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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
September 2018 CALL 742-7111 TO PLACE YOUR ORDER.						1 TOSSED SALAD SPAGHETTI with MEAT SAUCE ITALIAN VEGETABLES CHEESECAKE GARLIC TOAST
2 THREE BEAN SALAD ROAST TURKEY CORNBREAD PUFFING CREAM STYLE CORN DESSERT of the DAY DINNER ROLL	3 CUCUMBER TOMATO SALAD SAUBURY STEAK MASHED POTATOES CARROTS DESSERT of the DAY DINNER ROLL	4 COTTAGE CHEESE with MINORIN ORZOTTO POYBERRY BAKED CHICKEN SMILEY POTATO MASH CREAMED PEAS with PEAS CORN DESSERT of the DAY DINNER ROLL	5 APPLE SAUCE PORK CUTLET YELLOW RICE BROCCOLI DESSERT of the DAY DINNER ROLL	6 GELATIN FRUIT SALAD BEEF STROGANOFF EGG NOODLES CARROTS DESSERT of the DAY DINNER ROLL	7 COLE SLAW BREADED CATFISH MACARONI with CHEESE COLLARD GREENS DESSERT of the DAY DINNER ROLL	8 PICKLED BEETS BAKED HAM SWEET POTATO MASH CABBAGE DESSERT of the DAY DINNER ROLL
9 COTTAGE CHEESE with PEACHES COUNTRY FRIED STEAK MASHED POTATOES GREEN PEAS DESSERT of the DAY DINNER ROLL	10 CUCUMBER and TOMATO SALAD CHICKEN and DUMPLINGS CALIFORNIA VEGETABLES DESSERT of the DAY DINNER ROLL	11 GELATIN FRUIT SALAD PORK CUTLET in MUSHROOM SAUCE MASHED POTATOES CREAMED SPINACH DESSERT of the DAY DINNER ROLL	12 MACARONI SALAD GARLIC ROSEMARY ROASTED CHICKEN YELLOW RICE CARROTS DESSERT of the DAY DINNER ROLL	13 TOSSED SALAD SPAGHETTI with MEATBALLS ITALIAN VEGETABLE BLEND DESSERT of the DAY DINNER ROLL	14 COLE SLAW BAKED LEMON PEPPER TILAPIA RICE PUFF TURNIP GREENS DESSERT of the DAY DINNER ROLL	15 THREE BEAN SALAD SAUBURY STEAK LIVER and ONIONS GARLIC MASHED POTATOES CARROTS DESSERT of the DAY DINNER ROLL
16 PINEAPPLE GELATIN SALAD BAKED HAM MASHED POTATOES CARROTS DESSERT of the DAY DINNER ROLL	17 GELATIN FRUIT SALAD FRESH MEATBALLS BIG NOODLES ZUCCHINI DESSERT of the DAY DINNER ROLL	18 MACARONI SALAD FRESH CHICKEN MASHED POTATOES CORN DESSERT of the DAY DINNER ROLL	19 GELATIN FRUIT SALAD SMILEY PORK CHOP YELLOW RICE GREEN BEANS DESSERT of the DAY DINNER ROLL	20 CARROT RAISIN SALAD BEEF TIPS MASHED POTATOES MIXED VEGETABLE DESSERT of the DAY DINNER ROLL	21 AMBEROSA BEEF BATTERED FISH ROASTED RED POTATOES BROCCOLI DESSERT of the DAY DINNER ROLL	22 GARDEN PASTA SALAD TWO CHICKEN BAKED BEANS COLLARD GREENS DESSERT of the DAY DINNER ROLL
23 TOSSED SALAD ROAST BEEF BAKED POTATO with SOUP CARROTS DESSERT of the DAY DINNER ROLL	24 CUCUMBER and TOMATO SALAD CHICKEN STEAK BIG NOODLES DESSERT of the DAY DINNER ROLL	25 COTTAGE CHEESE with FRUIT CHICKEN KIEV BAKED SWEET POTATO GREEN BEANS DESSERT of the DAY DINNER ROLL	26 TOSSED SALAD LASAGNA GARLIC MASHED VEGETABLES DESSERT of the DAY DINNER ROLL	27 GELATIN FRUIT SALAD BALSBURY STEAK MASHED POTATOES BROCCOLI DESSERT of the DAY DINNER ROLL	28 COLE SLAW BEAN and POTATO PLATTER ROASTED RED POTATOES CREAM STYLE CORN DESSERT of the DAY DINNER ROLL	29 THREE BEAN SALAD CHICKEN and DUMPLINGS CALIFORNIA VEGETABLES DESSERT of the DAY DINNER ROLL
30 CREAMY CUCUMBER SALAD MEATLOAF MASHED POTATOES CREAMED SPINACH DESSERT of the DAY DINNER ROLL	THIS IS OUR LUNCH MENU. SERVED DAILY FROM 12:00 TO 1:00 PM. ALL MEALS ARE \$7.00. YOU CAN TAKE IT HOME OR HAVE IT DELIVERED FOR \$1.00 MORE. FOR DELIVERIES, PLEASE HAVE YOUR ORDER IN BY 11:00 AM.					

MENUS ARE SUBJECT TO CHANGE. WEEKLY MENUS ARE AVAILABLE AT THE WELCOME CENTER.



Oven Baked Chicken Spaghetti

What you'll need:

- 1 16 oz box of uncooked spaghetti noodles
- 2 cups cooked and diced chicken
- 2 10 oz cans cream of chicken soup
- 1 cup of salsa
- 1 cup sour cream
- 2 cups Mexican cheese blend, divided
- 1 tsp taco seasoning
- chopped cilantro

Directions:

Preheat oven to 350 degrees. Cook pasta according to package and drain. Mix together cooked pasta, cooked and diced chicken, cream of chicken soup (do not dilute), salsa, sour cream, taco seasoning, and 1 1/2 cups of cheese. Stir to combine. Pour into a greased 9x13 baking dish. Top with the rest of the cheese and chopped cilantro. Cover with foil and cook in the oven for 25 minutes, until cheese begins to bubble. Adapted from: <https://lilluna.com/chicken-spaghetti/#wprm-recipe-container-94961>

Developmental Assets

The Search Institute has identified 40 positive supports and strengths that young people need to succeed. They focus on relationships, opportunities, values, commitments, and more. We introduce you to 2-3 assets each month and provide you with a tip to incorporate them into your everyday life. See the full list of assets on our website or go to www.search-institute.org/

Family Support

It is important that family life provides high levels of love and support.

TIP: Check in with your kids after they see something about COVID-19 and ask them how they feel. Provide extra hugs and kisses during this time!

Family Boundaries

It is important that the family has clear and consistent rules and consequences.

TIP: If you don't already have one, take the time to create a set of family rules and display them in a common area of the house!

Did you know that COVID-19 stands for Coronavirus Disease 2019?

Show Us How You Are Being #HealthyAtHome

Use Governor Andy Beshear's hashtags:
#TeamKentucky
#TogetherKY
#HealthyAtHome
#Patriot

Are you cooking with your family, enjoying extra time around the table, or using our dinner table games? Take a picture for Facebook or Instagram and add #KYDinnerTableProject to show us!

Talking to Your Child About COVID-19

Remain calm and reassuring

Be honest and provide accurate information

Avoid stigmatizing language

Reduce the amount of screen time that focuses on the virus

Be available to answer questions

Find more at: cdc.gov/coronavirus

Fun Food Fact!

Scientists can turn peanut butter into diamonds!

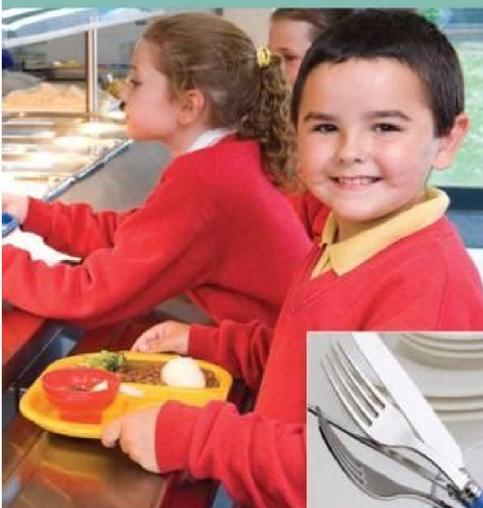
thedinnertableproject.org

Questions to ask & answer everyday

What is one thing you learned today?

What are three things that you are thankful for?

