



Fairtrade Food Week Booking Form

Location: St Michaels Church, 1 Pond Rd, Blackheath, SE3 9JL

Dates: August 4th, 5th, 6th, 7th & 8th

Times: 9.30 - 1.30 pm

Why Get Involved? As well as cooking tasty, healthy food this week, we'll be looking at the impact that our food choices have on other people. Children will have the opportunity to taste and cook with fairtrade produce from around the world. Each day we will learn new recipes and cooking techniques.

Ages: Munchkins is for boys and girls aged 4-11 years.

Cost: £160 for the 5 day course or £35 per session

All Workshops are led by experienced primary school and cookery teachers and food hygienists. (CRB checks and references available)

For more information or to check availability, please contact Joy Neal: 07855479783
email: joy@MunchkinsKidsCooking.co.uk

www.MunchkinsKidsCooking.co.uk

Please return the booking form, with a deposit, to: 164 Eastcombe Ave, Charlton SE7 7LW

Please book my child _____ (name) age ____ for the workshops(s) marked below:

Date	Book?	Daily Recipes may change slightly
Mon 4 th		food tastings, banana loaf, rice salad
Tue 5 th		BBQ marinated chicken, rice pudding, honey & sesame cake
Wed 6 th		lentil burgers, chocolate cake, hummus & dippers
Thus 7 th		sweet and sour stir fry and rice, cereal/fruit bars, banana smoothies
Fri 8 th		<i>Parents invited for lunch 12.30 - orange cocktails, chickpea curry with rice, banana & chocolate puffs</i>

Parent / carer name:

Emergency Contact Tel:

Address or Email:

Child's DOB:

Any food allergies/preferences:

I enclose 50% deposit / full amount:

Cheques payable to 'Munchkins' , or pay online Account name 'Munchkins', No 60899623, Sort 20-98-57.

Charges apply for classes cancelled with less than 48 hrs notice