

P-4301

ES TIEMPO DE MUDANZA!

WIC tiene una propuesta nueva en su paquete de comida.

Unas de las *propuestas* adicionales y de cambio:

Propuesta:

- Frutas y vegetales;
- Substitutos para la leche como bebidas con soya y tofu;
- Frijoles enlatados;
- Granos integrales en general. (cereales, panes, tortillas, arroz e etc.);
- Enlatados de salmón o sardinas como adicional del atun-light;
- Comida de frutas e vegetales para bebés;

*Por favor, note que el leche, queso, jugo, cereales, mantequilla de mani y formulas para niños van estar en su paquete de comida.

WIC quiere saber tu ideas sobre las mudanzas!

El programa WIC de American Red Cross va submeter sus ideas para USDA
(United States Department of Agriculture).

Que mas te encanto em los cambios propuestos?

Las Frutas y Vegetales

I like the fruits + vegetables

Quieres hacer otros comentarios?

NO

Adriana Torra

Firma del participante

P-14302

From: Naydene [naydenek@iowatelecom.net]
Sent: Wednesday, August 09, 2006 2:44 PM
To: WICHQ-SFPD
Subject: Docket ID Number 0584-AD77 WIC Food Pkg. Rules

I am emailing to make a suggestion on change for the WIC Food Program.
As a Foster Mom I would like to see "Yogurt" added for children. I always end up just buying it because my kids always like it. They like all the different kinds Why not a little Choc milk - is that so bad?

Naydene Reicks

P-24303

From: ashley Laschon [babygirl17@mail2world.com]
Sent: Friday, August 11, 2006 3:07 PM
To: WICHQ-SFPD
Subject: Docket ID Number 0584-AD77, WIC Food Packages Rule

i believe you SHOULD add more food to the WIC program. Especially whole grains, but maybe include more hot cereals that are whole grain. And maybe u could add some produce on there, such as veggies. Also i would like it if u could add more brands of juice because i cant always find the flavor i like in the Juicy Juice Brand and alot of places dont carry it. Thank you for taking the time to read my email. Please take my ideas in to consideration.

Sincerely,
Ashley Laschon & Family
I MAKE MILKWHATS YOUR SUPERPOWER?!

Get the FREE email that has everyone talking at <http://www.mail2world.com>
Unlimited Email Storage – POP3 – Calendar – SMS – Translator – Much More!

P-4 305

From: WebMaster@fns.usda.gov
Sent: Friday, August 18, 2006 8:54 AM
To: WICHQ-SFPD
Subject: RevisionstoWICFoodPackages-Proposed Rule

NAME: Melissa McGrath
EMAIL: momdadhcd@verizon.net
CITY: Plymouth
STATE: MA
ORGANIZATION:
CATEGORY: Participant/Recipient
OtherCategory:
Date: August 18, 2006
Time: 08:54:03 AM

COMMENTS

I think this is a wonderful idea I strive for my kids to eat as healthy as possible, but sometimes a lot of times I just don't have the money to afford fruits and veggies, so this will be a wonderful way to assure that underprivileged kids can get the good nutrients that they need!

P-54306

From: WebMaster@fns.usda.gov
Sent: Friday, August 18, 2006 4 55 PM
To: WICHQ-SFPD
Subject: RevisionstoWICFoodPackages-Proposed Rule

NAME: Cara McLuaghlin
EMAIL: cara@snowyfarm.com
CITY: webster
STATE: ny
ORGANIZATION:
CATEGORY: Participant/Recipient
OtherCategory:
Date: August 18, 2006
Time: 04:54.40 PM

COMMENTS:

i feel that fruits/vegetables and whole wheat products would be beneficial to all participants and feel this should be included in the packages

P-g 4307

From: silverberg [r2silverb@optonline.net]
Sent: Monday, August 21, 2006 2:24 AM
To: WICHQ-SFPD
Subject: WIC food packages rule

As a current participant in WIC I thought it might be helpful to hear my thoughts about your program. I am on your program because my husband is currently unemployed and by the time the new rule kicks in I will probably no longer be on WIC. I am also on your program because I am a finicky lousy eater. This puts me at a nutritional risk I suppose, but I am not uneducated or unintelligent but the way the program is set up right now it certainly makes you feel kind of sub-human. The brochure phrases things like you can, you cannot and the lack of choices are really silly. If I don't care for milk but I do eat yogurt that should be my choice as long as I keep it under a certain budget. If you wish participants to choose a healthy low-sugar cereal than state that it must be under a certain amount of grams of sugar instead of spelling out the name of the cereal. If I prefer organic tomatoes and they are closely priced to conventional ones why must I eat those that were sprayed with bug spray? If I prefer my milk without hormones or steroids especially since I'm breastfeeding a baby shouldn't I be allowed to choose the milk that I feel is the best for me and my baby? This can all be done at current price levels because to tell you the truth I always have quite a few leftover coupons each month and most of the time don't even buy the full price of the voucher checks. I think the best thing would be to let people choose dairy, whole grains, fruit and vegetables, protein and set a monthly budget and allow one to decide whether it ought to be organic or not.

Thank you for giving me the opportunity to share my thoughts with you.

R.S

P-7 4308

From: WebMaster@fns.usda.gov
Sent: Thursday, August 24, 2006 12:30 AM
To: WICHQ-SFPD
Subject: RevisionstoWICFoodPackages-Proposed Rule

NAME: Carrie Pedersen
EMAIL: cdorlebw@yaho.com
CITY: Kelso
STATE: WA
ORGANIZATION:
CATEGORY: Participant/Recipient
OtherCategory
Date: August 24, 2006
Time: 12:29 50 AM

COMMENTS

I have a mom to two children that have received WIC in Washington. Both of my children are lactose-intollerant and one is peanut and milk-allergic. I stronly urge you to include soy products in available choices. Our use of WIC products was very limited due my children's limitations. Also, when we lived in Oregon I was not able to purchase Lactose-free milk; therefore, we could not use the milk, cheese or peanut butter

In my field I work with many parents on welfare. I have found many parents with children exhibiting dairy sensitivity. I believe WIC could better support children's nutritional needs by emphasising alternate sources of calcium that are better absorbed in the system and provide a wide array of beneficial factors (such as broccoli).

P-8/4309

From: WebMaster@fns.usda.gov
Sent: Tuesday, August 29, 2006 11:55 PM
To: WICHQ-SFPD
Subject: RevisionstoWICFoodPackages-Proposed Rule

NAME: Alyssa Hoyt
EMAIL: alyssahoyt@hotmail.com
CITY: Spanish Fork
STATE: Utah
ORGANIZATION:
CATEGORY: Participant/Recipient
OtherCategory.
Date: August 29, 2006
Time: 11:55 09 PM

COMMENTS.

Hooray! I am a WIC participant and am excited about many of the proposed changes I am most excited about the following changes:

- addition of soy-based beverages and tofu as an appropriate substitution for milk
- addition of fresh, frozen, and canned fruits and vegetables without added sugars, fats, or oils
- canned salmon
- fruits and vegetables for infants
- whole grains (breads and other whole grains)
- a decrease in the amount of milk, juice and eggs provided.

I would also like to see the following addressed.

- if protein is no longer a priority nutrient, why are eggs still provided?
- Why is "natural" peanut butter (no sugar or oils added) not an approved item? It seems as if cereal is well regulated (<6 grams of added sugars), yet there is no stipulation on peanut butter. I would like to see this type of peanut butter added to the approved list.
- I am disappointed that whole milk is required for children ages 12 - 23 months. Most children do not need more saturated fat in their diet.
- I would encourage deleting or more seriously reducing the items that most people would buy anyways (even without the WIC program). For example, most people would buy milk, even if it were not on the WIC vouchers. Most people would also buy eggs, juice, and probably cereal. However, for those on limited incomes, an increase in the amount of fruits and vegetables they could purchase on WIC would greatly increase the amount consumed. I would suggest further reducing

the milk, eggs, juice, or cereal allowances to allow for \$10/\$8 (or more) of fresh, frozen, or canned fruits and vegetables, instead of the proposed \$8/\$6.

My final comment would be to insure that individual states have the motivation and ability to enact the proposed changes. I fear that if some of the changes are suggested to states but not enforced, the states will choose not to implement them.

Thank you for your consideration of my suggestions.

P-04310

From: Tori Irwin [tirwin@aaasouth.com]
Sent: Monday, September 11, 2006 4:44 PM
To: WICHQ-SFPD
Subject: Docket ID# 0584-AD77 WIC Food Packages Rule

I think the proposed changes to the WIC packages are wonderful. I received WIC for myself while I was pregnant and then breastfeeding for the first year. My son now receives WIC. I love that fresh fruits and vegetables are being added along with bread. I am especially happy about the substitutions for milk and bread. My daughter could not drink milk when she was young due to accumulating mucus in her sinuses which would drain into her ears and cause ear infections. This is not usually considered, usually only lactose intolerance is mentioned when discussing why there should be milk substitutions.

I am very happy with the proposed changes.

Victoria W. Irwin
NASC Administrative Assistant
ph. (615) 333-4826
fax (615) 333-4880

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P-184311

From: WebMaster@fns.usda.gov
Sent: Tuesday, September 12, 2006 5:09 PM
To: WICHQ-SFPD
Subject: RevisionstoWICFoodPackages-Proposed Rule

NAME: Kristie Lehman-Eastman
EMAIL: keastman@quinault.org
CITY: Taholah
STATE: WA
ORGANIZATION: Quinault Indian Nation
CATEGORY: Participant/Recipient
OtherCategory:
Date: September 12, 2006
Time: 05:08:51 PM

COMMENTS:

I think that this idea about adding different products is great and gives a better variety! I even think that yogurt would be a good one to add too! I love the idea! Maybe cut back on the peanut butter, I know I am over loaded on peanut butter!!!! Love the idean though! I am for it!!!

P-114312

From: WebMaster@fns.usda.gov
Sent: Saturday, September 16, 2006 9:28 PM
To: WICHQ-SFPD
Subject: RevisionstoWICFoodPackages-Proposed Rule

NAME: Leigh Ann Kramer
EMAIL: lkramer@zoominternet.net
CITY: dunbat
STATE: pa
ORGANIZATION: mother of 3
CATEGORY: Participant/Recipient
OtherCategory:
Date: September 16, 2006
Time: 09.27:59 PM

COMMENTS:

Absolutely wonderful!!!! I've been worried about all the fat in peanutbutter, and honestly juicy juice down right is not allowed in my house! I do wish we could get egg substitute...heart problems, cancer, diabetes, and obesity run rampid in my side of the family and I want to teach my kids better eating habits than I ever knew existed, unfortunately being in the poverty level we are somewhat stuck, even the food bank is rarely graced with more than a few healthy fruits and veggies. These little changes will have a huge impact on our family and I thank you for that!

