

Ma, What's For Dinner?

New resident Alexandra Fitzpatrick is cooking up some quality family time in her Shelton kitchen. From that kitchen, with the help of her three young sons, Keegan (6), Brady (4), and Cooper (2), Alex has launched the wildly successful website <http://www.mawhatsfordinner.com> and has begun preproduction on a CPTV/PBS national television series that answers the question parents all over Shelton hear nightly, *Ma, What's For Dinner?*

"Today's families move at such a fast pace," explains Alex. "It's so easy to get lost and in the process lose touch with one another. The creation of *Ma, What's For Dinner* has given my family the ability to come together in the kitchen to learn, create, and have fun all while preparing a meal we'll sit down and enjoy as a family."



is in kindergarten at Booth Hill, and at places like the Shelton Rinks, her boys all skate and play hockey there, have made her and her family feel welcome and happy with their decision to move to the area. "We're putting down strong roots here, and really enjoying this wonderful community."

Alex says she came up with the idea to invite her children into the kitchen with her when she grew tired of bribing them to finish their meals. "I'd spend an hour cooking them dinner, then another hour convincing them to try it. Once I let them become part of the creative process, cooking became our favorite activity and *Ma, What's For Dinner* sprang to life."

When the website started to develop a following, people began to ask for more recipes and ideas. Alex began to make the recipes available in a cookbook that is available for sale through the website and is downloadable via e-book. Once the books began to sell, the Fitzpatrick's decided to give back a portion of the proceeds to a charity near and dear to their heart. *Ma, What's For Dinner* gives 15% of their profits to Fight SMA, an international nonprofit organization that is dedicated to finding a cure for Spinal Muscular Atrophy, a disease that is the leading inherited killer of children under the age of two.

Fitzpatrick hopes that the *Ma, What's For Dinner* series will be an inspiration for moms, dads, and families all over Shelton to start cooking and bonding in their kitchens creating great food, unforgettable moments and lifelong memories. The website is filled with tons of useful information like cooking tips, conversion charts and great recipes themed around holidays, dietary needs and popular ingredients. There are also craft ideas each week so if its take-out night or a snow day, you are equipped with a family activity to please everyone. ♦



And a nice place to raise a family was exactly what Fitzpatrick was looking for when she decided to move with her husband and children to Shelton last year. Born in New York City, the former Los Angeles resident gave up her career in television production and development to focus full time on Motherhood. Once she was no longer writing television for shows like NBC's *Days of Our Lives* and Lifetime Television's *Any Day Now*, she realized that she didn't have to live in the LA area any longer. Looking around at the lifestyles of the typical Southern California family made her yearn for the traditions and sense of community found back east.

"I really wanted to raise my children in a healthier environment," Fitzpatrick says. "I didn't want them to grow up in the shadow of Hollywood like I did. I really feel we've found that here in Shelton." She adds that the people and neighbors she has met at school, her oldest

