



The Kids' Table

WHERE HEALTHY FOOD IS FUN!



The Kids' Table - Hands-on Cooking Classes for Kids - www.kids-table.com

Spring Session

April 8 - June 3 (8 weeks)
(No class on 4/22)

In this hands-on cooking program, we will prepare a different recipe each week. The kids get to participate in every part of the process - from chopping, grating, and mixing, to enjoying the fruits of their labor, and even cleaning up!

Grades 1st-4th Fridays 2:45-3:45 \$120

Our classes give children a meaningful role in the food-preparation process, making healthy eating fun while introducing them to new, different and nutritious kinds of foods.

All of our recipes are vegetarian and nut-free, and many can even be altered to accommodate most dietary restrictions, leaving no one out of the fun. Each participant will build his/her own cookbook throughout the session with laminated recipe cards from each class.

SIGN UP

To register, please complete and mail the registration form below, along with a check, to:

**The Kids' Table
2337 W North Avenue
Chicago, IL 60647**

Note: We must receive completed registration form AND payment for your child to participate. In the event of insufficient enrollment we reserve the right to cancel class.

For more information, contact The Kids' Table at 773-235-2665 (COOK) or email info@kids-table.com.

The Kids' Table Registration Form—Hawthorn Scholastic Academy—Spring 2011

CHILD'S NAME: _____ GRADE: _____ ROOM #: _____

PARENT/GUARDIAN NAME: _____

ADDRESS: _____

HOME PHONE: _____ CELL PHONE: _____

EMAIL: _____

FOOD ALLERGIES/DIETARY RESTRICTIONS: _____

OTHER MEDICAL CONCERNS: _____

DISMISSAL PROCEDURE: My child will be picked up by (check one) Parent /Guardian RAP

CONSENT/WAIVER:
I understand that cooking involves the use of sharp tools and heating elements, and hereby release The Kids' Table, LLC, and its employees and agents from all liability from any injury or illness that may result from my child's participation in this program. In the event that I cannot be reached in an emergency, I hereby grant permission to the employees or agents of The Kids' Table, LLC to act on my behalf.

PARENT/GUARDIAN SIGNATURE: _____ DATE: _____