P-124313

From: WebMaster@fns.usda.gov
Sent: Thursday, September 21, 2006 2:53 PM
To: WICHQ-SFPD
Subject: RevisionstoWICFoodPackages-Proposed Rule

NAME: Krizia Pitchford
EMAIL: pinkie_pinkster05@yahoo.com
CITY: San Diego
STATE: Ca
ORGANIZATION:
CATEGORY: WICParticipant/Recipient
OtherCategory:
Date: September 21, 2006
Time: 02:52:35 PM

COMMENTS

I think these are all very good changes. However I do have one concern regarding only allowing families to get 2% fat or less milk because some families have children that won't drink less fat milk because it does not taste the same. There are also pregnant and breastfeeding mothers who cannot drink 2% or less milk. We should still be able to decide how fat content we would like in the milk that we drink.


P-12 4314

From: WebMaster@fns.usda.gov
Sent: Friday, September 22, 2006 4:35 PM
To: WICHQ-SFPD
Subject: RevisionstoWICFoodPackages-Proposed Rule

NAME: Amy
EMAIL: saildancer@comcast.net
CITY: Towson
STATE: MD
ORGANIZATION:
CATEGORY: WICParticipant/Recipient
OtherCategory:
Date: September 22, 2006
Time: 04:34.44 PM

COMMENTS

Please consider substituting REAL food, such as fruit, instead of juice. Juice has been linked to a plethora of terribly unhealthy conditions, such as obesity and dental caries. Why encourage unhealthy practices? I always get my granddaughter V-8, which is the best I can get from what is allowed. Personally, I think all sweetened cereals should be eliminated and you need to add the whole-grain common-sense old-fashioned oatmeal (not in the expensive little packets!) Frozen or canned peas or lima beans would make sense, too, rather than dried beans, as a protein. Thanks




P-14 43145

From: Dusty [dustyayres@yahoo.com]
Sent: Saturday, September 23, 2006 2:04 AM
To: WICHQ-SFPD
Subject: Docket ID Number 0584-AD77, WIC Food Packages Rule

To whom it may concern:

I support the adding of fresh fruit, baby food, canned beans, and whole wheat bread to the WIC program. I also agree with the decrease of eggs, milk, and juice, if the participant does not need it. WIC is a wonderful program that is very beneficial to me and my family, and I hope that my comments have been helpful.

Thank you.
The Bartlett Family
Wahiawa, HI



Stay in the know. Pulse on the new Yahoo.com. Check it out.

P-18 431b

Sent. Sunday, September 24, 2006 7:27 AM
To: WICHQ-SFPD
Subject: 0584-AD77, WIC Food Packages Rule

As a participant in the Oregon Wic program I am pleased to see additional foods being considered. I have long wished for the ability to purchase beans in cans instead of dried. Because of the difficulty preparing them and time issues I never buy them. I also am glad you are thinking of adding fresh fruits and vegetables. I hope you include these things in all food packages and not just in the pregnant and nursing packages. Wic helps my family be able to provide healthy full balanced meals for my children with these changes I would be better able to give my kids more of the recommended healthy foods that I usually cant afford alot of. The whole wheat bread is also a wonderful consideration. As far as the reductions go, the eggs are a reasonable reduction. I use about 3 dozen eggs a month for my family, but I receive almost twice that. I always use them up, but probably don't need as many as I get. The milk is ok also as long as it doesn't go down to much, with 5 kids I use all of the milk I receive. We could conserve some and use a gallon or two less a month, but much more would not be good. As for the juice though, I feel we get just the right amount. I use not only fruit juices but also the vegetable juice not only for drinking but also food preparation, please do not lower the amount of juice. The other consideration that would be helpful would be if you looked into the cereal. The new rules affecting cereal make it difficult to get the best buy. There used to be a large selection of cereals which have been significantly reduced making it difficult in smaller markets to have much of a selection, and they used to allow you to get any size of cereal so that you could more efficiently use your 36 oz of cereal. Now you have to buy only 12 Oz or larger and some cereals on the wic list only come in small boxes...such as kix-9oz. Larger stores carry a greater assortment, but I live in a small rural town where my local market carries a limited number of cereals, brands, and sizes. They carry rice chex, but unlike any of the other chex cereals you cannot purchase rice chex western family, which is the only brand they carry. They only carry 9oz boxes of kix so I am unable to ever purchase rice chex or kix unless I travel to another city to get my wic. The program is excellent without it my kids would not get anything near what they need on my very limited food budget. Thank you for offering it and I truly am happy to get anything you offer, but please continue to consider these changes that will offer families like my own to give their kids a better nutritional start. Thank you

P-16 4317

From: WebMaster@fns.usda.gov
Sent: Wednesday, September 27, 2006 7:32 PM
To: WICHQ-SFPD
Subject: RevisionstoWICFoodPackages-Proposed Rule

NAME: Michelle Jones
EMAIL: michlem17@aol.com
CITY: San Diego
STATE: California
ORGANIZATION:
CATEGORY: WICParticipant/Recipient
OtherCategory.
Date: September 27, 2006
Time: 07:31:59 PM

COMMENTS.

Would really love for Wic to offer soy products for children or woman who can not tolerate dairy.

P-184318

From: Nita Bowman [Nita821@earthlink.net]
Sent: Monday, October 02, 2006 2:17 PM
To: WICHQ-SFPD
Subject: comments on plan to update WIC Foods

Aloha,

My two children and I are currently WIC participants and I have been a participant with WIC before with my other children as well. I think many of the recommended additions I've read are good; the fresh fruits and vegetables, the whole wheat bread, etc. I especially like the recommendations of calcium and vitamin D-rich soy beverage as a milk alternative. I have become aware of the many problems associated with consuming cows milk and have cut way back on redeeming it for my family. I would completely switch over to soy milk if I could. Also the recommendation of canned fish choices (salmon, sardines) is very good since canned tuna is said to have mercury in it. I would still like the choice of dried verses canned legumes, since I get more beans per pound with the dried.

I'm looking forward to these additions becoming official.

Benita Lyons
Avon Representative
Ask me About Avon!
Nita821@earthlink.net


P-20 4319

From: WebMaster@fns.usda.gov [mailto:WebMaster@fns.usda.gov]
Sent: Friday, August 18, 2006 10:27 AM
To: WICHQ-SFPD
Subject: DiscretionaryVendorProvisionsProposedRule

NAME: REBECCA MATHIS
EMAIL: RELONIIIOK@AOL.COM
CITY: DAYTON
STATE: OHIO
ORGANIZATION
CATEGORY: PARTICIPANTRECIPIENT
OTHERCATEGORY
Date: August 18, 2006
Time: 10.27 08 AM

GENERALCOMMENTS:

I FEEL OUR CHILDREN THESE DAYS ARE NOT EATING HEALTHY AND THIS IS WHY SO MANY ARE OBESE. WE NEED TO BE ABLE TO PURCHASE FRUITS AND VEGETABLES NOT JUST JUICE. JUICE IS HIGH IN SUGAR AND CAN MAKE CHILDREN GAIN MORE IF CONSUMED ALOT. I WOULD MUCH RATHER GIVE MY CHILDREN AN APPLE OR BANANA THAN SOME JUICE. SO GIVING US A VOUCHER FOR REAL FRUIT AND VEGETABLES IS A GREAT IDEA. IS THERE REALLY A PRICE WE CAN PUT ON OUR CHILDREN'S HEALTH OR FUTURE?




P-214320


From: WebMaster@fns.usda.gov
Sent: Tuesday, October 03, 2006 5:58 PM
To: WICHQ-SFPD
Subject: RevisionstoWICFoodPackages-Proposed Rule

NAME: Rochelle C. Alo
EMAIL: aloha12345678@aol.com
CITY: Haiku
STATE: Hawaii
ORGANIZATION: PATCH (People Attentive To Children)
CATEGORY: WICParticipant/Recipient
OtherCategory:
Date: October 03, 2006
Time: 05:58:23 PM

COMMENTS:



I am absolutely delighted with the proposed changes to the WIC Food Program Packages. The changes reflect more insight and understanding regarding better nutrition options than what has been offered thus far. I am especially grateful for the soymilk options and less bottles "juice" proposals, as well as the inclusion of the far-superior FRESH fruits and vegetable options. God bless you for making a meaningful move towards improved health and nutrition for women, infants, and children. It truly is "time for a change."
Much aloha and appreciation, Mrs. Rochelle Alo - mother of 7 and licensed family childcare provider.



NOV 03 2006

POR FAVOR ESCRIBA SUS COMENTARIOS

Nosotros enviaremos sus comentarios por correo o si prefiere usted lo puede enviar (antes del 6 de Noviembre, 2006) a Patricia N. Daniels, Director, Supplemental Food Programs Division, Food and Nutrition Service, USDA, 3101 Park Center Drive, Room 528, Alexandria, Virginia 22302.

REVISIONES QUE LE GUSTAN: Revisions I like:

Pues estaban carnes leche y verduras es una propuesta agradable

Therefore, the meats, milk + vegetables are good it is a pleasant proposal.

REVISIONES QUE NO LE GUSTAN: Revisions I don't like:

Todo esta bien para mi leche huevo queso frutas y verduras es agradable

Everything is good for me milk, eggs, cheese, fruits, & vegetables are pleasant.

ME GUSTARIA VER MAS DE: I would like to see more of:

leche frutas y verduras estamejor huevos y frijoles todo eso estabian

milk, fruits + vegetables are better, eggs + beans all that is good.

CAMBIOS QUE ME AFECTARIAN MÁS (POSITIVOS O NEGATIVOS):

Ninguno

none

SUGERENCIAS/ OTROS:

Pues esperamos que todo eso en el futuro
Pues pase...

Therefore, we hope that all that passes in the future.

POR FAVOR ESCRIBA SUS COMENTARIOS

Nosotros enviaremos sus comentarios por correo o si prefiere usted lo puede enviar (antes del 6 de Noviembre, 2006) a Patricia N. Daniels, Director, Supplemental Food Programs Division, Food and Nutrition Service, USDA, 3101 Park Center Drive, Room 528, Alexandria, Virginia 22302.

Revisions that you like.

REVISIONES QUE LE GUSTAN: La adición de verduras y frutas frescas, procesadas o combinadas. Alternativas a la leche incluyendo Tofu con calcio y bebidas de soya con calcio y vitamina D, legumbres enlatadas, salmón y pan integral.

*The addition of fresh fruits + vegetables or processed + combined. Alternatives to the milk including tofu with calcium + soy beverages with calcium + Vitamin D, canned vegetables, salmon + whole wheat bread.

REVISIONES QUE NO LE GUSTAN:

La reducción en la cantidad de huevos y leche para niños y mujeres.

*The reduction in the quantity of eggs + milk for children + women.

ME GUSTARIA VER MAS DE: I would like to see more of:

Frutas y verduras para bebé. Comidas preparadas para bebé.

