

Sara's Weeknight Meals Season 3 Carriage Report

	CALL LETTERS	DMA	ST	SCHEDULE	COMMENTS/FEED
1	WEDW	New York	CT	Saturdays @ 4:00 PM	Beginning 1/5
1	WNJB	New York	NY	Saturdays @ 4:00 PM	Beg 1/19
1	WLIW	New York	NY	Saturdays @ 12:00 PM	Beginning 4/6
2	KVCR	Los Angeles	CA	Sundays @ 12:30 PM	Beginning 1/27
3	WTTW	Chicago	IL	Saturdays @ 11:00 AM	Beginning 3/30
4	WLVT	Philadelphia	PA	Saturdays @ 3:30 PM	Beginning 1/19
4	WNJS	Philadelphia	PA	Saturdays @ 4:00 PM	Beginning 1/19
5	KERA	Dallas-Ft. Worth	TX	Saturdays @ 12:00 PM	Beginning 1/5
6	KQED	San Francisco-Oak-San Jose	CA	Saturdays @ 2:30 PM	Beginning 1/5
7	WENH/WEKW	Boston (Manchester)	NH	Saturdays @ 12:30 PM	Beginning 1/12
7	WGBH	Boston (Manchester)	MA	Saturdays @ 12:30 PM	Beginning 1/12
8	WETA	Washington, DC (Hagerstown	DC	Saturdays @ 1:30 PM	Beginning 1/5

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8	WHUT	Washington, DC (Hagerstown	DC	Saturdays @ 1:00 PM	Beginning 1/12
8	WFPT/WGPT/ WWPB	Washington, DC (Hagerstown	MD	Saturdays @ 1:30 PM	Beginning 1/12
9	WPBA	Atlanta	GA	Saturdays @ 11:30 AM	Beginning 1/5
10	KUHT	Houston	TX	Saturdays @ 9:30 AM	Beginning 1/5
11	WTVS	Detroit	MI	Saturdays @ 4:00 PM	Beginning 2/2
12	KBTC/KCKA	Seattle-Tacoma	WA	Wednesdays @ 10:00 AM	Beginning 1/16
12	KCTS	Seattle-Tacoma	WA	Saturdays @ 1:00 PM Sundays @ 11:00 AM & 6:00 PM Fridays @ 11:30 AM	Beginning 1/21
13	KAET Life	Phoenix (Prescott)	AZ		Beginning 1/6
14	WUSF	Tampa-St. Pete (Sarasota)	FL	Mondays @ 10:30 AM	Beginning 1/7
14	WEDU	Tampa-St. Pete (Sarasota)	FL	Saturdays @ 2:30 PM	Beginning 2/9
15	KTCA	Minneapolis-St. Paul	MN	Saturdays @ 10:30 AM	Beginning 1/12
15	TPT Life	Minneapolis-St. Paul	MN	Mondays @ 9:30 PM	Beginning 1/8
15	WHWC	Minneapolis-St. Paul	WI	Saturdays @ 12:30 PM	Beginning 1/12
17	KRMA	Denver	CO	Saturdays @ 10:30 AM	Beginning 1/5

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17	KBDI	Denver	CO	Thursdays @ 4:30 PM	Beginning 3/26
18	WEAO	Cleveland	OH	Sundays @ 9:30 AM	Beginning 1/20
18	WVIZ	Cleveland	OH	Saturdays @ 11:00 AM	Beginning 1/5
19	WUCF	Orlando-Daytona Bch-Melbrn	FL	Saturdays @ 2:30 PM	Beginning 1/12
20	KVIE	Sacramnto-Stktn-Modesto	CA	Mondays @ 2:00 PM	Beginning 2/4
21	KETC	St. Louis	MO	Saturdays @ 2:00 PM	Beginning 1/26
22	KOPB	Portland, OR	OR	Saturdays @ 2:00 PM	Beginning 1/19
22	KTVR	Portland, OR	OR	Thursdays @ 5:30 PM	Beginning 1/3
23	WQED	Pittsburgh	PA	Sat @ 10:30am	Beginning 2/9
23	WGPT	Pittsburgh	PA	Saturdays @ 1:30 PM	Beginning 1/12
24	WUNC/WUNP/ WUNU	Raleigh-Durham (Fayettevil	NC	Wednesdays @ 2:30 PM	Beginning 2/6
25	WTVI	Charlotte	NC	Saturdays @ 1:00 PM	Beginning 2/9
25	WUNE/WUNG	Charlotte	NC	Wednesdays @ 2:30 PM	Beginning 2/6
26	WIPB	Indianapolis	IN	Wednesdays @ 1:00 PM	Beginning 1/16

