



"HOME & FAMILY"

HIGHLIGHTS FOR UPCOMING "HOME & FAMILY" EPISODE MONDAY, FEBRUARY 4

"Home & Family" Airs Monday through Friday (10a.m. ET/PT, 9C - 12p.m. ET/PT, 11C) on Hallmark Channel

Below are highlights for the upcoming Monday, February 4, 2019 telecast of "Home & Family" on Hallmark Channel. "Home & Family," currently in its seventh season, is the only daytime lifestyle series on cable television with 52 consecutive weeks of new episodes. **Debbie Matenopoulos** and **Cameron Mathison** host the seventh season of the three-time Daytime Emmy® nominated Hallmark Channel original lifestyle series. "Home & Family" airs new original episodes Monday through Friday (10a.m. ET/PT, 9C - 12p.m. ET/PT, 11C) on Hallmark Channel.

MONDAY, February 4 - Debbie Matenopoulos and Cameron Mathison welcome actress **Molly McCook** from "Last Man Standing." Cookbook author **Donal Skehan** makes sweet mocha meringues. Chef **Adam Gertler** prepares a breakfast "risotto." The Sleep Doctor, **Dr. Michael Breus** discusses how a healthy gut can lead to a good night's sleep. "A Flicker of Hope" author, **Julia Cook** shares tips for children to build hope. Debbie cooks salmon en papillote Maria Provenzano shows us DIY bookends. Shirley Bovshow is here with sweet pea flowers. Ken Wingard has DIY fortune cookies. Our family members answer viewer questions.

Tracy Verna Soiseth is the executive producer of "Home & Family." Jeff Rifkin, Jonathan X, Miguel Enciso, and Ashley Sandoval are the directors. "Home & Family" is broadcast in 1080i, Hallmark Channel's selected HD Format. This program carries a TV-G parental guideline.

For more information on "Home & Family" please visit: [Hallmark Channel Home & Family](#)

For press information, photos and video clips please visit: [Crown Media Press](#)

Home & Family on Social Media: [Facebook](#), [Twitter](#), [Pinterest](#), [YouTube](#)

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