

## Contact details

Name:	Address:
Tel:	
Email:	Post code:

Session (please tick)	
Cooking	Coaching
Date:	Time:
Dishes to be cooked, your preference or as pre agreed:	
Describe what you would like to get from your cooking/coaching session:	

## The following is for cooking sessions only

### Can you cook? Which best describes you? (please tick)

Can't cook at all	Can cook a little	Can cook competently
Can cook but have lost interest	Can cook but lost confidence	
Want to improve skills	Want to feel confident cooking for a family visit	

**Do you have any concerns about cooking? Please indicate:**

Worried about timing, getting things right	
Cooking for others makes you feel panicky	
Don't know where to start	
Other:	

**What type of cuisine do you like? (please tick)**

English	French	Italian	Mexican	Chinese	Indian	Other?

**Allergies (for cooking session)**

Please indicate if you have any allergies to food:

**Disabilities**

If you have any please indicate below:

**Additional information (if any)**

I have read and understood the terms & conditions (see next page)

**Signed:**

**Date:**

## **TERMS AND CONDITIONS**

### **On Booking a Therapeutic Cooking Session**

By booking a Therapeutic Cooking Session you agree to:

- Health & Safety Conditions
- Please arrive 10 minutes before the agreed start time
- Please inform us if you have become ill in the 48 hours before your session with any communicable diseases e.g. colds and flu; diarrhoea, vomiting; and other infections. Food cannot be cooked in these circumstances and an alternative date will need to be booked
- You agree to follow all my instructions for the preparation of the meals, during the session and follow transportation, storage of the dishes guidelines.

A written or email confirmation will be made of time agreed and dishes to be cooked ingredients will be supplied. Taste the Memory cannot be held responsible for any delay due to lost post.

Any change to the agreed dishes to be cooked must be agreed no later than 3 days in advance.

### **What is included**

- 30 Minute Telephone consultation
- ingredients
- Take home recipe/s
- Agreed allotted time for individual Therapeutic Cooking Session
- One-one supervision/guidance/coaching

### **What's NOT included**

- Dishes etc for transporting food home.
- Aprons

### **Payment Details**

Payment can be made by BACS, cheque or PayPal  
Payment must be made 7 days prior to booking

### **Cancellation Policy**

Please note that I am unable to offer refunds, but should you need to change the date 4 days notice is required, and an alternative date will be agreed. Anything less than 4 days I reserve the right to charge a cancellation fee.

If due to any unforeseen circumstances becomes necessary that a booking is cancelled/changed by Taste the Memory i.e. due to illness, if it is less than 5 days, then an alternative date will be offered or a full refund will be issued.

## **Health & Safety**

I advise that sensible footwear i.e. covered toes and suitable clothing be worn and long hair be tied back i.e. not Sunday best. Taste the Memory is not liable for any damage to clothing during the cooking process.

Great care should be exercised in handling of knives and equipment and is the responsibility of the client to be aware of hazards in the kitchen, and assumes responsibility that due care and attention be practiced when using any equipment.

It is essential that you are aware of personal hygiene safety standards and the washing of hands with antibacterial wash before commencing cooking, during preparation (i.e. when preparing different foods etc) after visiting the WC must be adhered to.

Food will be cooked in accordance with the latest Food Safety Requirements and will be ready for safe immediate consumption. It is recommended food such as meat/fish/cream/rice/pasta/egg dishes must be taken straight home and either eaten on the same day or stored in the fridge and used within 24 hours or frozen immediately. Any other foods such as biscuits cakes etc must be stored safely in an air tight container.

If clients have any disabilities, clients must inform before booking.

## **Allergies & Special Dietary requirements**

Please make sure that you inform Taste the memory of any special needs or medical conditions. Special needs dishes cooked will be pre agreed to avoid any misunderstanding.

## **Disclaimer**

Once the food has left the premises Taste the Memory cannot be held responsible for deterioration of food or any illness contracted from the food cooked.

You are responsible for the transportation and proper storage and heating of your dishes.

We are released from all claims, damages and causes of action or liabilities which may arise as a result of your preparation, storage and consumption of your dishes

Please note Taste the Memory offers traditional type and methods of cooking not 'Master Class' type cookery lessons.

## **I have read and agreed the terms and conditions**

**Signed:**

**Date:**