EatingWell is the ultimate experience for consumers with a passion for food and wellness. We satisfy their cravings for flavors from around the globe and celebrate fresh ingredients and the farmers, artisans and chefs who bring them to our table. Through science-backed advice and smart stories about sustainability, we help readers live their best lives.
JANUARY/FEBRUARY: 
HEALTHY FOR LIFE 
This New Year, EatingWell is encouraging our readers to start healthy habits to carry with them throughout their lives. 
AD CLOSE: 11/10/20 ON-SALE: 1/1/21

MARCH: 
THE ESSENTIALS 
In our first-ever essentials issue, EatingWell provides advice and must-have products for living the good life every day. 
AD CLOSE: 12/15/20 ON-SALE: 2/5/21

APRIL: 
WHAT’S NEXT? 
At EatingWell, we always have our finger on the pulse of what’s happening. We’ll give readers a look inside what’s next in food innovation, sourcing, farming, technology and more. 
AD CLOSE: 1/12/21 ON-SALE: 3/5/21

MAY: 
MOMS 
Our second annual Moms Issue will celebrate moms and their love of feeding their families. 
AD CLOSE: 2/16/21 ON-SALE: 4/9/21

JUNE: 
GET OUTSIDE 
EatingWell serves up trail-friendly foods for outdoor adventures, a road trip down the California Coast and the one dish you need to master this summer! 
AD CLOSE: 3/16/21 ON-SALE: 5/7/21

JULY/AUGUST: 
GATHER/AMERICAN FOOD HEROES 
Summer entertaining is in full-swing and we’ve got the recipes to make every gathering an absolute hit. Plus, our fifth annual American Food Hero Awards! 
AD CLOSE: 4/20/21 ON-SALE: 6/11/21

SEPTEMBER: 
IT’S ALL EASY 
It’s the most hectic time of year! EatingWell helps control the chaos of the back-to-school season with strategies and recipes for weeknight dinners and easy entertaining. 
AD CLOSE: 6/15/21 ON-SALE: 8/6/21

OCTOBER: 
AMERICAN FOOD TODAY 
Guest Editor: PADMA LAKSHMI 
With so many cultural influences from around the globe, America just might be the most exciting place to eat. We’ll take a look at the diverse and delicious food Americans are serving up. 
AD CLOSE: 7/20/21 ON-SALE: 9/10/21

NOVEMBER: 
THANKSGIVING COOKBOOK 
No matter where you fall on the Thanksgiving spectrum, we’ve got you covered! Fool-proof solutions for beginners, over-the-top ideas for experts, and superfast recipes for the time-crunched. 
AD CLOSE: 8/17/21 ON-SALE: 10/8/21

DECEMBER: 
HOLIDAYS 
From traditional to modern, we have menus and ideas for a low-stress holiday feast and recipes for brunch the next morning. 
AD CLOSE: 9/21/21 ON-SALE: 11/12/21

For more information, please contact TIFFANY EHASZ, Publisher, at 917-414-3800 or tiffany.ehasz@meredith.com, or your EatingWell sales representative.

Dates and editorial content subject to change
OUR EDITOR-IN-CHIEF

JESSIE PRICE

Editor-in-Chief of EatingWell since 2013, Jessie Price grew up in a family full of great cooks and food fanatics. After graduating from Williams College, she cooked in restaurants in California and Colorado, including the Relais and Chateaux Home Ranch near Steamboat Springs. She started out testing and developing recipes for EatingWell and joined the editorial team full time in 2004.

Jessie is the author of 10 EatingWell cookbooks, including the James Beard Award-winning The Simple Art of EatingWell, EatingWell Vegetables and, most recently, EatingWell Soups. She lives in Charlotte, Vermont, where she stays busy growing her own vegetables and tracking down great food products.

@JESSIEEATS WELL

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AWARD-WINNING JOURNALISM

15-TIME JAMES BEARD AWARD WINNER
+ 26 ADDITIONAL NOMINATIONS

2019 + 2016 PUBLICATION OF THE YEAR

MAGAZINE OF THE YEAR
AD AGE 2016

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THE EATINGWELL CONSUMER

TOTAL AUDIENCE 7MM
RATEBASE 1.775MM
MEDIAN AGE 52
MEDIAN HHI $69K
MILLENNIALS 30%

SOURCE: MRI DOUBLEBASE 2020

For more information, please contact TIFFANY EHASZ, Publisher, at 917-414-3800 or tiffany.ehasz@meredith.com, or your EatingWell sales representative.
REGIONAL RATE BASE

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<td>Middle Atlantic</td>
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<tr>
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**Total Rate Base:** 1,775,000

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<tr>
<td>Digital Subscriptions</td>
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</table>

For more information, please contact **Tiffany Ehasz**, Publisher, at 917-414-3800 or tiffany.ehasz@meredith.com, or your EatingWell sales representative.