*Fruits + vegetables for baby! Prepared foods for baby!

CAMBIOS QUE ME AFECTARIAN MÁS (POSITIVOS O NEGATIVOS):

He gustaría mucho recibir frutas y verduras frescas, queso de soya, salmón, pan integral, porque me ayudaría mucho a mejorar la nutrición para mi bebé y para mí. No me gustaría que redujeran la cantidad de

SUGERENCIAS/ OTROS:

Agradecio mucho la ayuda que me provee WIC, porque en verdad esto ha sido muy, muy bueno para nosotros. MUCHAS GRACIAS.

huevo y leche porque pienso que si me afectaría negativamente puesto que esos alimentos me ayudan en nuestra nutrición.

I will like very much to receive fresh fruits + vegetables, soy cheese, salmon, whole wheat bread because they will help me a lot + are better nutrition for my baby + me. I would not like for you to reduce the quantity of eggs + milk because I think it will affect me negatively since help me

(See back)

POR FAVOR ESCRIBA SUS COMENTARIOS

Nosotros enviaremos sus comentarios por correo o si prefiere usted lo puede enviar (antes del 6 de Noviembre, 2006) a Patricia N. Daniels, Director, Supplemental Food Programs Division, Food and Nutrition Service, USDA, 3101 Park Center Drive, Room 528. Alexandria, Virginia 22302.

REVISIONES QUE LE GUSTAN:

Revisions that you like
 Como hasta ahora lo que le están dando a mi hija
 en los cupones
 As up to now, I like what they are giving to my daughter on
 the coupons

REVISIONES QUE NO LE GUSTAN:

no me gustaria las legumbres enlatadas o
 tofu queso soya
 I don't like canned vegetables or tofu + soy cheese.

ME GUSTARIA VER MAS DE:

Cosas nutritivas para los bebes
 Nutritious things for the babies.

CAMBIOS QUE ME AFECTARIAN MÁS (POSITIVOS O NEGATIVOS):

que no cambiaran algunas comidas que les
 nutren
 That they not change some foods that nourish them
 (babies)

SUGERENCIAS/ OTROS:

ninguna none

NOV 03 2006

POR FAVOR ESCRIBA SUS COMENTARIOS

Nosotros enviaremos sus comentarios por correo o si prefiere usted lo puede enviar (antes del 6 de Noviembre, 2006) a Patricia N. Daniels, Director, Supplemental Food Programs Division, Food and Nutrition Service, USDA, 3101 Park Center Drive, Room 528, Alexandria, Virginia 22302.

REVISIONES QUE LE GUSTAN: Revisions you like

Me gusta porque parece mas saludable aunque costara un poco mas acostumbrarse
I like it because it seems healthier although it will cost more than usual (than what was accustomed)

REVISIONES QUE NO LE GUSTAN: Revisions you don't like

Reducción de Formula para los bebes
Reduction in formula for the babies.

ME GUSTARIA VER MAS DE:

Changes that will affect me most:

CAMBIOS QUE ME AFECTARIAN MÁS (POSITIVOS O NEGATIVOS):

A mis hijos les gusta mucho los Jigos.
Por supuesto los cambios son buenos
My children like the jigos a lot but I understand the changes are good.

SUGERENCIAS/ OTROS:

No Reducir la Formula para bebes
Semra mejor como antes.

Not to reduce the formula for babies will be better as before (like it was before)

P-4325

NOV 03 2006

POR FAVOR ESCRIBA SUS COMENTARIOS

Nosotros enviaremos sus comentarios por correo o si prefiere usted lo puede enviar (antes del 6 de Noviembre, 2006) a Patricia N. Daniels, Director, Supplemental Food Programs Division, Food and Nutrition Service, USDA, 3101 Park Center Drive, Room 528, Alexandria, Virginia 22302.

REVISIONES QUE LE GUSTAN:

Revisions that they like
LOS cambios
The changes.

REVISIONES QUE NO LE GUSTAN:

Si
yes

ME GUSTARIA VER MAS DE:

verduras
vegetables

CAMBIOS QUE ME AFECTARIAN MÁS (POSITIVOS O NEGATIVOS):

no . . . afectaria
They will not affect me.

SUGERENCIAS/ OTROS:

no eso estado
No, that is all.

P-4320

NOV 03 2006

POR FAVOR ESCRIBA SUS COMENTARIOS

Nosotros enviaremos sus comentarios por correo o si prefiere usted lo puede enviar (antes del 6 de Noviembre, 2006) a Patricia N. Daniels, Director, Supplemental Food Programs Division, Food and Nutrition Service, USDA, 3101 Park Center Drive, Room 528, Alexandria, Virginia 22302.

REVISIONES QUE LE GUSTAN: quesadilla
quesadilla

REVISIONES QUE NO LE GUSTAN: si
yes

ME GUSTARIA VER MAS DE: verduras
vegetables

CAMBIOS QUE ME AFECTARIAN MÁS (POSITIVOS O NEGATIVOS):
no me afectan
They will not affect me.

SUGERENCIAS/ OTROS: no eso todo
No, that's all.

P-4327

NOV 03 2006

POR FAVOR ESCRIBA SUS COMENTARIOS

Nosotros enviaremos sus comentarios por correo o si prefiere usted lo puede enviar (antes del 6 de Noviembre, 2006) a Patricia N. Daniels, Director, Supplemental Food Programs Division, Food and Nutrition Service, USDA, 3101 Park Center Drive, Room 528, Alexandria, Virginia 22302.

REVISIONES QUE LE GUSTAN:

Estoy muy contenta por el cambio. Por los artículos que contiene soy.
I am very happy with the change for the articles contain soy.

REVISIONES QUE NO LE GUSTAN:

Ninguno none

ME GUSTARIA VER MAS DE:

frutas y verduras
fruits + vegetables

CAMBIOS QUE ME AFECTARIAN MÁS (POSITIVOS O NEGATIVOS):

Ninguno none

SUGERENCIAS/ OTROS:

POR FAVOR ESCRIBA SUS COMENTARIOS

Nosotros enviaremos sus comentarios por correo o si prefiere usted lo puede enviar (antes del 6 de Noviembre, 2006) a Patricia N. Daniels, Director, Supplemental Food Programs Division, Food and Nutrition Service, USDA, 3101 Park Center Drive, Room 528, Alexandria, Virginia 22302.

REVISIONES QUE LE GUSTAN:**REVISIONES QUE NO LE GUSTAN:****ME GUSTARIA VER MAS DE:**

Leche entera whole milk
 Queso cheese
 Huevo eggs

CAMBIOS QUE ME AFECTARIAN MÁS (POSITIVOS O NEGATIVOS):

El huevo the egg
 La leche the milk
 Formula para bebe's formula for the babies.

SUGERENCIAS/ OTROS:

Esta bien quitar dos o tres jugos y sustituirlos por pan, frutas o verduras.

It is good to remove 2 or 3 juices + substitute them for bread, fruits + vegetables.

POR FAVOR ESCRIBA SUS COMENTARIOS

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REVISIONES QUE LE GUSTAN:

Si me gusta la adición de tofo y Salmon
Frutas y Verduras
Yes, I like the addition of tofu, salmon, fruits & vegetables.

REVISIONES QUE NO LE GUSTAN:

No me gusta la Reducción
de leche para mujeres y niños
I don't like the reduction of milk for women and children.

ME GUSTARIA VER MAS DE:

Verduras frescas y frutas
fresh vegetables & fruits

CAMBIOS QUE ME AFECTARIAN MÁS (POSITIVOS O NEGATIVOS):

la reducción de leche
The reduction of milk

SUGERENCIAS/ OTROS:

Agregar mas verduras y frutas frescas
add more fresh fruits & vegetables.

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POR FAVOR ESCRIBA SUS COMENTARIOS

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REVISIONES QUE LE GUSTAN:

Me gusta la idea de que den
frutas e verduras frescos
* I like the idea that they give fresh fruits +
vegetables.

REVISIONES QUE NO LE GUSTAN:

ninguna none

ME GUSTARIA VER MAS DE:

frutas o verduras
fruits + vegetables

CAMBIOS QUE ME AFECTARIAN MÁS (POSITIVOS O NEGATIVOS):

ninguno none

SUGERENCIAS/ OTROS:

mi sugerencia es que traten
de ayudarnos con los
comidos naturales y frescos
My suggestion is that they try to help us with
fresh, natural foods.

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NOV 03 2006

POR FAVOR ESCRIBA SUS COMENTARIOS

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REVISIONES QUE LE GUSTAN:

Me gusta la adición sobre las frutas, verduras, Salmon. Etc.
I like the addition on the fruits, vegetables, Salmon, etc.

REVISIONES QUE NO LE GUSTAN:

Que bajen la cantidad de alimentos como leche.
That they decrease the quantity of the foods like milk.

ME GUSTARIA VER MAS DE:

Verduras para la alimentación de niños.
Vegetables for the feeding of the children.

CAMBIOS QUE ME AFECTARIAN MÁS (POSITIVOS O NEGATIVOS):

La reducción de leche, huevos.
The reduction of milk, eggs.

SUGERENCIAS/ OTROS:

Me gusta y estoy contenta con el programa de "WIC".

Muchas gracias.

I like it and am happy with the WIC Program.
Thank you very much.

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POR FAVOR ESCRIBA SUS COMENTARIOS

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REVISIONES QUE LE GUSTAN:

que estan muy pendiente ^{of the feeding} of the children and ^{that you put fruits} de la alimentacion de los niños y ^{and more} que ponga frutas y mas jugos ^{juices.}

REVISIONES QUE NO LE GUSTAN:

es que casi no ponen huevos ^{It is that they} ni frijoles y ni jugos ^{don't put eggs,} ^{nor beans, nor} ^{juices.}

ME GUSTARIA VER MAS DE:

comidas FRUTA ^{foods, fruit + more} y mas alimentos para los niños ^{foods for the children.}

CAMBIOS QUE ME AFECTARIAN MÁS (POSITIVOS O NEGATIVOS):

que quitan la leche cuando ^{They remove} el niño va creciendo ^{the milk} ^{when the child} ^{is growing.}

SUGERENCIAS/ OTROS:

No tengo ninguna ^{I have no suggestion.} sugerencia toda esta muy ^{All is very good.} bien

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POR FAVOR ESCRIBA SUS COMENTARIOS

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REVISIONES QUE LE GUSTAN:

Pescados enlatados (sardina)

canned fish (sardines)

Frutas y verduras frescos para niños y Myeres

Cereal (Honey Bunches of oats)

Fresh Fruits + vegetables for children + women, cereal (Honey Bunches of Oat)

REVISIONES QUE NO LE GUSTAN:

ME GUSTARIA VER MAS DE:

Frutas y verduras frescas

Queso (string cheese)

Fresh Fruits + vegetables, cheese (string cheese)

CAMBIOS QUE ME AFECTARIAN MÁS (POSITIVOS O NEGATIVOS):

que den menos leche, Huevos, cereal, queso

That they give less milk, eggs, cereal + cheese

SUGERENCIAS/ OTROS:

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POR FAVOR ESCRIBA SUS COMENTARIOS

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REVISIONES QUE LE GUSTAN:

Pondran vegetales
y healthy food

They will give vegetables
and healthy food.

