

T. Rex & the Rabbit Foods Services & the Legal Bits

The Services

Prepare meals for the week.

Cater in your home kitchen (up to 30 people provided you have enough space) or at a licensed kitchen (up to 50 people).

Cook and serve a **romantic dinner** for you and your partner.

Teach team bonding classes to you and your coworkers, friends, or family.

Teach cooking classes in your home designed with your specific tastes and needs in mind.

Incorporate a **tour of your local grocery store** in your private cooking class.

This is a fun & informative service for people whose diets have changed (vegetarian, vegan, gluten-free, food allergies) or who want to explore cuisines from other cultures!

You will receive a **free consultation** in your home.

You will be provided a **contract**.

For **catering large groups**, the cost will be **by the plate**.

For **meal prep, classes, dinners & grocery store tours**, the **cost of labor** may be charged **by the hour OR a flat fee, plus:**

- 1) **Food costs & any containers or aluminum pans** that I buy on your behalf are passed directly to you without any mark-up.
- 2) A **small service fee** will be charged for any **grocery shopping** I may need to do.
- 3) If possible, I use the dried herbs, spices, oils, vinegars, and condiments you have on hand.
- 4) For all of those ingredients that are integral to a meal but may be unique, expensive, or used only in small quantities, I'll pull them from my **Spice Kit** and charge a **small flat fee**.
- 5) When I buy ingredients, my goal is to purchase organic (non-GMO) and humanely-raised foods. However, if these options are not available, I reserve the right to make substitutions.
- 6) If you have **specific brands** that you prefer, I will make every effort to buy and use those brands. If those brands are not available, I reserve the right to make substitutions.

- 7) To save you on the cost of food, I will **use the food you've already purchased**.
- 8) I have my own cooking equipment and will bring it with me when I cook for you. However, I may also use your pots and pans, casserole dishes, and utensils. If you **keep kosher**, I will use all of **your** equipment, dishes, and utensils, as I currently do not maintain separate equipment for meat and dairy dishes.
- 9) Since many people are sensitive to chemicals and perfumes, I will **use your cleaning products** to clean the kitchen.

Cooking for Food Allergies & Gluten-Free

**ALL allergies / sensitivities (to food and anything else)
must be disclosed** in our consultation.

If you have **allergies / sensitivities** but **do not disclose** them, **I am not responsible** for any adverse reactions you may have from eating, touching, or inhaling the food I prepare for you.

Preparing gluten-free foods for a person with **Celiac disease (CD)** requires more care, consideration, and time.

Every effort will be made to **avoid cross-contact and cross-contamination** of any kind, especially in households where some members may have CD but the others eat gluten.

Even though I usually bring my own cooking equipment, it **may be safer to use yours** instead.

If you don't have the **equipment** I need, I will use my own but it will be **washed several times, sanitized, and transported in a tote dedicated to your family**.

Any **food** I purchase will also be **kept in a dedicated tote** away from my personal food or the food of my other clients.

I can use your totes or purchase them on your behalf. The totes will be **washed and sanitized before my equipment and your food are placed into them**.

Payment

Catering requires a 15% deposit at the time of contract.

For meal prep, classes, dinners & tours, your invoice will include copies of grocery receipts.

Payment is due 15 days from the date of the invoice.

I accept cash, checks, and PayPal.

What You Can Expect from Me as Your Personal Chef

Professionalism, punctuality, and respect for you, your family, and your home.

Menu planning, grocery shopping, preparation of your meals, and a clean kitchen.

Detailed defrosting, baking or reheating, and serving instructions.

Open communication!

What I Can Expect from You as My Client

A working stove, oven, and sink.

A clean and uncluttered kitchen when I arrive.

If I have to clean your kitchen before cooking,
a **\$40 service charge** will be added to your invoice.

Glass or plastic storage containers; or I can purchase them for you.

Bakeware and casserole dishes; or I can purchase aluminum pans for you.

Even though I'm cooking in your kitchen,
cooking and cleaning up afterward are my *only* responsibilities.
I do not answer the door, let your dog outside, run errands, babysit or
become involved in family disagreements, etc.

Please keep your pets in a separate area while I cook.

That way, all of us will be safe and happy!

My goal is to make the most efficient use of my time while preparing your food.

Feel free to ask questions.

However, if you want me to **teach you how** to make what I'm cooking, **we'll set up a cooking class** in your home at a **later date** for **an additional cost**.

Having someone working in your home can be a little daunting.

Since I want us to be comfortable with each other,

I ask that **the first time** I prepare your meals, please be home for at least part of the time.

If meal prep is something I do for you regularly, you don't have to be home.

We'll figure out a way for me to enter and exit your home securely.

Please be courteous and open with your communication.

Please tell me what kinds of food you like or dislike!

Please disclose ***all*** allergies and sensitivities.

If you are allergic to penicillin, ragweed, or poison ivy, for example, I can avoid using certain foods that *may* trigger an allergic reaction.