

Welcome!

I am Sophia Shepherd, owner of The Holistic Kitchen and I am so excited to be cooking with you. This is a teaching and cooking class where you will learn basic meal preparation, tasting recipes while using common kitchen equipment and practicing food and kitchen safety.

We will be preparing and eating a variety of foods throughout the class.

If you have any allergies or foods that you can or can not eat please let me know.

By signing below, I agree and understand that I will be exposed to a variety of foods and will be working with cooking equipment, tools and appliances under supervision. I understand the nature of the activities and hereby assume any and all risks associated with the activities.

I give my permission to participate in The Holistic Kitchen cooking class.

By signing below I release any claims, damages, and liabilities arising from or related to my participation in The Holistic Kitchen cooking class.

Name: _____
(please print)

Signature: _____

Date: _____

The Holistic Kitchen
7500-A Richmond Road
Williamsburg VA. 23188
sophia@theholistic-kitchen.com
757-879-3593

Safety: The Holistic Kitchen is committed to the safety and health at all times in our kitchen. Our cooking classes are hands-on and you will be using various kitchen utensils and cooking equipment. Everyone will be supervised at all times and will be given age-appropriate utensils and tasks. Please be aware that participation involves working with and in close proximity to kitchen equipment and hot surfaces. Safe sanitary practices will be reviewed at the beginning of each class.

Attire: Class participants are required to wear closed toe shoes, we do recommend that shoes be rubber-soled and/or non-slip. Short sleeves are preferred. Long hair should be tied back and no loose jewelry, dangling earrings, bracelets, or necklaces should be worn.

Sanitation: Proper hand washing will be required. Hand washing is the single most important step to prevent food-borne illnesses.

Participants Responsibilities: Participants are expected to show respect to the instructor and to each other. They must follow the instructors directions and abide by the safety rules in the kitchen.

I agree and will abide by the above.

Name: _____
(please print)

Signature: _____

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