 206 Main St #18

Vergennes VT 05491

P- 788

D3-P

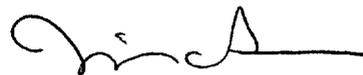
October 25, 2006

OCT 26 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. This program has benefited many of the families well that I've served. The one concern I have is the possibility of decreasing the amount of formula that a baby will receive on a monthly basis

A handwritten signature in black ink, appearing to be "M. A. ...", written in a cursive style.

Sincerely,

P-789

03-P

October, 2006

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

Dear Ms. Daniels,

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

I believe that the food program is due for a change. The proposed new packages would allow people to have access to healthier foods that are often not attainable on a low income budget. Most families would never try soy products, and often shy away from tofu simply because they have never had the chance to try it.

The elimination or reduction of juice is also good, since juice is now realized to be a significant cause of decay in our children's teeth. The new choices look so good that I am eagerly awaiting a change.

Thank you for considering my comments.

Sincerely, Shanda Cross

Name Shanda Cross

Address P.O. Box 212

West Danville, VT 05873

October, 2006

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

OCT 26 2006

Dear Ms. Daniels,

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

I think the Wic Packages as they are now are good. However, I think the proposed additions/^{increases} and Eliminations are also good, but the reductions I don't think are a good proposal. You proposing to Reduce ~~the~~ some of the major items that I think make the WIC Program work while.

Thank you for considering my comments.

Sincerely,

Name Brandy Brown (Bee)

Address 1592 Plains Road

Pittsford VA 05763

P-791

OCT 26 2006

October, 2006

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

Dear Ms. Daniels,

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

This is my opinion,

The addition of fruits, Canned Beans, peas or dried legumes, and whole wheat items would be great because of how much they cost.

The formula has never affected me because I always breastfed my children.

The reduction of milk I do not agree with, But the reduction of juice I do. The eliminations for infants and children over 2 are also good for me.

Thank you for considering my comments.

Thanks

Sincerely,

Name Bethany HallockAddress 303 Satterly Rd
Ferrisburg, VT 05452

P-792

OCT 26 2006

Dear Ms. Daniels,

I am writing to tell you what I think about the proposal to change the WIC food package. I think that the items that you are thinking about adding are great if they are an option. Not a lot of people like tofu and won't want it. The part that I don't really agree with is taking away some of the items. The infant formula for partially breast fed should stay the same because at any time the milk may stop. The quantity of eggs in my opinion isn't enough already so to reduce it is crazy I feel. Eggs and milk are a huge part of the diet of a lot of people in some way, eggs are used in a lot of cooking of items and MILK is used in or at all or most meals in some way or another.

Thank you,



Heather A. Smith

P.S.

I feel like if want to take something
take the Peanut Butter. It's really bad anyway.
With the Peanut Allergies of a lot of children
it's almost not safe to give anyway.

P- 793

03-P

October, 2006

OCT 26 2006

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

Dear Ms. Daniels,

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

I agree with the new proposal, except with eliminating whole milk for a child over the age of 2. My son will only drink whole milk, so he would be losing his calcium in his diet.

Adding fresh fruits and vegetables is a great way to add extra nutrients to any child's diet. I also don't think reducing the milk and juice is a good idea, because what we receive now is a good portion, and will add to the extra nutrients that our children need.

Thank you for considering my comments.

Sincerely,



Name Sandra Chittenden

Address 23B Archibald St

Burlington, VT 05401

OCT 26 2008

P-794

03-P

October, 2006

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

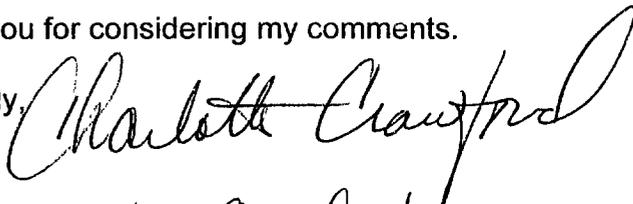
Dear Ms. Daniels,

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

Although I agree that the wic food package needs updating, I think there should be serious consideration as to whether it is wise to reduce or eliminate any foods already in place. I also think whether to give a child whole or low fat milk should be a choice based on the individual child and not something all encompassing. I agree that overweight issues develop at a young age however not for every child. - And what about the mercury levels in fish.

Thank you for considering my comments.

Sincerely,



Name

Charlotte Crawford

Address

404 S. Main St

Brattleboro VT 05301

P-795

OCT 26 2006

03-P

²⁰
October, 2006

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

Dear Ms. Daniels,

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

KUDOS FOR A GREAT IDEA. WITH CHILDHOOD OBESITY ON THE RISE
THIS IS A WONDERFUL WAY TO CONSISTENTLY "WALK THE TALK"
ABOUT NUTRITIONAL EATING. IT IS TIME TO OFFER FOODS
THAT ARE IN LINE WITH THE USDA'S EATING RECOMMEND-
ATIONS. WHAT BETTER WAY TO START ROCKS OFF RIGHT?

