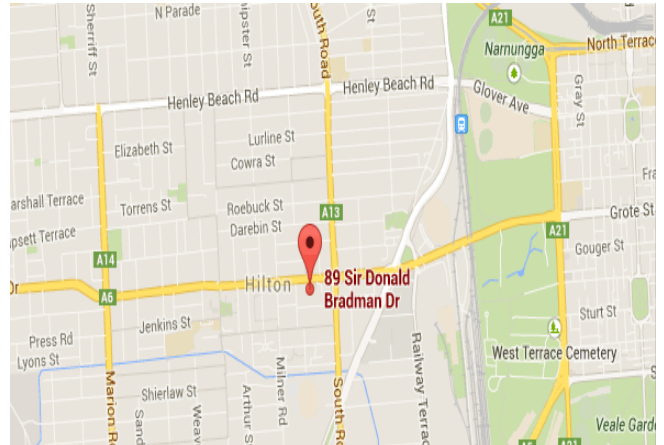


Thank you for booking a Sprout cooking class!

Everything you need to know about attending your class is set out below. If you still have questions, please email us at [sprout@sprout.edu.au](mailto:sprout@sprout.edu.au) or call (08) 8443 4343

### Location, parking & arrival

- The Sprout kitchen is located at 89 Sir Donald Bradman Drive, Hilton SA 5033, just a few minutes west of the Adelaide CBD
- Limited on-site parking is available on the eastern side of the building. Street parking is also available, however we recommend car-pooling if attending with friends
- Entry to the Sprout kitchen is via the eastern side door (look for the A-frame)
- Please arrive around 5-10 minutes prior to the scheduled start time. Classes will commence promptly at the scheduled time.
- Please present your tax receipt, ticket or gift voucher on arrival for registration purposes



### What should participants wear?

- Please wear comfortable clothes, flat, closed shoes and long hair neatly tied back
- For safety reasons open toed shoes are strictly not permitted in the kitchen

### What should I bring?

- We recommend arriving with an empty stomach! You will get to enjoy the meal you have prepared, however you are welcome to bring a heatproof, airtight container if you want to take home any leftovers
- Ask lots of questions! Remember, this is your class. Take advantage of having qualified health professionals and cooks as your hosts, who are here to help you learn as much as you can about cooking and healthy eating.
- All ingredients, recipes, equipment & aprons are provided (hire only)
- Sprout aprons, merchandise and cookbooks can be purchased on the night

### Dietary Requirements

- We take the management of dietary requirements very seriously and we do our absolute best to meet all of your needs. Our team of chefs and dietitians are experienced and well trained in this area. If you have a dietary requirement please provide us with details of your dietary requirement by phone or email no later than 24 hours before your class.

### Terms, Conditions & Safety Policy

- Smoking is strictly not permitted anywhere on Sprout premises
- Please carefully read Sprout's full terms, conditions and safety policy for attending cooking classes and events at at Sprout [www.sprout.edu.au/cooking-school/terms-conditions/](http://www.sprout.edu.au/cooking-school/terms-conditions/)
- Please review the age restrictions relating to Sprout events available in our terms and conditions