REVISIONES QUE NO LE GUSTAN:

que estan quitando

leche That they are
removing milk.

ME GUSTARIA VER MAS DE:

~~vegetables~~

CAMBIOS QUE ME AFECTARIAN MÁS (POSITIVOS O NEGATIVOS):

I think ~~about~~ ~~the~~
↳ for me its ok. the
changes. in a way ☺

SUGERENCIAS/ OTROS:

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POR FAVOR ESCRIBA SUS COMENTARIOS

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REVISIONES QUE LE GUSTAN:

Todas. Everything

REVISIONES QUE NO LE GUSTAN:

La Reducción de leche y la sardina ó el salmon.

The reduction of milk and the sardines or the salmon.

ME GUSTARIA VER MAS DE:

CAMBIOS QUE ME AFECTARIAN MÁS (POSITIVOS O NEGATIVOS):

SUGERENCIAS/ OTROS:

POR FAVOR ESCRIBA SUS COMENTARIOS

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REVISIONES QUE LE GUSTAN:

Frutas y Verduras
frescas
buena
panes Integrales
Opcion

fresh fruits + vegetables
whole wheat bread
good option

REVISIONES QUE NO LE GUSTAN:

Carne para Bebés
6 all mesis

Meat for babies
de of 6 months

ME GUSTARIA VER MAS DE:

Legumbres En Latadas
Salmón, sardinas

canned vegetables
salmon, sardines

CAMBIOS QUE ME AFECTARIAN MÁS (POSITIVOS O NEGATIVOS):

NO Cambios de leche para
niños, mujeres

No changes
of milk
for children,
women.

SUGERENCIAS/ OTROS:

Los jugos quitarlos Seria
buena Idea pero La
leche para bebe y mujeres

The juices you ^{Es. muy} will remove is a good idea but the milk ^{is very important.}
for baby and women

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POR FAVOR ESCRIBA SUS COMENTARIOS

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REVISIONES QUE LE GUSTAN:

Yo me gusta que de
Verde carne y todo eso es saludable
Para debe

REVISIONES QUE NO LE GUSTAN:

I mean, yes I like that
the vegetables, meat and
all of that is healthy for
the babies.

ME GUSTARIA VER MAS DE:

de comida nutritiva
para los y para
I would like to see more nutritious food for my
children and for myself.

CAMBIOS QUE ME AFECTARIAN MÁS (POSITIVOS O NEGATIVOS):

SUGERENCIAS/ OTROS:

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POR FAVOR ESCRIBA SUS COMENTARIOS

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REVISIONES QUE LE GUSTAN:

LA ADICION DE FRUTAS Y
VERDURAS FRESCAS

The addition of
fresh fruits +
vegetables.

REVISIONES QUE NO LE GUSTAN:

LA ELIMINACION DE LECHE PARA
NIÑOS Y MUJERES.

The eliminatio
of milk for
children +
women.

ME GUSTARIA VER MAS DE:

PAN INTEGRALES.

Whole wheat bread

CAMBIOS QUE ME AFECTARIAN MÁS (POSITIVOS O NEGATIVOS):

LA LECHE ME AFECTARIA YA QUE
ES LA MEJOR FUENTE DE CALCIO PARA NIÑOS
Y MUJERES.

SUGERENCIAS/ OTROS:

The milk will affect me now that it is
the best source of calcium for children
- women.

CREO QUE LA ELIMINACION DE LOS
JUGOS O UNOS CUANTOS ES MEJOR
QUE LECHE.

I believe that the elimination of the juices or a few of
them is better than milk. (the elimination of)

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POR FAVOR ESCRIBA SUS COMENTARIOS

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REVISIONES QUE LE GUSTAN: yo sugiero que haiga más incremento de frutas y menos queso
I suggest you give more fruits + less cheese.

REVISIONES QUE NO LE GUSTAN:

No me gusta tanto queso y cereal a los niños casi no les gusta el cereal que

dan en el programa de WIC. They don't like the cereal they give in the WIC program.
I don't like too much cheese + cereal for the children.

ME GUSTARIA VER MAS DE:

fruta, Verdura y Jugos más placenteros para los niños
fruit, vegetables + juices more pleasant for the children.

CAMBIOS QUE ME AFECTARIAN MÁS (POSITIVOS O NEGATIVOS):

ninguna none

SUGERENCIAS/ OTROS:

yo sugiero que incrementen más cosas en los cupones como por ejemplo Carnes, frutas y Verduras
I suggest you increase more things in the coupons. like for example meats, fruits + vegetables.

POR FAVOR ESCRIBA SUS COMENTARIOS

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REVISIONES QUE LE GUSTAN:

Pan integral u otras opciones de granos
 * Whole wheat bread or other whole grain options
 enteros

REVISIONES QUE NO LE GUSTAN:

que quitaran la leche para niños de 2 años
 Y mayores
 * That they will remove the milk for children 2 yrs + older

ME GUSTARIA VER MAS DE:

Frutas y Verduras Frescas
 * Fresh fruits + vegetables

CAMBIOS QUE ME AFECTARIAN MÁS (POSITIVOS O NEGATIVOS):

es que me quiten la leche y el huevo
 It is that they remove my milk + eggs.

SUGERENCIAS/ OTROS:

POR FAVOR ESCRIBA SUS COMENTARIOS

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REVISIONES QUE LE GUSTAN: A mí me gusta
~~el~~ el aumento de verduras y

Carnes.
 * For me, I like the increase of vegetables + meats.

REVISIONES QUE NO LE GUSTAN: Que las verduras
 sean en lata y no naturales

* Don't like that the vegetables will be canned and not natural

ME GUSTARIA VER MAS DE: A mí me gustaría ver
 mas frutas

* For me, I will like more fruits.

CAMBIOS QUE ME AFECTARIAN MÁS (POSITIVOS O NEGATIVOS):

la disminucion de la formula ya
 que es demasiado caro.

* The decrease of formula that is now too expensive is the

SUGERENCIAS/ OTROS: change that will affect me most.

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REVISIONES QUE LE GUSTAN:

Que podrian Añadir Frutas, y Verdoras y Comida para Baby.
* I like that they will add fruits + vegetables + baby foods

REVISIONES QUE NO LE GUSTAN:

Que Quitarian la Leche para Baby, y el Jugo.
* I don't like that they will remove the milk for the baby + the juice

ME GUSTARIA VER MAS DE:

Frutas, Verdoras y el Pan tambien la Obsior de Tipo de Leche.
* I'd like to see more fruits, vegetables, the bread + also the optio of type of milk.

CAMBIOS QUE ME AFECTARIAN MÁS (POSITIVOS O NEGATIVOS):

La Reduccion de Formola.
* The change that will affect me most is the reduction of formula.

SUGERENCIAS/ OTROS:

Ninguna. none

POR FAVOR ESCRIBA SUS COMENTARIOS

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REVISIONES QUE LE GUSTAN:

Las frutas y Verduras frescas Para niños y mujeres
Comida para bebés que incluyan carnes para bebés que toman leche

* I like the fresh fruits + vegetables for children + women, baby foods that include meats or breastfeeding babies.

REVISIONES QUE NO LE GUSTAN:

la leche entera para niños y mujeres

* Revisions I don't like - whole milk for children + women

ME GUSTARIA VER MAS DE:

Frutas y Verduras frescas.
Salmon sardinas y carnes para bebés y toman

Pecho, pan integral u otras opciones de granos enteros

* I would like to see more fruits + vegetables (fresh), salmon, sardines, meats for babies, milk, bread, whole wheat bread + other whole grain options.

CAMBIOS QUE ME AFECTARIAN MÁS (POSITIVOS O NEGATIVOS): Solo la leche entera.

Ninguno estoy de acuerdo en que cambien los alimentos

None, I agree with the food changes.

SUGERENCIAS/ OTROS:

estaría muy bien que agan cambios en algunas de las comidas porque así tendríamos más acceso a frutas y Verduras y otros alimentos que pueden ser más nutritivos.

It will be very good to have changes in some of the foods because we will have more access to fruits + vegetables + other foods that can be more nutritious.

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POR FAVOR ESCRIBA SUS COMENTARIOS

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REVISIONES QUE LE GUSTAN:

REVISIONES QUE NO LE GUSTAN:

ME GUSTARIA VER MAS DE:

CAMBIOS QUE ME AFECTARIAN MÁS (POSITIVOS O NEGATIVOS):

La reducción de fórmula y leche entera

Changes that will affect me most are the reduction in formula
+ whole milk.

SUGERENCIAS/ OTROS:

Todo esto en solo la de la leche no
me parece bien porque es un poco cara
y

It is good only the milk doesn't seem good because it's
a little expensive

POR FAVOR ESCRIBA SUS COMENTARIOS

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REVISIONES QUE LE GUSTAN:

Que agregen frutas y verduras frescas
Opciones de pescados enlatados

* That they're adding ^{fresh} fruits + vegetables + canned fish options

REVISIONES QUE NO LE GUSTAN: Le Reduccion en:

Reduccion de formula
Cantidad de huevos
leche para niños y mujeres
Jugo para niños y mujeres

* Don't like revisions for reduction in:
- reduction of formula
- quantity of eggs
- milk for children + women
- juice for children + women

ME GUSTARIA VER MAS DE:

Articulos, que puedan ser necesarios en la alimentación de los niños

* like to see more of articles that can be necessary for good feeding of the children.

CAMBIOS QUE ME AFECTARIAN MÁS (POSITIVOS O NEGATIVOS):

El cche que agregen frutas y verduras frescas me parece un buen cambio

The change that will affect me most is adding fresh fruits + vegetables, it seem to me a good change.

SUGERENCIAS/ OTROS:

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REVISIONES QUE LE GUSTAN:

Todas, todo q' las sugerencias
d' cambios en las comidas esta mejor
q' antes. *I like all of them. I believe the suggestions

REVISIONES QUE NO LE GUSTAN:

Ninguna
* None

of changes in the foods are
better than before.

ME GUSTARIA VER MAS DE:

Frutas y Verduras
Like to see more fruits + vegetables.

CAMBIOS QUE ME AFECTARIAN MÁS (POSITIVOS O NEGATIVOS):

Ninguno (w) cambios me gustan.
None will affect me most. I like the changes.

SUGERENCIAS/ OTROS:

Me parecen bien los cambios.
The changes seem good to me.

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POR FAVOR ESCRIBA SUS COMENTARIOS

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REVISIONES QUE LE GUSTAN:

me gustaría que den Frutas- Verduras
I will like that they give fruits + vegetables.

