

## Information & Registration

Mudgee Fine Foods are holding cooking classes for kids at the Mudgee Farmers Market. The aim of the classes is for kids to have fun learning all about food and cooking.

### When do the classes happen?

The classes take place during the Farmers Market on the third Saturday of the month.  
From 9.30am -11.30am.

### Where do the classes take place?

Children will be met by the Chef in the central Market area near the coffee stall and the class will use both the market and the St Mary's Parish kitchens (to the right of the parish center). The class will start promptly at 9.30am so children should plan to arrive just before 9.30. They will not leave the church grounds at any time. Parents are not expected to stay with their children but are welcome to come to the kitchens at the end of the class.

### What happens in a class?

There will be a different theme each class/month but they will cover:

- Basic cooking skills for preparation of tasty and nutritious food.
- Choosing seasonal and local produce to make the most of what is available.
- Eating and sharing food together. The classes start with the Chef guiding the children through the Market to choose the produce they'll need. They then go to the kitchen and cook the recipes planned by the Chef. At approx. 11.30 am the class will bring their food out to the Markets to share. Parents need to be at the Markets at 11.30am to collect their child.

### What is provided?

Kids only need to bring themselves, however please ensure they wear closed in shoes. Aprons are provided for use in the class. Children will have the option to take home the food they've cooked, along with a recipe sheet so they can practice their new skill at home!

### Who can attend?

Kids aged 8-12 years.

### How do I book?

You can book at the Raffle Stall on Market Day or email: [kidscooking@mudgeefinefoods.com.au](mailto:kidscooking@mudgeefinefoods.com.au).  
Class sizes are limited to 12 participants so bookings are essential.

### What is the cost?

The cost is \$20 per child. Payment is required at time of booking and can be made via direct deposit:  
Account Name: Mudgee Fine Foods Inc. BSB: 062 577 (Commonwealth, Mudgee) Account Number: 10142832 Reference: Child's name & month of class \*\*\*important – reference must be included\*\*\*



## REGISTRATION FORM

Payment (\$20 per child) must be received at time of booking. Course numbers are strictly limited.

Month of Cooking Class:	
Name of child(ren) attending class	
Age(s)	
Address	
Email	
Parent/Guardian Phone number	
Does your child have any allergies or medical conditions that may impact on their participation in this class?	

Completed registration form to be bought with you on the day.

Closed shoes must be worn at all times, and participants must agree to follow the safety instructions of the instructor.

All classes will be held at St Mary's Parish kitchens, St Mary's Church grounds, cnr Market Street & Church Street, Mudgee

### Permission to use image

Photographs may be taken of participants for use in promotional materials such as, but not limited to, reports, media articles and promotion of future events. I agree that images taken of my child during the workshop can be used by Mudgee Fine Foods and Mid-Western Regional Council in the manner described above.

### I have read and agree to accept the above conditions of participation

Signature of parent/guardian\_\_\_\_\_

Name (please print)\_\_\_\_\_

Date\_\_\_\_\_

Please contact [kidscooking@mudgeefinefood.com.au](mailto:kidscooking@mudgeefinefood.com.au) if you have any further questions.