

↑ Need to complete

\* Return forms by: Thursday, Jan. 22



## Permission and Volunteer Form

Chef à l'École will ignite a love for learning the French language while supporting your curriculum goals. Our program is an interactive hands-on experience.

Students will expand on their current French vocabulary while preparing a French pastry recipe and listening to a French cultural story. They will also be introduced to French Canadian music, enjoy playing the spoons and delight in eating their own creations.

We look forward to visiting your school on Monday, Feb. 2<sup>nd</sup>

We will need volunteers to assist with our in-school field trip. French is not required for volunteers! Please indicate below if you're available to assist for our event.

The cost for this event is \$ ~~0~~ per student. Cost includes all of the required ingredients and supplies for the session.

Volunteers are required for the event as follows: gr 1-5: 4 volunteers, gr 6-8: 2 volunteers, high school: none.

\* My child has permission to participate in this event provided by Chef à l'École.

\* I am available to volunteer for: \_\_\_ Full day or \_\_\_ Half day or \_\_\_ Session  
(Volunteer Name: \_\_\_\_\_)

\* Student's Name: \_\_\_\_\_ \* Date: \_\_\_\_\_

\* Parent/Guardian Signature: \_\_\_\_\_ \* Phone: \_\_\_\_\_

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\* RETURN FORMS!  
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## Food Information Form Pets de Soeurs Recipe

**\* This form must be returned for students to participate \***

\* Student's Name: \_\_\_\_\_ Class : \_\_\_\_\_

\* Parent or Guardian Signature \_\_\_\_\_

My child has no food allergies or dietary restrictions.

My child has special dietary restrictions:

My child has a food allergy:

### Ingredients to be used during session:

Check the boxes of any foods your child is allergic to or may not consume. If your child has any other dietary restrictions, please indicate above.

all-purpose flour

vegetable shortening (Crisco)

white sugar

salt

egg

vinegar

apple

brown sugar

butter

cinnamon

"crème fouettée" ( whipping cream  sour cream  white sugar) - optional

PC Mulled Apple Tea (cinnamon bark, dehydrated apple granules, natural flavour, hibiscus flowers, spices, orange leaves, orange peel, roasted chicory root, licorice root, citric acid) sweetened with pure honey - optional

\*We use commercially packaged ingredients and are unable to fully guarantee there is no cross contamination within their facility. We use substitute ingredients for gluten, dairy, egg and vegan allergies/dietary restrictions. Feel free to contact us should you require further information

Participation in the program is in no way impacted if students decide to not eat the finished treat.

My child will participate but not eat the finished product.

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