

# WEST DISTRICT YOUTH ENRICHMENT



Students will explore the five food groups in MyPlate! Each class will focus on one food group, starting off with an interactive nutrition activity followed by a hands-on cooking activity. Students will make their own dinner/tasty snacks using ingredients from the food group of the day. They will learn the basics of healthy eating with a hands-on approach. This class is nut free! Students will come home with new recipes, new skills, and new knowledge about the food that they eat. Course fee includes food cost.

**MENU: No Bake Fruit Tarts, Homemade Hummus & Pita Chips, Chocolate Quinoa Crisps and Primavera Pesto Pasta Salad.**

*The instructor, Katie Shepherd, is a Registered Dietitian who created her program Food Explorers, as a way to introduce children to healthy eating with a hands-on approach.*

**2/25, 3/4, 3/11, 3/25**

**4 PM - 5 PM**

**Grades 2-4**

**West District Elementary School**

**Course Fee: \$55**

## **TO REGISTER...**

**visit [www.fpsct.org/fce](http://www.fpsct.org/fce), call 860-404-0290 or complete and return the registration form on the back**

# 4 WAYS TO REGISTER...

## ONLINE

Register by visiting  
www.fpsct.org/fce



## BY MAIL

Mail registration and payment to:  
Farmington Continuing Ed  
1 Depot Place  
Unionville, CT 06085



## BY PHONE

Call 860-404-0290  
between 8:30 AM  
and 4:30 PM (M-F)



## IN PERSON

Bring registration and payment to:  
Farmington Continuing Ed  
1 Depot Place  
Unionville, CT 06085



# WEST DISTRICT REGISTRATION FORM

(COMPLETE A FORM FOR EACH PERSON REGISTERING)

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

Gender: M F      Grade: \_\_\_\_\_      EXCL Student: Y N

Street: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

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

Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Course #	Course Title	Date	Time	Location	Fee
Non-Refundable Processing Fee					<b>\$6</b>
<b>TOTAL</b>					

### PAYMENT INFORMATION:

Your payment **MUST** accompany this form (**do NOT send cash**)

Enclose a check made payable to Farmington Continuing Education



Credit Card #: \_\_\_\_\_

Exp Date: \_\_\_\_ / \_\_\_\_      CW: \_\_\_\_      Amount to Charge: \$ \_\_\_\_\_

Cardholder Name: \_\_\_\_\_

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

**DISCLAIMER:** As a service to the community, the Farmington Board of Education, through its Farmington Continuing Education office, offers enrichment courses through its Adult and Youth Enrichment programs.

In some cases these courses are taught by third party businesses pursuant to a contract with Farmington Continuing Education. These businesses, and their personnel who are instructors in Farmington Continuing Education enrichment courses, are not agents or employees of the Farmington Board of Education. The businesses are responsible for the enrichment course and their instructors for the Farmington Continuing Education enrichment courses.

The Farmington Board of Education's offering of an enrichment course does not constitute an endorsement by the Farmington Board of Education or its officials, agents or employees of any particular information, product, view, opinion or advice that may be presented in any enrichment course.

In addition, any person who relies or acts on the advice of any enrichment instructor does so at his or her own risk. In consideration for being allowed to enroll in an enrichment course, the registrant releases, and waives any and all claims he or she may have against, the Farmington Board of Education, Farmington Continuing Education, its officials, agents, and employees with respect to any such advice.