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PRESS RELEASE

[Temecula, CA] – [1/16/2025] – Vlada's Seeds of Life, a positive and engaging family television program, is gaining significant traction across the U.S., with its flagship show, "Cooking and Kids", now airing on **385 public access television stations**. The program, which promotes healthy living, togetherness, and community connection, has quickly risen to become the third most downloaded show nationally, offering an exciting opportunity for families to reconnect with one another in a fun and meaningful way.

"Cooking and Kids" is more than just a cooking show—it's a celebration of family bonds, nutritious food, and sustainable living. Hosted by Vlada, a passionate advocate for health and natural lifestyles, the program aims to teach children and parents alike how to prepare wholesome, delicious meals using fresh, organic ingredients. By incorporating kids into the cooking process, the show encourages creativity, teamwork, and the importance of healthy eating habits from an early age.

A National Movement: Reconnecting Families and Communities

The mission behind "Cooking and Kids" is simple yet powerful: to inspire families to spend quality time together, embrace natural living, and build stronger communities. In a time when families are often pulled in different directions by busy schedules and digital distractions, the program provides a much-needed platform for re-engagement.

"In today's fast-paced world, we often forget the simple joys of sitting down together as a family to prepare a meal and enjoy each other's company," said Vlada, the creator and host of "Cooking and Kids." *"Our program helps families rediscover the importance of quality time while also introducing them to healthier ways of living that can have a lasting impact on their well-being."*

With its unique approach, "Cooking and Kids" has become a hit on public access television, particularly in small communities that seek programming that not only entertains but also educates and empowers. The program's growing popularity is a testament to the increasing demand for content that brings families closer, fosters creativity, and promotes a more sustainable lifestyle.

An Impact on Public Access TV

As of today, "Cooking and Kids" can be seen on 385 public access television stations nationwide, with each airing helping to strengthen the program's message of community and togetherness. The show has quickly become a fan favorite, ranking as the **3rd most downloaded program** in the nation. Viewers can

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access the show via streaming services, public access channels, and digital platforms, expanding its reach to homes across the country.

The surge in popularity can be attributed not only to its wholesome content but also to the program's ability to connect with viewers of all ages. From children learning to cook alongside their parents to families discovering the joys of gardening, healthy eating, and sustainable living, "*Cooking and Kids*" offers something for everyone.

Join the Movement: Bringing Families Back to the Table

"*Cooking and Kids*" is more than just a show—it's part of a movement to create positive, lasting change in how families interact with each other and the world around them. By emphasizing the importance of shared experiences, the show reminds families of the joy found in simple moments, like cooking together, eating together, and supporting each other in their journey toward a healthier, more natural way of life.

To learn more about "*Cooking and Kids*", or to find out when the show airs in your area, visit <http://www.vladaseedsoflife.com>. Families, schools, and community groups are encouraged to tune in, join the conversation, and become part of the growing movement to reclaim family time and promote healthy living.

About Vlada's Seeds of Life: Vlada's Seeds of Life is a grassroots initiative dedicated to promoting natural, healthy living through education, television programming, and community engagement. With a focus on organic food, sustainable practices, and family-oriented content, Vlada's Seeds of Life aims to inspire positive change in the way we eat, live, and connect with one another.

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