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A FEW Q'S (AND ANSWERS) ABOUT *MAMA SAYS*, “NO MORE FROZEN PIZZA!”

How did you come up with the nifty idea for *Mama Says*, “No More Frozen Pizza!”?

We are two busy moms whose college-aged and twentysomething kids kept calling home from their first apartments wanting recipes and cooking tips. We thought this generation of new cooks needed a fun, accessible, hip culinary companion to help them find their way in the kitchen.

Are the recipes geared to young people’s budgets?

Yes, they were written to be easy on the wallet and quick to prepare. Many of the same basic, affordable ingredients are used in the 24 recipes in the *Mama Says*, “No More Frozen Pizza!” collection. We also give tips on stocking a pantry to show new cooks how they can save time and money by keeping certain staples on hand.

So, would you call yourselves “Mothers Against Frozen Pizza” (MAFP)?

Not at all! We just think young people can do better than a steady diet of frozen pizza and fast food. It’s not terribly nutritious and it’s kind of boring for breakfast, lunch, and dinner. We say, if you can take the time to bake or reheat a pizza, you should give these simple, delicious, and healthful recipes a try.

What else is cool and unique about *Mama Says*, “No More Frozen Pizza!”?

We think it’s pretty neat that it comes in a retro-style pizza box and that each recipe card has an inviting and realistic photo of the finished dish and easy-to-follow cooking instructions. We also think it’s a huge benefit that the recipe cards are laminated, so you can wipe them clean when you’re done cooking.

Are there options for meat lovers and vegetarians?

Yes, absolutely. These recipes satisfy different cravings, occasions, and dietary needs. We included comfort food classics like “Dad’s Meat Loaf” as well as recipes for “Vegetarian Chili” and other great meatless dishes. We encourage new cooks to experiment as well: don’t eat cheese or meat? Leave it out!

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Where can I purchase the *Mama Says, “No More Frozen Pizza!”* recipe box?

Mama Says, “No More Frozen Pizza!” is available for purchase for \$18.99 plus \$4.50 shipping and handling on our secure website at www.mamasays.us.

Can I send a *Mama Says, “No More Frozen Pizza!”* recipe box as a gift?

Yes! To order and ship directly to the new cook in your life simply follow the instructions in the “Shop Online” section of the website. We’ll even include a card with your personal message attached to the box at no extra charge.

Can you suggest basic kitchen equipment and tools for a starter kitchen? How about stocking a pantry?

We've compiled a handy list of Mama Iris and Mama Lynn’s favorites for pantry staples as well as basic kitchen equipment and tools at www.mamasays.us.

I am a shop owner and would like to offer the *Mama Says, “No More Frozen Pizza!”* recipe boxes to my customers. Do you sell to the trade?

Yes! We offer wholesale arrangements to companies with resale licenses. The minimum order quantity is six (6). For additional details please contact, Mama Iris at sales@mamasays.us.

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