



**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): \_\_\_\_\_

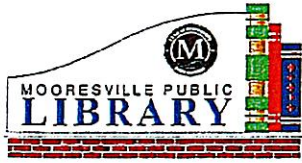
(Participants under the age of 18 must have a Parent or Legal Guardian sign their Consent.)

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: \_\_\_\_\_

## November Teen Kitchen Capers

**Items Being Made:** White Chocolate and Cranberry Cookies and Homemade Cranberry Sauce

### White Chocolate and Cranberry Cookies Ingredients & Allergy Information:

- Butter
- Brown Sugar
- White Sugar
- Egg
- All-Purpose Flour: **Ingredients:** Enriched Bleached Wheat Flour (Bleached Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, and Folic Acid), Malted Barley Flour. **Allergen Info:** Contains Wheat and Their Derivatives.
- Baking Soda **Ingredients/Allergen Info:** Sodium Bicarbonate USP 1.
- White Chocolate Chips: **Ingredients/Allergen Info:** Sugar, Palm Kernel Oil, Dry Whole Milk, Nonfat Dry Milk, Natural Flavor, Soy Lecithin (an emulsifier) Contains milk and soy
- Dried Cranberries: **Ingredients/Allergen Info:** Cranberries, but MAY CONTAIN TRACES OF MILK, ALMONDS, CASHEWS, COCONUT, WALNUTS, PEANUTS AND SOY

### Homemade Cranberry Sauce Ingredients & Allergy information:

Cranberries

Sugar

Water

3



## Equipment:

- Measuring cups
- Measuring spoons
- Mixing bowls
- Baking sheets
- Hand mixer or large spoon
- Silver Bowl
- Wire racks

## Ingredients:

- ½ cup butter, softened
- ½ cup packed brown sugar
- ½ cup white sugar
- 1 egg
- 1 ½ cups all-purpose flour
- ½ teaspoon baking soda
- ¾ cup white chocolate chips
- 1 cup dried cranberries

## Directions:

Preheat oven to 375° Grease baking sheets or use parchment paper. In a large bowl, cream together the butter, brown sugar, and white sugar until smooth and then add the egg (see page 60 for an egg cracking tip). If you don't have a hand mixer, let the students take turns stirring the butter/sugar mixture vigorously. Combine the flour and baking soda in a small bowl. Stir flour mixture into the creamed sugar mixture. Have students measure and mix in the white chocolate chips and cranberries into the cookie mix. Drop by heaping spoonfuls (approximately 2 Tbsp) onto prepared baking sheets. Bake for 8 to 10 minutes in a preheated oven. For best results, take them out while they are still doughy. Allow cookies to cool for 1 minute on the baking sheets before transferring to plate to cool completely.

Active Time: 10-15 minutes

Total Time: 35 minutes





## HOMEMADE WHOLE BERRY CRANBERRY SAUCE



### INGREDIENTS

Prep Time:  
5 minutes

Cook Time:  
10 minutes

Servings:  
2 1/4 cups

1 cup (250 mL) sugar

1 cup (250 mL) water

1 12-ounce pack (340 g) Ocean Spray® Fresh or Frozen Cranberries, rinsed and drained

### DIRECTIONS

Combine water and sugar in a medium saucepan. Bring to boil; add cranberries, return to boil.

Reduce heat and boil gently for 10 minutes, stirring occasionally.

Cover and cool completely at room temperature.

Refrigerate until serving time.

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