



Assumption of Risk, Liability & Media Release

I understand that participation in Cook It Forward programs may involve activities including, but not limited to, food preparation, use of kitchen tools (such as knives and heat sources), and group instruction.

I acknowledge that these activities carry inherent risks, including the possibility of injury, illness, or property damage. I voluntarily choose to participate (or allow my child to participate) and assume full responsibility for any risks involved.

To the fullest extent permitted by law, I release and hold harmless Cook It Forward, its directors, officers, volunteers, instructors, partners, and host facilities from any and all claims, liabilities, damages, or expenses arising out of participation in Cook It Forward programs

- I agree

I grant permission to Cook It Forward to photograph, video record, or otherwise capture my image or my child's image during program activities.

I understand that these images or recordings may be used for educational, promotional, or informational purposes, including but not limited to social media, websites, newsletters, presentations, and marketing materials. I understand that no compensation will be provided for such use.

- Yes, I give permission
- No, I do not give permission

Full Name (Print):

Signature:
