



## Program Agreement

Thank you for participating in training for MLHUs Let's Get Cookin' program (LGC) and joining our Community. Your commitment to this program and this community is very important to us. We appreciate the contribution that you are making in teaching youth food skills.

This half day training will help to familiarize you with the manual and assist you in learning how to effectively run Let's Get Cookin' in your location. We have used research evidence and the experiences of others to create a program that will have a positive impact on participants. As partners we need to work together to ensure this program is delivered as planned with consistent messaging about cooking and healthy eating. To maximize the impact of this program we ask you use the online manual as laid out and instructed during the training process.

To ensure the integrity of the program, we ask that you truly partner with us and agree to the guidelines below. Please initial each box when read.

- All trained volunteers agree to run this program at least once (including the orientation session and core recipes).
- Volunteers facilitating the program will participate in the half day training before running the program in the community.
- Trained facilitators will tell anyone in their community who wants to facilitate the program that they need to attend training at the Middlesex-London Health Unit.
- Trained facilitators will follow the manual and recipes to promote learning and skill building.
- If participants have questions about nutrition/healthy eating outside of what is addressed in training these questions should be directed to call Telehealth Ontario to speak to a Registered Dietitian toll free at 1-866-797-0000.

The Let's Get Cookin' committee will do our best to support this Community. As a trained facilitator you will receive support and updated material. A facilitator's section has been created on the MLHU website, containing all the resources you will need to run the program. We also value your input and feedback. If you have a recipe that you think will work well in the program please send it to us [letsgetcookin@mlhu.on.ca](mailto:letsgetcookin@mlhu.on.ca). We will review it and consider it's use as we continuously revise and improve the program.

Please sign and complete the information below indicating your agreement with the above information.

Signature: \_\_\_\_\_

Agency or School Name: \_\_\_\_\_

Name (please print): \_\_\_\_\_

Training date: \_\_\_\_\_

Email address: \_\_\_\_\_

*Let's Get Cookin'!*

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