

**PLEASE WRITE DOWN YOUR COMMENTS!**

We will send them for you or you can mail them to (postmarked by November 6,2006):  
Patricia N. Daniels, Director, Supplemental Food Programs Division, Food and  
Nutrition Service, USDA, 3101 Park Center Drive, Room 528, Alexandria, Virginia  
22302.

**REVISIONS I LIKE:** whole wheat bread or other whole grains  
Baby food including meats, fruits, and vegetables.  
Fresh, processed or combined fruits and vegetables for children  
and woman.

**REVISIONS I DO NOT LIKE:**

elimination

The reduction of the amount of ggs.  
milk for participants <sup>age</sup> 2 not older  
Alternative to milk, like calcium-~~2~~ <sup>100%</sup> calcium and vitamin <sup>Soy</sup> ~~A~~ <sup>D</sup> ~~enriched~~.  
reduction of Milk for woman & children.

**WHAT I WOULD LIKE TO SEE MORE OF:** I would love to see fruits &  
Vegetables on vouchers. And more eggs also.

**CHANGES THAT WOULD AFFECT ME THE MOST (POSITIVE OR  
NEGATIVE):**

The changes that would most affect me  
I be the reduction of Milk, and eggs. And I know that  
when my kids were on formula, wic was the best thing.  
I understand you want <sup>most</sup> woman to breastfeed, but on the  
other hand some woman can't, or like me, get breast infection  
and have to stop. So I think you should keep the formula  
the way it is and has been, and if you have to, change anything  
else.

**SUGGESTIONS/OTHER:**

On the elimination of whole milk for children over,  
think if the child is not over weight than  
they should be able to have whole milk. But if the  
child is over weight then maybe 2% milk ~~what~~ would  
be the best for that child.

Pine

13700

04-P

OCT - 5 2006

**PLEASE WRITE DOWN YOUR COMMENTS!**

We will send them for you or you can mail them to (postmarked by November 6, 2006):  
Patricia N. Daniels, Director, Supplemental Food Programs Division, Food and  
Nutrition Service, USDA, 3101 Park Center Drive, Room 528, Alexandria, Virginia  
22302.

**REVISIONS I LIKE:**

The additions of fresh fruits & vegetables as well as tofu, canned legumes & whole wheat bread.

I agree with all the reductions proposed.

**REVISIONS I DO NOT LIKE: —**

**WHAT I WOULD LIKE TO SEE MORE OF:**

The possibility of yogurt or cottage cheese instead of milk — alternate dairy products.

**CHANGES THAT WOULD AFFECT ME THE MOST (POSITIVE OR NEGATIVE):**

Positive - the additions of fruits, veggies, tofu & whole wheat bread would be a really change & help us keep a balanced diet.

**SUGGESTIONS/OTHER:**

13701

03-P

OCT 17 2006

October, 2006

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

Dear Ms. Daniels,

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

I think it sounds like a wonderful idea. Some of the add in choices like fruits & vegetables or whole wheat bread would definitely be great. This is what our family eats a lot of right now and my children could stand to drink less juice, my 4yr old would live off of OJ if I let him. The food packages that you have proposed for pregnant & breastfeeding women look great in the pictures. I am a mom who is breastfeeding currently and the add in would be a nice addition to the food I already receive. Thank you for your time and good luck with your proposals to the USDA. WIC has been a great help in raising a healthy and happy family. All of my boys participated in the program.  
Thank you for considering my comments.

Sincerely, Rachel J. Gauthier (a mother of 11 yrs  
11 yrs  
10 months  
all boys)

Name Rachel Gauthier  
Address 106 Scott St.  
Bennington, VT 05201

P. 13702

OCT 19 2006

03-p

October, 2006

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

Dear Ms. Daniels,

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

I'm in favor in adding such items:  
Fruits & vegetables  
Alternatives to milk ie. Soy milk, tofu  
Canned fish  
Whole wheat bread, tortillas, brown rice

13703  
P/...

Thank you for considering my comments.

