

HEARTS FOR

Hearths for Youth Inc.
PO Box 414
Alexandria Bay, NY 13607



YOUTH INC.

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315-482-9971 ext. 2130

Dear Parent/Guardian,

Beginning on October 11th, Hearts for Youth will be hosting a cooking class for youth in grades 6 and up at Alexandria Central School from 3:15-5pm. This will be a five week program that will allow students to actively participate in cooking, as well as education on healthy eating and nutrition. Each class students will work together to make a healthy snack. **Dates for this event are October 11, 25 November 8, 29 and Dec 13**

Early sign up is recommended. This is not a drop-in program.

Permission slips for this program are due Monday, October 1st to the Hearts for Youth Office.

Grade 6 and up Cooking Program

First Name _____ **Last Name** _____

Age ____ **Grade** ____ **Teacher** _____

Emergency Contact (Name and Phone) _____

Parent Name _____ **Parent Email** _____

Parent Signature _____

Allergies: _____