REVISIONES QUE NO LE GUSTAN:

queno quiten tanta leche
I don't like them to remove so much milk.

ME GUSTARIA VER MAS DE:

Pan Integral - Sardinas
like to see more whole wheat bread + sardines.

CAMBIOS QUE ME AFECTARIAN MÁS (POSITIVOS O NEGATIVOS):

NEGATIVOS queno me gustaria seria
quitar tanta leche
Negative - I won't like for them to remove so much
milk.

SUGERENCIAS/ OTROS:

es muy buena Ide a
agregar Frutas y Verduras

Gracias

It's a very good idea to add
fruits + vegetables. Thank you.

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POR FAVOR ESCRIBA SUS COMENTARIOS

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REVISIONES QUE LE GUSTAN: Si me gustaría que agregaran más frutas y verduras.

* yes, I will like that they add more fruits + vegetables.

REVISIONES QUE NO LE GUSTAN: Todo esta muy bien.
Everything is good (No dislikes)

ME GUSTARIA VER MAS DE: frutas y verduras y
estoy de acuerdo que agregen pan integral

I will like to see more fruits + vegetables + I agree with them adding whole wheat bread.

CAMBIOS QUE ME AFECTARIAN MÁS (POSITIVOS O NEGATIVOS):

No, me afectaría ningún cambio.
No, none of the changes will affect me.

SUGERENCIAS/ OTROS: En mi opinión esta muy bien que reduzca la cantidad de jugos y leche. Muchos miembros de familia entre mas reciben, hay mas desperdicios.

* In my opinion, its very good that you reduce the quantity of juices + milk. Many family members receive too much and there is a lot of waste.

POR FAVOR ESCRIBA SUS COMENTARIOS

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REVISIONES QUE LE GUSTAN: las bebidas

Revision like the vegetables

REVISIONES QUE NO LE GUSTAN: que les quiten la formula a los niños porque no alcanza

por el mio como mucho for the children
* I least they remove the formula for example
my to a lot.

ME GUSTARIA VER MAS DE: por ejemplo estas bien la bebida
vra porque se crian mas sanos

* like to of for example vegetables & the boy
because the parent healthier.

CAMBIOS QUE ME AFECTARIAN MÁS (POSITIVOS O NEGATIVOS):

que les quiten la formula a los niños

* The change that will affect me most is they remove the children's formula.

SUGERENCIAS/ OTROS:

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NOV 09 2006

POR FAVOR ESCRIBA SUS COMENTARIOS

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REVISIONES QUE LE GUSTAN:

Pues a mi me gusta todo
Y si pueden cambiar para
mi es igual

I like all the
changes. I like
that they give
fruit

REVISIONES QUE NO LE GUSTAN:

~~yo la leche me da~~

a mi me gustaria
que dieran fruta

ME GUSTARIA VER MAS DE:

CAMBIOS QUE ME AFECTARIAN MÁS (POSITIVOS O NEGATIVOS):

a mi no me afectara
It will not affect me.

SUGERENCIAS/ OTROS:

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POR FAVOR ESCRIBA SUS COMENTARIOS

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REVISIONES QUE LE GUSTAN:

Una cosa que me gustaria es que agregaran la fruta y verduras frescas el pan integral

REVISIONES QUE NO LE GUSTAN:

One thing I will like is that they will add fresh fruits + vegetables + whole wheat bread.

ME GUSTARIA VER MAS DE:

CAMBIOS QUE ME AFECTARIAN MÁS (POSITIVOS O NEGATIVOS):

SUGERENCIAS/ OTROS:

POR FAVOR ESCRIBA SUS COMENTARIOS

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REVISIONES QUE LE GUSTAN:

Todo esta muy bien
Everything is very good.

REVISIONES QUE NO LE GUSTAN:**ME GUSTARIA VER MAS DE:****CAMBIOS QUE ME AFECTARIAN MÁS (POSITIVOS O NEGATIVOS):**

Solo afectara la eliminacion de leche
de los niños de 2 años o mas

The only thing that will affect me is the elimination of
SUGERENCIAS/ OTROS: milk for children 2 yrs or more

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POR FAVOR ESCRIBA SUS COMENTARIOS

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REVISIONES QUE LE GUSTAN:

que si es ta bien que los cambien
por que cambian en las cosas
que nos dan

I like that it's good
that they change the
foods they give us.

REVISIONES QUE NO LE GUSTAN:

Todo me parece que estavien
All of it seems good to me.

ME GUSTARIA VER MAS DE:**CAMBIOS QUE ME AFECTARIAN MÁS (POSITIVOS O NEGATIVOS):**

No me afectaria

It will not affect me.

SUGERENCIAS/ OTROS:

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POR FAVOR ESCRIBA SUS COMENTARIOS

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REVISIONES QUE LE GUSTAN:

ME GUSTARIA QUE HUBIERA VERDURAS
FRESCAS.
I will like that they have fresh vegetables.

REVISIONES QUE NO LE GUSTAN:

LO ENCATADO
It's a good thing.

ME GUSTARIA VER MAS DE:

QUESOS. Y JUGOS
I would like to see more cheese + juices.

CAMBIOS QUE ME AFECTARIAN MÁS (POSITIVOS O NEGATIVOS):

ME AFECTARIA QUE CON ESTOS CAMBIOS
BAJARA LA DOTACION DE LECHE.
The change that will affect me is the lowering of the
amount of milk.

SUGERENCIAS/ OTROS:

Esto NO ES sugerencia SINO DARLES LAS
Gracias por preocuparse por los Bebés
y Señoras Dando Pecho.
This is not a suggestion, but to thank you for being
concerned about the babies + women that breastfeed.

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NOV 03 2006

POR FAVOR ESCRIBA SUS COMENTARIOS

Nosotros enviaremos sus comentarios por correo o si prefiere usted lo puede enviar (antes del 6 de Noviembre, 2006) a Patricia N. Daniels, Director, Supplemental Food Programs Division, Food and Nutrition Service, USDA, 3101 Park Center Drive, Room 528. Alexandria, Virginia 22302.

REVISIONES QUE LE GUSTAN:

REVISIONES QUE NO LE GUSTAN:

Legumbres en latas o Secas, frijoles en latas o
chicha
I like fresh or canned vegetables, canned beans
or...

ME GUSTARIA VER MAS DE:

CAMBIOS QUE ME AFECTARIAN MÁS (POSITIVOS O NEGATIVOS):

Leche para bebés y mujeres NO.

Changes that will affect me most — milk for babies +
women NO.

SUGERENCIAS/ OTROS:

POR FAVOR ESCRIBA SUS COMENTARIOS

Nosotros enviaremos sus comentarios por correo o si prefiere usted lo puede enviar (antes del 6 de Noviembre, 2006) a Patricia N. Daniels, Director, Supplemental Food Programs Division, Food and Nutrition Service, USDA, 3101 Park Center Drive, Room 528, Alexandria, Virginia 22302.

REVISIONES QUE LE GUSTAN: That you are interducing fruits + vegetables.

REVISIONES QUE NO LE GUSTAN: That you are taking away some eggs, baby juice + milk.

ME GUSTARIA VER MAS DE: baby food + juice + I think everyone should get tuna + carrots

CAMBIOS QUE ME AFECTARIAN MAS (POSITIVOS O NEGATIVOS):

Negative: Less milk + eggs + formula
Positive: vegetables + fruits

SUGERENCIAS/ OTROS:

Everyone should be able to have tuna + carrots reducing milk + eggs would effect a lot of people.

WIC is proposing to make changes in our Food Packages.

Here are some of the *proposed* additions and changes:

Offer:

- fruits and vegetables;
- milk substitutes such as soy beverages and tofu;
- canned beans,
- a variety of whole grain foods (cereal, breads, tortillas, rice, etc);
- canned salmon or sardines in addition to canned chunk light tuna.
- "baby jar" fruits and vegetables.

*Please note that milk, eggs, cheese, juice, cereal, peanut butter and infant formula will still be available in the food packages

WIC wants to know your ideas about these changes!

The American Red Cross WIC Program will submit your ideas to the USDA (United States Department of Agriculture).

What do you like most about the proposed changes?

What I like about this is that there are other options to choose from.

What other comments would you like to make?

—

Signature of participant

P-4357
P-4359

IT'S TIME FOR A CHANGE!

NOV 1999

WIC is proposing to make changes in our Food Packages.

Here are some of the *proposed* additions and changes:

Offer:

- fruits and vegetables;
- milk substitutes such as soy beverages and tofu,
- canned beans;
- a variety of whole grain foods (cereal, breads, tortillas, rice, etc);
- canned salmon or sardines in addition to canned chunk light tuna.
- "baby jar" fruits and vegetables.

*Please note that milk, eggs, cheese, juice, cereal, peanut butter and infant formula will still be available in the food packages.

WIC wants to know your ideas about these changes!

The American Red Cross WIC Program will submit your ideas to the USDA
(United States Department of Agriculture).

What do you like most about the proposed changes?

I Like my son loves fruits and vegetables

What other comments would you like to make?

NONE

Signature of participant

p 436D

IT'S TIME FOR A CHANGE!

NOV 2 1994

WIC is proposing to make changes in our Food Packages.

Here are some of the *proposed* additions and changes:

Offer:

- fruits and vegetables;
- milk substitutes such as soy beverages and tofu;
- canned beans;
- a variety of whole grain foods (cereal, breads, tortillas, rice, etc);
- canned salmon or sardines in addition to canned chunk light tuna.
- "baby jar" fruits and vegetables

*Please note that milk, eggs, cheese, juice, cereal, peanut butter and infant formula will still be available in the food packages.

WIC wants to know your ideas about these changes!

The American Red Cross WIC Program will submit your ideas to the USDA
(United States Department of Agriculture)

What do you like most about the proposed changes?

fruit & veggies, bread, tortilla rice,

What other comments would you like to make?

Cranberry Juice

Signature of participant

IT'S TIME FOR A CHANGE!

01/19/11

WIC is proposing to make changes in our Food Packages.

Here are some of the *proposed* additions and changes:

Offer:

- fruits and vegetables;
- milk substitutes such as soy beverages and tofu;
- canned beans;
- a variety of whole grain foods (cereal, breads, tortillas, rice, etc);
- canned salmon or sardines in addition to canned chunk light tuna.
- "baby jar" fruits and vegetables.

*Please note that milk, eggs, cheese, juice, cereal, peanut butter and infant formula will still be available in the food packages

WIC wants to know your ideas about these changes!

The American Red Cross WIC Program will submit your ideas to the USDA (United States Department of Agriculture).

What do you like most about the proposed changes?

fruits + vegies

What other comments would you like to make?

Checks run out for us. We don't eat enough fruits & vegies, we run out of money in 5-7 days after payday.

Signature of participant

P-4362

IT'S TIME FOR A CHANGE!