AS A BREASTFEEDING MOTHER OF TWINS, I HIGHLY SUPPORT
THE PROPOSED CHANGES. IF WE WANT OUR CHILDREN TO EAT
WHOLESOME FOODS, IT IS OUR RESPONSIBILITY TO PROMOTE IT
TO THEM. YOUR PROGRAM CAN HELP US DO THAT.

THANKS A LOT.

Thank you for considering my comments.

Sincerely,



Name JULIA GRAND DUCET

Address 1231 JOHNSON RD

BRISTOL, VT 05443

P-796

OCT 26 2006

03-P

October, 2006

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

Dear Ms. Daniels,

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

I believe it would benefit the children on the WIC Program; it offers a more balanced diet including all of the food groups, not just dairy, protein, and grains.

I think this proposal should pass to keep the children of Vermont Healthy!

Thank you for considering my comments.

Sincerely,



Name Jennifer Severance

Address 134 Pleasant Dr.

N. Clarendon, VT 05759

P-797

D3-D

October, 2006

OCT 26 2006

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

Dear Ms. Daniels,

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

We are a family of 4. Two adults + 2 children under 3^{1/2} yrs. We all love whole milk. If you take off whole milk we will have to purchase it ourselves; 2% isn't our preference. We eat a lot of eggs, if you lessen the quantity of eggs with the milk, this program may not suit us.

We would like to see a change in cereals. We are having to give our cereal away because we're sick of Cheerios, Mini Wheats, Honey Dats + Rice Chicks.

We like the idea of ^{fresh} fruits + vegetables, but we'd like to choose our own. How will Wilson farm store them + distribute them on top of what they're already doing? What about vouchers or coupons? We wouldn't be interested in tofu or soy beverages, or other fish choices. We would like the brown rice + frozen vegies. We'd like split top wheat instead of whole wheat. I'd encourage you to sincerely investigate + consider the distributors

Thank you for considering my comments.

opinions + capabilities of managing these changes.

Sincerely,

Name Hope Maier

Address P.O. Box 2572

Manchester Ctr, VT 05255

P-798

OCT 26 2006

Please note the
typo on the
yellow enclosed
sheet -

03-P

October, 2006

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

Dear Ms. Daniels,

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

I think that it is very important for the WIC food packages to change as our knowledge of nutrition & childhood development improves.

The alternatives to milk, tuna, & bread options are great. I also feel that having canned beans is a nice option for busy families & their moms!

I would like to stress the fact that since this is a health based program we should teach Americans to eat ORGANIC & local whenever possible. I would like to see this integrated into the updated WIC program.

We love the coupons given to use at our local Farmer's Market.

Sincerely,

Katherine Bowen

Name KATHERINE BOWEN

Address 131 WARDON RD

PUTNEY, VT 05346

THANK YOU!

P.S. - I would also like to thank the VT WIC program for seriously communicating with me regarding tuna. We were receiving "canned white tuna" which is high in mercury. They switched us to "canned light".
Thanks..

P- 799

03-9

OCT 26 2006

October, 2006

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

Dear Ms. Daniels,

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

I am all for changing the WIC food packages. We are vegetarian and soy products, beans, legumes, whole grains, oats and fresh fruit and vegetables would be wonderful!! These are all my choices for healthier eating and I would not get on fatty products as much if I were to receive healthier choices.

My being a vegetarian aside, I do believe we would have much healthier children if fruit, vegies and high protein, low fat foods were available.

They would also support and encourage healthier diets for families who otherwise don't "choose" healthier foods. If parents were supported and educated from the birth of their babies to eat and grow up healthy foods they would more likely continue long past their removal from the WIC food program.

Thank you for considering my comments.

Sincerely, Christine Strobel

Name Christine Strobel

Address 78 Cooks Pond Rd,

Weatherfield, VT 05156

I would like to also take this opportunity to say our heartfelt thanks to the WIC program and ALL those involved from the dairy through the administration especially those giving support on our own non minutes of fees. G. J. Glass, Christine Strobel

P-800

OCT 26 2006

03-P

October, 2006

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

Dear Ms. Daniels,

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

I think there should be more of a selection of better foods. Food stamps don't always last the whole month so myself I look forward to the foods from Tuesday's WIC for my kids to have something else.

Thank you for considering my comments.

Sincerely,

Name Melissa Monfreda

Address 56 Ave B

Burlington, VT 05408