

OCT 31 2016

p 8201

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

less cheese and peanut-butter.

The fruits and vegetables is a big

empovement. Thank you.

What I like least about the proposed changes is

my family eats about 2 cartons

of eggs per month. But now the amount

has decreased we dont eat them

everyday but we consume that much @

Thank you for reading my comments. Once a month.

Sincerely,

  
WIC Participant

Riverside County, California

OCT 9 1 2008

Dear Friends at US Department of Agriculture,

P 8202

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

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

What I like most about the proposed changes is

that the kids get all the vitamins

What I like least about the proposed changes is

Nothing

Thank you for reading my comments.

Sincerely,

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

Riverside County, California

OCT 31 2006

p 8203

Dear Friends at US Department of Agriculture,

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

Thank you for adding fruits and 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 different Healthy food.

What I like least about the proposed changes is

N/A

Thank you for reading my comments.

Sincerely,

  
WIC Participant

Riverside County, California

OCT 11 2006

P 8204

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

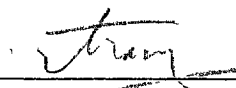
To have ~~more~~ fruits and veggies in our package is wonderful.

What I like least about the proposed changes is

To have ~~to~~ as a option.

Thank you for reading my comments.

Sincerely,

  
WIC Participant

Riverside County, California

OCT 31 2006

Dear Friends at US Department of Agriculture,

18205

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

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

What I like most about the proposed changes is

ADDING more variety

What I like least about the proposed changes is

Nothing!

Thank you for reading my comments.

Sincerely,

Ashley Rainey  
WIC Participant

Riverside County, California

OCT 31 2006

Dear Friends at US Department of Agriculture,

p 8206

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

Thank you for adding fruits and 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 can get more healthy food  
for your children

What I like least about the proposed changes is

It doesn't last long

Thank you for reading my comments.

Sincerely,

Terles Moya  
WIC Participant

Riverside County, California

OCT 31 2006

18207

Dear Friends at US Department of Agriculture,

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

Thank you for adding fruits and 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 healthier fruits, veggies and whole grain choices!

What I like least about the proposed changes is

Nothing ~ I think it's great!

Thank you for reading my comments.

Sincerely,

Angie L. Baersma  
WIC Participant

Riverside County, California

OCT 31 2006  
Dear Friends at US Department of Agriculture,

p 8208

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

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

What I like most about the proposed changes is

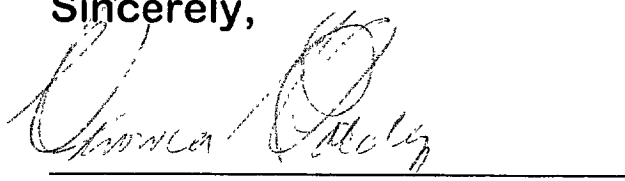
that it is giving more choices and  
bread / berries / fruit is always great  
to include in a diet.

What I like least about the proposed changes is

Everything is fine, no complaints

Thank you for reading my comments.

Sincerely,



WIC Participant

Riverside County, California



OCT 31 2006

p 8209

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

foods including fruits, vegetables & alternatives with "whole grains".

What I like least about the proposed changes is

why do I reduce the amount in cross milk?  
because my son really enjoys it

Thank you for reading my comments.

Sincerely,

Real

WIC Participant

Riverside County, California

OCT 31 2006

P 8210

Dear Friends at US Department of Agriculture,

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

Thank you for adding fruits and 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 offering fruits & veggies will ensure children getting the vit. & minerals from the best sources.

What I like least about the proposed changes is

Nothing to say.

Thank you for reading my comments.

Sincerely,

  
WIC Participant

Riverside County, California

OCT 31 2006

p 8211

Dear Friends at US Department of Agriculture,

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

Thank you for adding fruits and 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 / adding veggies  
And fruit / ~~whole grain~~ whole grain.

What I like least about the proposed changes is

N/A

Thank you for reading my comments.

Sincerely,

A. Johnson

WIC Participant

Riverside County, California

OCT 31 2016

Dear Friends at US Department of Agriculture,

p 8212

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

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

What I like most about the proposed changes is

That fruits and vegetables were added.

What I like least about the proposed changes is

That milk and juice were removed. Also eggs and cheese are preferred more than bread and tortillas.  
Thank you for reading my comments.

Sincerely,

Victoria Flores

WIC Participant

Riverside County, California

OCT 31 2008

Dear Friends at US Department of Agriculture, p 8213

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

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

What I like most about the proposed changes is

variety is the most important thing since I like to try new things

What I like least about the proposed changes is

I like everything

Thank you for reading my comments.

Sincerely,

Maria Hernandez  
WIC Participant

Riverside County, California

OCT 31 2006

Dear Friends at US Department of Agriculture,

p 8214

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

Thank you for adding fruits and 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

soy milk

What I like least about the proposed changes is

less juice

tofu

Thank you for reading my comments.

Sincerely,

Maria Gomez  
WIC Participant

Riverside County, California

OCT 31 2006

Dear Friends at US Department of Agriculture,

p 8215

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

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

What I like most about the proposed changes is

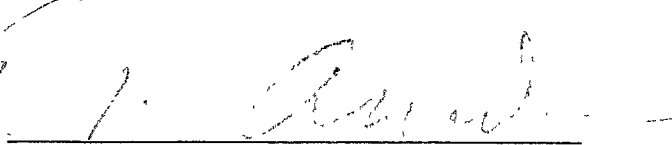
I think is a great proposal.

What I like least about the proposed changes is

Nothing, the proposed change is great.

Thank you for reading my comments.

Sincerely,



WIC Participant

Riverside County, California

OCT 01 2004

Dear Friends at US Department of Agriculture,

p 8216

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

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

What I like most about the proposed changes is

allowing more fruits and more food

to choose from

What I like least about the proposed changes is

nothing

Thank you for reading my comments.

Sincerely,



WIC Participant

Riverside County, California



OCT 9 1 2006

Dear Friends at US Department of Agriculture,

p 8217

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

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

What I like most about the proposed changes is


variety.

What I like least about the proposed changes is

Nothing.

Thank you for reading my comments.

Sincerely,

  
WIC Participant

Riverside County, California

OCT 31 2006

P 8218

Dear Friends at US Department of Agriculture,

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

Thank you for adding fruits and 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 choosing the fresh and the healthy food for my family. I thank you.

What I like least about the proposed changes is

Thank you for reading my comments.

Sincerely,

Mary Lou Smith  
WIC Participant

Riverside County, California

OCT 31 2008

Dear Friends at US Department of Agriculture,

p 8219

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

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

What I like most about the proposed changes is

Veggies are healthier.

My children had more veggies.

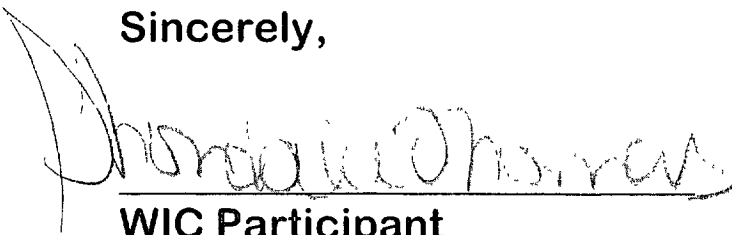
and it costs more to eat healthier and

What I like least about the proposed changes is

these changes will help with ~~the~~ costs.

Thank you for reading my comments.

Sincerely,



WIC Participant

Riverside County, California

OCT 9 2006

p 8220

Dear Friends at US Department of Agriculture,

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

Thank you for adding fruits and 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 proposal because it is going to add fruit, and vegetables

What I like least about the proposed changes is

we are not going to have more WIC.

Thank you for reading my comments.

Sincerely,

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

Riverside County, California

OCT 11 2008

p 8221

Dear Friends at US Department of Agriculture,

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

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

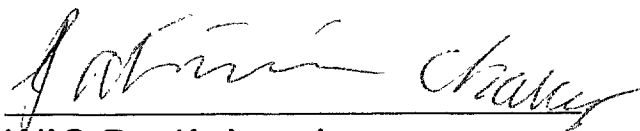
What I like most about the proposed changes is

that people will not gain a lot of weight

What I like least about the proposed changes is

Thank you for reading my comments.

Sincerely,



WIC Participant

Riverside County, California

OCT 31 2006

Dear Friends at US Department of Agriculture,

p 8222

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

Thank you for adding fruits and 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 my baby will be able to have

healthier foods.

What I like least about the proposed changes is

Thank you for reading my comments.

Sincerely,

Sara Mickelson

WIC Participant

Riverside County, California

OCT 31 2006

Dear Friends at US Department of Agriculture,

p 8223

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

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

What I like most about the proposed changes is

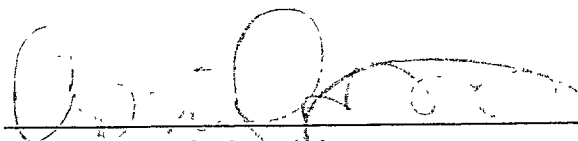
more variety

What I like least about the proposed changes is

N/A

Thank you for reading my comments.

Sincerely,

  
WIC Participant

Riverside County, California

OCT 31 2006

Dear Friends at US Department of Agriculture,

p 8224

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

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

What I like most about the proposed changes is

more of a variety.

What I like least about the proposed changes is

Thank you for reading my comments.

Sincerely,

Patrick Taylor  
WIC Participant

Riverside County, California



OCT 31 2006

p 8225

Dear Friends at US Department of Agriculture,

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

Thank you for adding fruits and 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 food

What I like least about the proposed changes is

Cost

Thank you for reading my comments.

Sincerely,

Christina M. [unclear] - Good

WIC Participant

Riverside County, California

OCT 31 2006

p 8226

Dear Friends at US Department of Agriculture,

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

Thank you for adding fruits and 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 for the kids and I

I think it is better for ~~them~~ them

What I like least about the proposed changes is

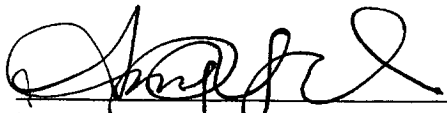
\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Thank you for reading my comments.

