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FOR IMMEDIATE RELEASE

Catherine Fliegel, R.N. Biography

Catherine Fliegel is an author, speaker, registered nurse, former childbirth educator, and coauthor of *The One-Armed Cook: Quick and Easy Recipes, Smart Meal Plans, and Savvy Advice for New (and not-so-new) Moms* (Meredith Books, 2005), a finalist for USA Book News' Book of the Year (2005). She brings to her audiences her unique perspective drawn from her professional experiences in nursing and parenting education, along with her love of cooking and motherhood experiences in the kitchen.

In addition to writing for parenting and cooking publications, Catherine appears on television and radio programs across the country, sharing her easy, delicious recipes and time-saving strategies that help families spend less time in the kitchen and more time together at the table. She appears nationally, speaking to families of all ages and stages, educating, empowering, and inspiring a commitment to family mealtimes.

As Family Culinary Experts, Catherine and her co-author, Cynthia Stevens Graubart, contribute to RealSavvyMoms.com, answering culinary questions from members trying to feed their families while keeping up with very busy lives. As *Family Culinary Experts*, their new Weekly Menu Planner Newsletter with recipes and shopping lists is distributed by ParentsConnect.com, a Nickelodeon venture.

After graduating from the University of Rochester School of Nursing, Catherine specialized in OB/GYN and Oncology, and worked as a primary care staff nurse at two leading university hospitals, advocating for family-centered patient care. She took an unpaid sabbatical from hospital nursing to be a stay-at-home Mom, her most significant and challenging full-time job. Inspired by three uniquely wonderful birth experiences, Catherine became certified to teach prepared childbirth classes and mother-baby classes. Her creative and entrepreneurial spirit guided Catherine to write and speak about her passion for family and food.

Touring the U.S. with their first book and answering the questions of anxious, but conscientious, parents around the country inspired Catherine and Cynthia to begin their second book, *Family Mealtimes: Found!*, giving parents a roadmap back to the family table along with weekly menu plans, recipes, and shopping lists.

Catherine is a member of the International Association of Culinary Professionals (IACP), and earned the honor of being a prep cook for Julia Child and Burt Wolf for their 2000 national public television special, "An American Feast." She lives in the New York City area with her husband and three children.

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.

Visit them online at www.theonearmedcook.com.

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