

Join the fun for Lunch in Cooking Class!

October 3rd FRIDAY



Noon Dismissal



Offered by Culinary Comfort
Since 2007

**An easy, fun, and no-fuss approach to cooking and baking
Making tummies happy while learning life skills!**



Kindergarten thru 8th grade

\$59 class 12 noon to 4:15 pm

All materials provided - No extra fees

Take home recipe cards of all foods we make.

Class located in the SMART LAB



You're Invited

OCTOBERFEST CELEBRATION

- * Form your own Delicious German Noodles**
- * Discover what is your favorite variety of Sausage**
- * Fold up and bake your own soft Bavarian Pretzels**
- * Finish the Grande Finale creating your Halloween Sweet Treat!**

- * Young chefs have fun in my hands-on participation classes while learning essential cooking techniques that will be used for a lifetime.
- * Chefs gain knowledge of healthy food choices, other cultures, and cuisines while expanding math, vocabulary, teamwork, and cleaning their workspace.
- * All classes emphasize safety and how to properly use kitchen tools and equipment, developing more confidence in the kitchen.
- * New foods become favorites and picky eaters change perceptions of flavors!
- * Healthy cooking and eating habits are imparted...even when we make sweet treats!

Any Questions?



Please contact Mary at (760)774-0228 text or call



Kids are naturally creative and adventurous the kitchen is a perfect place for their self expression



First Friday Cooking Classes October 3rd, 2025

Registration Form Sacred Heart School
Class held in the SMART LAB 12 NOON—4:15 PM



\$59 Please fill inform legibly...One form per student

Name _____ Gender: M / F Age: _____ DOB _____ Grade _____

Parent / Guardian Name: _____

Address: _____ City: _____ Zip: _____

Parent/Guardian Email 1: _____ Email 2 _____

Home #: _____ Cell #: _____ Work: _____

Allergies: _____ Medical Conditions: _____

Emergency Contact: _____ Phone#: _____ Relationship: _____

Physician Name: _____ Phone: _____

Physician address: _____ City _____

Insurance Co: _____ Policy #: _____

Participation in a Culinary Comfort cooking class may involve student use of cooking equipment and tools in a kitchen environment. It is understood and expressly agreed to by the Parent (or student) that by making payment for (including the redemption of a gift certificate or volunteering) and/or by participating in the class, the Parent / Student releases, indemnifies and hold harmless Mary Gefroh, Culinary Comfort and any and all contractors, subsidiaries or associates, from any and all liability of any kind for any damages and/ or injuries incurred in connection with the students attendance at a Culinary Comfort class and understands and accepts the risks inherent in the preparation, cooking and eating of food with other people in the kitchen.

Policies:

- * Students need to arrive on time and need to be picked up directly at the end of class by an approved guardian.
- * Students are expected to be respectful of other students, instructors and all rules. Parent will be called to pick up student that disrupt class. No refunds for classes when removed for disorderly conduct.
- * Students must wear close toed shoes, their hair must be pulled back off the face, and no jewelry should be worn.
- * **All tuition is due at the first of the month. There are no refunds, credits or transfers to another month. No registration fees are required. Make up class available with instructor approval and if class space allows.**

Parent/guardian hereby give permission for participant to attend the after school cooking class at Sacred Heart School and agree to the above listed policies.

Parent / Guardian Signature _____ Date: _____

***Make Payable to Sacred Heart School**

Contact Mary at (760)774-0228 text or call

***Turn in registration to school office**

email mary@culinarycomfort.com