Sincerely,

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

Riverside County, California

OCT 11 2006

p 8 227

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

what I like the most is the babies  
could be healthier.

What I like least about the proposed changes is

I liked everything about it

Thank you for reading my comments.

Sincerely,

Margarita Carrasco  
WIC Participant

Riverside County, California

OCT 31 2006  
Dear Friends at US Department of Agriculture,

p 8228

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

Thank you for adding fruits and 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 liked all the fruit and vegetables.

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What I like least about the proposed changes is

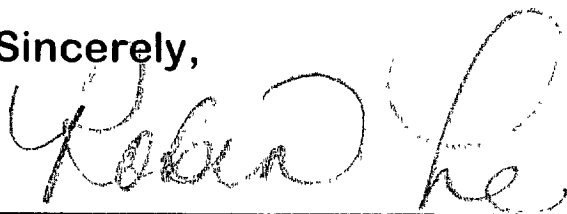
That you only get 1 dozen eggs, and less milk.

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---

Thank you for reading my comments.

Sincerely,



WIC Participant

Riverside County, California

OCT 31 2006

p 8229

Dear Friends at US Department of Agriculture,

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

Thank you for adding fruits and 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 and vegetables, plus the whole grains

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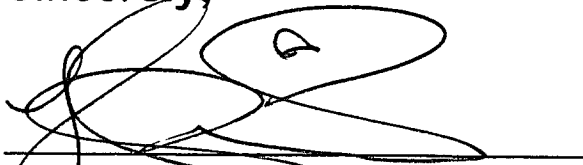
What I like least about the proposed changes is  
nothing really

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Thank you for reading my comments.

Sincerely,

A handwritten signature in black ink, consisting of several loops and a long horizontal stroke at the end.

WIC Participant

Riverside County, California

OCT 31 2008

p 8230

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

Our kids would enjoy more veg and have a little of every thing that was good.

What I like least about the proposed changes is

Thank you for reading my comments.

Sincerely,

*Estela Alvarez*

WIC Participant

Riverside County, California

OCT 31 2006

P 8231

Dear Friends at US Department of Agriculture,

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

Thank you for adding fruits and 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 surprising helpful and deciding what you need.*

What I like least about the proposed changes is

*Great changes towards product as for as size.*

Thank you for reading my comments.

Sincerely,

*Le Brock Boyd*  
WIC Participant

Riverside County, California

OCT 31 2006

P 8232

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

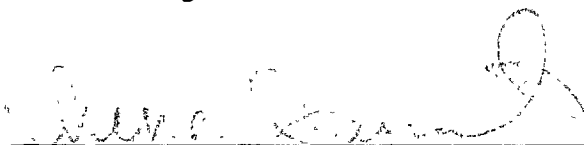
the fruits and vegetables  
being added.

What I like least about the proposed changes is

There is nothing that I don't like.

Thank you for reading my comments.

Sincerely,

  
WIC Participant

Riverside County, California



OCT 31 2006

p 8233

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

The Fruits and Veggies

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What I like least about the proposed changes is

no one to do checks

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Thank you for reading my comments.

Sincerely,

Anthony Mendez  
WIC Participant

Riverside County, California

OCT 21 2006

p 8234

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

Fruits/veggies, whole grain cereal  
Bread / tortillas "whole wheat"

What I like least about the proposed changes is

Less Cheese.

Thank you for reading my comments.

Thanks for considering the changes.  
We like the new changes. We are  
Sincerely, grateful to have them.

Janean Weisman  
WIC Participant

Riverside County, California

OCT 31 2006

p 8235

Dear Friends at US Department of Agriculture,

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

Thank you for adding fruits and 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 wic products  
more fruits and vegetables  
& like everything

What I like least about the proposed changes is

Thank you for reading my comments.

Sincerely,

Maria S. Gomez  
WIC Participant

Riverside County, California

OCT 31 2006

P 8236

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

\_\_\_\_\_

*The added fruit + grains*

\_\_\_\_\_

What I like least about the proposed changes is

\_\_\_\_\_

*less eggs + cheese + grains*

\_\_\_\_\_

Thank you for reading my comments.

Sincerely,

*Marti Weber*

\_\_\_\_\_

WIC Participant

Riverside County, California

OCT 31 2006

p 8237

Dear Friends at US Department of Agriculture,

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

Thank you for adding fruits and 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 option to switch (mix-n-match) certain

items.

What I like least about the proposed changes is

The lesser amount of the dairy products.

Thank you for reading my comments.

Sincerely,

Nancy M. Gonzalez

WIC Participant

Riverside County, California

OCT 31 2006

p 8238

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

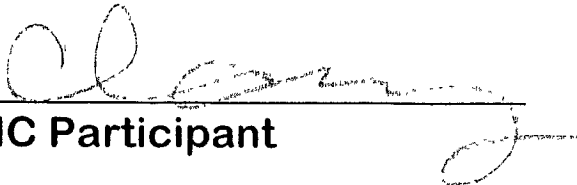
I like the Fruit, vegetables, and bread

What I like least about the proposed changes is

There's nothing I don't like about it, I think it's A great idea

Thank you for reading my comments.

Sincerely, Charlaive 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

that we get fruits and veggies  
\_\_\_\_\_  
\_\_\_\_\_.

What I like least about the proposed changes is

that we get less fruits and veggies  
\_\_\_\_\_  
\_\_\_\_\_.

Thank you for reading my comments.

Sincerely,

Wendy F...

WIC Participant

Riverside County, California

OCT 31 2006

Dear Friends at US Department of Agriculture,

pg 240

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

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

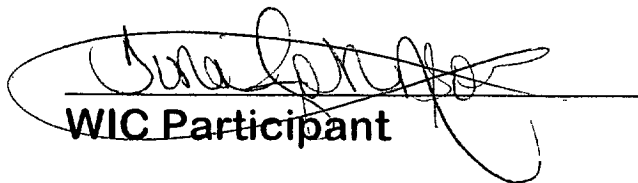
What I like most about the proposed changes is

Fruits, veggies and the  
change in variety.

What I like least about the proposed changes is

Thank you for reading my comments.

Sincerely,

  
WIC Participant

Riverside County, California



OCT 31 2006

Dear Friends at US Department of Agriculture,

p 8241

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

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

What I like most about the proposed changes is

\_\_\_\_\_

*Gives us more of the food we like and food that we actually buy when we go to the store*

What I like least about the proposed changes is

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Thank you for reading my comments.

Sincerely,

*Ashia Roman*

WIC Participant

Riverside County, California

OCT 31 2006

Dear Friends at US Department of Agriculture,

p 8242

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

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

What I like most about the proposed changes is

ADD ? FRUITS - VEGGIES

What I like least about the proposed changes is

No. of FEEDING PROGRAMS

Thank you for reading my comments.

Sincerely,

*[Handwritten signature]*

WIC Participant

Riverside County, California

OCT 31 2006

Dear Friends at US Department of Agriculture,

p 8243

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

Thank you for adding fruits and 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 and the whole grains.

I also like the limiting of the juices.

What I like least about the proposed changes is

the addition of soy products, bulgar and

barley, these things are not readily available

at my market.

Thank you for reading my comments.

Sincerely,

Samuel J. Jiles

WIC Participant

Riverside County, California

OCT 8 1 2006

p 8244

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

add beans and  
tortillas.

What I like least about the proposed changes is

is the tortu and cheese  
limit.

Thank you for reading my comments.

Sincerely,

David Green  
WIC Participant

Riverside County, California

OCT 31 2006

Dear Friends at US Department of Agriculture,

p 8245

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

Thank you for adding fruits and 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 and veggies and the whole grains.

What I like least about the proposed changes is

getting less milk and ~~fruit~~ cheese.

Thank you for reading my comments.

Sincerely,

Desiree Lopez  
WIC Participant

Riverside County, California

OCT 31 2016

Dear Friends at US Department of Agriculture,

p 8246

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

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

What I like most about the proposed changes is

The adding of Fruits and Vegetables

What I like least about the proposed changes is

The egg reduced from 2 doz to 1 doz

Thank you for reading my comments.

Sincerely,

Margaret M. Walsh

WIC Participant

Riverside County, California

OCT 31 2008

Dear Friends at US Department of Agriculture,

p 8247

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

Thank you for adding fruits and 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 will be adding fruits, veggies  
and whole grains to the program.

What I like least about the proposed changes is

nothing I think these changes  
are more healthy for our children

Thank you for reading my comments.

Sincerely,

Nanette

WIC Participant

Riverside County, California

OCT 31 2006

p 8248

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

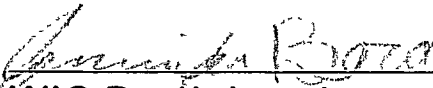
Like the fruits, vegetables, canned beans, bread & tortillas

What I like least about the proposed changes is

I don't like the idea of tofu or soy

Thank you for reading my comments.

Sincerely,

  
Carmela Bata

WIC Participant

Riverside County, California



OCT 31 2008

P 8249

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

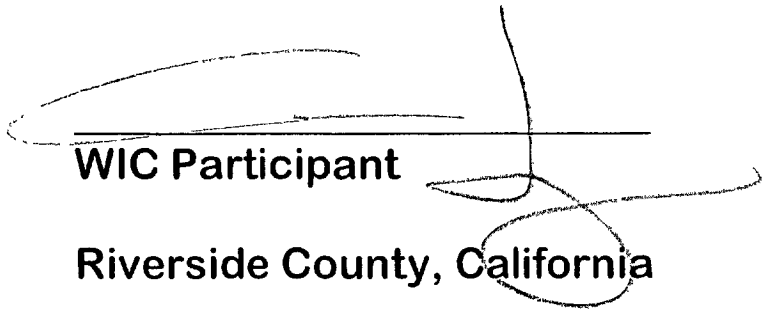
The addition of the fruits and veggie - I like the addition of the carrots as for the...  
.....

