



11 Hopground Close, St. Albans, AL1 5TA
Email: little-cookies@hotmail.co.uk

3rd September 2014

Dear Parents

Cooking is a life skill we are never too young to start learning. Coupled with the ever increasing number of stories in the media about health implications of a poor diet, Little Cookies is a fun way for your child to learn about the foods we eat and how to cook them. . Alongside the cooking lessons they will learn how to be safe and hygienic in the kitchen and also get the chance to do some tasting.

Courses will start on **Wednesday 17th September or Friday 12th September at 3.25pm** at the school, and run for 11 weeks. The class will finish at 4.30pm. Children with food allergies (not including gluten) are welcome as I try to source suitable substitutes wherever possible.

The cost for an 11 week course is £82.50, which includes all ingredients, equipment provision, aprons, packaging to take food home in and a recipe folder.

To join Little Cookies please return to the above address the booking form below, with a cheque made payable to 'Francesca Barbour' as soon as possible. Places are limited and will be allocated on a first come first basis. You will receive confirmation by email before the course starts.

Kind regards

Francesca Barbour

LITTLE COOKIES BOOKING FORM

I would like my child to join Little Cookies on a **WEDNESDAY / FRIDAY (please circle which day)**. If your child can do either, you will increase your chance of starting this September.

Name of child Class

My child has a food allergy YES / NO (If yes, please give details below)

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Signed: Name:

Email address: Contact no: