

Growing Gourmets 2019

Upcoming Classes

Cooking Fundamentals

Tuesday February 25th – March 31st

Where: GCA Cafeteria

Cost: \$185.00 + gst

Time: 3:25 – 4:30

Week 1: Cooking fundamentals – kitchen rules, knife skills, food safety and nutrition

Week 2: Breakfast fun – eggs any way, poached, scrambled, omelettes.

Week 3: Pancakes – Using eggs to expand knowledge on cooking skill

Week 4: Egg in a whole – grilled gourmet sandwich

Week 5: Nacho's – lean beef or chicken, veg, sour cream

Week 6: kids choice vote on a recipe



Intermediate Cooking Classes Grade 3 & up

Thursday's February 27th – April 2nd

Where: GCA Cafeteria

Cost: \$200.00 + gst (5 Classes)

Time: 3:25 – 4:35

5 Classes

(No Class March 26th)

Exploring different cultures through food as we work with more complex recipes, try different cooking techniques, use unique ingredients and experience new flavours.

Visit us at - www.silverleaflife.com, <https://www.facebook.com/silverleaflife/>

<https://www.instagram.com/silverleaflife/>

PH: 403:615-0207 : Email nicky@silverleaflife.com

Registration Growing Gourmets



PARENT/GUARDIAN INFORMATION (One form per participant)

First Name: _____ Last Name: _____

Contact Email Address: _____

Mobile Phone: _____ Emergency Phone: _____

PARTICIPANT INFORMATION

Childs First Name: _____ Last Name: _____

Age: _____ Grade/Class: _____ Home Room Teacher: _____

Please tick which class you are signing up for cooking fundamentals or Intermediate class.

1. Cooking Fundamentals Cooking Class Tuesday's once a week for 6 weeks (Feb 25th – March 31st)
2. Intermediate Cooking Class Thursday once a week for 5 weeks (Feb 27th – April 2nd) (No Class March 26th)

- After your registration is confirmed, payment must be made to secure class within 48 hours
- Send completed registration by email to nicky@silverleaflife.com
- If GCA closes due to weather or scheduled holidays, SilverLeaf classes will be cancelled.
- An absence on the part of the student results in the class and tuition being forfeited, make up classes are not available.
- An absence on the part of the SilverLeaf instructor will result in the scheduling of a make-up class.
- Please refer to the flyer @ GCA Communicator for class details.
- Please indicate any allergens and discuss with Silverleaf to determine the safety of joining the classes.

Waiver Growing Gourmets



Safety Waiver

Please be aware that at SilverLeaf Life we use food in our programs, both as snacks, dishes and meals. The form below must be signed before your child can participate in a program involving food, even if they have no known allergens or will not be eating as part of the program.

I hereby acknowledge that I am aware that SilverLeaf Life cannot guarantee a completely allergen free atmosphere in this program and have chosen to allow my child(ren) to participate fully or partially despite this. By signing this waiver you will not hold SilverLeaf Life for any medical or personal injury, or any other loss or damage and hereby waives any claim against SilverLeaf Life LTD.

Child's Name: _____

Guardian's Name: Print _____

Phone Number: _____

Date: _____ Signature: _____

Please sign & date the waiver, scan & email to nicky@silverleaflife.com - children cannot participate without a signed waiver.

- Attendance will be taken each class. Phone or email to nicky@silverleaflife.com if your child is unable to attend a class.
- Prompt Pickup @ 4.45pm - A late charge fee will be incurred after 4:50pm
- Late Fees are 0 – 10 minutes \$20 and each additional minute \$1 per minute, per child.

Visit us at - www.silverleaflife.com, <https://www.facebook.com/silverleaflife/>
<https://www.instagram.com/silverleaflife/>, PH: 403:615-0207 Email - nicky@silverleaflife.com