WIC is proposing to make changes in our Food Packages.

Here are some of the *proposed* additions and changes:

Offer:

- fruits and vegetables;
- milk substitutes such as soy beverages and tofu;
- canned beans;
- a variety of whole grain foods (cereal, breads, tortillas, rice, etc);
- canned salmon or sardines in addition to canned chunk light tuna.
- "baby jar" fruits and vegetables.

*Please note that milk, eggs, cheese, juice, cereal, peanut butter and infant formula will still be available in the food packages.

WIC wants to know your ideas about these changes!

The American Red Cross WIC Program will submit your ideas to the USDA (United States Department of Agriculture).

What do you like most about the proposed changes?

Fruits & vegetables, a variety of whole grains, & chunk light tuna are the best ideas.

Thanks,

What other comments would you like to make?

Signature of participant

P. 4363

IT'S TIME FOR A CHANGE!

WIC is proposing to make changes in our Food Packages.

Here are some of the *proposed* additions and changes:

Offer:

- fruits and vegetables;
- milk substitutes such as soy beverages and tofu;
- canned beans.
- a variety of whole grain foods (cereal, breads, tortillas, rice, etc);
- canned salmon or sardines in addition to canned chunk light tuna.
- "baby jar" fruits and vegetables.

*Please note that milk, eggs, cheese, juice, cereal, peanut butter and infant formula will still be available in the food packages

WIC wants to know your ideas about these changes!

The American Red Cross WIC Program will submit your ideas to the USDA (United States Department of Agriculture)

What do you like most about the proposed changes?

fruits

What other comments would you like to make?

Signature of participant

F-7307
P-4364

IT'S TIME FOR A CHANGE!

NOV 03 2005

WIC is proposing to make changes in our Food Packages.

Here are some of the *proposed* additions and changes:

Offer:

- fruits and vegetables,
- milk substitutes such as soy beverages and tofu;
- canned beans,
- a variety of whole grain foods (cereal, breads, tortillas, rice, etc);
- canned salmon or sardines in addition to canned chunk light tuna.
- "baby jar" fruits and vegetables.

*Please note that milk, eggs, cheese, juice, cereal, peanut butter and infant formula will still be available in the food packages.

WIC wants to know your ideas about these changes!
 The American Red Cross WIC Program will submit your ideas to the USDA
 (United States Department of Agriculture).

What do you like most about the proposed changes?

It look and sound good I think it a good change

What other comments would you like to make?

No comment +

Signature of participant

104~
p 4365

IT'S TIME FOR A CHANGE!

ALLIE C. J. ...

WIC is proposing to make changes in our Food Packages.

Here are some of the *proposed* additions and changes:

Offer:

- fruits and vegetables,
- milk substitutes such as soy beverages and tofu;
- canned beans;
- a variety of whole grain foods (cereal, breads, tortillas, rice, etc);
- canned salmon or sardines in addition to canned chunk light tuna.
- "baby jar" fruits and vegetables.

*Please note that milk, eggs, cheese, juice, cereal, peanut butter and infant formula will still be available in the food packages.

WIC wants to know your ideas about these changes!

The American Red Cross WIC Program will submit your ideas to the USDA (United States Department of Agriculture).

What do you like most about the proposed changes? *It make shopping easier. Can more variety's.*

What other comments would you like to make? *It's smart to shop healthy & watch the things you eat no matter what age group you are in*

Signature of participant

P-4366

IT'S TIME FOR A CHANGE!

WIC is proposing to make changes in our Food Packages.

Here are some of the *proposed* additions and changes:

Offer:

- fruits and vegetables;
- milk substitutes such as soy beverages and tofu;
- canned beans;
- a variety of whole grain foods (cereal, breads, tortillas, rice, etc);
- canned salmon or sardines in addition to canned chunk light tuna.
- "baby jar" fruits and vegetables.

*Please note that milk, eggs, cheese, juice, cereal, peanut butter and infant formula will still be available in the food packages.

WIC wants to know your ideas about these changes!

The American Red Cross WIC Program will submit your ideas to the USDA
(United States Department of Agriculture).

What do you like most about the proposed changes?

I like the proposition of fruits and vegetables a lot.

What other comments would you like to make?

These would be good changes.

Signature of participant

IT'S TIME FOR A CHANGE!

WIC is proposing to make changes in our Food Packages.

Here are some of the *proposed* additions and changes:

Offer:

- fruits and vegetables;
- milk substitutes such as soy beverages and tofu;
- canned beans;
- a variety of whole grain foods (cereal, breads, tortillas, rice, etc);
- canned salmon or sardines in addition to canned chunk light tuna.
- "baby jar" fruits and vegetables.

*Please note that milk, eggs, cheese, juice, cereal, peanut butter and infant formula will still be available in the food packages.

WIC wants to know your ideas about these changes!

The American Red Cross WIC Program will submit your ideas to the USDA (United States Department of Agriculture).

What do you like most about the proposed changes?

I like all of the new foods, my baby eats them all, and it would help tremendously to get them as well.

What other comments would you like to make?

I think this program is so important and helpful to keep children's parents healthy.

Signature of participant

P 4368

IT'S TIME FOR A CHANGE!

WIC is proposing to make changes in our Food Packages.

Here are some of the *proposed additions and changes*:

Offer:

- fruits and vegetables;
- milk substitutes such as soy beverages and tofu;
- canned beans;
- a variety of whole grain foods (cereal, breads, tortillas, rice, etc);
- canned salmon or sardines in addition to canned chunk light tuna.
- "baby jar" fruits and vegetables.

*Please note that milk, eggs, cheese, juice, cereal, peanut butter and infant formula will still be available in the food packages.

WIC wants to know your ideas about these changes!

The American Red Cross WIC Program will submit your ideas to the USDA
(United States Department of Agriculture).

What do you like most about the proposed changes?

None

What other comments would you like to make?

N/A

Signature of participant

IT'S TIME FOR A CHANGE!

NOV 0 1999

WIC is proposing to make changes in our Food Packages.

Here are some of the *proposed* additions and changes:

Offer:

- fruits and vegetables;
- milk substitutes such as soy beverages and tofu;
- canned beans,
- a variety of whole grain foods (cereal, breads, tortillas, rice, etc);
- canned salmon or sardines in addition to canned chunk light tuna.
- "baby jar" fruits and vegetables.

*Please note that milk, eggs, cheese, juice, cereal, peanut butter and infant formula will still be available in the food packages.

WIC wants to know your ideas about these changes!

The American Red Cross WIC Program will submit your ideas to the USDA (United States Department of Agriculture).

What do you like most about the proposed changes? baby jar
Fruits & veggies

What other comments would you like to make?

n/a

Signature of participant

IT'S TIME FOR A CHANGE!

NOV 08 2010

WIC is proposing to make changes in our Food Packages.

Here are some of the *proposed* additions and changes:

Offer:

- fruits and vegetables;
- milk substitutes such as soy beverages and tofu;
- canned beans;
- a variety of whole grain foods (cereal, breads, tortillas, rice, etc);
- canned salmon or sardines in addition to canned chunk light tuna.
- "baby jar" fruits and vegetables.

*Please note that milk, eggs, cheese, juice, cereal, peanut butter and infant formula will still be available in the food packages.

WIC wants to know your ideas about these changes!

The American Red Cross WIC Program will submit your ideas to the USDA (United States Department of Agriculture).

What do you like most about the proposed changes?

I think it is very good because other people may want different than others so now they have different choices

What other comments would you like to make?

None

Signature of participant

P-4371

IT'S TIME FOR A CHANGE!

WIC is proposing to make changes in our Food Packages.

Here are some of the *proposed* additions and changes:

Offer:

- fruits and vegetables;
- milk substitutes such as soy beverages and tofu;
- canned beans;
- a variety of whole grain foods (cereal, breads, tortillas, rice, etc);
- canned salmon or sardines in addition to canned chunk light tuna.
- "baby jar" fruits and vegetables.

*Please note that milk, eggs, cheese, juice, cereal, peanut butter and infant formula will still be available in the food packages.

WIC wants to know your ideas about these changes!

The American Red Cross WIC Program will submit your ideas to the USDA (United States Department of Agriculture).

What do you like most about the proposed changes?

Canned beans
Fruits and veggies
Whole grain variety

What other comments would you like to make?

Done

Signature of participant

4372

IT'S TIME FOR A CHANGE!

WIC is proposing to make changes in our Food Packages.

Here are some of the *proposed* additions and changes:

Offer:

- fruits and vegetables;
- milk substitutes such as soy beverages and tofu;
- canned beans;
- a variety of whole grain foods (cereal, breads, tortillas, rice, etc);
- canned salmon or sardines in addition to canned chunk light tuna.
- "baby jar" fruits and vegetables.

*Please note that milk, eggs, cheese, juice, cereal, peanut butter and infant formula will still be available in the food packages.

WIC wants to know your ideas about these changes!

The American Red Cross WIC Program will submit your ideas to the USDA (United States Department of Agriculture).

What do you like most about the proposed changes?

The fruits & vegetables & milk substitutes

What other comments would you like to make?

Signature of participant

IT'S TIME FOR A CHANGE!

NOV 06 2006

WIC is proposing to make changes in our Food Packages.

P-

Here are some of the *proposed* additions and changes:

Offer:

- fruits and vegetables;
- milk substitutes such as soy beverages and tofu;
- canned beans.
- a variety of whole grain foods (cereal, breads, tortillas, rice, etc);
- canned salmon or sardines in addition to canned chunk light tuna
- "baby jar" fruits and vegetables.

*Please note that milk, eggs, cheese, juice, cereal, peanut butter and infant formula will still be available in the food packages.

WIC wants to know your ideas about these changes!

The American Red Cross WIC Program will submit your ideas to the USDA
(United States Department of Agriculture)

What do you like most about the proposed changes?

It's better

What other comments would you like to make?

Signature of participant

IT'S TIME FOR A CHANGE!

WIC is proposing to make changes in our Food Packages.

Here are some of the *proposed* additions and changes:

Offer:

- fruits and vegetables;
- milk substitutes such as soy beverages and tofu;
- canned beans,
- a variety of whole grain foods (cereal, breads, tortillas, rice, etc);
- canned salmon or sardines in addition to canned chunk light tuna.
- "baby jar" fruits and vegetables.

*Please note that milk, eggs, cheese, juice, cereal, peanut butter and infant formula will still be available in the food packages.

WIC wants to know your ideas about these changes!

The American Red Cross WIC Program will submit your ideas to the USDA (United States Department of Agriculture).

What do you like most about the proposed changes?

Fruits & vegetables

What other comments would you like to make?

Apple sauce (No sugar added kind) should be considered / Regular & chunky

Signature of participant

r-4375

NOV 06 2008

118

P-

IT'S TIME FOR A CHANGE!

WIC is proposing to make changes in our Food Packages.

