



Before you Begin

Recruitment Tips

- The program is designed to be run with a ratio of 1 facilitator to 5 participants.
- As long as this ratio is maintained the program can be led in the larger setting like a classroom.
- Decide with co-facilitators and school/agency administration how many participants will be accepted.
- Based on the number of participants allowed and the school/agency administration, decide on a recruitment strategy (e.g., first come basis, targeted involvement, classrooms etc.)
- See Participant Recruitment Poster which can be posted or shared within your school/agency.
- Remember all children and youth who are recruited to participate in the program must return a signed consent form with their parent or guardian' consent and signature (see sample consent form).

Let's Get Cookin'!

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