

Dear Parent or Guardian:

The Culinary Education Center at the Sanibel Community House offers a variety of cooking classes for children and teens. Using our new commercial kitchen and community garden, young people will explore farm-to-table cooking, global flavors, and regional specialties. They will learn basic culinary skills, food safety, and kitchen etiquette. A special emphasis will be placed on inspiring kids to explore food choices for a lifetime of good health.



In addition to the cooking class, children will sit together to share the food they've prepared. They will also receive copies of the recipes so they can try them at home with adult supervision.

We ask that children wear closed-toe shoes and pull back long hair. Everyone will be expected to listen carefully to the chef's instructions, especially when we're using knives or working around the stove. There will be NO horsing around in the kitchen. We'll work together to clean up and to get the food cooked and on the table in time to eat. Parents are expected to drop off and pick up children on time.

Please fill in the information below and return it to The Community House office.

Class or date you are registering for: \_\_\_\_\_

Child's Name: \_\_\_\_\_ Age: \_\_\_\_\_

Your Name/Relationship to Child: \_\_\_\_\_

Sanibel Address: \_\_\_\_\_

Cell Phone Number: \_\_\_\_\_

Alternate Phone Number: \_\_\_\_\_

Is it okay to have your child photographed? \_\_\_\_\_

Does your child have any food allergies or medical conditions? \_\_\_\_\_

I \_\_\_\_\_ (parent's name) do hereby agree to allow my child to attend cooking classes at **The Sanibel Community House**. I also agree to have my child photographed or interviewed for publicity purposes. I agree to hold the **Sanibel Community Association**, or their representatives or volunteers, harmless.

Signed: \_\_\_\_\_

Date: \_\_\_\_\_

If you would like to be informed about future classes, please add your email address:

\_\_\_\_\_

The Community House, 2173 Periwinkle Way, Sanibel, FL 33957  
Phone 239-472-2155