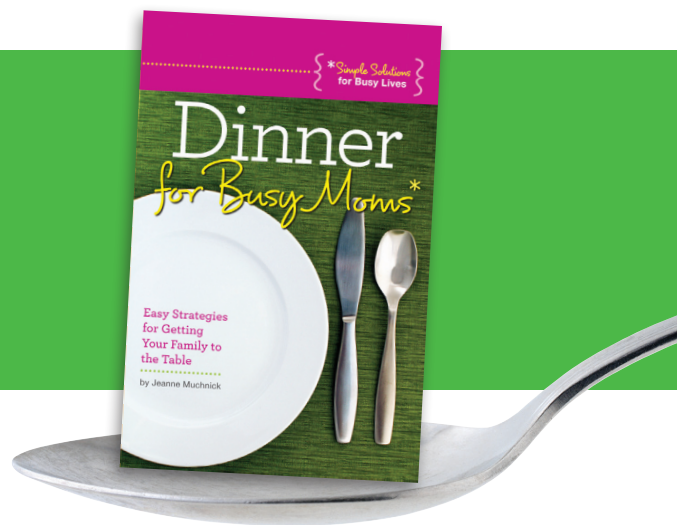


Dinner for Busy Moms*

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A heaping spoonful of kindness

***Dinner for Busy Moms* helps you feed your family, nourish your soul, and provide for others**

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Jeanne Muchnick's new book, *Dinner for Busy Moms* is not about food. Rather, it's a strategy guide filled with realistic tips on how to get dinner on the table and reconnect with your family.

It's also about "mom power" and helping to feed others in less fortunate situations. Muchnick has partnered with Pam Koner, the founder of Family-to-Family.org, a Hastings, NY-based nonprofit which connects "families with more" to "families with less."

Koner, owner and director of several creative arts-based childcare programs, launched Family-to-Family in 2002 after reading a newspaper article about poverty in Pembroke, Illinois. "This

was an hour outside Chicago but it was like a Third World country," she says. The mom of two quickly rounded up six families in her Westchester neighborhood and within three months had signed up 30 more. The program now includes some 400 sponsor families in 15 states.

Each month, donor families log on to the website—www.Family-to-Family.org—to access their monthly shopping lists, which includes items such as soup, pasta, tuna fish and other pre-packaged food. In addition to food, the program encourages donors to send other needed items, such as over-the-counter medications, sheets, towels, clothing and back-to-school supplies. The monthly cost per donor family averages \$35 to \$40.

"I think we all take so much of what we have - including hot food on the table - for granted," says Muchnick, also a mom of two. "So much of family life

revolves around the kitchen and the dinner table. Preparing and sharing a meal is about nurturing the ones we love which is why I feel strongly that everyone should have this opportunity. It's America. We shouldn't have families going hungry and missing out on the benefits of family meals.

"I hope that through this partnership, readers will have more of an awareness of all they should be thankful for. Being a good role model doesn't just mean cooking a big pot of homemade soup or a roast chicken and then sitting down to a well-balanced meal. It means discussions and interactions and always, thinking and giving to those less fortunate."

Go to www.Family-to-Family.org for more information. Details about Jeanne and her book can be found at www.JeanneMuchnick.com or www.DinnerforBusyMoms.com.

Jeanne Muchnick ● www.JeanneMuchnick.com ● Jeanne@JeanneMuchnick.com
Plain White Press ● 914.428.4725 ● Publisher@PlainWhitePress.com

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