Source: Meredith Circulation, Jan 2020
The following are certain terms and conditions governing advertising published by Meredith Corporation (“Publisher”) in the U.S. print edition of EatingWell magazine (the “Magazine”), as may be revised by Publisher from time to time. For the latest version, go to www.eatingwell.com. For Publisher’s Digital Editions Advertising Terms and Conditions, go to http://meredithtabletmedia.com/sfp/terms-conditions.php. Submission of insertion order for placement of advertising in the Magazine constitutes acceptance of the following terms and conditions. No terms or conditions in any insertion orders, reservation orders, blanket contracts, instructions or documents that conflict with or alter these terms and conditions will be binding on Publisher, unless authorized in writing by a senior executive of Publisher.

**AGENCY COMMISSION AND PAYMENT**

1. Publisher may require payment for advertising upon terms determined by Publisher prior to publication of any advertisement.

2. Agency and advertiser are jointly and severally liable for the payment of all invoices arising from placement of advertising in the Magazine and for all costs of collection of late payment.

3. If an account is placed with a collection agency or attorney for collection, all commissions and discounts will be rescinded or become null and void and the full advertising rate shall apply.

4. Agency commission (or equivalent): fifteen percent (15%) of gross advertising space charges, payable only to recognized agents.

5. Invoices are rendered on or about the on-sale date of the Magazine. Payments are due within thirty (30) days after the billing date, with the following exceptions. For all advertising not placed through a recognized agent, payments at rate card rates must be received no later than the issue closing date. Prepayment is required if credit is not established prior to ten (10) business days prior to the issue closing date. Payments must be in United States currency.

6. No agency commission is payable, and Publisher will not grant any discounts, on production charges. Any discounts received by advertiser on ad space charges may not be applied to production charges.

7. Advertiser shall pay all international, federal, state and local taxes on the printing of advertising materials and on the sale of ad space.

**CANCELLATION AND CHANGES**

1. Publisher expressly reserves the right to reject or cancel for any reason at any time any insertion order or advertisement without liability, even if previously acknowledged or accepted. In the event of cancellation for default in the payment of bills, charges for all advertising published as of the cancellation date shall become immediately due and payable.

2. Advertisers may not cancel orders for, or make changes in, advertising after the issue closing date. Cancellation of orders or changes in advertising to be placed on covers, in positions opposite content pages, and for card inserts will not be accepted after the date thirty (30) days prior to the issue closing date. Cancellation of orders for special advertising units printed in the Magazine, such as booklets and gatefolds, will not be accepted after the date sixty (60) days prior to the issue closing date. In the event Publisher accepts cancellation after any of the foregoing deadlines, such acceptance must be in writing, and such cancellation may be subject to additional charges at Publisher’s discretion.

3. The conditions of advertising in the Magazine are subject to change without notice. Publisher will announce ad rate changes thirty (30) days prior to the closing date of the issue in which the new rates take effect. Orders for subsequent issues will be accepted at the then-prevailing rates.

**CIRCULATION GUARANTEE**

The Magazine is a member of the Alliance for Audited Media (AAM). The following rate base guarantee is based on the AAM’s reported circulation for the Magazine averaged over each six month AAM period, during the calendar year, in which advertising is placed. Publisher guarantees circulation to national advertisers by brand of advertised product or service. In the event the audited six (6)-month average circulation does not meet the guaranteed rate base, Publisher shall grant rebates to the advertiser in ad space credit only, which must be used within six (6) months following the issuance of audited AAM statements for the period of shortfall. Rebates will be calculated based on the difference between the stated rate base at time of publication and the AAM audited 6-month average. Publisher does not guarantee circulation to regional advertisers, and regional circulations reported by the AAM are used by Publisher only as a basis for determining the Magazine’s advertising rates.

**PUBLISHER’S LIABILITY**

1. Publisher is not liable for any failure or delay in printing, publishing, or circulating any copies of the issue of the Magazine in which advertising is placed that is caused by, or arising from, an act of God, accident, fire, strike, terrorism or other occurrence beyond Publisher’s control.