What I like least about the proposed changes is

The addition of 100% and sug beverages  
.....

Thank you for reading my comments.

Sincerely,

  
WIC Participant  
Riverside County, California

OCT 31 2006

p 82 50

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

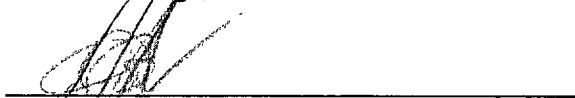
that now vegetables and fruits  
and to me it seems like more  
variety of foods.

What I like least about the proposed changes is

the amount of cost is  
that USA won't be divided  
any more.

Thank you for reading my comments.

Sincerely,



WIC Participant

Riverside County, California

OCT 31 2006

Dear Friends at US Department of Agriculture,

P 8251

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

Thank you for adding fruits and 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 is a great change. There will be  
less of everything so that would limit  
the what kids take.

What I like least about the proposed changes is

N/A

Thank you for reading my comments.

Sincerely,

Liliana A.

WIC Participant

Riverside County, California

OCT 9 1 2006

Dear Friends at US Department of Agriculture,

p 8252

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

Thank you for adding fruits and 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 fruits have been  
added.

What I like least about the proposed changes is

the decrease in cheese and  
milk. Tortillas are much more affordable  
than cheese. In my opinion  
is needed more for tortillas.

Thank you for reading my comments.

Sincerely,

Kinda M.

WIC Participant

Riverside County, California

OCT 31 2006

Dear Friends at US Department of Agriculture,

p 8253

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

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

What I like most about the proposed changes is

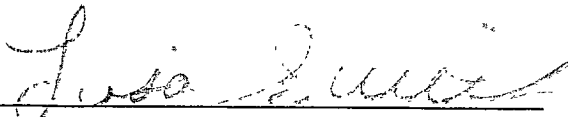
the addition of fruits & vegetables  
and the whole grain choices.

What I like least about the proposed changes is

still no nuts or water. My  
daughter can do without juice - she  
loves water.

Thank you for reading my comments.

Sincerely,



WIC Participant

Riverside County, California

007 5 1 2006

p 8254

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

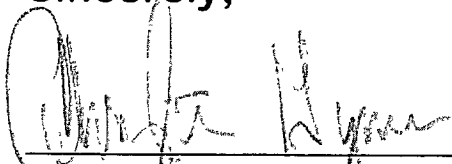
Veggies, fruit

What I like least about the proposed changes is

Less Cheese

Thank you for reading my comments.

Sincerely,

  
WIC Participant

Riverside County, California

OCT 31 2006

p 8255

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

Fruits and veggies and also  
bread and tortillas

What I like least about the proposed changes is

I think everything about it is  
great !!!

Thank you for reading my comments.

Sincerely,

Julia Ortega

WIC Participant

Riverside County, California

OCT 31 2006

p 8256

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

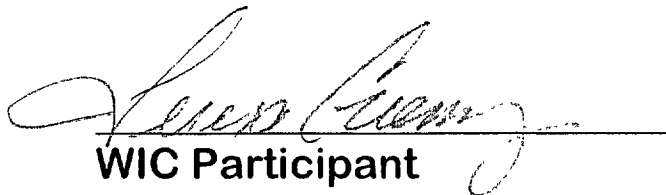
*having fruits & vegetables. Bread is also a great idea! Cutting half of juice is good too.*

What I like least about the proposed changes is

*cutting out or half of milk.*

Thank you for reading my comments.

Sincerely,

  
WIC Participant

Riverside County, California



OCT 31 2006

p8257

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

THAT IT WILL BE BETTER & HEALTHIER.  
BY PROVIDING FRUITS & VEG.

What I like least about the proposed changes is

Thank you for reading my comments.

Sincerely,

SALVADOR, SALINAS



WIC Participant

Riverside County, California

OCT 31 2006

Dear Friends at US Department of Agriculture,

p 8258

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

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

What I like most about the proposed changes is

Great, because you are adding Fruits, Veggies  
Very Healthy foods.

What I like least about the proposed changes is

None

Thank you for reading my comments.

Sincerely,

C. Baty  
WIC Participant

Riverside County, California

OCT 31 2006  
Dear Friends at US Department of Agriculture,

p 8259

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

Thank you for adding fruits and 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 ~~vegetables~~ more variety of fruits &  
vegetables and less milk.

What I like least about the proposed changes is

that we cannot get water juice

Thank you for reading my comments.

Sincerely,

Jenni [Signature]

WIC Participant

Riverside County, California

OCT 31 2006

p 8260

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

that you guys provide us more

vegetables bread, tortillas ect ect

What I like least about the proposed changes is

that we received less eggs

and milk.

Thank you for reading my comments.

Sincerely,

Camelia Cardenas

WIC Participant

Riverside County, California

OCT 01 2006

p 8261

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

its a good idea. since vegetables  
are so expensive.

What I like least about the proposed changes is

Thank you for reading my comments.

Sincerely,



WIC Participant

Riverside County, California

OCT 31 2008

Dear Friends at US Department of Agriculture,

P 8262

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

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

What I like most about the proposed changes is

We are getting more food, and also we can  
actually make a meal with the change

What I like least about the proposed changes is

the change is going to take place sometime  
next year, I would want it sooner

Thank you for reading my comments.

Sincerely,

Guadalupe Serafin  
WIC Participant

Riverside County, California

OCT 21 2005

Dear Friends at US Department of Agriculture,

p 8263

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

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

What I like most about the proposed changes is

the fact that you are adding the

fruits and vegetables I think all kids should

have that.

What I like least about the proposed changes is

The juices and milk and cheese is going

down.

Thank you for reading my comments.

Sincerely,

Christina

WIC Participant

Riverside County, California

OCT 31 2006

p 8264

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

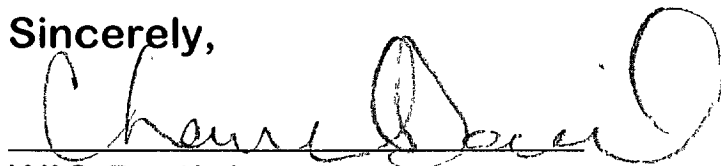
That fruits are a good thing  
and much healthier.

What I like least about the proposed changes is

That I would prefer more different  
types of foods.

Thank you for reading my comments.

Sincerely,



WIC Participant

Riverside County, California



Dear Friends at US Department of Agriculture,

P 8265

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

Thank you for adding fruits and 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 vegetables, the whole grains, the fruits & the tofu.

What I like least about the proposed changes is

The reduce of juice and cheese

Thank you for reading my comments.

Sincerely,

Maria Robles

WIC Participant

Riverside County, California

OCT 01 2006

p 8266

Dear Friends at US Department of Agriculture,

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

Thank you for adding fruits and 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 a variety and also not much fat is offered for our kids. I also like the fact that there are fruits & wheat offered for our kids*

What I like least about the proposed changes is

*I am satisfied with the changes*

Thank you for reading my comments.

Sincerely,



WIC Participant

Riverside County, California

OCT 5 2016

Dear Friends at US Department of Agriculture,

p 8267

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

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

What I like most about the proposed changes is

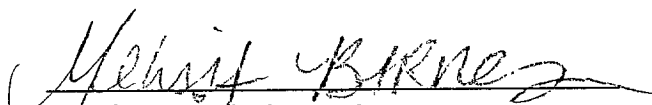
the addition of fruits and vegetables  
and the option of a whole grain.

What I like least about the proposed changes is

the reduction of cheese. Cheese is an  
expensive commodity that my family uses in  
a multitude of recipes & for a snack.

Thank you for reading my comments.

Sincerely,

  
WIC Participant

Riverside County, California

OCT 31 2006

p 8268

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

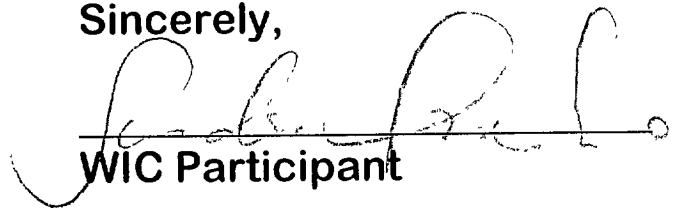
For including fresh fruits & vegetables.

What I like least about the proposed changes is

getting rid of half the fruits and switching tortilla for cheese.

Thank you for reading my comments.

Sincerely,

  
WIC Participant

Riverside County, California

OCT 31 2006

P 8269

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

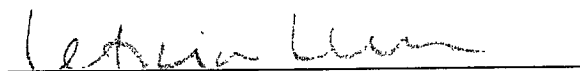
Adding vegetables & bread

What I like least about the proposed changes is

Some of the cereal they ~~are~~ want to take away

Thank you for reading my comments.

Sincerely,



WIC Participant

Riverside County, California

001 8 2 2006

p 8270

Dear Friends at US Department of Agriculture,

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

Thank you for adding fruits and 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 more of a variety will exist for

example I like the added berries and Tofu

What I like least about the proposed changes is

The fact that they are cutting down on the  
milk allowance.

Thank you for reading my comments.

Sincerely,

Zaira Zardana  
WIC Participant

Riverside County, California

SEP 31 2006

p 8271

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

Green - Frijoles

What I like least about the proposed changes is

Portillo's

Thank you for reading my comments.

Sincerely,

  
WIC Participant

Riverside County, California

05/21/2006

p 8272

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

The adding of fruits and veggies

What I like least about the proposed changes is

The Milk that we will get  
3 gallons instead of 4 1/2 gallons.

Thank you for reading my comments.

Sincerely,

  
WIC Participant

Riverside County, California



OCT 31 2006

p 8273

Dear Friends at US Department of Agriculture,

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

Thank you for adding fruits and 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 get (fruit) <sup>veggies</sup> is a great help. The whole grain is also nice and very good for the kids.

