

Internet, phones, busy lifestyles, picky habits, tantrums, or lack of cooking skills, these are but some of the reasons why dinnertime, or the family time, is in crisis the world over. Enter Liz Edmunds, an author, internet celebrity and mother of seven.

Liz hits the road to find families struggling with family dinner—whether because of digital distractions, busy schedules, lack of cooking experience, or picky eaters—and brings them back on to the dinner table in this new reality series.

the food nanny

47x30' HD



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Episodes

Episode 101 --- Double Trouble

Unruly twins have taken the enjoyment out of dinner for the entire Dickey family. Watch as the Food Nanny finds creative ways to bring manners back to the dinner table.

Episode 102 --- Chicken, Chicken

The Food Nanny teaches a busy housewife and mother how she can make her family's dinnertime a success by being organized, planning her meals, and conquering her fears of making a roast chicken.

Episode 103 --- Hamburger Rut

With their busy schedules and limited menu, the Willies family eats some form of hamburger almost every single night. Food Nanny expands their menu and brings excitement back to the dinner table.

Episode 104 --- Money, Money, Money

After the Parkins lose their only source of income, they enlist the help of the Food Nanny to prove that a tight budget doesn't have to put a damper on dinner.

Episode 105 --- Fight the Good Fight

Jennifer is too tired to compete with TV, video games, and her kids' friends when dinnertime comes around. Food Nanny helps Jennifer commit to having family dinner.

Episode 106 --- Fed Up

A family of picky eaters has turned one mother into a short-order cook, making different meals for all of her family members. The Food Nanny shows the Warners how to go outside of their comfort zone and try new things.

Episode 107 --- Home Sweet Bachelor Pad

Mike Bunker never takes the time to cook for himself: he eats out for every meal or cooks frozen pizza when his kids visit. The Food Nanny helps Mike learn to trade fast food for meals made at home.

Episode 108 --- Baby Steps to Dinner

Jasin Leavitt needs the Food Nanny to help him get comfortable in his new role as Mr. Mom. She teaches him how to baby step his way to success.

Episode 201 --- Girls' Day Out

The Food Nanny shows a family how to curb snacking and eat more balanced meals while spending more quality time together at the dinner table.

Episode 202 --- Please Pass the Salt

Blake and Jenny are a successful couple with exciting and demanding careers. But like two ships passing in the night, they barely see each other. If something doesn't change, their kids will never know the meaning of family dinnertime.

Episode 203 --- No-Tech Zone

The Quiroz family has become so distracted by electronics and busy schedules that everyone is eating at different times and in different places. They know they want to spend quality time together, but they can't remember how.

Episode 204 --- No Regrets

The Petersons are always on the go with sports, dance, and two careers, making dinner a grab-and-run event. Food Nanny restructures dinnertime so they can live life with no regrets.

Episode 205 --- Parker's Picky Palate

When he was younger, Parker had food allergies that caused him extreme discomfort and pain. He has outgrown the allergies, but still has a fear of trying new foods, so the Christensens ask the Food Nanny to help their extremely picky eater.

Episode 206 --- Spicing it Up

The Ropers disagree about spicy versus mild food, and their dinner conversations are suffering. The Food Nanny shows them that spices don't need to be hot to spark a conversation.

Episode 207 --- Dinner and a Song

Mark has a busy music career and Monica is a full-time student, but they desperately want to nurture their young family with a successful family dinnertime.

Episode 208 --- Downsize Me

The Gali family doesn't sit down together for dinner because they don't have a table, but the Food Nanny helps them overcome this challenge as they learn the importance of having dinner together.

Episode 209 --- La Vita Vera

The DiPalos own a market in Little Italy and pass down la vita vera, "the true life," or the tradition of enjoying family meals together.

Episode 210 --- Give Mom a Break

The Kell family's varied tastes have turned the kitchen into a made-to-order restaurant. The Food Nanny helps them compromise--and save the cook a little stress.

Episode 211 --- Running from Ramen

The Food Nanny helps a typical college-age bachelor and his roommates establish a traditional family dinner.

Episode 212 --- Making Memories

When her husband dies, Spring is suddenly mom, dad, and everything in between. She wants to make yummy meals, but lacks confidence in the kitchen. The Food Nanny helps Spring make dinner a time for creating new memories.

Episode 213 --- Holy Cannoli

Visit the family-owned and operated Ferrara Bakery and Cafe in New York City.

Episode 301 --- Rockin' with the Nanny

The Russo brothers are pursuing their rock and roll dreams but are constantly eating fast food. The Food Nanny shows them how family meals can bring harmony to the dinner table.

Episode 302 --- Four Jobs and a Baby

With the demands of multiple jobs and raising a two-year-old, the Chappells struggle not to leave dinnertime behind.

