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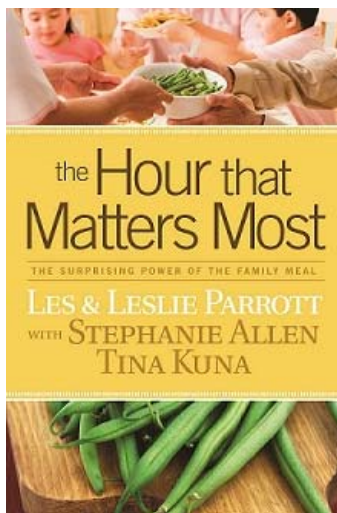
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## ***Share the Power of the Family Meal with America***

***Dream Dinners Partners with Bestselling Authors Drs. Les and Leslie Parrott to provide practical advice for getting families back around the dinner table***



[Carol Stream, IL]— ***Is dinnertime in your house looking like a food court? Do family members come and go with little time for connection?*** Tyndale House Publishers, Inc. is pleased to present *The Hour That Matters Most: The Surprising Power of the Family Meal* (available Sept. 2011) by Drs. Les and Leslie Parrott with Dream Dinners Founders Stephanie Allen and Tina Kuna.

Believe it or not, there is a valid clinical perspective as to the importance of gathering around the family dinner table. In the book, Allen and Kuna share personal stories and anecdotes, combined with credible data and practical advice revealed by the Parrots, a popular psychologist husband and wife team. The resulting book is a collection of amazing tips and insights for parents with a desire to slow down and make the most of their time around the family table. The book helps guide the way for any family through practical conversation starters, meal planning, dinner time stories, devotion and more.

“We all have read studies and articles on how important dinner time is for our mental and physical health,” comments Allen, a soccer-mom-turned-entrepreneur who co-founded the national Dream Dinners meal assembly chain with the desire to help families eat better and more often around the dinner table. “Yet in our busy lives, if we truly believe dinner time will make a difference, we need to know how to create that hour. That’s why we created Dream

Dinners, to help busy people prepare a home cooked dinner. And that's why we wrote *The Hour That Matters Most*, to help people know how to create that precious hour."

Though dinnertime is truly the most logical hour in a day to be proactive in gathering the family together, the authors don't exclude the options of breakfast or 8 o'clock cookies and milk. Whatever it takes! *The Hour that Matters Most* will teach readers how to reclaim important time in order to build relationships, draw closer to one another, and restore connectedness and peace in your home simply through mealtimes together.

Through the book, discover:

- How to overcome the time starved, working mom dilemma
- The secrets of a healthy home
- Ways to engage your family in meaningful conversation
- How to start a fix and freeze club
- The heart of great table talk and fun
- And much more!

"Numerous studies have shown the clear benefits of family eating together at the dinner table – everything from a lower risk of diabetes in children, to higher performance scores among school aged children, and deeper feelings of family bonds and satisfaction," commented Allen. "We want everyone to be able to tap into the power found right in their dining room, and this book will show them the how and the why."

Millions of parents in America can picture the kind of home life they want but don't know how to make it a reality. *The Hour That Matters Most* will show readers how to strengthen and transform their family—simply by gathering around the dinner table.

Learn more at: [www.thehourthatmattersmost.com](http://www.thehourthatmattersmost.com)

**Stephanie Allen and Tina Kuna are available for interviews to discuss *The Hour that Matters Most*. Contact Charlotte Starck at (206) 678-2349 or [charlotte.starck@dreamdinners.com](mailto:charlotte.starck@dreamdinners.com)**



## **Suggested Interview & Story Topics**

Stephanie Allen and Tina Kuna, co-authors of *The Hour That Matters Most* (available Sept. 2011) and founders of the popular Dream Dinners meal assembly stores, are available as expert resources to discuss meal planning, dinnertime connections and more.

- **How to overcome the fast food epidemic**

Sixty years after “fast food” was added to the dictionary, some 60 percent of households now skip the family dinner routine and are facing the consequences amid skyrocketing childhood obesity, diabetes rates and crumbling family values. Tina and Stephanie provide practical tips to reclaim the dinner table, eat healthier with home cooked meals and reinforce family bonds...and it's easier than you think!

- **The lost art of the American family dinner – where did we go wrong?**

Have American women lost their way in the kitchen? In just one generation the art of home cooking and the family meals is disappearing, and not without consequences including health risks and disconnected families. How did this happen? Tina and Stephanie shed light on the epidemic, what the impact is, and why reclaiming the dinner table should be at the top of every family's wish list.

*Take Note: In America over the past 25 years, dinners at home have dropped 33 percent. Robert Putman, Bowling Alone (Simon and Schuster, 2000)*

- **5 tips for successful back to school meals**

School season is here, and every parent wants to start their child off on the right foot. Did you know children who eat dinner with their family are more likely to succeed? Tina and Stephanie share five tips to get your family around the dinner table (and enjoy it!).

- **Battling childhood obesity—healthy meals the whole family will love**

Childhood obesity rates are at a shocking all time high. How did this happen and what can parents do to help correct it? Tina and Stephanie identify the hidden culprits behind families eating unhealthy, and show easy steps you can immediately take to correct it. Plus, discover an arsenal of simple, healthy home cooked meals the whole family will love.

*Take Note: According to the Journal of the American Diabetic Association, children who eat fewer meals at the dinner table with their family are more likely to be overweight, leading to higher risk of Diabetes at a younger age.*

- **The working mom dilemma – dinner or deadlines?**

Working mothers are short on time and long on guilt. Notably, many career women tie their perceived success surrounding family dinners to their success as a mom, which boosts their confidence and performance at home and in the office. Hear from two successful “mompreneurs” about the one thing you can do at home everyday to reclaim your family bonds and boost your mom confidence.

- **10 ways to organize a meal plan for success**

Soccer practice. School play. Work meetings. Smart phones. Today’s whirlwind families are pressed for time, and healthy home cooked meals may seem a distant goal. Dream Dinners gives 10 ways to organize easy meal plans for success.

- **How to reconnect your disconnected household...at the dinner table**

How was your day? “Fine.” Did you learn anything interesting? “No.” If one-word answers sound like your household, your heart may be in the right place, but your communication skills may need a brush up. Dream Dinners founders give tips as to how to engage in real conversations in the most important place in the home: the family dinner table.

*Take Note: Recent research by David Dickinson, professor of education at Vanderbilt University, indicates mealtimes were a much stronger predictor of language and literacy development than parents’ reading to children.*

- **Make every day “Thanksgiving” in your home**

While Thanksgiving puts the emphasis on gathering the family around the dinner table, what about the other 364 days of the year? Why do only 40 percent of households regularly eat together, despite many proven benefits? Tina and Stephanie show how you can easily “make every day Thanksgiving” by getting around the dinner table to strengthen family bonds.

**To arrange to speak with Stephanie or Tina, contact Charlotte Starck at (206) 678-2349 or [charlotte.starck@dreamdinners.com](mailto:charlotte.starck@dreamdinners.com)**



## About Dream Dinners

Dream Dinners, the nation's leading meal assembly service, prides itself on providing affordable, healthful meal options for busy families and individuals. With more than 100 locations nationwide, the service works by providing a monthly selection of recipes, which guests choose among and then prepare all at once. All ingredients are gathered and pre-prepped by Dream Dinners, so guests simply assemble and take home the meals to freeze, plus Dream Dinners does all the clean up too. Dream Dinners stores are a welcome relief and secret weapon for busy couples, moms and families, as its services provide several benefits:



- **Promote Family Togetherness:** having a more organized dinner plan and pre-prepped meals makes it easier for families to gather around the table, which multiple studies have shown to have a positive impact on children, including receiving better grades and being less likely to be overweight;
- **Save Time:** in approximately an hour, Dream Dinners guests assemble a month's worth of home-cooked meals, saving significant planning, shopping, prep and clean up time;
- **Eat Healthier:** in general, Dream Dinners meals are much healthier than fast food options, and all meals adhere to portion control guidelines and use low- and no-fat ingredients wherever possible;
- **Save Money:** at just \$4.25 on average per serving, Dream Dinners is typically much less expensive than dining out at restaurants, and the pre-assembled meal approach also prevents unnecessarily purchased groceries from going to waste.