What I like least about the proposed changes is

The change from whole to 2% milk I feel is not a healthy change for kids. My kids are very active, eat like pigs but are perfect or under weight. Also the change from 2 to 1 lb of cheese the kids love cheese and need the protein.  
Thank you for reading my comments.

Sincerely,

Karen J. Kondrak

WIC Participant

Riverside County, California

OCT 31 2006

P 8274

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

THE FRUITS & VEGETABLES

\_\_\_\_\_  
\_\_\_\_\_.

What I like least about the proposed changes is

THE MILK, I THINK IT SHOULD STAY

WHOLE MILK,

\_\_\_\_\_.

Thank you for reading my comments.

Sincerely,

Karen C Wilson

WIC Participant

Riverside County, California

OCT 31 2006

p 8275

Dear Friends at US Department of Agriculture,

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

Thank you for adding fruits and 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 added fruits and veg.

What I like least about the proposed changes is

I think whole milk should be provided for under weight children -

~~as~~ as a foster parent it is not un-  
common for us to get a child in  
care who may be extremely low  
Thank you for reading my comments.

may need <sup>weight and</sup> the add fat. temporarily

Sincerely,

Zlatka

WIC Participant

Riverside County, California

31 2006

p 8276

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

Variety - Products I purchase anyway

What I like least about the proposed changes is

Perhaps for children who are under-weight exceptions could be made for whole milk.  
(I am a foster parent)

Thank you for reading my comments.

Sincerely,

Martha Villalobos

WIC Participant

Riverside County, California

JUL 31 2006

P 8277

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

whole grains are added as well as fruits +  
vegetables.

What I like least about the proposed changes is

Milk, cheese & eggs are reduced & children  
will receive less protein.

Thank you for reading my comments.

Sincerely,

Vanessa Wilson

WIC Participant

Riverside County, California

OCT 31 2006

P 8278

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

Do not like proposed changes.

I prefer no changes.

Very happy with current program.

What I like least about the proposed changes is

Less cheese & milk

We buy our vegetables separately with out weighing everything.

Thank you for reading my comments.

Sincerely,

Betty Cook

WIC Participant

Riverside County, California

OCT 31 2006

p 8279

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

addition of fruit

What I like least about the proposed changes is

It seems like we will be getting less.

Thank you for reading my comments.

Sincerely,

Bernadette Baizans

WIC Participant

Riverside County, California

OCT 31 2006

p 8280

Dear Friends at US Department of Agriculture,

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

Thank you for adding fruits and 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 grain changes. But I like the old way better I don't like corn tortillas as a wheat bread.*

What I like least about the proposed changes is

*you get a lot less with the proposed change I like more milk & dairy products.*

Thank you for reading my comments.

Sincerely,

*Liana [Signature]*

WIC Participant

Riverside County, California



07 31 2006

p 8281

Dear Friends at US Department of Agriculture,

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

Thank you for adding fruits and 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 added bread and the fruits and vegetables.

What I like least about the proposed changes is

that we get less milk and cheese.

Thank you for reading my comments.

Sincerely,

Victoria L. Turner

WIC Participant

Riverside County, California

OCT 31 2006

p 8282

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

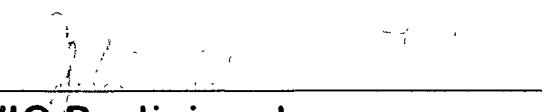
that <sup>there</sup> is more variety in the packages  
I like the idea of getting fresh  
and healthy

What I like least about the proposed changes is

the cost of the fruit and veggie

Thank you for reading my comments.

Sincerely,

  
WIC Participant

Riverside County, California

31 2006

p 8283

Dear Friends at US Department of Agriculture,

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

Thank you for adding fruits and 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 fruits & vegetables  
are added to promote healthy  
eating habits.

What I like least about the proposed changes is

taking away the amt. of Cheese  
and juices. We need the the amt. we  
were getting.

Thank you for reading my comments.

Sincerely,

C. Seape  
WIC Participant

Riverside County, California

OCT 31 2006

p 8284

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

Because you can have Fruit as part of your choice as well as Bread & vegetables.

What I like least about the proposed changes is

I Don't have any dislikes about it & really think it a great idea!

Thank you for reading my comments.

Sincerely,

Kymber Weatherpoon  
WIC Participant

Riverside County, California

Oct 31 2006

p 8285

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

what I like more is they add  
more vegetables

What I like least about the proposed changes is

will I like everything

Thank you for reading my comments.

Sincerely,

  
WIC Participant

Riverside County, California

001 31 2006

p 8 286

Dear Friends at US Department of Agriculture,

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

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

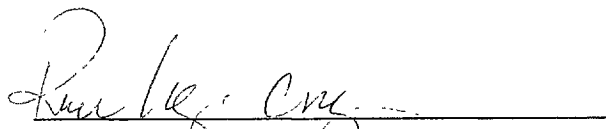
What I like most about the proposed changes is

That they have added fruit  
and bread.

What I like least about the proposed changes is

Thank you for reading my comments.

Sincerely,

  
WIC Participant

Riverside County, California

07 31 2006

p 8287

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

There are veggies added for the kids!  
The bread is also a nice thing.

What I like least about the proposed changes is

There is less milk and less eggs.

Thank you for reading my comments.

Sincerely,

  
WIC Participant

Riverside County, California

OCT 31 2006

p 8288

Dear Friends at US Department of Agriculture,

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

Thank you for adding fruits and 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 you are giving fruits & veggie.

What I like least about the proposed changes is

IS that you are reduces juice & milk.

Thank you for reading my comments.

Sincerely,

Louise G. Gueses  
WIC Participant

Riverside County, California



1 2006

P 8289

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

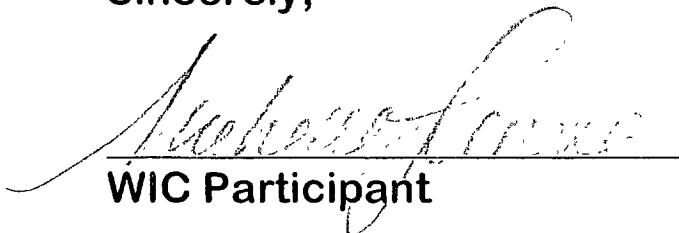
I don't like the changes

What I like least about the proposed changes is

changes in the milk size  
& eggs & cheese

Thank you for reading my comments.

Sincerely,

  
WIC Participant

Riverside County, California

OCT 31 2006

p 8290

Dear Friends at US Department of Agriculture,

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

Thank you for adding fruits and 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 a change to choose my Fruits and getting

~~more~~ tortillas

What I like least about the proposed changes is

Not have gouda cheese

Thank you for reading my comments.

Sincerely,

Elaine H. H.

WIC Participant

Riverside County, California

OCT 31 2006

p 8291

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

that it's very healthy choice  
to add vegetables.

What I like least about the proposed changes is

there should not be a change.

I believe each parent should be

able to supply this for their children.

Thank you for reading my comments.

Sincerely,

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

Riverside County, California

OCT 31 2006

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

the corn tortillas and the fruit and

vegies, and also the bread.

What I like least about the proposed changes is

the milk and juice, and also the

cheese.

Thank you for reading my comments.

Sincerely,

  
WIC Participant

Riverside County, California

OCT 31 2006

p 8293

Dear Friends at US Department of Agriculture,

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

Thank you for adding fruits and 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 expand the food of

WIC. It would be a good change

What I like least about the proposed changes is

UNSURE of how much fruits & veggies

you would get for \$10.

Thank you for reading my comments.

Sincerely,

Melissa Rainey  
WIC Participant

Riverside County, California

OCT 31 2006

p 8294

Dear Friends at US Department of Agriculture,

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

Thank you for adding fruits and 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.

What I like least about the proposed changes is

But I like more juice & milk.

Thank you for reading my comments.

Sincerely,

Oswaldo Villa  
WIC Participant

Riverside County, California

OCT 31 2006

p 8295

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

corn tortillas.

What I like least about the proposed changes is

Well we can buy fruits & veggies at a later time but milk is not cheap.

Thank you for reading my comments.

Sincerely,

Linda Garcia

WIC Participant

Riverside County, California

OCT 31 2006

p 8296

Dear Friends at US Department of Agriculture,

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

Thank you for adding fruits and 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 more fruits & veggies and all healthy.

What I like least about the proposed changes is

Nothing

Thank you for reading my comments.

Sincerely,

Jenna Anderson

WIC Participant

Riverside County, California



OCT 31 2006

p 8297

Dear Friends at US Department of Agriculture,

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

Thank you for adding fruits and 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 are getting fruit and tortillas ~~instead~~

What I like least about the proposed changes is

that we are going to get less of  
the cheese & eggs

Thank you for reading my comments.

Sincerely,

  
WIC Participant

Riverside County, California

OCT 31 2006

P 8298

Dear Friends at US Department of Agriculture,

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

Thank you for adding fruits and 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 food  
Do not like the changes.

What I like least about the proposed changes is

we need milk & cheese  
Do not like the changes.

Thank you for reading my comments.

Sincerely,

Beverly Muelke  
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

It really helps money wise. It also does help my family eat healthier.

What I like least about the proposed changes is

Have no dislikes.

Thank you for reading my comments.

Sincerely,

Cheryl D. Newell  
WIC Participant

Riverside County, California

Oct 31 2006

P 8300

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

I like most about is wheat bread,  
fortillas and BROWN RICE and  
vegetables it so good.

What I like least about the proposed changes is

NONE COMMENTS

Thank you for reading my comments.

