

Rachael Ray Every Day Magazine Features First Lady Michelle Obama In September 2016 Issue

Issue Highlights The Nationwide Healthy Lunchtime Challenge and Yum-o! Organization Partnership

NEW YORK, Aug. 15, 2016 /PRNewswire/ -- Meredith Corporation (NYSE:MDP; www.meredith.com), the leading media company serving 102 million unduplicated American women and 72 percent of U.S. millennial women, today unveiled the September 2016 issue of *Rachael Ray Every Day* magazine with a special guest appearance by First Lady Michelle Obama. The issue hits newsstands nationwide August 16.

In honor of the Healthy Lunchtime Challenge – a national recipe challenge for kids that promotes cooking and healthy eating as part of the First Lady's *Let's Move!* initiative (www.letsmove.gov), winners representing all 50 states, the District of Columbia and five territories attended a Kids' "State Dinner" at the White House hosted by First Lady Michelle Obama on July 14. The 56 aspiring young chefs joined the First Lady, Rachael Ray and *Rachael Ray Every Day* Editor-in-Chief Lauren Purcell for a healthy lunch featuring a selection of the winning recipes.

"Through efforts like the Healthy Lunchtime Challenge and Kids' 'State Dinner,' we're inspiring kids to get into the kitchen and unleash their creativity to come up with healthy meals and snacks that they and their families can enjoy," said Mrs. Obama.

Rachael Ray's Yum-o! organization has joined with the First Lady to support this year's Healthy Lunchtime Challenge to inspire children to learn about healthy food choices and to make nutritious meals that appeal to kids. Through Yum-o!'s support, each of the winners received a keepsake cookbook with all of the winning recipes. The full list of winners and recipes can be downloaded by clicking [here](#).

"It's truly a privilege to work with First Lady Michelle Obama to improve nutrition and health for our nation's kids," said Rachael Ray. "Thanks to her efforts, a new generation is learning how our relationship to food and one another can deeply affect the quality of our own lives."

The magazine cover was shot with Rachael Ray and First Lady Michelle Obama in early June at the White House Kitchen Garden in Washington, D.C. The cover story, "First Lady Who Lunches," includes an account by Mrs. Obama of how her *Let's Move!* initiative – and her own family's healthy eating habits – came about, and showcases six of the kids' winning recipes.

"First Lady Michelle Obama is an inspiration to me and to so many others who are working to help children and their families learn to cook, eat and grow nutritious, delicious, affordable food," said Editor-in-Chief Lauren Purcell. "And she's the perfect cover star for us because she's accessible, authentic and just plain cool. Anyone who hasn't seen her 'Mom Dance' on the Tonight Show or her Carpool Karaoke appearance should go to YouTube immediately! Mrs. Obama's warm, down-to-earth attitude and her motivating message make her exactly right for *Rachael Ray Every Day*."

The September 2016 issue of *Rachael Ray Every Day* also serves up its usual family-friendly, make-it-tonight recipes in stories such as "Cook Once, Eat for a Month!" (page 108), which helps time-pressed readers make dinner ahead of time, and Rachael Ray's beloved "30 Minute Meals" (page 98), which celebrates seasonal produce. The issue also includes a story on throwing a wine party, "Uncork Some Fun" (page 120), and "The *Rachael Ray Every Day* Restaurant Survey" (page 74), a collaboration with the James Beard Foundation, which helps readers get the best experience and the most for their money when eating at restaurants.

Rachael Ray Every Day is part of Meredith's leading portfolio of food-centric brands, including the multi-platform *Allrecipes* brand; *Family Circle*, *Martha Stewart Living* and *EatingWell* magazine brands; and 34 food-focused Special Interest Media issues. Launched in 2005, the food and lifestyle publication continues to offer practical, simple ideas and a "keep it real" attitude that resonates with its loyal readers and fits into their own everyday routine. Published 10 times a year by Meredith, the magazine has a rate base of 1.7 million.

For additional information, please visit www.rachaelraymag.com.

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Meredith is the leader in creating content across media platforms in key consumer interest areas such as food, home, parenthood and health through well-known brands such as *Better Homes and Gardens*, *Parents*, *Martha Stewart Living*, *SHAPE* and *Allrecipes*, reaching over 82 million unique visitors per month. Meredith Xcelerated Marketing is a leader at developing and delivering custom content and customer relationship marketing programs for many of the world's top brands, including Kraft, Lowe's and Chrysler.

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