



**FOR IMMEDIATE RELEASE**

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**KEEPING YOUR NEW YEAR'S RESOLUTION JUST GOT EASIER**

Deliver the Dream partners with Tossed  
to unveil new Resolution Salad with **FREE** Salad Day

(Fort Lauderdale, Fla.) – On January 7, 2009 Deliver the Dream, a South Florida-based non-profit that organizes retreats for families experiencing a serious illness or crisis, is teaming up with Tossed to help the community kick off the new year on the right foot – healthy, happy and with a little extra change in their pockets.

Tossed - the Fort Lauderdale-based upscale, quick-casual restaurant focusing on customizable green-leaf salads - will celebrate its new Resolution Salad with a Free Salad Day. From 11 a.m. – 2 p.m. in lieu of charging for their fresh and flavorful leafy concoctions, Tossed at Legacy Place in Palm Beach Gardens is keeping the holiday spirit alive by asking for donations, which will benefit Deliver the Dream's Family Retreat Program.

"We are so pleased to be the recipients of proceeds from Free Salad Day," said Paul Withrow, Deliver the Dream's Executive Director. "Tossed clearly represents corporate citizenry at its best and Deliver the Dream families will truly benefit as a result of their kindness."

The Resolution Salad is comprised of a mix of romaine and baby rocket (arugula) lettuces, mandarin oranges, carrots, chopped tomatoes, jicama and sugar snap peas, all of which are topped with a strawberry balsamic dressing. According to Eric Clark, Tossed's Chief Operating Officer, the salad clocks in at 210 calories with nine grams of fat and is fresh, flavorful and the perfect addition to Tossed's already extensive menu.

### **About Deliver the Dream**

Based in Fort Lauderdale, Fla., Deliver the Dream was founded by former JM Family CEO Pat Moran. Since 2002, the organization has hosted retreats for more than 3,600 family members facing such challenges as Cancer, Multiple Sclerosis, HIV, Down Syndrome and Autism. At the cost of more than \$50,000 each, the four-day, three-night retreats are held monthly throughout Florida, North Carolina or Georgia. Up to 15 families suffering from the same illness are invited to attend each retreat, where they regain strength, mend spirits, relax and share their stories. Retreat participants are referred to Deliver the Dream by a network of 16 not-for-profit healthcare organizations, including the National Multiple Sclerosis Society, Joe DiMaggio Children's Hospital, Chris Evert Children's Hospital, the American Cancer Society, and Mailman Center for Child Development.

*Deliver the Dream helps families heal...one retreat at a time.*

For more information, please visit [www.deliverthedream.org](http://www.deliverthedream.org)

### **About Tossed**

Founded in 1998 in New York City, Tossed focuses on salads tossed to order in front of customers who choose from a selection of chef-inspired specialty salads or design their own from a diverse menu of high-end ingredients. The menu also features sandwiches, melts, crepe wraps, soups, smoothies and desserts. Tossed currently has 13 locations and a growing presence in major U.S. cities including New York, Boston, Houston, Atlanta, Nashville and South Florida. For more information, please visit [www.tossed.com](http://www.tossed.com).

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