Sincerely,

Erica Alvarez  
WIC Participant

Riverside County, California

007 31 2006

P 8301

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

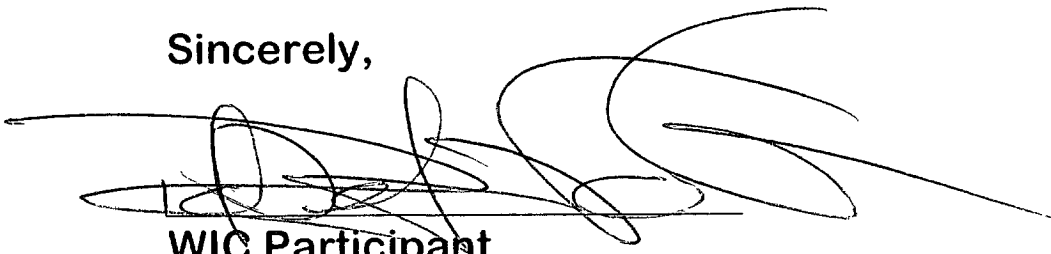
*There's  
~~that's~~ more food as far as  
variety.*

What I like least about the proposed changes is

*~~that~~ we would like more eggs  
there is a decrease in quantity.*

Thank you for reading my comments.

Sincerely,

A large, stylized handwritten signature in black ink, consisting of several overlapping loops and a long horizontal stroke extending to the left.

WIC Participant

Riverside County, California

OCT 31 2006

p 8302

Dear Friends at US Department of Agriculture,

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

Thank you for adding fruits and 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 better like the old ones  
it gives more iron and protein.

What I like least about the proposed changes is

well it just changes because of  
the fruits and less milk.

Thank you for reading my comments.

Sincerely,

Jane D. P. 07  
WIC Participant

Riverside County, California

OCT 31 2006

p 8303

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

I think it is a good idea because it seems  
more healthy.

What I like least about the proposed changes is

nothing.

Thank you for reading my comments.

Sincerely,

Shannon Castillo  
WIC Participant

Riverside County, California

JUL 31 2006

p 8304

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

I like most about the changes  
are fruits, veggies.

What I like least about the proposed changes is

what I least like about changes  
are less milk & cheese.

Thank you for reading my comments.

Sincerely,

Jennifer Calderon  
WIC Participant

Riverside County, California



OCT 31 2006

p 8305

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

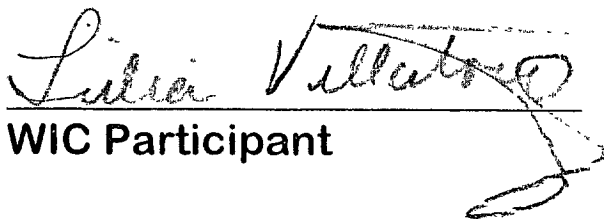
it will limit being to buy Juice  
and the changes of cereal kid  
some wont eat this kind of cereal s.

What I like least about the proposed changes is

milk should be whole because children  
need a source of fat to grow and their bones.

Thank you for reading my comments.

Sincerely,



WIC Participant

Riverside County, California

OCT 31 2006

p 8306

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

We will have more fresh fruit and vegetables, and whole grain.

What I like least about the proposed changes is

there cutting the cheese.

Thank you for reading my comments.

Sincerely,

*Cristina Cortez*  
WIC Participant

Riverside County, California

OCT 31 2006

p 8307

Dear Friends at US Department of Agriculture,

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

Thank you for adding fruits and 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 will be getting fruits & vegetables  
and less of others ~~that~~ like eggs.

What I like least about the proposed changes is

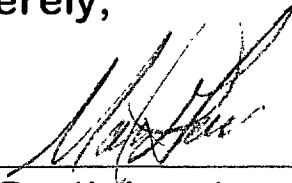
\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Thank you for reading my comments.

Sincerely,

  
\_\_\_\_\_

WIC Participant

Riverside County, California

OCT 31 2006

p 8308

Dear Friends at US Department of Agriculture,

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

Thank you for adding fruits and 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 & adding whole grain breads.

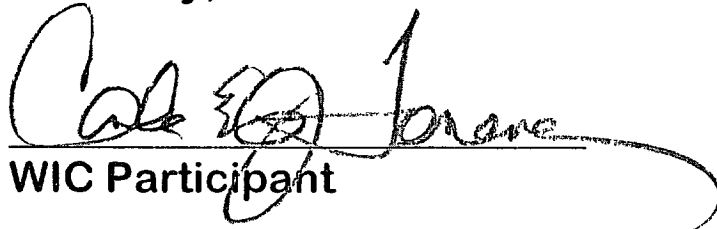
---

What I like least about the proposed changes is

No provision is made for the children unable to digest regular milk <sup>when</sup> lactase-free ~~is~~ does not work, soy milk fortified with calcium should be another option.

Thank you for reading my comments.

Sincerely,

  
WIC Participant

Riverside County, California

OCT 31 2006

p 8309

Dear Friends at US Department of Agriculture,

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

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

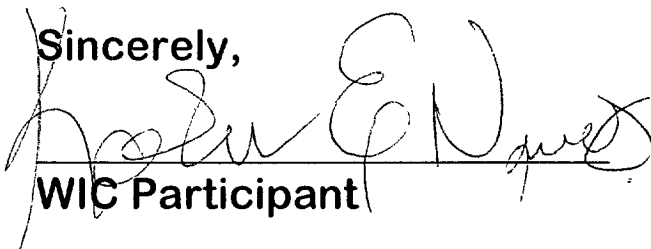
What I like most about the proposed changes is

I like the fruits + veggies.  
Thank you.

What I like least about the proposed changes is

I ~~didn't~~ didn't like the tortillas.  
I rather get the cheese and eggs.

Thank you for reading my comments.

Sincerely,  
  
WIC Participant

Riverside County, California

OCT 31 2006  
Dear Friends at US Department of Agriculture,

p 8310

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

Thank you for adding fruits and 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 fruits and all the grains and the juice.

What I like least about the proposed changes is

the eggs, the redaction and milk

Thank you for reading my comments.

Sincerely,

Norma Osuna

WIC Participant

Riverside County, California

OCT 31 2006

p 8311

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

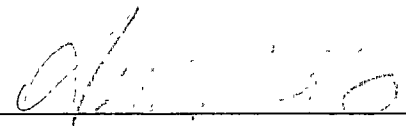
is the new P.E. Juice with strawberries  
\_\_\_\_\_  
\_\_\_\_\_.

What I like least about the proposed changes is

the cost  
I don't like how they are  
going to change the WIC and  
eggs  
\_\_\_\_\_.

Thank you for reading my comments.

Sincerely,



WIC Participant

Riverside County, California

OCT 31 2006

p 8312

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

There are more fruits and veggies  
\_\_\_\_\_

What I like least about the proposed changes is

There is less amount of fruit  
and juice.  
\_\_\_\_\_

Thank you for reading my comments.

Sincerely,

Christine Garcia  
WIC Participant

Riverside County, California



OCT 31 2006

p 8313

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

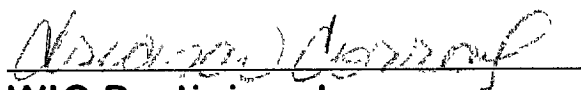
What I like about this it's more healthy for my son.

What I like least about the proposed changes is

What I don't like about this we have way and least of other things that are kids need.

Thank you for reading my comments.

Sincerely,



WIC Participant

Riverside County, California

OCT 31 2006

p 8314

Dear Friends at US Department of Agriculture,

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

Thank you for adding fruits and 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 getting more  
fruits & veggies for our children so  
they can be healthier.

What I like least about the proposed changes is

~~\_\_\_\_\_~~  
~~\_\_\_\_\_~~  
~~\_\_\_\_\_~~

Thank you for reading my comments.

Sincerely,

Maricela Lopez

WIC Participant

Riverside County, California

OCT 31 2006

p 8315

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

I don't really like it.  
—  
—  
—

What I like least about the proposed changes is

I think IT could stay the same. Chees  
is NOT bad and it can give better  
calcium than Tortillas NOT alot of people  
like Tortillas, Whole Milk has a good fat  
level for my 2 year old son

Thank you for reading my comments.

Sincerely,

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

Riverside County, California

OCT 31 2006

p 8316

Dear Friends at US Department of Agriculture,

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

Thank you for adding fruits and 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 added fruits and veggies to the WIC checks

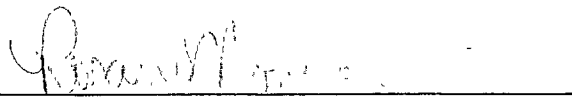
grown products

What I like least about the proposed changes is

that they took out eggs, milk, and cheese

Thank you for reading my comments.

Sincerely,



WIC Participant

Riverside County, California

OCT 31 2006

p 8317

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

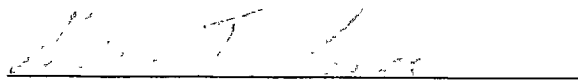
I like the vegetables in the  
my portion.

What I like least about the proposed changes is

The choice of items to be  
and some.

Thank you for reading my comments.

Sincerely,



WIC Participant

Riverside County, California

OCT 31 2006

p 8318

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

adding the fruits and veggies

What I like least about the proposed changes is

less milk and the cereal

Thank you for reading my comments.

Sincerely,

Maria Jimenez

WIC Participant

Riverside County, California

OCT 31 2006

p 8319

Dear Friends at US Department of Agriculture,

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

Thank you for adding fruits and 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 good now vegetables  
& fruit

What I like least about the proposed changes is

Thank you for reading my comments.

Sincerely,

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

Riverside County, California

31 2006

P8320

Dear Friends at US Department of Agriculture,

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

Thank you for adding fruits and 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

taking away the quantities  
of dairy products

Thank you for reading my comments.

Sincerely,

Adriana Garcia

WIC Participant

Riverside County, California



OCT 31 2006

p 8321

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

Say fruits & veg

What I like least about the proposed changes is

NO - enough eggs & cheese

Thank you for reading my comments.

Sincerely,

  
WIC Participant

Riverside County, California

OCT 31 2006

p 8322

Dear Friends at US Department of Agriculture,

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

Thank you for adding fruits and 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 less fats and you added fruits and vegetables

it's good to have a variety of whole grains

Thanks for a change.

