



Mr. Food TV Segment Seen by More Than Four Million Viewers Daily!

Live Station Appearances



One of Howard's favorite things to do is visit our stations all over the country. Not only do the viewers love seeing him live on their local news, but it gives Howard a chance to meet with the anchors, producers and executive team members who have helped to make us the longest running news insert in TV history. And you can bet he'll cook up something tasty to share with the entire newsroom while he's there. Hmmm, maybe that's the reason he always seems to have an open invitation to come back.

We Tip Our Chef's Hat to You

Steve Shanks for being named General Manager of WJFW in Wausau / Rhinelander, WI

Jim Hice for being named News Director at KCEN in Waco, TX

Don Pratt for being named Vice President & General Manager at WCBD in Charleston, SC

Lisa Polster for her promotion to News Director at WKBW in Buffalo, NY

Steve McMurray for being named General Manager at WKTU in Utica, NY



65 Years on the Air

Congratulations to KFOR in Oklahoma City for being on-air for 65 years. We thank them for letting us be part of their team for more than 25 of those years.

[Check out their history!](#)

Happy Anniversary!

A big shout out to our partnering stations celebrating milestone anniversaries with the Mr. Food Test Kitchen.



WLNS – Lansing, MI – 15 years



WHTM – Harrisburg, PA – 25 years



WMAZ – Macon, GA – 30 years

The Show Goes On

Special thanks to the following stations for recently renewing and carrying on the Mr. Food Test Kitchen tradition:

- KLKN – Lincoln, NE – 16 years
- WWNY – Watertown, NY – 17 years
- KFOR – Oklahoma City, OK – 23 years
- WCYB – Tri Cities, TN – 23 years
- WJRT – Flint, MI – 29 years
- KEYC – Mankato, MN – 31 years