Improving the dining experience in schools



school food top marks

zbook.o

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
WEEK 1	<p>Breakfast: 1 cup oatmeal, 1/2 cup blueberries, 1/2 cup almond milk, 1/2 cup maple syrup</p> <p>Lunch: 1/2 cup quinoa, 1/2 cup chickpeas, 1/2 cup spinach, 1/2 cup olive oil, 1/2 cup lemon juice</p> <p>Dinner: 1/2 cup salmon, 1/2 cup sweet potatoes, 1/2 cup broccoli, 1/2 cup cauliflower, 1/2 cup olive oil, 1/2 cup lemon juice</p> <p>Snack: 1/2 cup almonds, 1/2 cup dates</p>	<p>Breakfast: 1 cup oatmeal, 1/2 cup blueberries, 1/2 cup almond milk, 1/2 cup maple syrup</p> <p>Lunch: 1/2 cup quinoa, 1/2 cup chickpeas, 1/2 cup spinach, 1/2 cup olive oil, 1/2 cup lemon juice</p> <p>Dinner: 1/2 cup salmon, 1/2 cup sweet potatoes, 1/2 cup broccoli, 1/2 cup cauliflower, 1/2 cup olive oil, 1/2 cup lemon juice</p> <p>Snack: 1/2 cup almonds, 1/2 cup dates</p>	<p>Breakfast: 1 cup oatmeal, 1/2 cup blueberries, 1/2 cup almond milk, 1/2 cup maple syrup</p> <p>Lunch: 1/2 cup quinoa, 1/2 cup chickpeas, 1/2 cup spinach, 1/2 cup olive oil, 1/2 cup lemon juice</p> <p>Dinner: 1/2 cup salmon, 1/2 cup sweet potatoes, 1/2 cup broccoli, 1/2 cup cauliflower, 1/2 cup olive oil, 1/2 cup lemon juice</p> <p>Snack: 1/2 cup almonds, 1/2 cup dates</p>	<p>Breakfast: 1 cup oatmeal, 1/2 cup blueberries, 1/2 cup almond milk, 1/2 cup maple syrup</p> <p>Lunch: 1/2 cup quinoa, 1/2 cup chickpeas, 1/2 cup spinach, 1/2 cup olive oil, 1/2 cup lemon juice</p> <p>Dinner: 1/2 cup salmon, 1/2 cup sweet potatoes, 1/2 cup broccoli, 1/2 cup cauliflower, 1/2 cup olive oil, 1/2 cup lemon juice</p> <p>Snack: 1/2 cup almonds, 1/2 cup dates</p>	<p>Breakfast: 1 cup oatmeal, 1/2 cup blueberries, 1/2 cup almond milk, 1/2 cup maple syrup</p> <p>Lunch: 1/2 cup quinoa, 1/2 cup chickpeas, 1/2 cup spinach, 1/2 cup olive oil, 1/2 cup lemon juice</p> <p>Dinner: 1/2 cup salmon, 1/2 cup sweet potatoes, 1/2 cup broccoli, 1/2 cup cauliflower, 1/2 cup olive oil, 1/2 cup lemon juice</p> <p>Snack: 1/2 cup almonds, 1/2 cup dates</p>	<p>Breakfast: 1 cup oatmeal, 1/2 cup blueberries, 1/2 cup almond milk, 1/2 cup maple syrup</p> <p>Lunch: 1/2 cup quinoa, 1/2 cup chickpeas, 1/2 cup spinach, 1/2 cup olive oil, 1/2 cup lemon juice</p> <p>Dinner: 1/2 cup salmon, 1/2 cup sweet potatoes, 1/2 cup broccoli, 1/2 cup cauliflower, 1/2 cup olive oil, 1/2 cup lemon juice</p> <p>Snack: 1/2 cup almonds, 1/2 cup dates</p>	<p>Breakfast: 1 cup oatmeal, 1/2 cup blueberries, 1/2 cup almond milk, 1/2 cup maple syrup</p> <p>Lunch: 1/2 cup quinoa, 1/2 cup chickpeas, 1/2 cup spinach, 1/2 cup olive oil, 1/2 cup lemon juice</p> <p>Dinner: 1/2 cup salmon, 1/2 cup sweet potatoes, 1/2 cup broccoli, 1/2 cup cauliflower, 1/2 cup olive oil, 1/2 cup lemon juice</p> <p>Snack: 1/2 cup almonds, 1/2 cup dates</p>
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What if you could lose weight for the last time? Individuals may be able to find an Optavia promo code this way as well. You choose from Honey Chili Cranberry Nut Bar, Dark Chocolate Coconut Curry Bar, Drizzled Chocolate Fudge Crisp Bar, Caramel Delight Crisp Bar, and Raisin Oat Cinnamon Crisp Bar. Additional research in the journal *Nutrients* concluded "the potential benefits of...fiber in controlling frequency of eating and in weight loss." However, the Journal of the American College of Nutrition found that most fiber supplements were not able to reduce appetite. The perfect snack " Carmen R" I have been using Optavia for about 3.5 months, and I am blown away with their variety of fuelings! The vanilla shake is always my go to. They keep you full for a few hours and are only 100 calories. The Journal of the International Society of Sports Nutrition concluded the use of pea protein promoted gains in the thickness of the biceps. Optavia has been a great help to me and I plan to keep bars like these on hand when I go off plan soon." Brandi M The Bottom Line on Medifast Optavia On the plus side, Medifast Optavia offers a wide assortment of food choices. Thus, the standard reference to the program as Medifast Optavia. You get daily coaching and inspiration from experts to help you stay on track. Well, prices vary according to the meal plan, Fuelings, or Optavia dining out guide you order. Fiber can be used in a weight loss diet for appetite management because it slows the digestive process, so you feel fuller, longer. Optavia Refund Policy Individuals can only return products that can be consumed. For more information regarding returns, customers can always contact the company's customer service department by phone at 1.888 OPTAVIA (1.888.678.2842). The business is not accredited, and it's earned 1.6 stars out of 5 from 104 customer