



**Parks and Recreation Department**  
 1100 Chatham Ave Norwalk, IA 50211  
 515.981.9206



## Taste Buds

### PRE-REGISTRATION REQUIRED

(Register on-line @ [www.norwalk.iowa.gov](http://www.norwalk.iowa.gov), Parks and Rec office, or by mail )

#### A Healthy Snack Preparation Class for Budding Culinary Warriors

Norwalk Community School District's Nutrition Department, in conjunction with generous donations from your local Fareway Store, Scott's Food Store and Lakewood PTO, is happy to introduce a FREE healthy snack preparation class for students in grades 4<sup>th</sup> and 5<sup>th</sup>. Students will learn basic food sanitation, recipe usage tips and snack preparation for a healthy snack that will allow for independent preparation.

Due to a hands on approach in class, registration is limited to the first 20 students per class. This is a one-time class that is offered on your choice of night.

#### INFORMATION:

**Date:** Thursday, April 3 OR April 10 OR April 17  
**Registration Dates:** March 17 to March 28  
**Time:** 3:45pm – 4:45pm  
**Location:** Lakewood Elementary School  
**Cost:** FREE  
**Min/Max:** 10/20 per class

Student Name: \_\_\_\_\_ Grade: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Class choice (choose one): April 3 \_\_\_\_\_ April 10 \_\_\_\_\_ April 17 \_\_\_\_\_

I agree to not hold Norwalk Parks and Recreation, their volunteers or staff, liable for any accidents, incidents or injuries that may occur.

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

#### OFFICE USE:

Paid \$0 Cash \_\_\_\_\_ Check # \_\_\_\_\_ CC# \_\_\_\_\_ By \_\_\_\_\_ Date \_\_\_\_\_