The originator of the \$170 million-dollar meal assembly industry, Dream Dinners features a robust monthly menu to select from, and convenient assembly session times throughout the week. There are more than 100 Dream Dinners franchise locations throughout the U.S. Visit [www.dreamdinners.com](http://www.dreamdinners.com) for more information and to view menus and session times.

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## About the Authors



### **Stephanie Allen, Dream Dinners Co-Founder**

Allen is a recognized pioneer in the meal assembly industry. She first began assembling “fix and freeze” meals for her family in 1986 and gradually developed a collection of specialized “dream dinners.” When the demand to share her time-saving meal solutions became overwhelming, she and longtime friend Tina Kuna began hosting large-scale meal assembly sessions, which became the catalyst for opening the first Dream Dinners store in 2002. A popular speaker and educator, Allen spreads her vision to make people’s lives easier and restore the tradition of family dinners.



### **Tina Kuna, Dream Dinners Co-Founder**

Tina Kuna was instrumental in creating the innovative Dream Dinners business model. A working mother of three, Kuna adopted the “fix and freeze” method for her family in 1996. A strong advocate of families eating together, she plays a key role in bringing the Dream Dinners solution to communities across the nation. In 2006, Stephanie and Tina were awarded the Ernst and Young’s Entrepreneurs of the Year Award in the Pacific Northwest.

***Allen and Kuna have appeared on numerous national shows including the Today Show, Dr. Phil, The Big Idea with Donny Deutsch and The Nate Berkus Show. They have also been guests on many major market broadcast shows, providing cooking demos and discussing the importance of family mealtime.***



### **Drs. Les and Leslie Parrott, Ph.D**

Drs. Les and Leslie Parrott, Ph.D. are co-directors of the Center for Relationship Development on the campus of Seattle Pacific University, and the bestselling authors of the award-winning *Saving Your Marriage before It Starts*. They have also written *Love Talk*, *Trading Places*, *The Parent You Want to Be*, *High-Maintenance Relationships* and *25 Ways to Win with People* (with John C. Maxwell). The Parrotts are sought-after speakers and hold an average of 40 relationship seminars across North America annually. They have

been featured in *USA Today*, *The Wall Street Journal*, and *The New York Times*. Their many television appearances include *The View*, *The O'Reilly Factor*, *CNN*, *Good Morning America*, and *Oprah*. Les and Leslie live in Seattle with their two sons. To learn more, contact [www.RealRelationships.com](http://www.RealRelationships.com).

## Suggested Interview Questions

1. Who do you hope to help by writing *The Hour that Matters Most*?
2. What are the most prominent benefits for getting the family around the dinner table together?
3. What would you say to a working mother who finds it impossible to get her family around the table at the same time every night?
4. We all know lives are becoming busier and busier. How would you describe the shift in the family dinner routine from twenty years ago to today, and what impact has this had on family bonds and relationships?
5. If families can take one thing away from the book, what do you hope it is?
6. Why is family dinnertime truly “the hour that matters most”?
7. What are your three best tips for getting the family around the dinner table?
8. Stephanie and Tina, you started the “fix and freeze” method for your family in 1986. At what point did your vision for Dream Dinners begin?
9. Was Dream Dinners a partnership from the very beginning?
10. Can you describe the service that Dream Dinners provides?
11. Who do you see benefitting from a session at Dream Dinners?
12. You both play a very active role in giving back to the community. What kind of activities are you involved in, and what does it mean to you?

**Stephanie Allen and Tina Kuna are available for interviews to discuss the September 2011 release of *The Hour that Matters Most*. Contact Charlotte Starck at (206) 678-2349 or [charlotte.starck@dreamdinners.com](mailto:charlotte.starck@dreamdinners.com).**