



COOKING LIGHT • EVERY DAY WITH RACHAEL RAY • FITNESS • FOOD NETWORK MAGAZINE • HEALTH

State	Market	Rate Base	Page Rate
AL	Birmingham	69,640	\$14,635
AZ	Phoenix/Tucson	105,520	\$21,520
CA	Los Angeles Metro	255,720	\$50,835
	Los Angeles	83,140	\$17,470
	Orange County	47,260	\$10,965
	Sacramento	65,910	\$13,850
	San Diego	71,560	\$15,035
	San Francisco	179,290	\$35,640
CO	Denver	135,480	\$26,930
CT	Connecticut	81,340	\$17,090
	Fairfield/Westchester	65,130	\$13,685
DC	Washington, D.C. Metro	126,050	\$25,705
FL	Jacksonville	68,880	\$14,475
	Miami/Ft. Lauderdale/Palm Beach	108,090	\$22,045
	Orlando	53,550	\$11,750
	Tampa/Sarasota	98,900	\$20,670
GA	Atlanta	104,940	\$21,400
IA	Cedar Rapids/Des Moines/Omaha	127,930	\$26,090
IL	Chicago	205,460	\$40,845
IN	Indianapolis	69,340	\$14,570
KS	Kansas City	60,190	\$13,205
KY	Louisville/Lexington	56,130	\$12,315
LA	New Orleans/Baton Rouge	58,940	\$12,930
MA	Boston	140,420	\$27,915
	Springfield/Worcester	38,130	\$9,035
MD	Baltimore	63,720	\$13,635
ME	Burlington/Manchester/Portland	97,080	\$20,400
MI	Detroit	101,460	\$20,690
	Grand Rapids/Lansing	75,730	\$15,910
MN	Minneapolis/St. Paul	128,680	\$26,245
MO	Kansas City	60,190	\$13,205
	St. Louis	72,180	\$15,165
NC	Charlotte/Greensboro	83,200	\$17,480
	Raleigh/Durham	65,980	\$13,865
NE	Cedar Rapids/Des Moines/Omaha	127,930	\$26,090
NH	Burlington/Manchester/Portland	97,080	\$20,400
NJ	New Jersey Metro	218,780	\$43,490

State	Market	Rate Base	Page Rate
	Northern New Jersey	134,180	\$26,675
	Southern New Jersey	84,600	\$17,775
NM	Albuquerque	33,510	\$7,940
NV	Las Vegas/Reno	46,970	\$10,895
NY	Albany	36,750	\$8,705
	Buffalo	35,380	\$8,380
	New York Metro	395,030	\$78,530
	Fairfield/Westchester	65,130	\$13,685
	Long Island	82,620	\$17,360
	New York	113,100	\$23,065
	Northern New Jersey	134,180	\$26,675
	Rochester	53,600	\$11,760
	Rockland/Hudson Valley	52,290	\$11,470
	OH	Cincinnati	97,310
	Cleveland	75,790	\$15,925
	Columbus	52,340	\$11,485
OK	Oklahoma/Tulsa	56,000	\$12,285
OR	Portland	75,670	\$15,900
PA	Harrisburg/Lancaster/York	27,020	\$6,960
	Philadelphia	143,990	\$28,625
	Pittsburgh	83,750	\$17,600
RI	Providence	27,160	\$6,995
SC	South Carolina	79,100	\$16,620
	Chattanooga/Knoxville	50,150	\$11,000
TN	Nashville	55,850	\$12,255
	Austin	77,180	\$16,215
TX	Dallas/Ft. Worth	129,920	\$26,495
	Houston	102,280	\$20,860
	San Antonio	75,790	\$15,925
UT	Salt Lake City	38,910	\$9,220
VA	Norfolk/Richmond	106,190	\$21,655
	Washington, D.C. Metro	126,050	\$25,705
VT	Burlington/Manchester/Portland	97,080	\$20,400
WA	Seattle/Tacoma	109,150	\$22,260
	Spokane	23,770	\$6,120
WI	Milwaukee	98,730	\$20,635

MNI Healthy Living is available every month, but not all magazines are published monthly.

