

CHOP, STIR, LEARN & HAVE FUN!

KIDS COOKING CLASSES



Who knew healthy eating could taste so good!



EASY. FUN, NO FUSS.

An easy, fun, and no fuss approach to cooking and baking



LIFELONG SKILLS

Young chefs have fun in my hands-on participation classes while learning



CREATIVE & CURIOUS

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



CONFIDENCE BOOST

Kids gain confidence in the kitchen as they learn new skills, get creative, and share

*** New foods become favorites and picky eaters change their perception of flavors!**

*** Knowledge of healthy food choices, other cultures, and cuisines while expanding math, vocabulary, and teamwork, and cleaning their workspace skills.**

*** All classes emphasize safety first and how to properly use kitchen utensils, tools, and equipment while developing more confidence in the kitchen.**

*** Healthy cooking and eating habits are imparted...even when we make sweet treats!**



WHEN

Thursdays
After school
3-5:15 pm



COST

\$54 individual class
September \$216
All materials provided
No extra fees



WHO

Kindergarten
Through
8th grade



REGISTER

Turn in
registration to
SHS school office

We celebrate Fall with new recipes and old favorites!

Any Questions? Please text or call Mary at (760) 774-0228

Call Mary
for more
cooking class
dates offered

After School Cooking Class Registration Form Sacred Heart School

Classes held in the PRE SCHOOL KITCHEN



PICK UP at the Pre School Kitchen at 5:15 pm TURN FORM INTO SHS OFFICE...

\$216 _____ Thursday weekly September Cooking Classes

Individual Day \$54 Sept: _____ 3rd _____ 10th _____ 17th _____ 24th

Please fill in form 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 _____

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.

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.

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: _____

Questions: Contact Mary at (760)774-0228 text/call