

# Cooking Classes with Lili for Grades 3-5 (*New Recipes for First Timers AND Continuing Students*)



Wednesdays 1:35-3:30 pm, September 22, 29, October 6th, 13th, 20th & 27th, November 3rd & 10th

During this eight week program, students will learn about the following topics:

- ✚ Knife safety
- ✚ Food safety
- ✚ Basic cooking techniques

Students will be provided with written recipes for any foods prepared in class which may include, dips, salads, pasta dishes, what's in season or international dishes.

Instructor Lili Rollins comes from a varied career in the food industry. She has worked as a Caterer, International Booking Agent for culinary schools abroad, a Cooking School Director and has been an Event Planner. Currently she is a certified Chef-K Cooking Instructor and Past-President of the San Francisco Professional Food Society.

Space is limited to 10 students, from **grades 3-5**, on a first come first served basis. Fee of \$185.00 per student for all 8 classes and includes all materials such as printed recipe booklet and fresh food prepared in the class.

Class will meet in the Montclair Auditorium kitchen each Wednesday from 1:35-3:30 pm. For additional questions, contact Lili at 510-865-8191 or email at, [lilisfpfs@pacbell.net](mailto:lilisfpfs@pacbell.net). To register, please complete the following and send with a check for \$185.00 to, "Lili Rollins, 1607 Pearl St. Alameda, Ca. 94501

Montclair Elementary School  
Cooking with Lili

Class Requested: Wednesday \_\_\_\_\_  
Child's Name \_\_\_\_\_ Grade \_\_\_\_\_ Age \_\_\_\_\_  
Address \_\_\_\_\_  
Parent \_\_\_\_\_ Phone \_\_\_\_\_ Cell \_\_\_\_\_  
Email \_\_\_\_\_  
Please list any food allergies your child has \_\_\_\_\_  
Will go to AT after class? \_\_\_\_\_

I understand that by taking this cooking class my child will be working with knives and/or sharp or hot objects. I accept that there are certain physical hazards associated with knives and cooking equipment. Although safety will be the most important subject of the class there is still a small chance of physical harm including cuts, burns etc. I agree to hold harmless Lili Rollins and the Montclair Elementary School for any harm to my child as a result of this class.

I further understand that any unsafe behavior will result in the immediate expulsion of the child from the class and a prorated refund will be issued.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Email confirmation will be sent upon receipt of this document and payment. Thank you.