



 PROGRAM YEAR: 2023-2024



Food For Thought



FOOD FOR THOUGHT



FOOD FOR THOUGHT

THE BRIDGE YOUTH CENTER MISSION

To provide a place where all students are safe, loved, and valued, surrounded by caring community members who introduce them to Christ's love in all that they do.

FOOD FOR THOUGHT PURPOSE

This program is designed to provide kids with the knowledge and skills to create and enjoy healthy, delicious, and affordable meals and develop healthy approaches to food and nutrition in a fun, supportive environment.

WHAT HAPPENS HERE

During each Food for Thought program students will walk over to Second Reformed Church and work with skilled community members who will teach the basics of nutrition, food preparation, and cooking techniques. Students will cook a meal each program session and enjoy trying it with the group. At the end of each program students will go home with instructions to make the meal at home. Once a year, we incorporate our Bridging Out program to provide students an opportunity to serve the community, which may include being transported by staff to a specified location.

PERKS OF FOOD FOR THOUGHT

- Being part of a supportive small group environment that allows for growth and experimentation
- Learning basic cooking skills, and the ability to cook specific meals at home for you and your family.
- Gaining an appreciation for healthy ingredients, and the way sharing a meal with people builds community.

CONTACT US

-616-772-3843

-210 E. Main Ave Zeeland, Michigan 49464

-info@bymczeeland.org





Food For Thought

 PROGRAM YEAR: 2023-2024
SCHEDULE

October 5th
November 2nd
December 7th
January 18th
February 1st
March 7th
April 18th
May 2nd



FOOD FOR THOUGHT

PARENTAL WAIVER

By signing this agreement, you agree to the permissions listed below.

I _____, consent to:

1. Notify The Bridge staff if your child will not be attending programming, ideally 1 week prior to the scheduled program.
2. Provide permission to communicate with staff regarding project purposes, fill out surveys, and allow survey information to go into our database.
3. Allow your child to communicate with staff and volunteers outside of program time, including at school.

Parent/guardian signature: _____ Date: _____

Does your child have any food allergies? Yes No

If yes, please list: _____

STUDENT WAIVER

By signing this agreement, you agree to the permissions listed below.

I _____, consent to:

1. Come to The Bridge every Friday when Food for Thought is scheduled, unless excused by a parent or guardian. The Bridge staff ideally will be notified 1 week prior to the program.
2. Treating community members, food, and equipment with respect.
3. Provide permission to communicate with staff regarding project purposes, fill out surveys, and allow survey information to go into our database.
4. Losing my place in the program after missing 3 program days without an excused absence.

Student signature: _____ Date: _____



FOOD FOR THOUGHT



CONTACT SHEET



* Only fill out if you have not signed up for Summer '23/School Year '23/'24

STUDENT

Student Name: _____

Address: _____

City: _____ State: _____ ZIP: _____

Student Email: _____

Student Phone: _____ Birthdate: _____

School: _____ 2023/2024 Grade: _____

Allergies or Medical Concerns: _____

Do You Attend a Church: Y or N (Circle)

If Yes, Which Church? _____

GUARDIANS

Parent/Guardian 1 Name: _____

Relationship to Child: _____

Phone: _____ Home/Cell/Work (Circle)

Email: _____

Address: (if different than student) _____

Parent/Guardian 2 Name: _____

Relationship to Child: _____

Phone: _____ Home/Cell/Work (Circle)

Email: _____

Address: (if different than student) _____

EMERGENCY

Emergency Contact Name: _____

Relationship to Child: _____

Phone: _____ Home/Cell/Work (Circle)

Please sign waiver on reverse side

WAIVERS & POLICIES



EMERGENCY POLICIES

Severe Weather: If a severe weather watch or warning is issued 1 hour prior to a scheduled event, that event will be cancelled. If issued during programming, the event will continue as scheduled, though parents may pick their children up. In the event of a tornado warning, anyone in the building will take shelter in an interior room and may not leave until the warning has expired.

Closings: If school or after-school events are cancelled, The Bridge will also be closed.

Fire: In the event of a fire, all program participants will be escorted to the lawn on the northwest corner of the building.

CPR/First Aid: There are certified CPR and First Aid staff members and an AED in the building in case of a medical emergency.

Violent Intruders: In the event of an intruder intending harm, staff will alert all program participants to flee the building out the nearest & safest exit.

WAIVERS & AGREEMENTS

Health/Wellness: To the best of my ability I will follow all health & wellness orders and guidelines laid out by local, state, and federal authorities.

I will monitor the health of my child regularly and communicate with The Bridge about any symptoms as soon as possible to ensure my child is staying healthy enough to participate in programs.

Medical Treatment: In case of an emergency, I provide permission for The Bridge to have my child treated by a physician and/or hospital. Opt Out

Media: I grant my permission for the rights to use and record my child's image and/or voice on film, photograph, print, and other media to be used on social media, website, and any other form of print. Opt Out

Communications: I provide permission for my child to receive texts from The Bridge. Opt Out

Transportation: I provide permission for a representative of The Bridge to transport my child for program and/or emergency purposes. Opt Out

SIGNATURE

By signing below, I agree to the above policies and permissions.

Guardian Signature _____

Date _____