Sincerely,

Name Josue Palumbo  
Address 180 Church St.  
Rutland, VT 05701

OCT 19 2006

October, 2006

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

03-P

Dear Ms. Daniels,

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

I am totally ~~excited~~ excitedly  
in favor of the proposed changes  
to the WIC food packages! The  
changes will make the WIC deliveries  
- much more balanced source  
of food for our family. We can't  
wait until these changes go  
into effect!

Thank you for considering my comments.

Sincerely,

Name Elyse Glück  
Address 40 Lylehaven Ln.  
E. Montpelier VT 05765

13704  
P

OCT 19 2006

October, 2006

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

03 P

Dear Ms. Daniels,

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

I don't agree with the reduction of eggs  
or the reduction/elimination of milk!

Thank you for considering my comments.

Sincerely,

Name Martha P Lajoie

Address #44 Fire Lake 2B Whispering Pine  
N. Clarendon VT 05759

P/ 13705

OCT 19 2006

October, 2006

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

OBUP

Dear Ms. Daniels,

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

Adding fruits + Vegetable for children + women is good.

Adding Baby Food ~~is~~ is Great!

Alternative milk, depends on the person, I'll stick to milk.

Adding Bread is Great!

\* I believe that there don't need to have an increase of formula ages 4-5 mths. ~~Also~~ Also, I don't believe in reducing formula 6-11 mth. I always had too much formula the first 6 mths and ~~as~~ as my baby grew I needed more formula.

I don't agree reducing milk for children + women.

I agree reducing juice for children, but not for women.

I agree eliminating juice for all infants and substituting baby food.

Thank you for considering my comments.

Sincerely, Angela L. Clark

Name Angela Clark  
Address 1742 West River Road  
Lincoln, VT 05443

P 13702

OCT 19 2006

October, 2006

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

03-P

Dear Ms. Daniels,

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

the baby food meat's are really bad and i personally  
not know any baby that likes them. ~~The Tofu + So~~  
~~that child is going to eat Sardines?~~ The whole wheat +  
laker products is a great idea. The increase + decrease  
of formula is a great idea. Children are more  
apt to eat eggs then salmon or sardines. Decrease in  
juice is ~~ok~~ not milk. Tofu + Soymilk for adults is  
a choice not a necessity. Canned fruits are o.k fresh  
fruit is my choice but I can't imagine how that is going  
to work for you guys to deliver fresh fruit on -10° weather or to

Thank you for considering my comments.

Sincerely,

Name Gerry Cummings

Address 5559 WCR

BRANDON VA 03733

P  
13 70 11

Keep it from being damaged  
Increase Cheese + add butter  
would help families for  
meals.

I think Wic is a  
fantastic program. I'm  
thankful for it. It is  
a great help.



OCT 19 2006

October, 2006

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

03-P

Dear Ms. Daniels,

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

I am very pleased to see the new proposal packages for WIC foods. I think it is important to offer moms and children fresh, frozen, or canned vegetables over juice. Both of my children only drink milk, water, or orange juice. I feel the juice offered by WIC is too high in sugar for young children.

Whole Wheat Bread and Tortillas would be helpful over all the many cereals. My children only like the ~~Cereals~~<sup>Cheerios</sup> and Kix.

Also, the idea of alternatives to milk, such as tofu and soy beverages would be nice.

Overall, I feel that the change to WIC foods would offer more varieties and I welcome this change.

Thank you for considering my comments.

Sincerely,

Name Erin Andrah

Address 129 Middle Rd.

Graniteville, VT 05654

P 13708

OCT 19 2006

October, 2006

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

03-P

Dear Ms. Daniels,

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

In my opinion I believe that this would be an outstanding opportunity for children of all ages to be able to receive the nutritional requirements that need to be met. Many parents do not feed their children fruits & veggies b/c the children were never introduced to them or they find other reasons. My son is a picky eater but he eats his veggies & fruit. On the subject of whole wheat grains, many Americans are overweight due to eating bread among other things. Alternatives to milk are an awesome idea for lactose tolerant people.

