

Quick and easy meals for today's busy families

Help consumers get a great meal on the table fast. Serve up your brand in a trusted environment of family-friendly recipes and fun dinner ideas targeting time-pressed lifestyles.

- 100+ recipes for fun dinner ideas in each issue
- Takes the hassle out of daily meals with time-saving shopping, cooking and serving tips, secrets from the pros, handy grocery lists
- 6 issues a year
- Rate base: 1,000,000



2009-2010 Editorial Calendar/Ad Close

Issue	Recipe Contest	Special Features	Ad Close	Materials	On Sale
Nov/Dec 2009	Nuts	Theme: Holidays Features: Mix & Match Your Holiday Menus! Cookies, Gifts from the Kitchen	8/28/09	9/4/09	10/27/09
Jan/Feb 2010	Pizza	Theme: Comfort Food Features: Time & Money Saving Classics, Ligher Comfort Foods, Warm Desserts	10/23/09	10/30/09	12/22/09
Mar/April	Potatoes	Theme: Budget Features: Five Dinners for \$50, Fast Fixes with Mixes, Beef or Pork	12/22/09	12/20/09	2/23/10
May/June	Berries	Theme: Picnics, Potlucks, BBBQs Features: Grilling, Summer Get-Together Recipes, Slow Cooker	2/26/10	3/6/10	4/27/10
Jul/Aug	Main Dish Salads	Theme: Your Summer Cookbook Features: All-American Summer, Best of Garden Fresh Recipes	4/23/10	4/30/10	6/22/10
Sept/Oct	Stovetop Suppers in 30 Minutes	Theme: Back to School Features: Main Dish Soups, After-School Snacks, Smoothies	6/25/10	7/1/10	8/24/10

2010 General Advertising Rates

Gross Rates	1X	2X	4x	6x
Four Color Page	\$48,200	\$47,250	\$46,250	\$44,850
Cover 2 & 4 Cover 3	\$60,250 \$58,300	\$59,050 \$57,150	\$57,850 \$55,950	\$56,050 \$54,200
Black & White Page	\$33,250	\$32,600	\$31,900	\$30,900
Two Color Page	\$38,550	\$37,800	\$37,000	\$345,850

Please note: all edit and rates are subject to change.