

Welcome!

I am Sophia Shepherd, owner of The Holistic Kitchen and I am so excited to be cooking with your child/children. This is a teaching and cooking class where your child will learn basic meal preparation, tasting recipes while using common kitchen equipment and practicing food and kitchen safety.

Parent/Guardian:

We will be preparing and eating food throughout the class and using a variety of food products. If your child/children has any allergies or foods they can or can not eat please let me know.

By signing below, I confirm that I am the parent or legal guardian of the said child/children. I understand that my child will be exposed to a variety of food and will be working with cooking tools and appliances under supervision. I understand the nature of the activities and hereby assume any and all risks associated with the activities. My child has my permission to participate in The Holistic Kitchen cooking class.

By signing below I release any claims, damages, and liabilities arising from or related to my child's participation in The Holistic Kitchen cooking class.

Your Child's or Children's Name _____

Parent/Guardian Name _____
(please print)

Parent/ Guardian Email _____

Parent/ Guardian Phone Number _____

The Holistic Kitchen
7500-A Richmond Road, Williamsburg VA. 23188
sophia@theholistic-kitchen.com
757-879-3593

Safety: The Holistic Kitchen is committed to the safety and health at all times in our kitchen. Our cooking classes are hands-on and students will be using various kitchen utensils and cooking equipment. Students are supervised at all times and will be given age-appropriate utensils and tasks. Parents should be aware that participation involves working with and in close proximity to kitchen equipment and hot surfaces. Safe sanitary practices will be reviewed with the students.

Attire: Class participants are required to wear closed toe shoes, we do recommend that shoes be rubber-soled and/or non-slip. Short sleeves are preferred. Long hair should be tied back and no loose jewelry, dangling earrings, bracelets, or necklaces should be worn.

Sanitation: Proper hand washing will be required. Hand washing is the single most important step to prevent food-borne illnesses.

Student Responsibilities: Students are expected to show respect to the instructor and to each other. They must follow the instructors directions and abide by the safety rules in the kitchen.

Parent/Guardian Signature_____

Date_____