Thank you for considering my comments.

Sincerely,

Name Natalie M Darling

Address 17 Emma St.  
Benn. VT 05201

I think in my opinion that these are great ideas & look forward to having these changes.

P 13709

OCT 20 2006

October, 2006

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

03-P

Dear Ms. Daniels,

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

- \* I feel all the add ons are great!
- \* I think you should keep the milk quantity the same as now. The milk is a great help to my family. my daughter drinks alot of milk. Thanks for letting us WIC participants give our opinion.

Thank you for considering my comments.

Sincerely,

Name Brooke Pratt  
Address 114 A Pratt St  
Bennington VT 05201

13710  
P/

OCT 20 2006

10/19/06

03-P

Dear Ms. Daniels,

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

Fruits and vegetables would be used but the rest would be of no use to us. Other than wheat bread or tortillas we don't use any of the other stuff.

I am happy <sup>with</sup> and thankful for the WIC program but if it changed to that proposed package we would no longer be participants in the WIC program. If that was the case I feel like my children and myself and expectant child would be missing out on a great nutritional program. Please don't change.

Thank you for considering my comments

Sincerely, Christal Cassell

Name Christal Cassell  
Address 42 Shady Pines  
Westminster VT 05158

13710  
P13710

OCT 20 2006

October, 2006

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

03-P

Dear Ms. Daniels,

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

If it were up to me I would reduce the amount of eggs and  
juices. I would add more dairy products. Allow more cheese, ~~egg~~  
milk, add yogurt & cheese sticks. These ~~items~~ are expensive but  
kids love them and eat them. As my kids get older they do eat  
more fresh & canned fruits & veggies (they are 3 & 5) but these are  
much cheaper to buy than the dairy products. People receiving WIC  
need the most bang for their buck. Dairy is by far the most expensive  
followed by good healthy breads. I don't buy these now because I can't  
find them although I would love to be feeding these to my kids and  
myself. We never get enough peanut butter the kids love that. It  
would be nice if the brand we did receive improved, it's pretty low  
quality.

My push simply stated would more Dairy, more Dairy,  
more Dairy,

Thank you for considering my comments.

Sincerely,  
Jennifer Breen

Name Jennifer Breen

Address 158 RT 73

Orwell, VT 05760

13712  
P

October, 2006

OCT 20 2006

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

03-P

Dear Ms. Daniels,

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

First I would like to express my appreciation for the WIC program. It is a huge . I like all the products that are offered, but would , more options. Sometimes I feel I get too much food of a certain kind and do not have the option to change it.

From the proposed revisions, adding fruits, veggies, baby food, bread, and alternatives to milk would be wonderful. I know many people who do not eat meat or dairy; simply go without. I personally, do receive too much juice so reducing it and replacing it with baby fruit and veggies would work nicely for my family.

Best of luck on this huge project.

Thank you for considering my comments.

Sincerely, Jenna Bilodeau

Name Jenna Bilodeau

Address PO Box 904

Rutland VT 05702

P 13713

OCT 20 2006

October, 2006

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

034

Dear Ms. Daniels,

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

Our family thinks, believes, this is a great idea! I've been pushing for some change like this since we first became recipients of WIC foods 6 1/2 years ago.

Excellent decision.

Sincerely,  
Saran Perry +  
family

Thank you for considering my comments.

Sincerely,

Name Saran Perry

Address 112 Johnston St. Unit  
Hyde Park, VT 05655

137134

P 555

OCT 20 2006

October, 2006

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

03-P

Dear Ms. Daniels,

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

I believe for my 2 1/2 year old that a variety of whole grains, fruits + vegetables will be a essential part of her diet and development. The Cheese, Cereal, milk + eggs has helped her grow strong + healthy, but increasing her nourishment w/ fruit, whole grains + vegetables will be even more of a healthy start in her life + to be more well rounded in her diet.

