

STR Consulting
Cooking Kids Program
2009-2010

Welcome to Cooking Kids, an after school program held at Odyssey Charter School. This program is an interactive cooking and gardening (and eating!) series of lessons and will be offered to children of all ages.

How it works

Each Cooking Kids group will receive four sessions of instruction held on Monday afternoons from 1:30PM-3:30PM. During the school year, children from kindergarten to 8th grade will have the chance to participate. Our first group will be OCS' 7th and 8th graders and the sessions will be held on October 5th, 12th, 19th, and 26th.

What Will Your Child Do?

Your child will cook! Working in the Odyssey kitchen, these sessions will focus on the cuisines reflective of our student population. We'll rotate through one cuisine a week – Mexican, African American and Asian. The children will spend the two-hour sessions cooking and tasting their food as well as taking home printed recipes and menus to share with their families.

Mexican Menu: Homemade tortillas, easy chicken tacos, salsa, guacamole, red/green rice, black beans

African/American Menu: Low-country shrimp and rice purloo, cornbread, roasted sweet potatoes with honey and black pepper, and collard greens

Asian Menu: Miso soup, sushi rolls, cold sesame noodles

Your child will garden! We will be creating an outdoor potted herb garden located on the north facing blacktop directly behind the community hall. The herbs we plant will be linked to the meals we cook, and strengthen your child's understanding of the link between garden and kitchen, nature and nutrition. We hope to plant herbs, alliums and greens like rosemary, lemongrass, oregano, thymes, sage, parsley, cilantro, garlic, chives, shallots, marjoram, bay, chard, basil, peanuts, mint, lavender, tarragon, dill, nasturtium, lettuces, savory, collard, mustard and kale.

Who's Teaching?

The program is being run by two Odyssey parents: Susan Ruffins and Karen Merchant. Both are trained chefs and each one has worked extensively with children teaching cooking and art.

Fees and Registration

The cost per student is \$75.00 for the program. Class size is limited to sixteen students and, in the event that less than ten students apply, the session will be cancelled. If the class is oversubscribed, we will try to add parent volunteers, but we are committed to keep the teacher/student ratio to 1:8.

Sign Me Up!

To participate, complete the registration on the back side of this sheet and submit with payment no later than **September 25, 2009**. **Please make checks payable to: STR CONSULTING** and submit the Registration Form and Release Form and Check payment to the OCS front office.

STR Consulting
Cooking Kids Program
2009-2010 Registration Form

Student Name: _____

Age: _____

Student's Teacher: _____

Grade: _____

Parent Name: _____

Contact Phone Number: _____

Alternate: _____

Please list any and all health condition(s) should the Cooking Kids Program should be aware of:

Please name any known allergies your child may have:

Emergency contacts will be reached if parent is unavailable.

1) _____
Name & Relationship

Contact Phone: _____

2) _____
Name & Relationship

Contact Phone: _____

3) _____
Name & Relationship

Contact Phone: _____

Emergency Physician Contact

Physician Name & Office

Contact Phone: _____

I authorize my child (name listed above) to participate in the **Cooking Kids Program**. I understand that the program is a series of four classes and acknowledge that no refunds are eligible should my child miss a class. I also understand that if my child is unable to conduct himself/herself in a safe manner and to follow directions, he/she will be released from the program and the remaining monies will be refunded.

Parent Signature

Date

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**RELEASE OF LIABILITY, INDEMNITY AGREEMENT
& CONSENT FOR MEDICAL TREATMENT**

I, the undersigned parent or legal guardian of a minor child under 18 years of age, consent to my child participating in the **Cooking Kids Program** presented by STR Consulting on the Odyssey Charter School campus. I agree and understand cooking and gardening can be hazardous activities, and I recognize there are risks inherent in cooking/gardening activities.

I hereby release, hold harmless, and forever discharge STR Consulting, and any of their agents from any and all liability, claims, demands, actions and causes of action whatsoever arising out of or related to any loss, property damage or personal injury, including death, that may be sustained by me or to any property belonging to me while participating in the **Cooking Kids Program**. I understand that some activities in this program pose a risk of injury or disability. I voluntarily assume full responsibility for any risk of loss, damage or personal injury, including death, and any property damage that may be sustained by me/my child as a result of such activity. I further agree to indemnify and hold harmless STR Consulting and any employees/agents for any loss, liability, damage or cost, including courts costs and attorneys' fees, incurred arising from any claims, demand, action or cause of action by the participant.

In the event of illness or injury, I hereby authorize STR Consulting and their agents or their employees/agents to obtain emergency or other medical treatment for my child, and I hereby assume all costs associated with the medical care and transportation for the participant.

I have noted on page 1 of this form any medical/health/mental health problems of which STR Consulting should be aware.

This release and indemnity agreement is binding on myself, my heirs, assigns, and personal representatives. Since the participant in the **Cooking Kids Program** is under age 18, all references to "me" and "my" in this document shall be understood to include both the participant and his/her parent or legal guardian. By signing this document in the blank marked "Signature of Parent or Legal Guardian," I also acknowledge that I am the parent or legal guardian of:

Participant Name

Participant Name

I HAVE CAREFULLY READ THE ABOVE LIABILITY RELEASE AND SIGN IT WITH FULL KNOWLEDGE OF ITS CONTENTS AND SIGNIFICANCE.

FURTHERMORE, I UNDERSTAND AND AGREE THAT ALL PARTICIPANTS IN THIS PROGRAM MUST BE ABLE TO FOLLOW SIMPLE DIRECTIONS AND ACT IN A SAFE, COMPOSED MANNER OR BE EXPELLED FROM THE PROGRAM AND MONIES REFUNDED.

Signature of Parent or Legal Guardian

Date