

Dear Parent or Guardian

We are excited to offer a food skills program for youth called You're the Chef. You're the Chef (YTC) is a program to help youth develop the skills and confidence necessary to prepare and enjoy recipes emphasizing vegetables and fruits. The program is delivered by staff and/or volunteers trained by Wellington-Dufferin-Guelph Public Health (WDGPH). You can help make this program successful for your child by encouraging them to prepare YTC recipes at home.

Be aware that youth will be involved in food preparation and cooking, which may include the use of equipment such as an electric skillet, blender and knives.

Registration Form

Participant Name:	Age:
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Parent/Guardians

Please complete the following to indicate consent for your child/ward to participate in You're the Chef cooking sessions.

I, _____ give permission for _____
(print name of parent/guardian) (print name of participant)

to participate fully in You're the Chef cooking sessions. I understand that there is some risk involved with any food preparation activity (e.g., cuts, slips, burns, etc.) and therefore release the agency, Wellington Dufferin Guelph Public Health, and volunteers involved of any liability should an injury occur.

Signature of parent/guardian: _____ Date: _____

Please return this completed form to: _____ by: _____

If you have any questions, please call: _____

Allergy Information

Please list any food allergies your child has:

(signature of parent/guardian)