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**AUGUST 31st IS FREE KRONOS GYROS DAY! GRAB A FREE GYROS & JOIN  
KRONOS IN GIVING BACK TO MILITARY FAMILIES**

***Tuesday, August 31<sup>st</sup> – Participating Chicagoland Retailers  
Celebrate Chicagoland’s Love of Gyros and Show Gratitude to Military Families  
through its 2<sup>nd</sup> Annual Free Kronos Gyros Sandwich Day***

GLENDALE HEIGHTS, Ill. (August 2010)— Kronos Foods, Inc., a leading manufacturer of premium Gyros and other Mediterranean specialty food items, [www.KronosFoodsInc.com](http://www.KronosFoodsInc.com), will give Chicagoans a sandwich with its 2<sup>nd</sup> Annual “Free Kronos Gyros Sandwich” Day, set for Tuesday, Aug. 31, 2010, while helping military families via the Fisher House™ Foundation.

Whether it is lunch, dinner or a snack, Kronos Gyros will be free at approximately 55 participating Chicagoland area locations. At the same time, Kronos is encouraging Chicagoans to help military families with a donation to the Fisher House™ Foundation, which enables family members to be close to a loved one at the most stressful times - during the hospitalization for an unexpected illness, disease, or injury. Donation boxes will be provided at each location so customers can give back to military members and their families, while at the same time enjoying an appetizing sandwich. Donations will be used to assist in the operations of the recently opened Fisher House at the Edward Hines Jr. VA Hospital in Hines, Ill.

Enjoying “Free Kronos Gyros Day”\* is easy. Simply visit [www.KronosFreeGyros.com](http://www.KronosFreeGyros.com), choose a restaurant to visit, download and print a free Gyros sandwich coupon. Then go get your free Kronos Gyros sandwich!

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## **Free Kronos Gyros Day – Tuesday, August 31, 2010** /Add One

“As the birthplace of Kronos Gyros, the Windy City is the perfect place to host the ‘Free Kronos Gyros Day promotion,” said Valerie Lester, vice president of marketing for Kronos Foods, Inc. “After the success of last years’ event, this year, we are thrilled to be working with Fisher House Foundation supporting military families. We hope customers will take this opportunity to visit one of the approximately 55 participating locations across Chicago and its suburbs to satisfy their cravings for a delicious Gyros and to help out this great organization.”

A traditional Greek sandwich, a Gyros is made with selected beef and lamb meat seasoned with zesty spices, thinly sliced and piled high onto a fluffy handmade flatbread pita. A traditional Gyros sandwich is topped with onions and tomatoes, as well as a flavorful creamy cucumber sauce called Tzatziki or Gyros sauce.

Additionally, consumers can make a Gyros stop along Chicago’s tollways, at one of the four Kronos Gyros & Café restaurants located at Belvidere, Hinsdale, Lake Forest and Schiller Park. Visit <http://www.KronosFreeGyros.com> for more information.

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### **About Free Kronos Gyros Day**

\*Certain rules and restrictions apply. Visit <http://www.KronosFreeGyros.com> for completed information.

### **About Kronos Foods, Inc.**

Founded in 1975 by Chicago businessman Chris Tomaras, Kronos and has now grown to be one of the nation's leading manufacturers of Mediterranean foods. The company offers a complete line of Gyros products, sauces, 22 varieties of flatbread, and specialty items such as spanakopita. Kronos also sells handmade, traditional Mediterranean desserts for food service and retail customers made by its Rain Creek Baking division [www.RainCreekBaking.com](http://www.RainCreekBaking.com) and to consumers via [www.SinbadSweets.com](http://www.SinbadSweets.com). Kronos proudly makes and distributes all of its products to retailers and foodservice outlets nationally, including leading restaurants, hospitals, businesses, schools and universities. For more information, visit [www.KronosFoodsInc.com](http://www.KronosFoodsInc.com).

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**Free Kronos Gyros Day – Tuesday, August 31, 2010** /Add Two

**About Fisher House**

The Fisher House™ program is a unique private-public partnership that supports America's military in their time of need. Because members of the military and their families are stationed worldwide and must often travel great distances for specialized medical care, Fisher House™ Foundation donates "comfort homes," built on the grounds of major military and VA medical centers. These homes enable family members to be close to a loved one at the most stressful times - during the hospitalization for an unexpected illness, disease, or injury. There is at least one Fisher House™ at every major military medical center to assist families in need and to ensure that they are provided with the comforts of home in a supportive environment. Annually, the Fisher House™ program helps 12,000 families and has made more than three million days of lodging available to family members since it originated in 1990.

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