2. Publisher is not liable for any failure or delay in publishing in the Magazine any advertisement submitted to it. Publisher does not guarantee positioning of advertisements in the Magazine, is not liable for failure to meet positioning requirements, and is not liable for any error in key numbers. PUBLISHER WILL TREAT ALL POSITION STIPULATIONS ON INSERTION ORDERS AS REQUESTS. Publisher will not consider any objections to positioning of an advertisement later than six (6) months after the on-sale date of the issue in which the advertisement appears.
MEREDITH CORPORATION
PRINT ADVERTISING TERMS AND CONDITIONS

3. The liability of Publisher for any act, error or omission for which it may be held legally responsible shall not exceed the cost of the ad space affected by the error. In no event shall Publisher be liable for any indirect, consequential, special or incidental damages, including, but not limited to, lost income or profits.

MISCELLANEOUS

1. Agency and advertiser jointly and severally represent and warrant that each advertisement submitted by it for publication in the Magazine including, but not limited to, those for which Publisher has provided creative services, contains no copy, illustrations, photographs, text or other content or subject matter that violate any law or infringe any right of any party. As part of the consideration and to induce Publisher to publish such advertisement, agency and advertiser jointly and severally shall indemnify and hold harmless Publisher from and against any loss, liability, damages and related expenses (including attorneys’ fees) (collectively, “Losses”) arising from publication of such advertisements in all applicable editions, formats or derivations of the Magazine, including, but not limited to, (a) claims of invasion of privacy, violation of rights of privacy or publicity, trademark infringement, copyright infringement, libel, misrepresentation, false advertising, or any other claims against Publisher (collectively, “Claims”, or (b) the failure of such advertisement to be in compliance and conformity with any and all laws, orders, ordinances and statutes of the United States or any of the states or subdivisions thereof.

2. In the event the Publisher provides contest or sweepstakes management services, email design or distribution or other promotional services in connection with advertisements placed in the Magazine, agency and advertiser jointly and severally represent and warrant that any materials, products (including, but not limited to, prizes) or services provided by or on behalf of agency or advertiser will not result in any claim against Publisher. As part of the consideration and to induce Publisher to provide such services, agency and advertiser jointly and severally shall indemnify and hold harmless Publisher from and against any Losses arising from such materials, products or services, including, but not limited to, those arising from any Claims.

3. Publisher’s acceptance of an advertisement for publication in the Magazine does not constitute an endorsement of the product or service advertised. No advertiser or agency may use the Magazine’s name or logo without Publisher’s prior written permission for each such use.

4. The word “advertisement” will be placed above all advertisements that, in Publisher’s opinion, resemble editorial matter.

5. All pricing information shall be the confidential information of Publisher, and neither agency nor advertiser may disclose any such information without obtaining Publisher’s prior written consent.

6. This agreement shall be governed by and construed in accordance with the laws of the State of New York without regard to its conflicts of laws provisions. Any civil action or proceeding arising out of or related to this agreement shall be brought in the courts of record of the State of New York in New York County or the U.S. District Court for the Southern District of New York. Each advertiser and its agency consents to the jurisdiction of such courts and waives any objection to the laying of venue of any such civil action or proceeding in such courts.

ADDITIONAL COPY AND CONTRACT REGULATIONS

1. For advertising units less than full-page size, insertion orders must specify if advertisement is digest, vertical, square, or horizontal configuration. Insertion orders for all advertising units must state if advertisement carries a coupon.

2. Advertising units of less than 1/3 page size are accepted based on issue availability as determined by Publisher.

3. Requested schedule of issues of ad insertions and size of ad space must accompany all insertion orders. Orders and schedules are accepted for the advertising by brand of product or service only and may not be re-assigned to other products or services or to affiliated companies without the consent of Publisher.

4. Insert linage contributes to corporate page levels based on the ratio of the open rate of the insert to the open national P4C rate.

5. If a third party either acquires or is acquired by advertiser during the term of an insertion order, any advertising placed by such third party in an issue of the Magazine that closed prior to the date of the acquisition will not contribute to advertiser’s earning discounts.

REBATES AND SHORT RATES

Publisher shall rebate advertiser if advertiser achieves a higher spending level, resulting in the retroactive lowering of advertising rates, in comparison to the billed advertising rates. Rebate shall be in the form of a media credit to be applied against not-yet-paid media invoices. In the event that advertiser fails to achieve a spending level for which it has been billed, advertiser will be short-rated and owe Publisher an additional sum based on the difference between the billed rates and higher rates.

EatingWell