



## "HOME & FAMILY"

### HIGHLIGHTS FOR UPCOMING "HOME & FAMILY" EPISODE TUESDAY, MARCH 5

#### "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 **Tuesday, March 5, 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.

**TUESDAY, March 5** - Debbie Matenopoulos and Cameron Mathison welcome actor **Kristoffer Polaha** from "Run the Race." "Nosh with Tash" host, chef **Natasha Feldman** prepares king cake pancakes. "Spice Up, Slim Down" author, **Dr. Melina Jampolis** cooks oven-roasted cod with tomato jam, feta, and olives. Bestselling author and speaker **Annie F. Downs** shares how to find contentment at any stage. Generous Coffee Company founder, **Ben Higgins** visits our home. Orly Shani creates color-dipped luggage tags. Lawrence Zarian shows us how to transition our wardrobe from winter to spring. Kym Douglas is here with tech neck treatments. Maria Provenzano has DIY terrazzo boxes. Ali Fedotowsky-Manno answers 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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