What I like least about the proposed changes is

nothing

\_\_\_\_\_  
\_\_\_\_\_.

Thank you for reading my comments.

Sincerely,

Adeline C Sanchez  
WIC Participant

Riverside County, California

OCT 31 2006

p8323

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

TS that you are taking the time to think of our health food. And fr to and veggies fresh.

What I like least about the proposed changes is

They are going to reduce the milk, eggs for the kids and the juices - don't think is fair.

Thank you for reading my comments.

Sincerely,

Janwa Martinez

WIC Participant

Riverside County, California

OCT 31 2006

p 8324

Dear Friends at US Department of Agriculture,

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

Thank you for adding fruits and 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 they added fruits & veggies.

What I like least about the proposed changes is

what I like best is that they added fruits & veggies.  
I understand why.

Thank you for reading my comments.

Sincerely,

Longeline Antikaris

WIC Participant

Riverside County, California

OCT 31 2006

p 8325

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

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---

---

What I like least about the proposed changes is

---

---

---

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

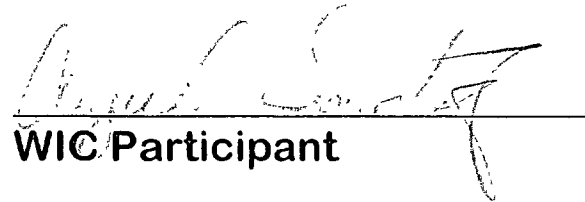
It gives our child an extra variety and they need more fruits and veggies.

What I like least about the proposed changes is

There are cutting back on the amount of food they give to make up for changes.

Thank you for reading my comments.

Sincerely,



WIC Participant

Riverside County, California

1 2006

p 8327

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

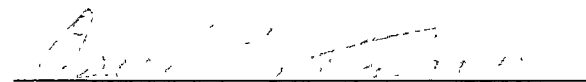
we got more fruits and  
veggies.

What I like least about the proposed changes is

that there is a lot of things  
away.

Thank you for reading my comments.

Sincerely,



WIC Participant

Riverside County, California

31 2006

p8328

Dear Friends at US Department of Agriculture,

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

Thank you for adding fruits and 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 variety and is consistent  
with dietary guidelines,

What I like least about the proposed changes is

it decreases milk and the choices, eggs, juice  
and just because the food distributed is not part  
of the pyramid does not mean that at home the children  
don't eat whole grains and eat more fruits n' veggies.

Thank you for reading my comments.

Sincerely,

  
Yvonne Zapata

WIC Participant

Riverside County, California



OCT 31 2006

p 8329

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

Like, as it is

What I like least about the proposed changes is

NO changes.

Thank you for reading my comments.

Sincerely,

Beatriz Barragan  
WIC Participant

Riverside County, California

OCT 31 2006

P 8330

Dear Friends at US Department of Agriculture,

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

Thank you for adding fruits and 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 want to give us \$8.00 worth of fruits & vegetables.

What I like least about the proposed changes is

I don't like that we can't have a change like cheese & milk.

Thank you for reading my comments.

Sincerely,

Helen H. H. H.

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

there is a better variety of fruits and veggies  
to choose from

What I like least about the proposed changes is

I like all the changes that are being made  
I don't see

Thank you for reading my comments.

Sincerely,

[Signature]  
WIC Participant

Riverside County, California

OCT 31 2006

p 8332

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

That they will be adding  
fruits to the plan.

What I like least about the proposed changes is

that we will be getting  
less milk.

Thank you for reading my comments.

Sincerely,

Lorena Guillen  
WIC Participant

Riverside County, California

OCT 31 2006

p 8333

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

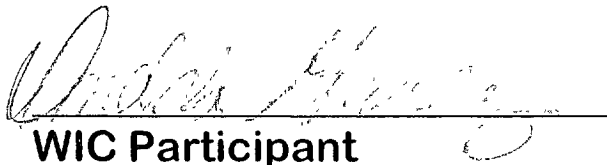
It offers more choice, reduces the  
intake of fat in diet.

What I like least about the proposed changes is

getting used to the change, most people  
will have to adjust.

Thank you for reading my comments.

Sincerely,

  
WIC Participant

Riverside County, California

8/1 2006

p 8334

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

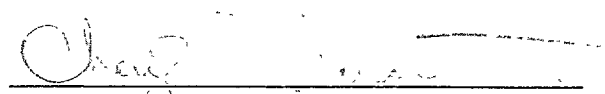
More variety

What I like least about the proposed changes is

Nothing it seems to be a better choice

Thank you for reading my comments.

Sincerely,



WIC Participant

Riverside County, California

8 1 2006

p 8335

Dear Friends at US Department of Agriculture,

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

Thank you for adding fruits and 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 want to give more  
healthy foods such as fruits  
and veg.

What I like least about the proposed changes is

if they want to milk <sup>gallons of</sup> milk  
it should be less fat.

Thank you for reading my comments.

Sincerely,

Maria Garcia  
WIC Participant

Riverside County, California

08/31/2006

p 8336

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

for adding of bread or tortillas as well as  
fruits and vegetables

What I like least about the proposed changes is

the reducing of the eggs and cheese. If  
we are already cutting the milk supply  
why reduce more dairy.

Thank you for reading my comments.

Sincerely,

  
WIC Participant

Riverside County, California



OCT 31 2006

p 8337

Dear Friends at US Department of Agriculture,

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

Thank you for adding fruits and 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 the fruits and vegetables  
and the whole grain.

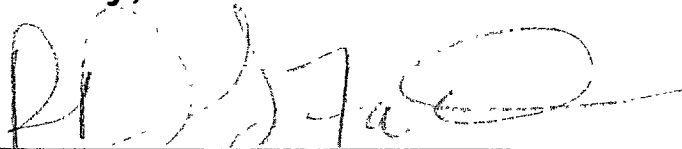
What I like least about the proposed changes is

less milk

Thank you for reading my comments.

Its a good change

Sincerely,



WIC Participant

Riverside County, California

OCT 31 2006

p 8338

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

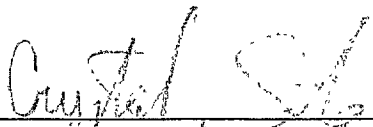
that we're getting fruit and vegetables  
and whole grains.

What I like least about the proposed changes is

you're making everything for  
baby.

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 new variety of food for me and my child.

What I like least about the proposed changes is

I like it best  
change in food

Thank you for reading my comments.

Sincerely,

*Dina Garcia* *Maria Garcia*  
WIC Participant

Riverside County, California

31 2006

p 8340

Dear Friends at US Department of Agriculture,

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

Thank you for adding fruits and 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 very good for the children.  
\_\_\_\_\_  
\_\_\_\_\_.

What I like least about the proposed changes is

The milk change is not good for the children.  
\_\_\_\_\_  
\_\_\_\_\_.

Thank you for reading my comments.

Sincerely,

  
\_\_\_\_\_  
WIC Participant.  
Riverside County, California

OCT 31 2006

p 8341

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

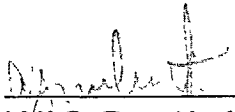
that you care about our babies and  
our health. I like the veggies.

What I like least about the proposed changes is

that the eggs were reduced and the  
juices

Thank you for reading my comments.

Sincerely,

  
WIC Participant

Riverside County, California

OCT 31 2006

p 8342

Dear Friends at US Department of Agriculture,

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

Thank you for adding fruits and 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 their adding fruit and vegetable, and the whole grain.

What I like least about the proposed changes is

less milk and juice.

Thank you for reading my comments.

Sincerely,

ana pios  
WIC Participant

Riverside County, California

OCT 31 2006

p 8343

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

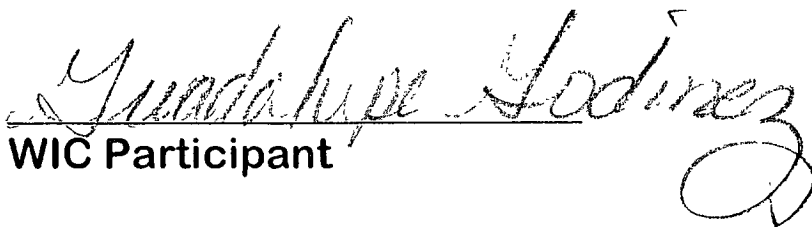
that there's w/ more vegetables  
and that you have the option  
of picking tortillas or bread.

What I like least about the proposed changes is

is that there's less eggs  
and milk

Thank you for reading my comments.

Sincerely,

  
WIC Participant

Riverside County, California

OCT 31 2006

p 8344

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

I like that you give variety of fruits and vegetables.

What I like least about the proposed changes is

Everything I liked.

Thank you for reading my comments.

Sincerely,

Arelis Gonzalez  
WIC Participant

Riverside County, California



OCT 31 2006

p8345

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

WIC is a great program. Changes of new ✓

---

---

What I like least about the proposed changes is

nothing

Thank you for reading my comments.

Sincerely,

Veronica Martinez  
WIC Participant

Riverside County, California

OCT 31 2006

p 8346

Dear Friends at US Department of Agriculture,

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

Thank you for adding fruits and 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

*Of the changes is for good  
I typed Thanks*

---

---

Thank you for reading my comments.

Sincerely,

*Tania S. Flores*  
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 put fruits & vegetables.

What I like least about the proposed changes is

that they are taking away...

Thank you for reading my comments.

Sincerely,

*Monica Gonzalez*

WIC Participant

Riverside County, California

OCT 31 2006

p 8348

Dear Friends at US Department of Agriculture,

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

Thank you for adding fruits and 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 have fruits and vegetables

and some other things.

What I like least about the proposed changes is

that not having or making choices

and some of the other changes. I would

like to see more choices and more possible choices  
like the other things.

Thank you for reading my comments.

