



**CONSENT, WAIVER, RELEASE, AND ASSUMPTION OF RISKS**

By signing this waiver, I release, indemnify and hold harmless, the Town of Mooresville, it's officials, officers, employees, agents, or their successors and assigns, Mooresville Public Library (MPL), MPL staff and volunteers, any invited judges, vendors, sponsors, and any observers or participants from any and all liability, damage, claim of any nature whatsoever arising out of and in any way related to my/my child's/my family's attendance or participation in any Mooresville Public Library cooking programs ("Cooking Program(s)").

I recognize that attending and/or participating in any Cooking Program(s) presents some risk of injury and/or illness, including without limitation the risk of burns, cuts, choking and contact with allergens or dangerous substances. I agree that my safety and that of my child/my family is primarily my responsibility and not that of the Town of Mooresville, its officials, officers, employees, agents, volunteers, invited judges, vendors, sponsors, or other observers or participants attending the Cooking Program(s).

I also recognize that the Town of Mooresville assumes no liability whatsoever for personal injuries or property damage that may arise from my/ my child's/my family's attendance and/or participation in the Cooking Program(s).

I agree to abide by all safety guidelines and rules applicable to the Cooking Program(s), including but not limited to following any instructions given by an instructor. I further agree to carefully supervise and ensure that my minor child(ren) also abide by all safety guidelines and rules applicable to the Cooking Program(s).

Authorization is hereby given for medical treatment deemed necessary by medical personnel should I or my child be injured during the Cooking Program(s).

This consent, waiver, and release will be construed broadly to provide a waiver and release to the maximum extent permissible under North Carolina and/or federal law.

**I HAVE READ THIS DOCUMENT AND UNDERSTAND ITS CONTENT AND ACKNOWLEDGE THAT IT IS BEING SIGNED VOLUNTARILY. I AGREE THAT THIS DOCUMENT IS NOT ONLY BINDING ON ME BUT IS ALSO BINDING ON MY PERSONAL REPRESENTATIVES, EXECUTORS, HEIRS, AND NEXT OF KIN, AS WELL AS ANY MINOR CHILD I HAVE ALLOWED TO PARTICPATE.**

Participants Name(s): \_\_\_\_\_

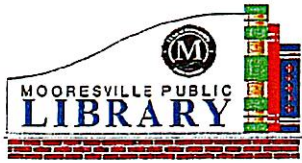
(Participants under the age of 18 must have a Parent or Legal Guardian sign their Consent.)

Signature of Participant/Parent or Legal Guardian: \_\_\_\_\_

Printed Name: \_\_\_\_\_ Date signed \_\_\_\_\_

Emergency contact name and number:

\_\_\_\_\_



Mooresville Public Library

## Library Cooking Programs Allergy and Permission Form

Participants in the Mooresville Public Library's cooking program will have an opportunity to learn about healthy food and food preparation. Participants will also be able to taste their creations. To ensure the safety of participants, a list of all ingredients will be provided at each program/class. Please check the list of ingredients carefully. The menu for this program may include the following:

List ingredients:

Please See Page 3.

Please circle any above listed ingredients to which the participant has an allergy. Please list additional allergies below and indicate if the allergy relates to ingestion only or also contact or odor:

_____	_____
_____	_____
_____	_____

If you have a severe known allergy or may require the use of an EpiPen, please indicate this below with details or instructions on how to respond should such a reaction occur. Please indicate below the location of any EpiPen you possess and let the instructor know verbally regarding its location as well.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Participants Name(s): \_\_\_\_\_

Signature of Participant/Parent or Legal Guardian: \_\_\_\_\_

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

## March Teen Kitchen Capers

### Item Being Made: Crepes

#### Ingredients and Allergies:

- **All-Purpose Flour:** Enriched Bleached Wheat Flour (Bleached Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, and Folic Acid), Malted Barley Flour. **Allergens:** Contains Wheat and Their Derivatives.
- **Milk**
- **Granulated Sugar**
- **Butter:** Cream, Salt. **Allergens:** Contains Milk and its derivatives.
- **Bananas**
- **Nutella/Hazelnut Spread with Cocoa:** Sugar, Palm Oil, Hazelnuts, Skim Milk, Cocoa, Lecithin as Emulsifier, Vanillin: an Artificial Flavor. **Allergens:** Contains Soybean and its Derivatives, Milk and its derivatives. Free from Cereals and Their Derivatives.
- **Creamy Peanut Butter:** Roasted Peanuts, Sugar, Contains 2% or Less of Molasses, Fully Hydrogenated Vegetable Oils (Rapeseed, Cottonseed and Soybean), Salt. **Allergens:** Contains Soybean and its Derivatives, Peanuts and their derivatives.
- **Whipped Cream/Cool Whip:** Water, Corn Syrup, High Fructose Corn Syrup, Hydrogenated Vegetable Oil (Coconut and Palm Kernel Oils), Skim Milk, Contains Less than 2% of Light Cream, Sodium Caseinate (from Milk), Natural and Artificial Flavor, Xanthan and Guar Gums, Modified Food Starch, Polysorbate 60, Sorbitan Monostearate, Sodium Polyphosphate, Beta Carotene (Color). **Allergens:** Contains Milk and its derivatives.
- **Powdered Sugar:** Sugar, Cornstarch
- **Strawberries**

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**Banana and Nutella Crepes Recipe from <https://recipeflame.com/banana-and-nutella-crepes/>**

**Ingredients:**

- 1 cup all-purpose flour
- 2 cups milk (or almond milk for a dairy-free option)
- 2 large eggs
- 2 tbsp sugar
- 1 tbsp melted butter (or coconut oil for a dairy-free alternative)
- 1 ripe banana, sliced
- 1/2 cup Nutella (or chocolate hazelnut spread or peanut butter)
- Whipped cream (optional, for topping)
- Powdered sugar (optional, for garnish)
- Strawberries (optional)

**Instructions**

Follow these simple steps to make the perfect Banana and Nutella Crepes:

- 1. Prepare the Crepe Batter**  
In a bowl, whisk together the all-purpose flour, milk, eggs, sugar, and melted butter until the mixture is smooth and free of lumps. This will ensure that your crepes have a consistent texture.
- 2. Heat the Skillet**  
Place a non-stick skillet over medium heat. Once the skillet is heated, pour in 1/4 cup of the crepe batter. Swirl the batter around the pan to coat it evenly, creating a thin layer.
- 3. Cook the Crepes**  
Cook the crepe for about 1-2 minutes until the edges start to turn golden brown. Carefully flip the crepe and cook for another minute on the other side. Remove the crepe from the skillet and repeat the process with the remaining batter.
- 4. Add the Filling**  
Spread a generous layer of Nutella over each crepe. Arrange the banana slices on top of the Nutella. You can either fold the crepe into quarters or roll it up, depending on your preference.
- 5. Serve and Enjoy**  
Serve the crepes warm, topped with a dollop of whipped cream and a sprinkle of powdered sugar if desired.