

The Vegetarian Cooking School

Learn health and cooking for vegans and vegetarians in your own home!

Vegan Vegetarian Cooking School Information

This Program includes a DVD, Lesson Booklet, and supplement materials sent in the mail each month on or before the 25th of the month.

Please note, when we taped the first 3 or 4 lessons we were offering a basic and a full student program where it was required you send in assignments. This is no longer required so please disregard those statements. You are still welcome to email questions or assignments to me, and as time allows I will do my best to answer them.

If you would like to sign up for our Vegan Vegetarian Cooking School for \$19.95 CAD per month (OR get the entire set for \$147) you can do it in ONE of three ways:

1. Online at: www.TheVegetarianCookingSchool.com
2. Fax or mail the attached sign up sheet (be sure to keep a copy for yourself)
3. Call us at 1-877-597-3883 (250-529-7750) ask for Angela.

NOTE: please let us know if you all ready have any lessons and which ones you have received.

I am excited about working with you in your learning endeavours,



Angela Poch, Director
The Vegan Vegetarian Cooking School

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Register & Payment Form Monthly Mailouts

This form is for those students who do not want to use paypal or are registering via mail for monthly mailouts.

Date: _____

Student Name: _____

Address: _____

Phone: _____

Email: _____

Age: _____

SEND US THIS FORM!

Please fax this form to:
250-529-7757

or Email it to:
angela@settepublishing.com

or Mail it to:
Sette Publishing
3988 Galloway Frt Rd
Elko BC V0B 1J0

The program I am registering for is the Vegan Vegetarian Cooking School monthly lesson mail out - DVD, lesson Booklet, and supplement materials, \$19.95 including shipping and handling.

I have read the school policies and agree to them. I understand my card will be charged each month for \$19.95 CAD if paying by credit card. I paying by cheque, I will send a cheque each month on or before the 15th of each month in order to receive my lesson on time.

I can cancel any future lessons or payments at anytime by contacting Angela Poch at 250-529-7750 or angela@settepublishing.com.

Payment Method (check and fill out):

VISA MasterCard American Express Cheque# _____ Money Order/Bank Draft

Expiry Date ____ / ____

Card#

Signed: _____

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Register & Payment Form ONE time mailout

This form is for those students who do not want to use paypal or are registering via mail for ONE TIME mailout.

Date: _____

Student Name: _____

Address: _____

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The program I am registering for is the Vegan Vegetarian Cooking School 12 lesson mail out - DVD, lesson Booklet, and supplement materials, \$147 including shipping and handling.

I have read the school policies and agree to them.

Payment Method (check and fill out):

VISA MasterCard American Express Cheque# _____ Money Order/Bank Draft

Expiry Date ____ / ____

Card#

Signed: _____

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School Policies

We are excited about the opportunity to share with you some vegetarian and vegan cooking. We have a simple school policy, this is a ministry run school, in other words it is NOT for profit.

1. By signing up, I understand working in a kitchen has risk of burns, breaks, scalds, infections, and other harmful situations. I will not hold the school or Angela Poch responsible for what goes on in my own kitchen regardless of her instructions or information.
2. The first lesson package is mailed out within 5 to 10 days of your initial sign up. After the first DVD, the mail outs are on or before the 25th of each month, after your first month. (If you are ordering all 12 lessons at once you can disregard this mail out policy) *International orders, expect 3 to 6 weeks for your first lesson.
3. Assignments are just for your personal use, but you are welcome to send them in.
4. You can contact us, but please be considerate to Angela's time restraints as a homeschooling mother.
5. We ask you fill out evaluation forms or surveys that may come with your lesson. (No more than every 3-4 months.)
6. Please make sure you have read the FAQ on the reverse of this page!
7. We are not an accredited school, and you will not receive any credits.
8. This school and Angela Poch are not here to give medical advice, we encourage you to see a health professional for any medical issues you may have. The school and Angela Poch are not to be held responsible for health information or misinformation that may be given in the lessons or on this website. This school and Angela Poch are not to be held responsible for errors in recipes that may cause any issue or problem.
9. You are required to enjoy it! (Ok, at least try to have fun in the kitchen.) If you are unsatisfied with these vegan cooking classes at any time, please contact us.
10. All materials are for informational use only. Please do not copy or distribute any of the materials on this site or sent to you by mail! You can share them in group settings.
11. By signing up, you understand this is a monthly mail out (except for the \$147 full package) that can be discontinued at any time by yourself or The Vegetarian Cooking School. You understand working in a kitchen has risk of burns, breaks, scalds, infections, food poisoning and other harmful situations. You will not hold the school or Angela Poch responsibly for what goes on in your own kitchen regardless of her instructions or misinstructions. By signing up you agree that is is an informal and informational program with no guarantees or official recommendations or accredited programs.

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Frequently Asked Questions

- 1. What if I don't have a credit card or want to use Pay Pal?** You can fill out our manual form and mail it in. If you pay by cheque, you will need to send it in every month by the 15th of the month to get the lesson in time! You can also call in your order if getting all 12 lessons at once.
- 2. I don't have regular access to a computer, how can I get the lessons?** No problem, they are mailed out.
- 3. What does the \$19.95 include? Can I do it online, FREE?** The price covers the cost of the materials, the cost of the packaging, and the cost for me to mail out the shipment. It also helps to reimburse some of the the food and production costs. We do not offer the lessons online at this time.
- 4. What if I don't want to get the lessons any more?**
We have a "no questions" cancellation feature. If you don't like the FREE lessons, for any reason, you can cancel your monthly payments for shipping and handling, for any future lessons, at any time. NO questions asked! Just contact us.
- 5. What are the "School Policies"?** See attached page.
- 6. When will I get my first lesson?** Please give us 5 to 10 days to mail out your first package. Each additional package will be mailed out on or before the 25th of each month regardless of when you sign up. International order may be a bit longer.
- 7. What if I quit then decide to come back?** Just sign up again and let us know the last DVD you received.
- 8. Can I contact the teacher?** You can send an email or call me, Angela Poch, but please be fair to my time. I will do my best to answer your questions quickly (probably within a few days), but remember my son's home schooling and my duties as a wife and mother are my first priority!
- 9. How can I share this school with others?** If you want to share healthy living with others you can encourage others to sign up for these vegan cooking classes. Call for brochures to share. You can also use these DVD as mini-cooking schools in your church. We ask you have some brochures on hand to give to those you show the DVD's to. Please do not make copies of the DVD's. You may make copies of the lesson materials, but check with us first. You can also get our Health & Sharing Guide with high resolution files designed for printing, and information on how to put on a cooking school.
- 10. What is the referral program?** This is a program where a student can earn money, \$25 per new student that stays on for more than 6 month or gets the 12 lesson package, by referring other students. Contact us for more information.
- 11. What about junk mail and privacy?** We are not here to collect names for some conglomerate of junk mail. We will NOT give out any of your personal information, nor can we afford to mail you a bunch of junk mail.
- 12. Can I pick and choose the lessons and you mail only those ones out?** Yes, but it costs more. You will have to pay extra for shipping and handling - see www.SettePublishing.com.
- 13. How do I subscribe or unsubscribe to the newsletter?** It is only available online at Sette Publishing or www.TheVegetarianCookingSchool.com to sign up! (Health & Happiness Newsletter)
- 14. Is this school accredited?** No, we are not affiliated with any accreditation. We are just here to give you a few FREE vegan cooking classes to help you cook better. The Vegan Vegetarian Cooking School is not a business, just a free informational service.