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LUNCHBOX
HEROES

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Embark on a Delicious Journey with LUNCHBOX HEROES: A New Family Cooking Series That Brings Food and Storytelling to the Table

Raleigh, NC, April 22, 2024 - Get ready to savor the flavors of storytelling like never before as Lunchbox Heroes makes its debut on screens across the nation. This innovative family food storytelling docuseries invites viewers to join a gastronomic adventure where every dish has a story to tell and every meal becomes a memorable chapter in the narrative of culinary exploration.



About Lunchbox Heroes: Lunchbox Heroes is not just a cooking show; it's a celebration of the rich tapestry of food culture, tradition, and human connection. Each episode takes audiences on a captivating journey through the world of cuisine, blending the art of cooking with the magic of storytelling to create a feast for the senses.

Concept: Cooking is an adventure of storytelling where YOU become the HERO. Giving food a story means giving a simple cooking experience the power to become a lifelong memory. It's about engaging all of your senses & letting food, cravings & stories all become one. We're one world with many stories. Let's discover more stories & create new memories together. Hosted by renowned culinary entrepreneur and business leader, Susan Caldwell, Lunchbox Heroes transports viewers to exciting locations, farms, and cozy kitchens where the secrets of extraordinary memories are created.

Format: Featuring a diverse array of locations and guests, including farmers, chefs and culinary experts, Lunchbox Heroes offers a fresh perspective on the role of food in our lives and the power of storytelling to connect us across cultures and generations. Each episode combines cooking with a teen “crew”, interviews, and storytelling to create a one-of-a-kind viewing experience that educates, entertains, and inspires families to spend time together creating their own memories.

Themes: From the sweet flavors of delectable treats to the hearty comforts of home-cooked meals, "Lunchbox Heroes" explores a wide range of culinary themes and traditions, including:

- **Campfire Cooking:** Gathered around the flickering flames, campfire cooking transforms the simplest ingredients into unforgettable meals, seasoned with the spirit of adventure and the warmth of shared stories.
- **Wok The World:** In the sizzle of the wok, ingredients dance to the rhythm of flames, as vibrant flavors meld together in a symphony of Asian-inspired cuisine.
- **Cake My Day:** Baking cakes is a delightful symphony of precision and creativity, where flour, sugar, and eggs transform into decadent masterpieces that sweeten both the palate and the soul.
- **Whisked Away:** Using a whisk to create recipes adds an element of finesse and flair, as each gentle whisking motion blends ingredients together harmoniously, resulting in culinary creations that are as light and airy as they are delicious.

Engagement: In addition to captivating storytelling and family friendly recipes, Lunchbox Heroes encourages viewers to participate in the conversation through social media, sharing their own culinary adventures, family recipes, and favorite food memories using the hashtag #LunchboxHeroes. Select submissions will be featured on the show's website and social media channels, creating a virtual community of food lovers and storytellers from around the globe.

Tune In: Join us as we embark on a journey of flavor, discovery, and the timeless art of storytelling. Check the Lunchbox Heroes website for air times and additional information.

For press inquiries, interviews, or additional information: Please contact: Susan Caldwell susan@susancaldwell.com (919) 889-3541

For more information about Lunchbox Heroes and other upcoming projects:
Visit www.TheLunchboxHeroes.com

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