Thank you for considering my comments.

Sincerely,

Lana Deppert

Name Lana Deppert  
Address 166 Morgan rd.  
West Rutland, VT  
05777

13715  
P



OCT 20 2006

October, 2006

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

03-P

Dear Ms. Daniels,

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

- I feel that the proposed addition of fruit, vegetables, & whole grains is essential.
- I do not agree with the reduction in infant formula for children 6-11 months. I found the current supply to not be enough as it was at 4 cans/month.

Thank you for considering my comments.

Sincerely,

Julia N. DeVries

Name Julia DeVries

Address 3105 Vt. Rte. 17W.  
Addison, VT 05491

P. 137156

OCT 2 0 2006

October, 2006

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

03-P

Dear Ms. Daniels,

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

I agree with the changes. I think  
it's a good idea.

Thank you for considering my comments.

Sincerely,

Name Crystal Hall

Address 80 Stanley pl. apt. 10

Rutland, VT 05701

P: 137157

OCT 20 2006

October, 2006

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

03-P

Dear Ms. Daniels,

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


These changes reflect the prevailing wisdom of increasing whole grains and fruits/vegetables in the American diet. This is especially important for lower income families who may not always have access to better nutrition or health/dietary education.

Bravo on less juice and <sup>added</sup> milk alternatives!

Overall, this is a great program and has been an incredible benefit for my family & families in my community.

Thank you for considering my comments.

Sincerely,



10/20/06

Name Patsy Anderson

Address 518 Route 22A

Orwell, VT 05760

13718  
P/

OCT 21 2006

October, 2006

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

03-P

Dear Ms. Daniels,

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

I think it is time to change what is available after all these years. Adding Fruits, vegetables & breads would be a great way to add to every meal. Lots of families do not buy the right amounts of fruits & vegetables because of cost or if it is in season. All the changes look good, all but the idea of losing whole milk over age 2. I, myself like <sup>3</sup> whole milk best and the old my daughter gets, the more she likes it.

I hope that with the help of others, right food package changes will be made.

Thank you for considering my comments.

Sincerely,

Jaime Quenneville

Name Jaime Quenneville

Address P.O. Box 14

Whiting, VT 05778

137119  
P

OCT 21 2006

October, 2006

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

03-P

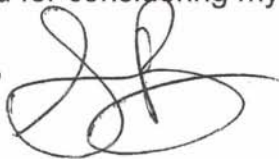
Dear Ms. Daniels,

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

I think this is a great change because it's hard to afford fresh veggies and whole grain foods even if that is what you would like your family to eat. We receive food now for our son, and it is a huge help. We feel very lucky to receive this program. I am also expecting another baby so the baby food addition will greatly come in use.

Thank you for considering my comments.

Sincerely,



Name Sara Bowen

Address 97 Moore rd

Castleton VT 05735

13720  
P13720

03-P

October, 2006

OCT 18 2006

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

Dear Ms. Daniels,

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

I think the products that may be added are great. I don't think  
the milk should be reduced though, nor should whole milk be taken  
out for children **a** and up.

Thank you for considering my comments.

Sincerely,

Name Melissa N. Zeno

Address 67 OTTerside

Middlebury, VT 05753

13721  
P. 13721

OCT 25 2006

October, 2006

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

03-P

Dear Ms. Daniels,

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

I Love it - but I would like you  
to add cottage cheese + yogurt  
My little girl loves both those things  
Very much.

Thank you for considering my comments.

Sincerely,

Name Michele Astor  
Address 147 Forest St  
Butland VT 05701

13722  
P

OCT 25 2006

October, 2006

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

OCT 25 2006

03-P

Dear Ms. Daniels,

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

I think all your Adds are great, except for canned beans and dried legumes, as a volunteer for the food shelf I find that people tend not to choose these items along with rice unless it is boil a bag rice.