reviews. Reddit is so popular viewers watch nearly 1.4 billion videos on the site each month. It's a new way of looking at weight loss that employs the power of small, carefully planned lifestyle changes that grow into a new habit that's naturally going to promote weight loss. Don't take our word for it. This is why MLMs are often considered synonymous with Pyramid Schemes. Optavia Product Warnings People who are using prescription medications should talk to their physician, and only after that, should they use supplements. According to the Iranian Journal of Pharmaceutical Research, monk fruit extract helped reduce fatigue in mice. According to the American Journal of Clinical Nutrition, "inulin-type fructans (ITFs) are a type of fermentable dietary fiber that can confer beneficial health effects through changes in the gut microbiota...[and] leads to beneficial modifications of the gut microbiota composition and function." Why Protein The Journal of the American College of Nutrition examined the effects of whey protein and concluded current literature supported the use of whey protein as a part of a weight loss/maintenance plan or with resistance exercises. Potential Optavia Side Effects The company claims that there are no Optavia side effects to be concerned with outside of basic hunger. Can a program that is based on "proprietary products and programs" genuinely offer permanent results? After using your Optavia login, you're provided access to support tools, in particular Answers. However, there are many that use "Fuelings hacks" to create new food recipes. They even head to the popular platform to learn more about supplements, pre-workouts, and meal replacements. It has been used as a sugar replacement and is about 300 times sweeter than sugar. Scroll below for one of the best products we've seen over the last year. Optavia Claims Optavia claims the diet plans and programs are established to provide a "lifelong transformation." Based on the company's claims, this "lifelong transformation" will be implemented using "One Healthy Habit at a Time," which means new habits are adopted gradually. In other words, the products must be unopened, unspoiled, and ready to be eaten. This plan consists of six small meals that are distributed throughout the day. Optavia Reddit Reviews Consumers flock to Reddit to find information about everything from dog breeds to television shows. The program consists of four Optavia Fuelings, two green or lean meals, and one snack. When we checked out the three main ingredients used in Optavia products, we found: Journal of Nutrition and Metabolism - Fiber works to reduce calorie intake, possibly by helping you feel full, so you eat less. The Medifast Optavia Diet The Optavia diet is intended to provide all nutrients and calories your body needs to achieve your optimal body weight. They also were not fans of the flavor and consistency of the drink. There is a Better Business Bureau file for Optavia LLC. I've been on plan for almost 4 months and have loved almost all of the fuelings. The real money in the program comes from recruiting people to sell under you. Sometimes motivation is an essential part of a diet plan, so the company also provides health coaches' support. Coaches earn money from personal sales and recruits sales. In 1980. As of February 2022, there have been 581 complaints closed in the last 3 years, and 282 complaints closed in the last 12 months. Since Optavia deals with diet programs, products are provided as complex weight management plans: Optimal Weight 5 & 1 Plan Optimal Weight 4 & 2 & 1 Plan Optimal Health 3 & 3 Plan Besides these programs, Optavia has developed several diet plans for those who have special needs. Optavia Food Meals included in Optavia's approved list (and Fuelings) are smoothies, shakes, soups, drinks, crunchers, brownies, and bars. Take Shape for Life began as a product of Medifast, Inc. Optavia is a weight support program meant to help with weight management by providing nutritionally-rich foods and support. Optavia is the new brand for the Take Shape for Life (TSFL) meal-replacement programs starting in 2016. Even the logo has been designed to express the idea of "lifelong transformation." Optavia Products Now that you have discovered a little bit about the company and its claims, we should go further and talk about Optavia products. Cost of Optavia You have read about programs, diets, meals, and reviews regarding the new Take Shape for Life. Optavia Connect Optavia connect is the program used for Optavia's coaches. Optavia and Weight Loss The series of diet plans are specially created for those who are interested in losing weight. Nutrients - Some