Episode 303 --- G'pop's Surprise

The Moores watch TV while eating takeout food, so the Food Nanny gives them a dinnertime makeover in a hurry.

Episode 304 --- Oh Dinner, Where Art Thou?

Shauna Dunn, voted Mother of the Year, struggles to put dinner on the table. She's an amazing, accomplished woman from home schooling to homemaking and everything in between. So why is she still struggling to put dinner on the table?

Episode 305 --- Slice of Life

Lara is great at almost everything with the exception of making homemade bread. There are tricks to successful bread making that the Food Nanny knows and she's about to share those with Lara. No more bricks of bread at the Beckstrands.

Episode 306 --- Dog Gone Dinner

Pamela is busy with three active children and their different tastes in food, but her son Ben complains that the dogs eat better than the kids. The Food Nanny must find simple, yummy recipes that will please everyone and bring Ben to the table.

Episode 307 --- Joie de Vivre

The Food Nanny experiences la vita vera French style with a charismatic chef in Park City whose restaurant feels like home to everyone who eats there.

Episode 308 --- Fire's Burning but Dinner's Cold

The Food Nanny helps firefighters navigate their unpredictable schedules with quick and easy meals.

Episode 309 --- 10-minute Meal

Cherie James makes dinner for her family at least five nights a week, but she needs help getting her kids to eat vegetables. Liz shares a delicious 10-minute meal and new ideas to incorporate yummy vegetables into mealtime.

Episode 310 --- Danish Delights

The Food Nanny discovers delicious delicacies in the charming town of Solvang.

Episode 311 --- The Blind Shall Lead

The Food Nanny heads to Nevada to share her recipes with the patrons of a blind center.

Episode 312 --- Taming the Grill

Liz meets a group of ministers who provide shelter, food, and hope to the homeless in Los Angeles. Liz shares her skill with the grill and together they feed bodies and souls.

Episode 313 --- Flipping over Flippi's

The Food Nanny picks up pizza tips from Danny in San Diego, California.

Episode 401 --- In Search of La Vita Vera

The Food Nanny returns to the home of the Pierallini family in Lucca, Italy--the place where she first learned about la vita vera.

Episode 402 --- Florence Fried Chicken

Liz shares the simple Nanny Plan with Raffaella as she teaches her how to make fried chicken.

Episode 403 --- Greek Goodness

The Food Nanny shares her passion for family dinner time as she learns to make traditional Greek food with a local chef.

Episode 404 --- Home of the Range

The Food Nanny learns Dutch oven cooking from one of the Rockin' R Ranch expert chefs and shares some of her own secrets as well.

Episode 405 --- Dinner is Served

Kerri Walsh is a two time Olympic Gold Medalist in beach volleyball. Her husband Casey Jennings is also a professional volleyball player. Together with their two children they are traveling the world playing in tournaments. From hotel to hotel, country to country they long for some sense of home. Catching up with Casey and Kerri in Italy The Food Nanny shows them how they can have "home on the road."

Episode 406 --- Turkish Delight

The Food Nanny learns to make traditional Turkish food in a 100-year-old outdoor oven with recipes handed down through the generations. Join Liz for a celebration of dinnertime and centuries-old Turkish delights.

Episode 407 --- Tour of Italy

Liz tours Italy discovering incredible tastes and recipes while meeting wonderful families and learning their centuries-old traditions.

Episode 408 --- Mediterranean Cruise

Join us at sea as we learn from Royal Caribbean Cruise Line's Master Chef, David Reihona how he feeds his cruising family of over 2,000 people three or more meals per day, and we're not talking mac & cheese.

Episode 409 --- Rock 'n' Mojo

Rock 'n' Mojo Branden & Emilie Campbell have reached their rock star dreams with Branden's success as the bass player for the band Neon Trees. However along the way Emilie has lost her mojo for cooking. She knows the value of dinner time, but is burned out on cooking the same old thing. The Food Nanny's gonna rock dinner!

Episode 410 --- London Calling

The Food Nanny crosses the pond to rescue dinner in London! While helping the Harber family overcome their dinnertime challenges, Liz is surprised to be taught the secrets to mouth-watering Indian curry. And don't forget where the locals go for the best fish-n-chips!

Episode 411 --- Kitchen Idol

Brooke White won over the hearts of millions as a top 5 finalist on American Idol. Now with an exploding career and a baby on the way Brooke and husband Dave realize the time is now to begin focusing on family meal time. With the Food Nanny's help this "on the go" young couple strike the right balance and begin lifelong family mealtime traditions.

Episode 412 --- The Spirit of Aloha

The Food Nanny goes to Hawaii for a feast of island food and dinnertime traditions.

Episode 413 --- Catch a Wave

The Walker family are native-Hawaiians with a flare for surfing as a family and a personal link to the old traditions of Oahu. That means Liz gets to go where no tourist can go experiencing the "the true life" Aloha style.