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26	WTIU	Indianapolis	IN	Sundays @ 8:00 AM	Beginning 1/13
27	WMPT/WMPB	Baltimore	MD	Saturdays @ 1:30 PM	Beginning 1/12
30	WEDH/WEDY	Hartford & New Haven	CT	Saturdays @ 4:00 PM	Beginning 1/5
31	KCPT	Kansas City	MO	Fridays @ 2:30 PM Saturdays @ 9:00 AM	Beginning 1/4 & 1/26
34	WMVT/WMVS	Milwaukee	WI	Saturdays @ 2:30 PM	Beginning 1/5
35	WCVN/WKON	Cincinnati	KY	Tuesdays @ 11:00 AM	Beginning 1/8
37	WUNF	Greenville-Sprtnbrg-Ash.,An	NC	Wednesdays @ 2:30 PM	Beginning 2/6
39	WGVU/WGVK	Grand Rapids-Kalmzoo-B.Crk	MI	Fridays @ 1:30PM	Beginning 4/12
40	KLVX	Las Vegas	NV	Saturdays @ 2:30 PM	Beginning 1/19
43	WITF	Harrisburg-Lncstr-Leb-York	PA	Saturdays @ 11:30 AM	Beginning 1/5
45	KLRU	Austin	TX	Saturdays @ 2pm CT	Beginning 2/2
46	WUNL	Greensboro-H.Point-W.Salem	NC	Wednesdays @ 2:30 PM	Beginning 2/6
48	WKMJ/WKPC/W KZT	Louisville	KY	Tuesdays @ 11:00 AM	Beginning 1/8
49	WKNO	Memphis	TN	Recording	Will air in May/June 2013

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53	WEDN	Providence-New Bedford	CT	Saturdays @ 4:00 PM	Beginning 1/5
55	KVPT	Fresno-Visalia	CA	Saturdays @ 4:30 PM	Beginning 1/26
56	KEMV/KETG/ KETS	Little Rock-Pine Bluff	AR	Saturdays @ 4:30 PM	Beginning 2/9
59	KRSC	Tulsa	OK	Saturdays @ 3:00 PM	Beginning 1/5
60	WSRE	Mobile-Pensacola (Ft Walt)	FL	Saturdays @ 10:30 AM	Beginning 1/12
62	WGCU	Ft. Myers-Naples	FL	Wednesdays @ 12:00 PM Saturdays @ 12:30 PM	Beginning 1/9 & 1/12
63	WPTD: ThinkTV Dayton		OH	Wednesdays @ 12:00PM & 3:00PM	Beginning 1/16
64	WKHA/WKLE/ WKMR/WKSO	Lexington	KY	Tuesdays @ 11:00 AM	Beginning 1/8
65	WKAS/WKPI	Charleston-Huntington	KY	Tuesdays @ 11:00 AM	Beginning 1/8
70	KUAT/KUAS	Tucson (Sierra Vista)	AZ	Sundays @ 2pm MT	Beginning 2/3
73	KSPS	Spokane	WA	Saturdays @ 11:30 AM	Beginning 1/5
76	WGTE	Toledo	OH	Mondays @ 2:00 PM	Beginning late March
78	WXXI	Rochester	NY	Saturdays @ 1:00 PM	Beginning 2/16
80	WCBB/WMEA	Portland-Auburn	ME	Saturdays @ 12:30 PM	Beginning 3/23

