



Before you Begin

Program Information Letter for Parents|Guardians

Your child has the opportunity to participate in the *Let's Get Cookin'* Program at [insert location].

This seven-week cooking program provides students with the opportunity to learn and build new skills related to food preparation and cooking. *Let's Get Cookin'* will be facilitated by [] who have completed facilitator training e-Learning offered by Middlesex London Health Unit or Southwestern Public Health.

Program Goals

- Basic food skills development including, but not limited to: basic knife safety, chopping, slicing, dicing, reading recipes, and principles of kitchen and food safety.
- Build confidence and self-esteem in:
 - basic cooking and food-handling skills,
 - reading and interpreting recipes,
 - using basic food preparation equipment,
 - teamwork and taking an active role in food preparation, and
 - preparing nutritious recipes and balanced meals and snacks.

Health & Safety

There is some risk with any cooking and/or food preparation activity (e.g., using equipment such as an electric frying pan, blender, can-opener and knives). Injuries (e.g., cuts, burns) caused as a result of incidents related to participating in the cooking program may occur. Before students participate in any food preparation, program facilitators and teachers provide information on safe food handling and kitchen safety to prevent food borne illness and injury.

Adult supervision will be provided throughout the program.

If your child has food intolerances, allergies or risk for anaphylaxis, please ensure this has been clearly communicated with your child's teacher. We cannot promise an allergen-free area for your child in this program. While we do our best to accommodate for allergies, participation may not be recommended for children with severe food allergies.



Table 1: Risks and Precautions

Risks	Precautions
Allergic Reaction/ Anaphylaxis	Recipes do not include peanuts or tree nuts, they do however contain wheat, milk and egg products. All allergies should be disclosed to ensure participant safety.
Cleaning and Sanitizing Product Exposure	Public health provides direction on safe cleaning and sanitizing of food preparation surfaces and dishes. The program uses dish soap and quaternary ammonium chloride-based sanitizer for kitchen and food service operations.
Cuts and Burns	Participants are provided with an introduction to kitchen and knife safety as well as ongoing supervision to ensure participants are following safe handling procedures.

If you would like to receive more information on potential risks, please discuss with your program leader.

Keeping Students Safe

If your child will be participating in the program, we ask that students come prepared for each session with:

- An apron, if you have one; otherwise, a clean shirt that you're okay with getting food on
- Closed-toed and close-heeled shoes such as running shoes to protect from slipping and dropped food and equipment
- Hair elastics, headband/clips or appropriate hats to keep hair out of face and long hair tied back
- Reminder to follow safety guidelines and have fun!

If your child has any food allergies please include details on the consent form. Your program leader or facilitator may have additional questions about how to keep your child safe.

Stay home if sick.

Students will be encouraged to build the skills they have learned at home as well. Your support and supervision at home while they showcase their new skills is truly appreciated.



Let's Get Cookin'!

Consent Form

Dear Parents/Guardians,

Your child has the opportunity to participate in the Let's Get Cookin' Program. This seven-week cooking program provides participants with the opportunity to learn and build new skills related to food preparation and cooking, while having fun along the way!

Trained [insert staff/volunteers] will run the program. The sessions will start on [insert date] at [insert time] in [insert location].

****PLEASE NOTE: WE CANNOT PROMISE AN ALLERGEN-FREE AREA FOR YOUR CHILD IN THIS PROGRAM.** While we do our best to accommodate for allergies, participation may not be recommended for children with severe food allergies.

Does your child have any food allergies or conditions which facilitators should be aware of:

Yes ☐ No ☐

If yes, please describe: _____

I give permission for _____ to participate in the Let's Get Cookin' Program.
(Name)

I understand that there is some risk with any cooking and/or food preparation activity (e.g., using equipment such as an electric frying pan, blender, can opener and knives). I understand that adult supervision will be provided throughout the program. Injuries caused as a result of incidents related to participating in the cooking program may occur and cause injury to students through no fault of the [insert organization], Middlesex London Health Unit, Southwestern Public Health and any volunteers involved in the Let's Get Cookin' Program.

PARTICIPANTS MUST VOLUNTARILY ASSUME THESE RISKS.

Signature of Parent/Guardian

Date

Let's Get Cookin'!

Sw
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