Here are some of the *proposed* additions and changes:

Offer:

- fruits and vegetables;
- milk substitutes such as soy beverages and tofu;
- canned beans;
- a variety of whole grain foods (cereal, breads, tortillas, rice, etc);
- canned salmon or sardines in addition to canned chunk light tuna.
- "baby jar" fruits and vegetables.

*Please note that milk, eggs, cheese, juice, cereal, peanut butter and infant formula will still be available in the food packages.

WIC wants to know your ideas about these changes!

The American Red Cross WIC Program will submit your ideas to the USDA (United States Department of Agriculture)

What do you like most about the proposed changes?

Really? ... and things?

What other comments would you like to make?

Everything? ... satisfied with

Signature of participant

r-4376

11-8

NOV 06 2008

IT'S TIME FOR A CHANGE!

P-

WIC is proposing to make changes in our Food Packages.

Here are some of the *proposed* additions and changes:

Offer:

- fruits and vegetables;
- milk substitutes such as soy beverages and tofu;
- canned beans;
- a variety of whole grain foods (cereal, breads, tortillas, rice, etc).
- canned salmon or sardines in addition to canned chunk light tuna.
- "baby jar" fruits and vegetables.

*Please note that milk, eggs, cheese, juice, cereal, peanut butter and infant formula will still be available in the food packages.

WIC wants to know your ideas about these changes!

The American Red Cross WIC Program will submit your ideas to the USDA (United States Department of Agriculture).

What do you like most about the proposed changes?

The offer of the above would be doing
the best in providing the children with
healthful.

What other comments would you like to make?

Signature of participant

1-4377

NOV 9 6 2005

HP
P

IT'S TIME FOR A CHANGE!

WIC is proposing to make changes in our Food Packages.

Here are some of the *proposed* additions and changes:

Offer:

- fruits and vegetables;
- milk substitutes such as soy beverages and tofu,
- canned beans;
- a variety of whole grain foods (cereal, breads, tortillas, rice, etc);
- canned salmon or sardines in addition to canned chunk light tuna.
- "baby jar" fruits and vegetables.

*Please note that milk, eggs, cheese, juice, cereal, peanut butter and infant formula will still be available in the food packages.

WIC wants to know your ideas about these changes!

The American Red Cross WIC Program will submit your ideas to the USDA
(United States Department of Agriculture).

What do you like most about the proposed changes? *That WIC is providing more healthier foods.*

What other comments would you like to make?

Charles
(11)

Signature of participant

4378

IT'S TIME FOR A CHANGE!

WIC is proposing to make changes in our Food Packages.

Here are some of the *proposed* additions and changes:

Offer:

- fruits and vegetables;
- milk substitutes such as soy beverages and tofu;
- canned beans;
- a variety of whole grain foods (cereal, breads, tortillas, rice, etc);
- canned salmon or sardines in addition to canned chunk light tuna.
- "baby jar" fruits and vegetables.

*Please note that milk, eggs, cheese, juice, cereal, peanut butter and infant formula will still be available in the food packages.

WIC wants to know your ideas about these changes!

The American Red Cross WIC Program will submit your ideas to the USDA
(United States Department of Agriculture).

What do you like most about the proposed changes?

OFFERS MORE OF A VARIETY OF CHOICES

What other comments would you like to make?

I REALLY APPRECIATE THIS SERVICE.

Signature of participant

P-4379

IT'S TIME FOR A CHANGE!

NOV 1991

WIC is proposing to make changes in our Food Packages.

Here are some of the *proposed* additions and changes:

Offer.

- fruits and vegetables;
- milk substitutes such as soy beverages and tofu;
- canned beans;
- a variety of whole grain foods (cereal, breads, tortillas, rice, etc).
- canned salmon or sardines in addition to canned chunk light tuna.
- "baby jar" fruits and vegetables.

*Please note that milk, eggs, cheese, juice, cereal, peanut butter and infant formula will still be available in the food packages.

WIC wants to know your ideas about these changes!

The American Red Cross WIC Program will submit your ideas to the USDA
(United States Department of Agriculture)

What do you like most about the proposed changes?

yes! soy milk please! The best change possible.

So... I like it.

What other comments would you like to make?

Fruits and veg...
...
...

Signature of participant

P-4380

IT'S TIME FOR A CHANGE!

WIC is proposing to make changes in our Food Packages.

Here are some of the *proposed* additions and changes:

Offer:

- fruits and vegetables;
- milk substitutes such as soy beverages and tofu;
- canned beans;
- a variety of whole grain foods (cereal, breads, tortillas, rice, etc);
- canned salmon or sardines in addition to canned chunk light tuna.
- "baby jar" fruits and vegetables.

*Please note that milk, eggs, cheese, juice, cereal, peanut butter and infant formula will still be available in the food packages

WIC wants to know your ideas about these changes!

The American Red Cross WIC Program will submit your ideas to the USDA (United States Department of Agriculture).

What do you like most about the proposed changes? *I think it would be great to get fruits and vegetables gets now a days to be in touch of it like they should.*

What other comments would you like to make? *The changes will be great because also it's something need*

Signature of participant

WIC is proposing to make changes in our Food Packages.

Here are some of the *proposed* additions and changes:

Offer

- fruits and vegetables,
- milk substitutes such as soy beverages and tofu;
- canned beans,
- a variety of whole grain foods (cereal, breads, tortillas, rice, etc),
- canned salmon or sardines in addition to canned chunk light tuna.
- "baby jar" fruits and vegetables

*Please note that milk, eggs, cheese, juice, cereal, peanut butter and infant formula will still be available in the food packages

WIC wants to know your ideas about these changes!

The American Red Cross WIC Program will submit your ideas to the USDA
(United States Department of Agriculture)

What do you like most about the proposed changes?

It gives things that the babies
can't have

What other comments would you like to make?

We need EW proposed additions
because now it's baby them
when you see a small baby.

Signature of participant

WIC is proposing to make changes in our Food Packages.

Here are some of the *proposed* additions and changes:

Offer

- fruits and vegetables;
- milk substitutes such as soy beverages and tofu;
- canned beans;
- a variety of whole grain foods (cereal, breads, tortillas, rice, etc);
- canned salmon or sardines in addition to canned chunk light tuna
- "baby jar" fruits and vegetables

*Please note that milk, eggs, cheese, juice, cereal, peanut butter and infant formula will still be available in the food packages.

WIC wants to know your ideas about these changes!

The American Red Cross WIC Program will submit your ideas to the USDA (United States Department of Agriculture)

What do you like most about the proposed changes?

Fruits & Vegies. We buy them, eat them, then have no money to buy more. If WIC provided them, we would eat healthier longer. My 4 yr old is always asking for fruits. I feel bad when I have to tell her we have none.

What other comments would you like to make?

Signature of participant

P-4383

IT'S TIME FOR A CHANGE!

Nov 19 11 11 AM '98

11.9

WIC is proposing to make changes in our Food Packages.

Here are some of the *proposed* additions and changes:

Offer

- fruits and vegetables;
- milk substitutes such as soy beverages and tofu.
- canned beans.
- a variety of whole grain foods (cereal, breads, tortillas, rice, etc).
- canned salmon or sardines in addition to canned chunk light tuna.
- "baby jar" fruits and vegetables

*Please note that milk, eggs, cheese, juice, cereal, peanut butter and infant formula will still be available in the food packages.

WIC wants to know your ideas about these changes!

The American Red Cross WIC Program will submit your ideas to the USDA (United States Department of Agriculture).

What do you like most about the proposed changes?

N/A it does not apply to me just yet

What other comments would you like to make?

N/A

Signature of participant

IT'S TIME FOR A CHANGE!

NOV 8

WIC is proposing to make changes in our Food Packages.

Here are some of the *proposed* additions and changes:

Offer:

- fruits and vegetables,
- milk substitutes such as soy beverages and tofu,
- canned beans,
- a variety of whole grain foods (cereal, breads, tortillas, rice, etc);
- canned salmon or sardines in addition to canned chunk light tuna.
- "baby jar" fruits and vegetables

*Please note that milk, eggs, cheese, juice, cereal, peanut butter and infant formula will still be available in the food packages.

WIC wants to know your ideas about these changes!

The American Red Cross WIC Program will submit your ideas to the USDA
(United States Department of Agriculture)

What do you like most about the proposed changes?

like fruits & vegetables, especially fresh

What other comments would you like to make?

Signature of participant

P-4385

IT'S TIME FOR A CHANGE!

WIC is proposing to make changes in our Food Packages.

Here are some of the *proposed* additions and changes:

Offer:

- fruits and vegetables;
- milk substitutes such as soy beverages and tofu;
- canned beans;
- a variety of whole grain foods (cereal, breads, tortillas, rice, etc);
- canned salmon or sardines in addition to canned chunk light tuna.
- "baby jar" fruits and vegetables.

*Please note that milk, eggs, cheese, juice, cereal, peanut butter and infant formula will still be available in the food packages.

WIC wants to know your ideas about these changes!

The American Red Cross WIC Program will submit your ideas to the USDA
(United States Department of Agriculture).

What do you like most about the proposed changes?

YES I WOULD LIKE THEM ALL

What other comments would you like to make?

NOTE

Signature of participant

IT'S TIME FOR A CHANGE!

WIC is proposing to make changes in our Food Packages.

Here are some of the *proposed* additions and changes:

Offer:

- fruits and vegetables;
- milk substitutes such as soy beverages and tofu;
- canned beans;
- a variety of whole grain foods (cereal, breads, tortillas, rice, etc);
- canned salmon or sardines in addition to canned chunk light tuna;
- "baby jar" fruits and vegetables.

*Please note that milk, eggs, cheese, juice, cereal, peanut butter and infant formula will still be available in the food packages.

WIC wants to know your ideas about these changes!

The American Red Cross WIC Program will submit your ideas to the USDA (United States Department of Agriculture).

What do you like most about the proposed changes?

May be the option of storage
 Sending us new information
 See... by recommending immigrant
 Benefit... to the school medical advisors
 etc

What other comments would you like to make?

We think you are
 you do good job.

Signature of participant

IT'S TIME FOR A CHANGE!

WIC is proposing to make changes in our Food Packages.

Here are some of the *proposed* additions and changes:

Offer:

- fruits and vegetables;
- milk substitutes such as soy beverages and tofu;
- canned beans;
- a variety of whole grain foods (cereal, breads, tortillas, rice, etc);
- canned salmon or sardines in addition to canned chunk light tuna.
- "baby jar" fruits and vegetables.

*Please note that milk, eggs, cheese, juice, cereal, peanut butter and infant formula will still be available in the food packages.

WIC wants to know your ideas about these changes!

The American Red Cross WIC Program will submit your ideas to the USDA (United States Department of Agriculture).

What do you like most about the proposed changes?

That there is more fruits and vegetables, and the variety of whole grains.

What other comments would you like to make?