research out there that claims protein intake, including the whey variety, may help with fat loss. Sports (Basel) - When whey is compared to pea protein, the two work similarly for body composition. Optavia Lawsuits and the Better Business Bureau Searching on the Internet for any lawsuits against Optavia left us empty-handed. According to some clients' opinions, Optavia before and after results include weight loss, which you'd expect. We researched Optavia Reddit to see what everyone is talking about. However, changes to your lifestyle can be difficult to maintain and the last thing you want is another yo-yo effect. The company claims that their food should provide sufficient calories and nutrients to feel satiated and, at the same time, to lose weight. According to the National Heart, Lung, and Blood Institute, "a healthy eating plan gives your body the nutrients it needs every day while staying within your daily calorie goal for weight loss." Optavia Benefits and Results Optavia benefits and results can vary from body to body. For example, Optavia shared one recipe for a chocolate milkshake that used their Double Chocolate Brownie, Fudge Pudding, and Chocolate Shake. Fuelings are designed to provide optimal calories and nutrients for better health. Optavia Competitors How Did Optavia Start? These coaches are able to recommend and sell products for Optavia. Inulin can also be found in foods and supplements, such as cereal bars, yogurts and protein bars. We found good Optavia product reviews and those that weren't great. With Optavia, I managed to lose 20 lbs and have kept it off for a year. It provides answers to customers' questions regarding a wide range of topics, such as products and programs, ordering, payments, returns, Optavia sign in, refunds, and business support. Optavia also sells various kits, like Purposeful Hydration, to help you stay hydrated and learn when hydration is needed. They also offer diet programs for different ages, such as programs for seniors and teens. Optavia Answers Maybe you have decided to try out one of the Medifast Optavia diet programs. These diet programs are involved, and the company claims to include professional assistance from Optavia coaches, recipes to prepare your healthy meals. Fuelings, and daily motivation from the community. Coaches are men and women who buy into the company or product and then sell to others. Also, those who have various allergies or food intolerances must be careful when choosing their Fuelings. Our research team decided to find out. Below are some of the Optavia plans available for purchase: Essential Optimal Kit (5&1 Plan): \$428.20 Essential On-the-Go Kit (5&1 Plan): \$428.20 Essential Optimal Kit (4&2&1 Plan): \$472.95 Optimal Weight 4&2&1 Plan Guide: \$2.50 The average price per month is around \$400. User Comments 27 Answered Questions Optavia weight loss programs promise "Lifelong Transformation, One Healthy Habit at a Time." While this diet system is said to encourage healthy daily habits, the Optavia weight loss programs rely primarily on expensive, pre-packaged, processed foods. Noom is a weight-loss solution that's proven by science and tons of personal experiences of people who've successfully lost weight without restricted diets. No matter how meal plans are set up, dieters will likely feel hungry only because they're reducing calorie intake and meal size. Most health experts agree that eating real, whole foods is the key to lasting weight management. We researched Optavia's programs, studied the pre-packaged food ingredients, explored the science behind the claims, and summarized all the data. Take Noom for a test drive today with this exclusive free trial offer for Dietspotlight readers only! Learn More About Noom Optavia bars are included in each package of Fuelings. Optavia Fuelings Kits Each program developed by Optavia includes meals and health coach support along with Optavia Fuelings kit. They have now expanded to Singapore and Hong Kong. Optimal Health 3&3 Plan includes three meals and three Optavia Fuelings during a day. Some of the plans, including the Optavia vegetable conversion chart, are available for free on the official website. Optavia can be purchased through their Official Site. Optavia Video Review What is Optavia? The menu includes food, recipes, and Optavia Fuelings. As the stomach shrinks, hunger often subsides, and your everyday meals are the new norm for your stomach. Optavia products are sold through coaches as part of a multi-level marketing program. Monk Fruit Monk fruit is a perennial vine originating from China and Thailand. Additionally, individuals can only purchase Optavia products from the official website