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“Girls’ Night In” is the New “Girls’ Night Out”

Blowing Rock, NC – With the rising cost of gas and restaurant prices, many women are replacing “girls’ night out” with a more economical but equally entertaining “girls’ night in.” These popular gatherings at home offer women a much needed respite from their busy lives and multi-tasking schedules with the opportunity to laugh, eat and connect with one another.

One company that has taken notice of this trend is W.I.N.O.S.[™] (Women In Need of Sanity) with the launch of their new cookbook *W.I.N.O.S. GO TAPAS, Appe-teasers and Mini-Meals[™]*. “After a long day, there’s nothing I look forward to more than getting together with my friends cooking up some delicious appetizers and opening a bottle of wine. These relaxed evenings at home are often more fun than a night out at a restaurant and provide a comfortable atmosphere to enjoy each other’s company with great food and wine,” said Bonnie Jesseph, founder and CEO of W.I.N.O.S.

Jesseph’s latest release follows on the success of her first three cookbooks: *W.I.N.O.S. Cook With Wine[™]*; *W.I.N.O.S. Hormonal Moments, Cooking With Wine and Chocolate[™]*; and *MAN Your Grill, Cooking and Grilling With Beer[™]*. In Spanish, the word tapa means "cover" and is defined as a light snack or appetizer usually eaten with drinks. Most experts of the tapa snack believe that the etymology of the word tapa comes from the Spanish practice of placing an item – either a piece of bread or slice of ham – on top of a drink to protect it from annoying, buzzing flies.

Tapas restaurants have popped up across the country as they offer a new way to eat with more variety, sensible portions and reasonable prices. Jesseph wanted to bring this sense of fun and diversity to the home cook who can quickly, easily and economically make three to four appetizers or mini-meals for their friends and family. To complete the evening, W.I.N.O.S. also offer humorous wine-themed aprons, cocktail napkins, t-shirts and hats for girls' night in.

About W.I.N.O.S.™

Headquartered in Blowing Rock, North Carolina, W.I.N.O.S.™ (Women In Need of Sanity) is all about cooking, eating, laughing, enjoying wine, friends, family and most of all – having fun. The company manufactures and markets cookbooks, apparel and accessories with a sense of humor. W.I.N.O.S. operates with a high set of standards, a sense of purpose and the desire to give back with a portion of the profits dedicated to the prevention of breast cancer, heart disease and the prevention of domestic abuse. The W.I.N.O.S. Buddies™ is a social membership program with chapters being established across the country. To learn more about the company, please visit www.winoshavefun.com.

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