Sincerely,



WIC Participant

Riverside County, California

OCT 31 2006

p 8349

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

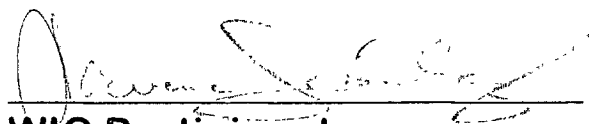
In fact that vegetables will be added  
along with fruits. I don't see anything  
good.

What I like least about the proposed changes is

loss of milk and eggs.

Thank you for reading my comments.

Sincerely,



WIC Participant

Riverside County, California

OCT 31 2006

P8350

Dear Friends at US Department of Agriculture,

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

Thank you for adding fruits and 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 to the WIC checks.  
(P. 11)

What I like least about the proposed changes is

no more red wine/beer/liquor in the WIC checks.  
+ etc.

Thank you for reading my comments.

Sincerely,

Brianne Hayes  
WIC Participant

Riverside County, California

OCT 31 2006

p 8351

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

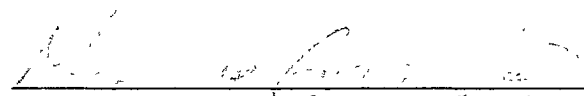
I like most that they added  
lots of veg tables. Spinach is better  
than other greens.

What I like least about the proposed changes is

that they removed milk and the  
juice and cereal options.

Thank you for reading my comments.

Sincerely,

  
WIC Participant

Riverside County, California

OCT 31 2006

p 8352

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

What I like most is that there is adding fruit and the good

What I like least about the proposed changes is

IS that there is removing some of the things like the milk

Thank you for reading my comments.

Sincerely,

Cynthia [Signature]  
WIC Participant

Riverside County, California



OCT 31 2006

p 8353

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

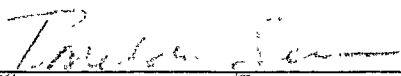
giving the parents more choices  
and fruits and veggie as well as a  
better food balance to my family.

What I like least about the proposed changes is

that we have to get take away some  
of the more like less milk & fruit

Thank you for reading my comments.

Sincerely,



WIC Participant

Riverside County, California

OCT 31 2006

p 8354

Dear Friends at US Department of Agriculture,

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

Thank you for adding fruits and 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 added fruits and bread the variety that they added

What I like least about the proposed changes is

I think the change the way it is - is fine

Thank you for reading my comments.

Sincerely,



WIC Participant

Riverside County, California

OCT 31 2006

p 8355

Dear Friends at US Department of Agriculture,

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

Thank you for adding fruits and 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 I would have to say I like that there are vegetables and whole grains that is more healthier.

What I like least about the proposed changes is

I would have to say that there is going to be less milk and cereal.

Thank you for reading my comments.

Sincerely,

April Silva  
WIC Participant

Riverside County, California

OCT 31 2006

p 8356

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

that we get vegetables and fruits

again.

What I like least about the proposed changes is

that we have to pay for the extra

cost of the extra fruits and vegetables.

Thank you for reading my comments.

Sincerely,

Carol Hernandez

WIC Participant

Riverside County, California

OCT 31 2006

p 8357

Dear Friends at US Department of Agriculture,

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

Thank you for adding fruits and 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 bread is included  
and fruits.

What I like least about the proposed changes is

I would think taking almost  
anything else  
would be considered for what is  
needed

Sincerely,

  
WIC Participant

Riverside County, California

OCT 31 2006

p 8358

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

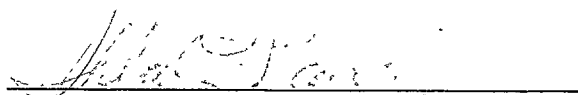
the fruit, and vegetables plus the  
whole grain

What I like least about the proposed changes is

that the cereal is only "whole grain"  
that the milk fat level is different

Thank you for reading my comments.

Sincerely,



WIC Participant

Riverside County, California

OCT 31 2006

p 8359

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

1. I like the fact that they are adding more fruits and vegetables to the WIC checks. This is a great step towards providing healthier options for our families.

What I like least about the proposed changes is

1. I don't like the fact that they are removing some of the items that were previously included in the WIC checks. This is a step backwards and we need to ensure that all necessary items are still available.

Thank you for reading my comments.

Sincerely,

Joyce M. [Signature]  
WIC Participant

Riverside County, California

OCT 31 2006

p 8360

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

Island - has added a lot of

different oranges in the package like

fruit and vegetables and whole grains.

What I like least about the proposed changes is

What I least like is the taking away

some of the milk.

Thank you for reading my comments.

Sincerely,

Cassandra Flores

WIC Participant

Riverside County, California



OCT 31 2006

p 8361

Dear Friends at US Department of Agriculture,

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

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


What I like most about the proposed changes is

Let rather buy fresh fruit & veg  
food instead of the old WIC food.  
I like the fresh than the old.

What I like least about the proposed changes is

Let rather buy the fresh fruit & veg  
instead of the old WIC food.  
I like the fresh than the old.

Thank you for reading my comments.

But about a proposal everything  
we receive from the WIC and I want to  
Sincerely, Say Thank you very much  
Everything keeps. 

Paula...  
WIC Participant

Riverside County, California

OCT 31 2006

p 8362

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

There are more healthy foods for my children & myself. Eating more healthy and not getting too many calories.

What I like least about the proposed changes is

That there is less juice, because the juices my kids would drink instead of soda's.

Thank you for reading my comments.

Sincerely,

Onesie Mendez  
WIC Participant

Riverside County, California

OCT 31 2006

p 8363

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

That it's a bigger variety of healthy foods.

What I like least about the proposed changes is

The changes are good.

Thank you for reading my comments.

Sincerely,

Christina Cobian

WIC Participant

Riverside County, California

OCT 31 2006

p 8364

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

I think the fruit is the best  
change in the food but we  
can never afford it.

What I like least about the proposed changes is

the amount of milk makes less  
eggs or cheese can have eggs and  
cereal.

Thank you for reading my comments.

Sincerely,

Christine [Signature]  
WIC Participant

Riverside County, California

OCT 31 2006

p 8365

Dear Friends at US Department of Agriculture,

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

Thank you for adding fruits and 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 it because it introduces everyone to a healthier lifestyle. It also encourages good eating habits for children in the future.

What I like least about the proposed changes is

I noticed that lesser liquids are offered, however, this way while staying within the budget it does offer a little bit of everything.

Thank you for reading my comments.

Sincerely,

Heather Nij  
WIC Participant

Riverside County, California

OCT 31 2006

p 8366

Dear Friends at US Department of Agriculture,

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

Thank you for adding fruits and 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 Give you more variety and love the way they had added the vegetables and took less milk the milk & juice.

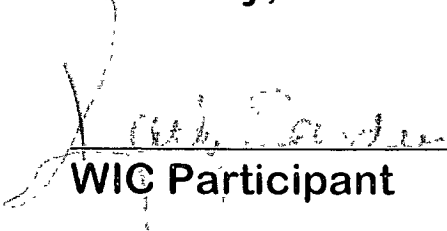
What I like least about the proposed changes is

eggs cause the kids love eggs.

Thank you for reading my comments.

You are welcome.

Sincerely,

  
WIC Participant

Riverside County, California

OCT 31 2006

p 8366

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

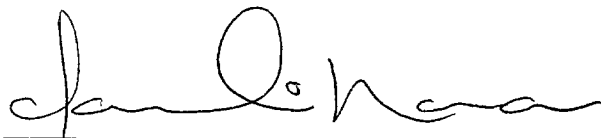
my family will be getting fruits  
& vegetables

What I like least about the proposed changes is

less milk & ches cheese.

Thank you for reading my comments.

Sincerely,



WIC Participant

Riverside County, California

OCT 31 2006

p 8367

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is

Observing the health problems of this  
day in age and finally doing or making it  
possible for women to be able to change eating  
to HEALTHY EATING!!

What I like least about the proposed changes is

NOTHING!

Thank you for reading my comments.

Sincerely,

Paula Smith  
WIC Participant

Riverside County, California



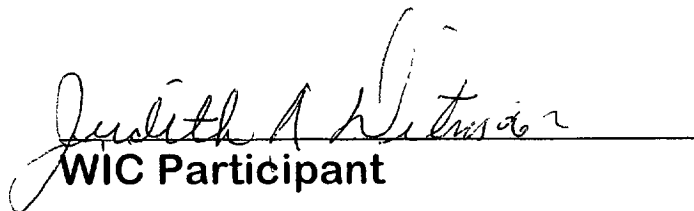
OCT 31 2006

p 8368

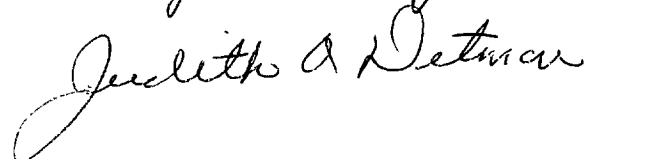
Dear Friends at US Department of Agriculture,

Thank you for adding fruits and veggies to the WIC checks! My family loves to eat them, but it has been expensive to buy them. Now I will be able to make healthier meals for the family.

Sincerely,

  
WIC Participant

Riverside County, California

I am so grateful for the changes  
I think it's a wonderful idea,  
and more useful for the children  
especially adding the fruit and  
Tortillas & rice. Thank you very much  


Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is the fruits and being able to get yogurt.

What I like least about the proposed changes is Nothing

Thank you for reading my comments.

Sincerely,

Alycia Cooper  
WIC Participant

9/20/10  
Date

P 8370  
16)

Dear Friends at US Department of  
Agriculture,

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

Thank you for adding fruits and 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 milk.

Thank you for reading my comments.

Sincerely,

Tiffany Minnow  
WIC Participant

9/20/06  
Date

Dear Friends at US Department of  
Agriculture,

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

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

What I like most about the proposed  
changes is it includes fresh fruits &  
veggies which is important.

What I like least about the proposed  
changes is less milk & cheese, my  
kid loves both.