The increase in formula for formulafed baby is a good thing, but the Reduction of formula for partially breastfed infants may discourage some mothers from breastfeeding there babys at all. other Reduces are OK except for the milk as a household w/ 1 with the amount of milk we receive, we still have to buy more milk.

I think Eliminating the Juice and substituting fruits and Vegetables is a great thing to do, kids do not need all the sugar from Juice  
a good 3 kid also donot need all the fat from whole milk, its to give your children skim or 1% milk

Thank you for considering my comments.

Sincerely,

Name Jackie Terry

Address 29 Monkton Rd.

Vergennes, Vt. 05491

13723  
A...



OCT 25 2006

October, 2006

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

03-P

Dear Ms. Daniels,

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

With the proposed revisions to the WIC Food Package, there are many more options of healthy foods from which to choose from. Some of these options would especially help in preventing food going to waste, such as milk. There is plenty of milk being delivered, but sometimes there is just too much to use before it sours.

Having fruits, fish, grains, and more vegetables available to choose from would make choosing healthier meals easier and definitely give so much more variety than what is now available. This variety also helps our children become more knowledgeable about many food options that are beneficial to their health.

Thank you for considering my comments.

Sincerely,

Name Jennifer Chumbe

Address 1761 Schoolhouse Road

Groton, VT 05046

P 13724

October, 2006

03-P

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

OCT 25 2006

Dear Ms. Daniels,

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

I think most of the changes sound great. The only issue I have is the reduction of milk and juice. I have 2 small children who both love milk and juice and quite honestly I don't think we get enough now. We already have to buy 3 more gallons of milk and 1 container of juice a week.

However I am very thankful for the fact that we receive WIC, I think it's a wonderful program. As a one income family of four, with the prices of milk and juice, ect., it helps out a great deal. I do hope that the milk and juice quantities are not reduced!

Thank you for considering my comments.

Sincerely,



Name Adrian Colburn

Address 224 Mt. View

Chester, UT 05143

13725  
P

October, 2006

OCT 25 2006

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

034

Dear Ms. Daniels,

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

I think it's great there are a lot of kids out there that don't get enough fruits & vegetables because food cost a lot of money when you add everything up. you have just a certain amount of money you end up picking out what you have to have and skipping other things

great idea

P 13726

Thank you for considering my comments.

Sincerely, Heidi Laplante

Name Heidi Laplante

Address 56 Litchfield St

Spld . 05156

OCT 25 2006

October, 2006

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

03-P

Dear Ms. Daniels,

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

I think it's a Great idea  
It should have been changed  
along time ago  
my two month old  
Actually Run out of formula  
for oct so I had to go Buy  
a can which was \$13,

Thank you for considering my comments.

Sincerely,

P-13727

Name Brittany Tyne

Address 104 Pleasant St C-7

Chester VT 05143

Dear Ms. Daniels,

OCT 25 2006

03-P

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

I think the adds and increases are great, the reductions with the exceptions of the eggs is also great, but I do not agree with the eliminations. My 2 year old drinks about all the milk that is supplied each week. Sometimes I even have to go buy more for him.

Thank you for considering my comments.

Sincerely,

Name Audra Demasi

Address PO Box 448

Lyndonville VT 05851

~~(800)~~

P. 13728

13728

03-p

OCT 17 2006

October, 2006

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

Dear Ms. Daniels,

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

I Think IT 'A Great a - for eliminating The  
Whole Milk, AS my child was A premature.  
I Breastfeed him for year. still Below  
Average weight Age 2 1/2 AND he needs  
The extra FAT & CALORIES IN The whole Milk  
maybe make exception TO The whole Milk  
rule as AN option IF needed.

Thank you

P.S. AS A pregnant woman I couldn't keep weight on  
AND I needed the whole milk for extra fat & calories  
The State AND Doctor recommended IT for me,  
Thank you for considering my comments.

Sincerely, Susan M Moulton

Name SUSAN M. MOULTON

Address 19 Hillcrest Rd

ROTHAND VT 05701

13729

P. . . .