



## Dear Parent or Guardian

We congratulate you for enrolling your child in the You're the Chef program. You're the Chef (YTC) is a program to help youth develop the skills and confidence necessary to prepare and enjoy recipes emphasizing vegetables and fruits. The program is delivered by school staff, parents and volunteers trained by Wellington-Dufferin-Guelph Public Health (WDGPH). You can help make this program successful for your child by encouraging them to prepare YTC recipes at home.

### Your support can make all the difference for your child:

- Ask them how they enjoyed each session, including what they learned and which recipes they prepared.
- Ask them to make the recipes they enjoyed at home for the rest of the family.
- Shop for the ingredients they need to prepare the recipes at home.
- Involve them in menu planning and food preparation whenever possible.
- Keep your home well stocked with fresh, frozen and canned vegetables and fruits.
- Compliment them on their new food skills and for preparing tasty foods for themselves and your family.

For nutrition information and recipes, visit [UnlockFood.ca](https://www.unlockfood.ca).



## Registration Form

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### Participants

|                        |       |
|------------------------|-------|
| Participant Name:      | Age:  |
| Participant Signature: | Date: |

### Parent/Guardians

Please complete the following for your child/ward to participate in You're the Chef cooking sessions.

I, \_\_\_\_\_ give permission for \_\_\_\_\_

(print name of parent/guardian)

(print name of participant)

to participate in You're the Chef cooking sessions. I understand that there is some risk involved in any food preparation activity (e.g., use of equipment such as an electric skillet, blender, can opener and knives) and therefore release the agency, WDGPH, and volunteers involved of any liability should an injury occur.

Signature of parent/guardian: \_\_\_\_\_ Date: \_\_\_\_\_

Please return this completed form to: \_\_\_\_\_ by: \_\_\_\_\_

If you have any questions, please call: \_\_\_\_\_