

EAT MAGAZINE: EASY FAMILY FOOD FALL 2006 ISSUE HIGHLIGHTS

-EAT Editors Available for Interview-

All Fall Recipes Available for Reprint

DES MOINES (September 18, 2006) – The fall issue of *EAT*, a Special Interest Media published by Meredith Corporation, serves up terrific harvest-weather food in a flash. *EAT* understands the cooking challenges of busy families, so the editors have packed the fall issue with fast, simple, delicious recipes that everyone in the family will love.

EAT Cheap – Throw a Chili Buffet on a Shoestring Budget The leaves are falling and the temperature is dropping, which means it's chili time! Host a chili buffet party for friends and family with just a couple of bucks and a little bit of effort. Serve 6 for as little as \$11.

Apples: Fall is here, time for apple picking! Apples are packed with antioxidants and fiber, which help prevent everything from cancer to memory loss, asthma, heart disease and obesity. Here, *EAT* provides fun recipes and facts about one of America's favorite fruits. Did you know an apple has as much fiber as a bowl of bran cereal?

Picky Eater Pleasers: No whining necessary with these tasty bites, so delicious they'll grab them by the little handful. Also featured, picky tips such as using canned sweet potatoes in place of oil in baked goods to pack in extra vitamins and decrease fat.

We Like, They Like: Nothing says "winter warm-up" better than grilled cheese and tomato soup. Make one meal two ways – a simple base for kids and a jazzed-up version for adults.

Breakfast Food to Go: Make the most of school-morning minutes with cuisine you can grab on the way out the door or even eat in the car. Whip up one of these munchables whenever kids need a nutritious, quick breakfast.

The One-Pan Plan: Dinner that comes together with only one dirty dish is no longer too good to be true. *EAT* features five delicious meals that require little cooking time and an even shorter cleanup.

From Freezer to Party Table: Swing by the store on your way home from work and grab a few items from the freezer case for these whip-together party appetizers. Everyone will rave about your culinary skills, and no one will suspect each recipe only took a few minutes to make.

Express-lane Meals: Take an easy-to-find ingredient like frozen meatballs and make five fast, easy recipes that will amaze everyone.

The fall 2006 issue of *EAT* is available on newsstands until January 2, 2007 for \$4.99.

About Meredith Corporation

Meredith Special Interest Media are the largest collection of newsstand publications in the world, with approximately 150 issues a year in the areas of building & remodeling, decorating, crafting, gardening, and food & health.

Meredith (www.meredith.com) is one of the nation's leading media and marketing companies with businesses centering on magazine and book publishing, television broadcasting, integrated marketing and interactive media. The Meredith Publishing Group features 24 subscription magazines - including *Better Homes and Gardens*, *Ladies' Home Journal*, *Parents*, *Child*, *Fitness*, *Family Circle* and *American Baby* - and approximately 150 special interest publications. Meredith owns or operates 14

television stations, including properties in top-25 markets such as Atlanta, Phoenix and Portland, and an AM radio station.

Meredith has approximately 350 books in print and has established marketing relationships with some of America's leading companies including The Home Depot, DIRECTV, DaimlerChrysler, Wal-Mart and Carnival Cruise Lines. Meredith's consumer database, which contains approximately 80 million names, is one of the largest domestic databases among media companies and enables magazine and television advertisers to target marketing campaigns precisely. Additionally, Meredith has an extensive Internet presence that includes 32 Web sites and strategic alliances with leading Internet destinations.

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