

SUPER SUPPER

for PARENTS

Live & Virtual Cooking Program!

- Thursdays from 6:00 – 7:00 p.m.
 - September 2nd – October 21st
 - Classes will be held at The Lorenzo Carmon Auditorium in Tarboro, at 201 St. Andrews
- *Virtual option is available

ABOUT THE PROGRAM

The Edgecombe County Expanded Food and Nutrition Education Program is implementing a series of 8 cooking classes live in person and via Zoom. You must attend at least 6 of the 8 classes in the series. This program helps limited resource families with children learn how to eat healthier, improve cooking skills, and save money on groceries all in a fun, supportive setting. In person classes are for parents only, but families are welcome to attend the classes together virtually.

HOW TO SIGN UP

You must register in advance at the Y's Front Desk or online at harrisonfamilyY.org. If you choose to take the classes online, the Zoom links will be e-mailed to you in advance of each class.

HOW TO GET YOUR FOOD BOXES

All class participants will get a produce box that includes ingredients from that weeks recipe. In person participants can pick up their boxes at class and virtual participants can pick up their boxes from the Y on Friday mornings after class. Your BOX will contain some (but not all) of the ingredients included in the recipe that is demonstrated in your class each week.

QUESTIONS?

E-mail Liz Lord, YMCA Senior Engagement Director, at llord@rmymca.org.



REGISTER HERE!

You may fill out 1 form per household.

Parent/Guardian _____ D/O/B _____

Address _____

Email _____ Primary Phone _____

Emergency Contact _____ Primary Phone _____

List other household members you want to register:

Registrant 1 First and Last Name _____ D/O/B _____

Registrant 2 First and Last Name _____ D/O/B _____

Registrant 3 First and Last Name _____ D/O/B _____

Registrant 4 First and Last Name _____ D/O/B _____

Registrant 5 First and Last Name _____ D/O/B _____

Registrant 6 First and Last Name _____ D/O/B _____

WAIVER OF LIABILITY: I understand and agree that the Rocky Mount Family YMCA, Inc. (d/b/a Harrison Family YMCA) nor co-sponsoring organizations or their respective chapters, officers, directors, employees, agents, members or volunteers shall assume or have any responsibility or liability for expenses or medical treatment or form compensation for any injury may suffer during or resulting from my participation in this program. I do hereby, for myself, my heirs, executors and administrators, waive, release and forever discharge any and all rights and claims for damages that I may have or that may hereafter accrue to me arising out of or in any way connected with my participation in this program. I also represent and warrant that I have been advised to seek consultation from my doctor about whether I can safely participate in this program and whether there are precautions or limitations to my participation. I also grant permission to the Y to use any photographs or videography that are obtained as part of this program for future Y advertising and promotions.

Signature

Date _____