



**Media Contact:**  
Lynn Epstein  
Mama Says  
lynn@mamasays.us  
404.849-2799

**MAMA SAYS, “NO MORE FROZEN PIZZA!” TO NEW GENERATION OF COOKS**  
*“Culinary Companion” Featuring Recipes and Tips for Fledgling Cooks Debuts This Fall*

ATLANTA - It’s a mother’s worst nightmare. You raised your kids to appreciate the importance of a nutritious, delicious, home-cooked meal. Now they have flown the nest and are living on their own. Sweet freedom! Just as you are about to sit down to enjoy a home-cooked meal of your own, the phone rings. Again. For the fourth time in an hour. It’s your beloved offspring, who has decided to try his hand at cooking:

**Mom:** Hey.  
**Kid:** It’s me.  
**Mom:** I know. What’s up?  
**Kid:** I did what you said but it didn’t work.  
**Mom:** Which part?  
**Kid:** The part where you said to turn the burner on high.  
**Mom:** Yeah, but did you turn it back down after 5 minutes like I said?  
**Kid:** Oh. I forgot that part.  
**Mom:** [Sigh]. What happened?  
**Kid:** It started smoking really bad and the fire alarm went off for like 10 minutes.  
**Mom:** Oh.  
**Kid:** threw it out. We’re having frozen pizza instead.

Every mom of college-aged or twenty something kids who are learning how to cook has wished there was an easier way to equip their kids with the tools and the confidence to take the quantum culinary leap...*beyond frozen pizza*. Now, there is. **Mama Says, “No More Frozen Pizza!”** was developed by two busy moms whose kids kept calling home from college or their first apartments asking for recipes and cooking tips. The collection of 24 laminated recipe cards, packaged in a retro-styled pizza box, offers new cooks a hip, accessible culinary

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companion to help them find their way in the kitchen. The recipes for main dishes, sides, and salads are designed for new cooks ages 18-25 who have adventurous palates but need simple, easy-to-follow, affordable recipes that will encourage them to cook healthfully and deliciously.

Lynn Epstein and Iris Feinberg, creators of **“No More Frozen Pizza!”**, say the collection of recipes gives fledgling cooks more than just techniques. “We want to empower a new generation of cooks to start down a lifelong path of celebrating family and food,” says Epstein. “This is a great, affordable gift for moms, grandmoms, aunts and family friends to give the new cooks in their lives.” **Mama Says, “No More Frozen Pizza!”** is available for order online at [www.mamasays.us](http://www.mamasays.us) and retails for \$18.99.

Also worth noting is that each recipe card has an attractive, inviting yet attainable photo of the prepared dish. “This isn’t about picture perfect food,” says Feinberg. “We want to give beginning cooks the tools and the confidence that will keep them cooking for a lifetime.”

While the recipes were written for new cooks and feature short lists of easy-to-find ingredients and minimal preparation steps, cooks at any skill level will find the recipes inviting for their ease and flavor combinations. “We cook a lot in my home, and these are some of my kids’ favorites,” says Feinberg. “They’re easy and fun to make, and make great leftovers, too.” The range of recipes in the **“No More Frozen Pizza!”** collection includes such familiar tastes of home as “Dad’s Special Meat Loaf” and “Honey Roasted Chicken,” but also offers a range of fish and meatless options for diverse palates, from “Oven Roasted Salmon” to “Vegetarian Chili” to “Roasted Tomato Linguine.”

“We are striving to show new cooks that healthy, nutritious and delicious meals are within their reach and that cooking can be a relaxing, enjoyable form of creative expression,” says Epstein. “If they are capable of ordering or reheating a pizza then they can prepare any of these recipes.”

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For more information on **Mama Says, “No More Frozen Pizza!”** please visit [www.mamasays.us](http://www.mamasays.us).