

To be completed by parent/gaurdian

_____ (Name of Child) will have the opportunity to use kitchen utensils and equipment during our cooking program. Students will learn about appropriate and safe operation and use of kitchen equipment and they will be supervised at all times. Although every precaution is taken to prevent accidents, a certain risk is involved due to the nature of the experience, the age of the student, and the learning environment.

Due to the nature of the class, we ask that you disclose any known food allergies or restrictions to ensure the safety of your child. Parents, please initial next to the corresponding statement.

- My child has NO KNOWN Food Allergies or Restrictions.
- My child's KNOWN Food allergies and/or restrictions include:

Child's name: _____

Name of Parent(s)/ Guardian(s): _____

Cell phone: _____ Work phone: _____

Emergency contact name / phone: _____

Home Address: _____

Parent Email Address: _____

Child's date of birth: _____

Child's Grade in Upcoming School Year: _____

Name of School: _____

Name of child's Pediatrician/ Doctor: _____

Physician phone: _____

Current Medications (if any): _____

As parent/guardian of the child listed above, I give my permission for my child to participate in the Teen Cooking Classes. _____

(Parent/Guardian Signature)



Contact
Josh White, Healthy Communities
217-345-6826
jwhite2@sblhs.org

Make checks payable to
Healthy Communities
and mail application/check to:
SBL Healthy Communities
655 W. Lincoln Ave Suite 13
Charleston, IL 61920

 **Sarah Bush
Lincoln**
Healthy Communities
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Charleston, IL 61920

Teen Cooking Class

 **Sarah Bush
Lincoln**
Healthy Communities



11 am to 1 pm

June 15, 20, 22, 27, 29

July 6

Mattoon Middle School

Ages:

Students who have completed 5th, 6th, 7th, 8th, 9th, 10th, or 11th grade.

Fee: \$15 for the entire series

Activities:

- Cutting
- Chopping
- Proper food preparation

Teen Cooking Class:

- How to read a recipe
- Preparing recipes
- Knife skills
- Food sanitation

Menu Themes:

- Mexican fiesta
- Fall Favorites
- Breakfast
- Soups On!
- Taste of Italy
- Taste of Summer

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