



# Cooking Class For Kids & Adults

Jefferson Community Health & Life is excited to offer a Cooking Class for Kids (and their adult partners.) By cooking together, school-age children and adults can learn about healthy eating and the importance of working together to plan and prepare healthy meals. The program is open to kids in grades 3-6. Each must have a parent, grandparent or other adult participate with them. During the class, participants will prepare a simple healthy meal together, and then enjoy a meal as a group. Sign up early—class size is limited!

**Friday, Nov. 1 —10 a.m. to 1 p.m.**

**Who: A child in grades 3-6 and an adult partner**

**Where: JCH&L Large & Small Conference Rooms**

**Registration fee: \$20 per team**

**Pre-registration with payment required by Monday, Oct. 28**

(Registration form on the back)

Aprons will be available for children to wear in class, and may be purchased after the class if desired for an additional \$5.

**For more information call Lisa Edeal, RDN, LMNT,  
at 402-729-6846**

**NOT A SCHOOL SPONSORED EVENT**



# Cooking Class For Kids & Adults

Registration form

Name of child: \_\_\_\_\_

Child's age: \_\_\_\_\_ Current grade: \_\_\_\_\_

Address: \_\_\_\_\_

Adult partner: \_\_\_\_\_

Address (if different): \_\_\_\_\_

Relationship to child: \_\_\_\_\_

Phone: \_\_\_\_\_

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

## Registering for Friday, Nov. 1.

I authorize photos to be taken of my child and his/her adult partner for promotional purposes (which may include Facebook, Twitter, print media, and JCH&L ads and publications.)

I understand that Jefferson Community Health & Life will promote safe preparation and cooking skills, but will not be responsible or liable for injuries which may be sustained during this class.

Parent signature: \_\_\_\_\_

Please feel free to call 402-729-6846 and reserve your spot. You may then mail or drop off completed registration form and payment to:

**Lisa Edeal**  
**Jefferson Community Health & Life**  
**PO Box 277, 2200 H St.**  
**Fairbury, NE 68352**