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81	WKMU/WKPD	Paducah-Cape Girard-Harsbg	KY	Tuesdays @ 11:00 AM	Beginning 1/8
83	WILL	Champaign&Sprngfld-Decatur	IL	Saturdays @ 2:00 PM	Beginning 2/9
87	WTCI	Chattanooga	TN	Saturdays @ 1:00 PM	Beginning 1/26
89	KTSC	Colorado Springs-Pueblo	CO	Saturdays @ 10:30 AM	Beginning 1/5
97	WLED	Burlington-Plattsburgh	NH	Saturdays @ 12:30 PM	Beginning 1/12
100	WUNM WUND/WUNK/	Greenville-N.Bern-Washingt	NC	Wednesdays @ 2:30 PM	Beginning 2/6
101	KAFT	Ft. Smith-Fay-Sprngdl-Rgrs	AR	Saturdays @ 2:30 PM	Beginning 2/9
104	WNIN	Evansville	IN	Saturdays @ 4:00 PM	Beginning 2/2
104	WKMA/WKOH	Evansville	KY	Tuesdays @ 11:00 AM	Beginning 1/8
107		Tyler-Longview(Lfkn&Ncgd)		NO PBS STATION	
110	WNEO	Youngstown	OH	Sundays @ 9:30am	Beginning 1/20
121	KEPB/KOAC	Eugene	OR	Saturdays @ 2:00 PM	Beginning 1/19
122		SantaBarbra-SanMar-SanLuOb		NO PBS STATION	
123	KYVE	Yakima-Pasco-RchInd-Knnwck	WA	Mondays @ 1:00 PM	Beginning 1/21

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125	KQET	Monterey-Salinas	CA	Saturdays @ 2:30 PM	Beginning 1/5
126		Bakersfield		NO PBS STATION	
130	KENW	Amarillo	NM	Wednesdays @ 3:00 PM	Beginning 2/13
132	WUNJ	Wilmington	NC	Wednesdays @ 2:30 PM	Beginning 2/6
135		Rockford		NO PBS STATION	
141		Beaumont-Port Arthur		NO PBS STATION	
143		Wichita Falls & Lawton		NO PBS STATION	
144	WCPB	Salisbury	MD	Saturdays @ 1:30 PM	Beginning 1/12
144	WDPB	Salisbury	DE	Saturdays @ 11:00 AM	Beginning 1/5
148		Palm Springs		NO PBS STATION	
153	KSMQ	Rochestr-Mason City-Austin	MN	Saturdays @ 12:30 PM	Beginning 1/26
155	WMEB/WMED	Bangor	ME	Saturdays @ 12:30 PM	Beginning 3/23
157	WSKG	Binghamton	NY	Sundays @ 5:30 PM	Beginning 1/20
158	WOUC	Wheeling-Steubenville	OH	Weekdays @ 11:00 AM	Beginning 1/7

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161		Sherman, TX-Ada, OK		NO PBS STATION	
164		Abilene-Sweetwater		NO PBS STATION	
165		Yuma-El Centro		NO PBS STATION	
167		Hattiesburg-Laurel		NO PBS STATION	
169		Dothan		NO PBS STATION	
172		Utica		NO PBS STATION	
177	WPBS/WNPI	Watertown	NY	Saturdays @ 2:30 PM	Beginning 2/26
181	KTEJ	Jonesboro	AR	Saturdays @ 2:30 PM	Beginning 2/9
182	WKGB	Bowling Green	KY	Tuesdays @ 11:00 AM	Beginning 1/8
184		Laredo		NO PBS STATION	
185	KRMJ	Grand Junction-Montrose	CO	Saturdays @ 10:30 AM	Beginning 1/5
189		Lafayette, IN		NO PBS STATION	
192	KOAB	Bend	OR	Saturdays @ 2:00 PM	Beginning 1/19
193		Parkersburg		NO PBS STATION	

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196		San Angelo		NO PBS STATION	
197	KCWC	Casper-Riverton	WY	Wednesdays @ 2:00 PM MT	Beginning 1/2
198		Mankato		NO PBS STATION	
200		Ottumwa-Kirkville		NO PBS STATION	
201		St. Joseph		NO PBS STATION	
203		Zanesville		NO PBS STATION	
204		Victoria		NO PBS STATION	
205	WMEM	Presque Isle	ME	Saturdays @ 12:30 PM	Beginning 3/23
206		Helena		NO PBS STATION	
210		Glendive		NO PBS STATION	

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