or an Optavia coach. The principal claimed benefits include a large variety of food, numerous recipes, and support from certified health coaches. But you must consider whether or not you're willing to stick to a diet plan like this for the long-term. That said, chicory root contains the largest quantity of inulin. As of January 2022, the business is not accredited with the BBB. This program is called Optavia 30. Inulin The soluble fiber inulin is found in a multitude of plants. The process repeats, and the base of the structure grows wide, looking like a pyramid. It tastes just like vanilla cake and what is better than being on a weight loss program where you can still taste amazing things? I've lost 40 lbs and gained so much more. Insoluble and soluble are the two types of fiber. You can choose recipes, develop healthy habits, and learn from a health coach. Pea Protein Pea protein may help with building muscle, according to research published in Sports (Basel). The company has developed diet plans and meal replacement programs. They are different for each person, depending on the metabolism and effort needed to lose weight. But, these results are not consistent across all customers. But we identified two cases involving the company suing someone else. We love the idea of making lifestyle changes - changes that help you focus on your goals and reach those goals while eating the foods you love. Depending on your options, this price will change, especially since the program promotes a lot of meal replacement food products. To provide support and motivate their clients, the company has implemented a program of 30 days of integration to healthy habits. The company's location is 100 International Drive, 18th Floor, Baltimore, MD 21202, and it has been voted by Forbes as one of the 100 Most Trustworthy Companies in America. In that case, you receive Dark Chocolate Coconut Curry Bar, Wild Blueberry Almond Hot Cereal, Chia Bliss Smoothie, Buttermilk Cheddar Herb Biscuit, or Chocolate Cherry Ganache Bar. Some of the foods offered by Optavia includes: Frosted Cinnamon Spice Crisp Bar Essential Creamy Vanilla Shake Cheesy Buttermilk Cheddar Mac Smoky BBQ Crunchers Jalapeno Cheddar Poppers Wild Rice & Chicken Flavored Soup Honey Mustard & Onion Sticks Optavia Fuelings Hacks There are many individuals that want to follow the Optavia meal plan but feel limited by the food options. Optimal Weight 5 & 1 Plan is based on the healthy eating habit concept. Now, maybe you ask how much Optavia costs. "I have struggled with my weight for as long as I can remember. This is my life journey and I'm drinking my cake too." Aly K "A nice indulging treat. The company brought these lawsuits against Barry Minkow and William Lobdell for defamation, but they lost the two lawsuits in the end. When these three products were blended with a few other chocolate-based ingredients, users were able to hack their way into new Optavia recipes. A few things that concerned us include, numerous user complaints about the taste of the food, cost around \$300 to \$400 a month and processed shakes and bars are not very healthy in the long run. People may return the products within 30 days of purchasing. The bars especially this one are delicious. For example, suppose you choose to order the Favorites Kit. Optavia Ingredients Optavia ingredients aren't like a supplement, but the foods do tend to contain some of the same ingredients, such as: Fiber Fiber is a carbohydrate found in plant foods. It is the nutrient from vegetables and fruits that can't be digested. Optimal Weight 4 & 2 & 1 Plan is described as a perfect weight loss plan for those who want to enjoy interchangeable meals. A bunch of people had concerns about how effective Optavia actually is for weight loss and how soon users would start to see results. These products are meant to help you lose weight quickly and in a safe way while being assisted by health coaches. Each fueling kit holds an extensive range of products.

2018. January - U.S. public libraries report record-breaking borrowing of OverDrive e-books over the course of the year, with more than 274 million e-books loaned to card holders, a 22% increase over the 2017 figure. October - The EU allowed its member countries to charge the same VAT for ebooks as for paper books. 2019 2018. January - U.S. public libraries report record-breaking borrowing of OverDrive e-books over the course of the year, with more than 274 million e-books loaned to card holders, a 22% increase over the 2017 figure. October - The EU allowed its member countries to charge the same VAT for ebooks as for paper books. 2019

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