

Offered by
Culinary Comfort
Since 2007

Wednesdays
3-5 pm

After School Cooking Classes

At Sacred Heart School

**Discover Updated healthier versions for 2025
all the foods you love to eat**

- * 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, and teamwork skills.
- * All classes emphasize safety first and how to properly use kitchen utensils, tools, and equipment while developing more confidence in the kitchen.
- * New foods become favorites and picky eaters change their perception of flavors!
- * Healthy cooking and eating habits are imparted...even when we make sweet treats!

**Join us
for some fun
in the kitchen!**
**Individual Class
\$48**

Ask Mary
special
Cooking Classes
offered
November 10&11, 22-26
December - January 4th
(No School Days)

November
5, 12,&19th
\$139

We celebrate Fall with new recipes and old favorites!

Turn in Registration to Sacred Heart School Office

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



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

November Wednesday Classes 2025

After School Cooking Class Registration Form Sacred Heart School

Classes held in the ART ROOM and SCHOOL KITCHEN

PICK UP at the ART ROOM at 5:00 pm



TURN FORM INTO SHS OFFICE

November _____ \$139

Individual Day \$48 Nov _____ 5th _____ 12th _____ 19th

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 _____

Insurance Co: _____ Policy #: _____

Policies:

- * Students need to arrive on time and need to be picked up directly at the end of class by an approved guardian.
- * Students not picked up at the end of class will be taken to SHS EXTENDED CARE.
- * 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