It would be a good thing if it changed into that

Signature of participant

IT'S TIME FOR A CHANGE!

WIC is proposing to make changes in our Food Packages.

Here are some of the *proposed* additions and changes:

Offer:

- fruits and vegetables;
- milk substitutes such as soy beverages and tofu;
- canned beans;
- a variety of whole grain foods (cereal, breads, tortillas, rice, etc);
- canned salmon or sardines in addition to canned chunk light tuna.
- "baby jar" fruits and vegetables.

*Please note that milk, eggs, cheese, juice, cereal, peanut butter and infant formula will still be available in the food packages.

WIC wants to know your ideas about these changes!

The American Red Cross WIC Program will submit your ideas to the USDA (United States Department of Agriculture).

What do you like most about the proposed changes?

This will be able to try at Marks Store and have WIC

What other comments would you like to make?

Signature of participant

IT'S TIME FOR A CHANGE!

WIC

WIC is proposing to make changes in our Food Packages.

Here are some of the *proposed* additions and changes:

Offer:

- fruits and vegetables;
- milk substitutes such as soy beverages and tofu;
- canned beans;
- a variety of whole grain foods (cereal, breads, tortillas, rice, etc);
- canned salmon or sardines in addition to canned chunk light tuna.
- "baby jar" fruits and vegetables.

*Please note that milk, eggs, cheese, juice, cereal, peanut butter and infant formula will still be available in the food packages.

WIC wants to know your ideas about these changes!

The American Red Cross WIC Program will submit your ideas to the USDA (United States Department of Agriculture).

What do you like most about the proposed changes?

Fruits and vegetables (fresh)
variety of whole grain foods
baby jars

What other comments would you like to make?

more organic choices

Signature of participant

P-4390

IT'S TIME FOR A CHANGE!

NOV 9 2 2005

WIC is proposing to make changes in our Food Packages.

Here are some of the *proposed* additions and changes:

Offer:

- fruits and vegetables;
- milk substitutes such as soy beverages and tofu;
- canned beans;
- a variety of whole grain foods (cereal, breads, tortillas, rice, etc);
- canned salmon or sardines in addition to canned chunk light tuna.
- "baby jar" fruits and vegetables.

*Please note that milk, eggs, cheese, juice, cereal, peanut butter and infant formula will still be available in the food packages.

WIC wants to know your ideas about these changes!

The American Red Cross WIC Program will submit your ideas to the USDA
(United States Department of Agriculture).

What do you like most about the proposed changes?

can/dole pineapple

Capri sa Drink with steed

What other comments would you like to make?

Signature of participant

IT'S TIME FOR A CHANGE!

WIC is proposing to make changes in our Food Packages.

Here are some of the *proposed* additions and changes:

Offer:

- fruits and vegetables;
- milk substitutes such as soy beverages and tofu;
- canned beans;
- a variety of whole grain foods (cereal, breads, tortillas, rice, etc);
- canned salmon or sardines in addition to canned chunk light tuna
- "baby jar" fruits and vegetables.

*Please note that milk, eggs, cheese, juice, cereal, peanut butter and infant formula will still be available in the food packages.

WIC wants to know your ideas about these changes!

The American Red Cross WIC Program will submit your ideas to the USDA (United States Department of Agriculture).

What do you like most about the proposed changes?

How many different types of fruits and vegetables?

What other comments would you like to make?

Signature of participant

1-4392

IT'S TIME FOR A CHANGE!

WIC is proposing to make changes in our Food Packages.

Here are some of the *proposed* additions and changes:

Offer:

- fruits and vegetables;
- milk substitutes such as soy beverages and tofu;
- canned beans;
- a variety of whole grain foods (cereal, breads, tortillas, rice, etc);
- canned salmon or sardines in addition to canned chunk light tuna.
- "baby jar" fruits and vegetables.

*Please note that milk, eggs, cheese, juice, cereal, peanut butter and infant formula will still be available in the food packages.

WIC wants to know your ideas about these changes!

The American Red Cross WIC Program will submit your ideas to the USDA (United States Department of Agriculture).

What do you like most about the proposed changes?

I like that offer of whole grain foods and also Fruit and vegetables

What other comments would you like to make?

N/A

Signature of participant

P-4393

IT'S TIME FOR A CHANGE!

WIC is proposing to make changes in our Food Packages.

Here are some of the *proposed* additions and changes:

Offer:

- fruits and vegetables;
- milk substitutes such as soy beverages and tofu;
- canned beans;
- a variety of whole grain foods (cereal, breads, tortillas, rice, etc);
- canned salmon or sardines in addition to canned chunk light tuna.
- "baby jar" fruits and vegetables.

*Please note that milk, eggs, cheese, juice, cereal, peanut butter and infant formula will still be available in the food packages.

WIC wants to know your ideas about these changes!

The American Red Cross WIC Program will submit your ideas to the USDA
(United States Department of Agriculture).

What do you like most about the proposed changes?

More vari

reflect the demographic

What other comments would you like to make?

Signature of participant

IT'S TIME FOR A CHANGE!

WIC is proposing to make changes in our Food Packages.

Here are some of the *proposed additions and changes*:

Offer.

- fruits and vegetables;
- milk substitutes such as soy beverages and tofu;
- canned beans;
- a variety of whole grain foods (cereal, breads, tortillas, rice, etc);
- canned salmon or sardines in addition to canned chunk light tuna.
- "baby jar" fruits and vegetables.

*Please note that milk, eggs, cheese, juice, cereal, peanut butter and infant formula will still be available in the food packages.

WIC wants to know your ideas about these changes!

The American Red Cross WIC Program will submit your ideas to the USDA (United States Department of Agriculture).

What do you like most about the proposed changes?

That they have a good ~~variety~~ variety.

What other comments would you like to make?

More different types of regular bread

Signature of participant

P-4395

IT'S TIME FOR A CHANGE!

WIC is proposing to make changes in our Food Packages.

Here are some of the *proposed* additions and changes:

Offer:

- fruits and vegetables;
- milk substitutes such as soy beverages and tofu;
- canned beans;
- a variety of whole grain foods (cereal, breads, tortillas, rice, etc);
- canned salmon or sardines in addition to canned chunk light tuna.
- "baby jar" fruits and vegetables.

*Please note that milk, eggs, cheese, juice, cereal, peanut butter and infant formula will still be available in the food packages.

WIC wants to know your ideas about these changes!

The American Red Cross WIC Program will submit your ideas to the USDA
(United States Department of Agriculture).

What do you like most about the proposed changes?

that you give offer fruits & veggies

What other comments would you like to make?

how can I change it

Signature of participant

P-4390

IT'S TIME FOR A CHANGE!

WIC is proposing to make changes in our Food Packages.

Here are some of the *proposed* additions and changes:

Offer:

- fruits and vegetables;
- milk substitutes such as soy beverages and tofu;
- canned beans;
- a variety of whole grain foods (cereal, breads, tortillas, rice, etc);
- canned salmon or sardines in addition to canned chunk light tuna;
- "baby jar" fruits and vegetables.

*Please note that milk, eggs, cheese, juice, cereal, peanut butter and infant formula will still be available in the food packages.

WIC wants to know your ideas about these changes!

The American Red Cross WIC Program will submit your ideas to the USDA
(United States Department of Agriculture).

What do you like most about the proposed changes?

IT'S a very good change some of the food like, Fruits & Vegetables, Soy milk & Tofu, Canned Salmon or chunk light tuna, baby jar Fruit & Vegetables

What other comments would you like to make?

N/A

Signature of participant

P-4397

IT'S TIME FOR A CHANGE!

WIC is proposing to make changes in our Food Packages.

Here are some of the *proposed* additions and changes:

Offer:

- fruits and vegetables;
- milk substitutes such as soy beverages and tofu;
- canned beans;
- a variety of whole grain foods (cereal, breads, tortillas, rice, etc);
- canned salmon or sardines in addition to canned chunk light tuna;
- "baby jar" fruits and vegetables.

*Please note that milk, eggs, cheese, juice, cereal, peanut butter and infant formula will still be available in the food packages.

WIC wants to know your ideas about these changes!

The American Red Cross WIC Program will submit your ideas to the USDA
(United States Department of Agriculture).

What do you like most about the proposed changes? *I THINK IT WOULD BE GREAT TO MAKE FRUITS AND VEGETABLES A PART OF THE WIC PROGRAM.*

What other comments would you like to make? *I'M GLAD TO JOIN WIC ITS A GREAT PROGRAM.*

Signature of participant

IT'S TIME FOR A CHANGE!

WIC is proposing to make changes in our Food Packages.

Here are some of the *proposed* additions and changes:

Offer:

- fruits and vegetables;
- milk substitutes such as soy beverages and tofu;
- canned beans;
- a variety of whole grain foods (cereal, breads, tortillas, rice, etc);
- canned salmon or sardines in addition to canned chunk light tuna.
- "baby jar" fruits and vegetables.

*Please note that milk, eggs, cheese, juice, cereal, peanut butter and infant formula will still be available in the food packages.

WIC wants to know your ideas about these changes!

The American Red Cross WIC Program will submit your ideas to the USDA (United States Department of Agriculture).

What do you like most about the proposed changes?

yes, the changes look good especially the fruits & vegetables

What other comments would you like to make?

Thank you for the great services you provide

Signature of participant

P-4399

IT'S TIME FOR A CHANGE!

WIC is proposing to make changes in our Food Packages.

Here are some of the *proposed* additions and changes:

Offer:

- fruits and vegetables;
- milk substitutes such as soy beverages and tofu;
- canned beans;
- a variety of whole grain foods (cereal, breads, tortillas, rice, etc);
- canned salmon or sardines in addition to canned chunk light tuna.
- "baby jar" fruits and vegetables.

*Please note that milk, eggs, cheese, juice, cereal, peanut butter and infant formula will still be available in the food packages.

WIC wants to know your ideas about these changes!

The American Red Cross WIC Program will submit your ideas to the USDA
(United States Department of Agriculture).

What do you like most about the proposed changes?

I like +

fruits / ~~veg~~ vegetables.

What other comments would you like to make?

N/A

Signature of participant

P-4400

IT'S TIME FOR A CHANGE!

WIC is proposing to make changes in our Food Packages.

Here are some of the *proposed* additions and changes:

Offer:

- fruits and vegetables;
- milk substitutes such as soy beverages and tofu;
- canned beans;
- a variety of whole grain foods (cereal, breads, tortillas, rice, etc);
- canned salmon or sardines in addition to canned chunk light tuna;
- "baby jar" fruits and vegetables.

*Please note that milk, eggs, cheese, juice, cereal, peanut butter and infant formula will still be available in the food packages.

WIC wants to know your ideas about these changes!

The American Red Cross WIC Program will submit your ideas to the USDA
(United States Department of Agriculture).

What do you like most about the proposed changes?

good stuff at like ...

Thank you

What other comments would you like to make?

Signature of participant