



INFORMATION & REGISTRATION

Mudgee Fine Foods Inc. (MFFI) hold cooking classes for kids during the Mudgee Farmers' Market. The aim of the classes is for kids to have fun learning all about cooking healthy food with fresh, local and seasonal ingredients.

When do the classes happen?

The classes take place during the Farmers' Market on the third Saturday of the month. From 9.00 am - 12.00am.

The class will start promptly at 9.00am so children should plan to arrive 10 mins beforehand. 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 kitchen at the end of the class.

Where do the classes take place?

Children will be met by the Chef at the MFFI Farmers' Market Information marquee in the central section near the live music.

The class will use both the Market grounds and visit some of the Farmers' Market stalls then proceed to the St Mary's Parish Kitchen located near the Convent building on the righthand side, facing the Church.

What happens in a class?

There will be a different theme each class 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. 11.45 am the class will bring their food out to the Markets to share.

Parents need to be at the Markets at 11.45 am to collect their child, where they can take part in the communal conversation about the children's creations.

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 between 7 - 16 years of age.

How many can attend?

Class sizes are limited to 12 participants, to ensure adequate supervision, so bookings are essential.

How do I book?

You can book in one of the following ways;

- Via email kidscooking@mudgeefinefoods.com.au
- Through our website www.mudgeefinefoods.com.au
- In person at the MFFI Information marquee at the Farmers' Markets on Market Day

What is the cost?

The cost is \$20 per child.

Payment is required at the time of booking and can be made via direct deposit into the account below;

ACCOUNT NAME: Mudgee Fine Foods Inc.
BANK: ANZ Bank – Mudgee Branch
BSB: 012 740
ACCOUNT NUMBER: 224 394 619
REFERENCE: Child's name & Month of class

NB It is important that the reference details be included

REGISTRATION FORM

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?	

Payment of \$20 per child must be received at time of booking.

Course numbers are strictly limited.

Completed Registration Form to be brought with you on the day.

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

All classes will be held at St Mary’s Parish kitchen and in the Church grounds, corner of 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 Date

Name (please print)

Please upload your form to kidscooking@mudgeefinefood.com.au

If you have any further questions please email Rebecca or call her on 0400 118 876