



"HOME & FAMILY"

HIGHLIGHTS FOR UPCOMING "HOME & FAMILY" EPISODE FRIDAY, JANUARY 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 Friday, January 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.

FRIDAY, January 4 - Debbie Matenopoulos and guest co-host Ali Fedotowsky-Manno welcome INSP's "The Cowboy Way" stars, **Cody Harris** and **Bubba Thompson**. "Top Chef" contestant, **Adrienne Wright** prepares short rib French onion soup. Registered dietitian **Annessa Chumbley** cooks one-skillet pork chops with Brussels sprouts and apples. **Dr. Sonia Batra** answers skincare questions. Bestselling author and parenting expert, **Mark Gregston** discusses how parents can stay connected with their children. Debbie makes a healthier un-fried chicken. Ken Wingard builds a tree branch coat rack. Orly Shani creates sweater totes. Shirley Bovshow has indoor plant survival tips. Larissa Wohl shares Happy Tail pet adoption updates.

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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