Thank you for reading my comments.

Sincerely,

Tracy Stoddell  
WIC Participant

9/20/06  
Date

Dear Friends at US Department of  
Agriculture,

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

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

What I like most about the proposed  
changes is that we get vegetables.

What I like least about the proposed  
changes is not as much juice.

Thank you for reading my comments.

Sincerely,

Michelle Cox  
WIC Participant

9-13-06  
Date

Dear Friends at US Department of  
Agriculture,

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

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

What I like most about the proposed  
changes is My son is going to be  
well with this food.

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

Thank you for reading my comments.

Sincerely,

  
WIC Participant

\_\_\_\_\_  
Date

P 8274

NOV

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is choosing varieties fruit and veggies.

What I like least about the proposed changes is nothing, everything is good.

Thank you for reading my comments.

Sincerely,

Lai Jailee  
WIC Participant

9/13/06  
Date

p 8375

NOV 01

Dear Friends at US Department of  
Agriculture,

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

Thank you for adding fruits and 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 amount of fruits/veggies  
able to use and authorized brands.

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

Thank you for reading my comments.

Sincerely,

Josephine Williams  
WIC Participant

9-12-06  
Date



Dear Friends at US Department of  
Agriculture,

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

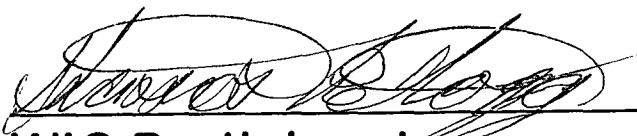
Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is ~~that~~ that we would be able  
to get bread, fruits & veggies.

What I like least about the proposed  
changes is There is nothing that I would  
changes

Thank you for reading my comments.

Sincerely,

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

9/13/06  
Date

NOV 13 2010

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is The bread & fresh fruits.

What I like least about the proposed changes is nothing.

Thank you for reading my comments.

Sincerely,

Suzanne Quinn  
WIC Participant

9-13-2010  
Date

p 8378

NOV 13 2006

Dear Friends at US Department of  
Agriculture,

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

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

What I like most about the proposed  
changes is added foods, such as bread,  
yogurt, fresh fruits & veggies.

What I like least about the proposed  
changes is nothing

Thank you for reading my comments.

Sincerely,

Amber Eads  
WIC Participant

9/13/06  
Date

Dear Friends at US Department of  
Agriculture,

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

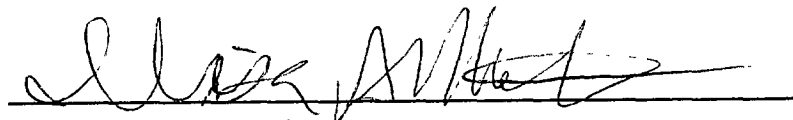
Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is I like both ~~one~~ both  
was things that children need

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

Thank you for reading my comments.

Sincerely,



WIC Participant

9/13/06

Date

Dear Friends at US Department of  
Agriculture,

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

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

What I like most about the proposed changes is more fruits and veggies for my daughter to eat.

What I like least about the proposed changes is takes a little juice

Thank you for reading my comments.

Sincerely,

Shelvia Hill  
WIC Participant

9-13-08  
Date

p 8381  
NOV 02 2000

Dear Friends at US Department of  
Agriculture,

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

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

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

What I like least about the proposed  
changes is less juice

Thank you for reading my comments.

Sincerely,

  
WIC Participant

9/18/00  
Date

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is More variety for introduction of the food groups.

What I like least about the proposed changes is taking away the nutritious foods that I know my children love/consume. So sad to hear especially cutting down juice!

Thank you for reading my comments.

Sincerely,

Shauna McPeck  
WIC Participant

9/18/06  
Date

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is the fruits and veggies,  
the whole grains are great.

I would like to buy more fresh fruits & veggies.

What I like least about the proposed changes is the reduced amount  
of milk. My children drink  
a lot of milk.

Thank you for reading my comments.

Sincerely,

Amanda Chenoweth  
WIC Participant

9-19-06  
Date



p 8384

NOV 11

Dear Friends at US Department of  
Agriculture,

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

Thank you for adding fruits and 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 fruit choices.

What I like least about the proposed  
changes is I like the new plan.

Thank you for reading my comments.

Sincerely,

Monica Hunt  
WIC Participant

9-13-06  
Date

p 8385

NOV 2006

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is IT WOULD BE ADDING MORE HEALTHY FOODS TO WHAT IS ALREADY OFFERED WHICH I THINK IS GOOD.

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

Thank you for reading my comments.

Sincerely,

Nancy Sparker  
WIC Participant

9-13-06  
Date

NOV 11 2004

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is The fruits and vegetable variety.

What I like least about the proposed changes is nothing.

Thank you for reading my comments.

Sincerely,

Jany Vasquez  
WIC Participant

9/13/04  
Date

NOV 13 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 all of it more choices on healthy fresh stuff

What I like least about the proposed changes is Ø

Thank you for reading my comments.

Sincerely,

[Signature]  
WIC Participant

9-18-06  
Date

Dear Friends at US Department of  
Agriculture,

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

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

What I like most about the proposed  
changes is more the veggies, more varieties  
more change's is better.

What I like least about the proposed  
changes is the price is not exccate  
so I don't know what to get.

Thank you for reading my comments.

Sincerely,

Rannon Danielson  
WIC Participant

9/15/06  
Date

p 8389

NOV

Dear Friends at US Department of  
Agriculture,

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

Thank you for adding fruits and 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 evrey thing especially  
the vegetables and the bread.

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

Thank you for reading my comments.

Sincerely,

Michelle Pelletreau  
WIC Participant

Sept. 18, 2006  
Date

p8390

REC-112

Dear Friends at US Department of Agriculture,

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

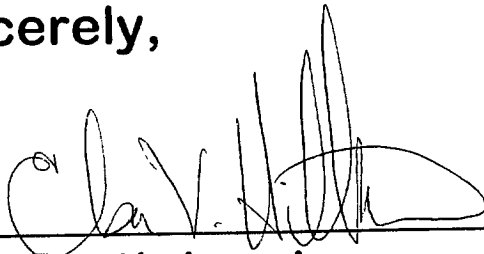
Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is adding fruits & veggies & reducing the amount of juice.

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

Thank you for reading my comments.

Sincerely,



WIC Participant

9/15/06  
Date

Dear Friends at US Department of Agriculture,

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

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

What I like most about the proposed changes is Tofu, and vegetables, fruits, and decreased the juice and milk because the juice is too sweet and I don't like the taste of milk.

What I like least about the proposed changes is I may have less eggs (do I still get the same amount of eggs?)

Thank you for reading my comments.

Sincerely,

Keng Lee  
WIC Participant

9/12/06  
Date

I like the proposed changed most.



Dear Friends at US Department of  
Agriculture,

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

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

What I like most about the proposed  
changes is Yogurt and stuff. I think  
it is a good change so the women  
can have variety

What I like least about the proposed  
changes is Nothing really

Thank you for reading my comments.

Sincerely,

  
WIC Participant

9-14-06  
Date

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

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

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

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

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

**Thank you for reading my comments.**

**Sincerely,**

Via Xerox  
**WIC Participant**

9 14 06  
**Date**

p 8394

NOV 20 13

Dear Friends at US Department of  
Agriculture,

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

Thank you for adding fruits and 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 <sup>that</sup> they are adding fruits  
and veggies.

What I like least about the proposed  
changes is Tofu

Thank you for reading my comments.

Sincerely,

Melissa Buzorg  
WIC Participant

9/14/08  
Date

Dear Friends at US Department of  
Agriculture,

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

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

What I like most about the proposed  
changes is Fruits and Veggies and grains.

What I like least about the proposed  
changes is Knocking down the milk and cheese  
and eggs.

Thank you for reading my comments.

Sincerely,

[Handwritten Signature]

WIC Participant

9/14/06

Date

Dear Friends at US Department of  
Agriculture,

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

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

What I like most about the proposed  
changes is there are more good food for  
my little girl. She loves fruit!!

What I like least about the proposed  
changes is NONE

Thank you for reading my comments.

Sincerely,

  
WIC Participant

9-15-06  
Date

Dear Friends at US Department of  
Agriculture,

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

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

What I like most about the proposed  
changes is More choices, healthy options

What I like least about the proposed  
changes is none

Thank you for reading my comments.

Sincerely,

  
WIC Participant

4/15/14  
Date

p 8398

NOV

Dear Friends at US Department of  
Agriculture,

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

Thank you for adding fruits and 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 whole grain cereal  
and peanut butter, vegetables.

What I like least about the proposed  
changes is none

Thank you for reading my comments.

Sincerely,

Mary Anthony  
WIC Participant

9-14-06  
Date

Dear Friends at US Department of  
Agriculture,

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

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

What I like most about the proposed  
changes is Tofu, Fruits, Veggies, rice

What I like least about the proposed  
changes is Cheese

Thank you for reading my comments.

Sincerely,

Pa Vamey.  
WIC Participant

9-29-06  
Date



p 8400

Dear Friends at US Department of  
Agriculture,

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

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

What I like most about the proposed  
changes is

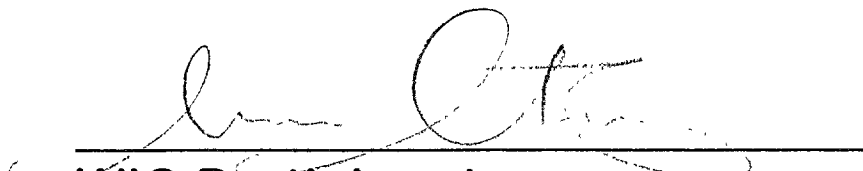
TRYING TO GET PEOPLE TO  
EAT EVEN HEALTHIER

What I like least about the proposed  
changes is

\_\_\_\_\_

Thank you for reading my comments.

Sincerely,



**WIC Participant**

MELANIE MARTINEZ

10/02/06

**Date**