

Little Chefs, Big Change

COOKING CLASS PERMISSION FORM

Each participant of a *Little Chefs, Big Change* cooking class will engage in all aspects of cooking, including chopping, slicing, peeling, cooking over a hot stovetop, blending, and eating. Participants will use knives and will cook over a hot surface, including, but not limited to a hot plate, stove, and electric griddle. Participants are taught knife safety skills and are monitored by an adult, HOWEVER, there is still a possibility that your child could experience a cut or burn.

I, the undersigned, understand that my child will engage in all aspects of cooking, including using a knife and cooking over a hot surface. I understand that cuts are a possibility while using a knife, as are burns while cooking. I give my child permission to participate in this class.

This permission slip MUST be signed and returned in order for your child to participate in any *Little Chefs, Big Change* cooking class.

Date: _____

Name of My Child (please print): _____

Name of Parent or Legal Guardian (please print): _____

Signature of Parent or Legal Guardian: _____

Parent email: _____

Parent phone number: _____

Child Food Allergies: _____

Little Chefs, 
BIG CHANGE

MEDIA RELEASE



I am the parent/guardian of the minor listed below (“My Child”). By signing below, I grant *Little Chefs, Big Change*, and its directors, officers, employees, volunteers, or agents, the absolute right and permission to use, publish, and republish photographic portraits, pictures, digital images, or videos of My Child, or in which My Child may be included in whole or part (collectively, the “Materials”), for any lawful purpose whatsoever, including but not limited to use in any *Little Chefs, Big Change* publication or on its online platforms, including social media. I understand that I will not receive any compensation, now or in the future, for the use of the Materials. I waive any right to inspect or approve the Materials.

I represent that I am at least eighteen (18) years of age and am fully competent to sign this Media Release.

Name of My Child (please print): _____

Name of Parent or Legal Guardian (please print): _____

Signature of Parent or Legal Guardian: _____

Date: _____