

I acknowledge and assume all risks associated with the event, including, without limitation, cuts, burns, food poisoning, slipping and falling, any other personal injury, and equipment and facility conditions. I have read and fully understand this waiver and in consideration of the acceptance of my entry, for myself and my child(ren), and anyone on whose behalf I am legally acting, I waive and release Hy-Vee, Inc. and its subsidiaries, affiliates, sponsors and promotion parties, and their respective officers, directors, shareholders, members, managers, employees and agents, and their respective successors and assigns (the "Hy-Vee Parties"), from any and all claims, liabilities or causes of action, including without limitation, death, bodily injury, property damage, or any other loss, damage or inconvenience whatsoever, arising from my participation in the event. Further, I grant Hy-Vee Parties my full permission to Hy-Vee Parties to use my and my child(ren)'s name, photograph, likeness, biography, voice and/or video for advertising and promotional purposes, including, but not limited to, online and on-air announcements, weekly circular ads, signage, posters, television, magazine articles, websites, social media sites (including, but not limited to, Facebook and Twitter), and any other publication(s) at Hy-Vee Parties' sole discretion, worldwide and without limitation, and without additional compensation or consideration, except where prohibited by law.

Parent/Guardian signature: _____

Date: _____

Turn in completed registration sheet to customer service.

Contact the dietitians for any questions:

1384dietitianmailgroup@hy-vee.com

(816) 792-3210



Kids' Gardening and Cooking Program at Liberty Hy-Vee

2016 Registration Guide



Hy-Vee One Step Garden



Mission statement: "Planting the seeds for healthy habits that will last a lifetime."

Objectives:

- ◆ Teaching children to make healthier choices through increased fruit and vegetable intake.
- ◆ Teaching the connection of fresh food and good health from seed to plate.
- ◆ Teaching preparation of healthier meals.
- ◆ Reinforcing positive perceptions of healthy foods.

What is it?

The Hy-Vee One Step Garden is dedicated to the goal of helping children plant the seeds of healthy habits that will last a lifetime. The program was developed to promote healthier lifestyles in children. The program seeks to teach children more about nature, gardening, nutrition, and cooking skills through weekly classes with our Hy-Vee dietitians in an outdoor garden classroom located on the south side of Liberty Hy-Vee.

Who can sign up?

Kids ages 5-12. Max: 20 kids/class.

When?

Planting parties (planting only classes)

Wednesdays, March 23-30, 2:30-3:00 p.m.

Session 1

Wednesdays, June 1-22, 10-11 a.m.

Session 2

Wednesdays, June 29-July 20, 10-11 a.m.

Session 3

Wednesdays, July 27-August 10, 10-11 a.m.

Session 4

Wednesdays, Aug. 24-Sept. 14, 10-11 a.m.

Session 5

Wednesdays, Sept. 21-Oct. 12, 10-11 a.m.

Cost: Free!

2016 Registration, Release Form

Please fill one out for each child. Please print.

Child's name _____

Age _____ Gender M F

Address _____

Parent/Guardian _____

Guardian Phone Number _____

Email address _____

Food Allergies or Medical

Conditions _____

Which session will your child be attending? May circle up to two.

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Due to limited space, please commit to bring your child to every class in their chosen session (unless there is an emergency or sickness.)