



Add up your calories and SAVE \$\$ with *Smart Menu Choices!*

Pick up your FREE copy of
"Nutrition in the Fast Lane"

A calorie and nutrition guide to 64
Restaurants and Nearly 3,200 Menu Items

at

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Cooperative Extension Service
during January and register
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\$25 SONIC Gift Certificate!



Check with the Extension Office at

<http://ces.ca.uky.edu/allen> January through May for
additional *"Add Up the Savings"* promotions.