

# Recreating Family Dinner- Celebrate Eat Better, Eat Together month with MagicKitchen.com

Los Altos, CA – (October 13, 2008) – With such busy lifestyles, it's a rare evening that American families have an opportunity to sit down together, indulge in a delicious and nutritious meal, and a leisurely conversation about their days.

MagicKitchen.com has long known the importance of this family ritual and also the challenges to getting a meal on the table. This is precisely why their meal plans are designed to provide chef-prepared frozen meals for time-strapped families. "For parents who are too busy to shop or cook regularly, MagicKitchen.com's healthy, delicious meals and meal bundles include a wide selection of soups, entrees, sides, and desserts to choose from. Parents are able to heat and serve a nutritious family dinner with ease, and still have time to enjoy quality time together and enjoy their children's company," says Greg Miller, CEO of MagicKitchen.com.

In honor of National Eat Better, Eat Together month, MagicKitchen.com is reminding Americans of their service and the many ways it assists clients who are committed to eating better and together as a family. Studies show that families who make this commitment will reap multiple benefits. Children whose families eat together do better in school, have fewer behavioral problems, show improved communication skills, and – most importantly – start creating family traditions surrounding their favorite meals.

Time-strapped parents who source their meals from MagicKitchen.com will quickly discover how easy it is to get a healthful meal, such as a Lemon Pepper Chicken Breast and healthful sides, on the table in time for dinner. They'll also appreciate the ways the service introduces their children to new or beloved foods, like MagicKitchen's Broccoli-Cheese Crepes or classic Chicken Pot Pie. And most importantly, MagicKitchen.com clients will gain back valuable time with their families and renew the ritual of eating together, a practice that has been a guiding principle for the company from day one.

**About MagicKitchen.com** – MagicKitchen.com is a rapidly growing web-based company that offers a full menu of chef prepared gourmet meals delivered to client's door nationwide, including Alaska and Hawaii. Founded in 2005, MagicKitchen.com has been revolutionizing the way busy Americans eat with hand prepared gourmet meals. MagicKitchen.com uses only top quality ingredients that are packaged, flash frozen and delivered to the customer's doorstep. The company also actively participates in community fundraising. Information on the company is available by calling 877-51-MAGIC (877-516-2442) or visiting [www.MagicKitchen.com](http://www.MagicKitchen.com).