



# Before you Begin

## Program Consent

Before any students participate in this program it is mandatory to receive a signed consent form from their parent/guardian.

To establish the proper consent and language to use in your location **please involve the principal or appropriate lead at your agency.** This will ensure the consent that you use complies with your school board or agency's policies and directives. If you are working within the Thames Valley District School Board the following clause must be included in your consent:

*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 School, the School Board, the Middlesex-London Health Unit, and volunteers involved in the Let's Get Cookin'! Program. PARTICIPANTS MUST VOLUNTARILY ASSUME THESE RISKS.*

Below is a sample consent form. If you choose to use this consent, please share with the principal/agency lead to ensure it is appropriate.

*Let's Get Cookin'!*



## Consent Form

Dear Parents/Guardians,

Your child has expressed an interest in participating in the Let's Get Cookin' Program. This seven-week cooking program provides students (grade 5 and older) with the opportunity to learn and build new skills related to food preparation and cooking, while having fun along the way! Program Facilitators running the program have been trained at the Middlesex - London Health Unit. The trained Program Facilitators will lead the sessions in your school or agency. The sessions will start on \_\_\_\_\_ (Date) at \_\_\_\_\_ (Time) in \_\_\_\_\_ (Location).

**\*\*PLEASE NOTE: WE CANNOT PROMISE AN ALLERGEN-FREE AREA FOR YOUR CHILD IN THIS PROGRAM THEREFORE IF YOUR CHILD HAS A FOOD ALLERGY PARTICIPATING IN THE PROGRAM IS NOT RECOMMEND.**

I give permission for \_\_\_\_\_ (Name) to participate in the Let's Get Cookin' Program. 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 School, the School Board, the Middlesex-London Health Unit, and volunteers involved in the Let's Get Cookin' Program. PARTICIPANTS MUST VOLUNTARILY ASSUME THESE RISKS.

\_\_\_\_\_  
Signature of parent/guardian

\_\_\_\_\_  
Date

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'!*

**ML** BUREAU DE SANTÉ DE  
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