

Contact: Cynthia Stevens Graubart, 770-522-9931, [Cynthia@theonearmedcook.com](mailto:Cynthia@theonearmedcook.com)  
Catherine Fliegel, RN, 845-634-8383, [Catherine@theonearmedcook.com](mailto:Catherine@theonearmedcook.com)

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FOR IMMEDIATE RELEASE

### Media Segment Topics

#### **Segment Topic #1 “Meals in Minutes”**

Tease: Today’s thirty minute meal craze has every family cook in the kitchen by 5:30 pm. Don’t have the 30 minutes to spare? No worries. These family-friendly meals go from kitchen to table in just 10 minutes!

#### **Segment Topic # 2 Seven Secret Ingredients**

Tease: Life in the fast lane does not have to equal life in the drive-thru lane. With these seven secret ingredients always on hand, you are never more than 20 minutes away from a healthy one-pot meal!

#### **Segment Topic #3 Family Mealtimes, It’s Worth it!**

Tease: Want to know what your kids really want for dinner – its You! Family life is busy and finding time to gather at the table can be challenging. Here are 5 simple steps for making regular family meals work!

#### **Segment Topic #4 Pantry Makeover**

**Tease:** Give your pantry a whole food makeover by substituting these healthier choice comfort foods from your market.

#### **Segment Topic #5 Kitchen Safety for New Parents**

Tease: Is the ‘heart of your home’ a dangerous place for your baby? With these simple childproofing tactics, you can keep your little ones safe and entertained in the kitchen.

#### **Segment Topic #6 Holiday Survival Guide**

Tease: Chances are that if you are entertaining this holiday season, your holidays are much *less* than happy! Here are 5 great tips to de-stress your holiday get-togethers and give your family the best gift possible – a relaxed Mom!

#### **Segment Topic #7 Cook For a Day, Eat For a Week!**

Tease: With a good plan (and a prayer), you can turn a few hours of together time in the kitchen into an entire week’s worth of family meals!

#### **Segment Topic #8 Trim the Take-out**

Tease: Even the most organized family chef needs to bring in take-out once in awhile! Don’t let a time-saver dinner turn into a guilt-trip for your diet. This easy guide will help steer you to the healthier choices on the menu.

**Segment Topic #9** Fill the Freezer

Tease: Get rich quick! A cooked meal in the freezer is like money in the bank for time-deprived families. Learn how to create a wealth of family meals for your freezer.

**Segment Topic#10** Food Safety

Tease: Salmonella and E. Coli bacteria lurking in your home kitchen! Find out how these 4 simple steps can keep your family safe from food borne illness.

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*Cynthia Stevens Graubart and Catherine Fliegel, RN, CCE are the authors of “The One-Armed Cook: Quick and Easy Recipes, Smart Meal Plans, and Savvy Advice for New (and not-so-new) Moms” published by Meredith Books (April 2005) ISBN 0-696-22682-0.*

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