

SMP HEALTHY COOKING CLASS

Shop wisely for healthy foods, then unleash your creativity in a cooking class to craft a vibrant salad!

Thursday 19 February 1545-1900
In the Active Duty Center "Home of the SMP"

10 SPOTS AVAILABLE

Open to MCRD Single Service Members &
Geo-Bachelors

**Event Waiver Due NLT Wednesday,
11 February to the SMP office, in the
Active Duty Center**

For More Info:
Contact the SMP Office at (619) 813-6704

Authorized Patrons of all abilities welcomed. Please contact SMP staff if reasonable accommodations are necessary.



Thursday, 19 February 2026 from 1545-1900

Single Marine Program

SMP HEALTHY COOKING CLASS

Required Information	Please Print Clearly	Scanned or Emailed Waivers Are Not Accepted
Participant's Name: (Last, First)	Rate/Rank:	Male or Female:
Battalion:	Section:	Work Phone Number:
Email: (Work or Personal) *Reminder will be sent to this email*		Date of Birth:
MARITAL STATUS INFORMATION: CIRCLE ONE: Single Geographical Bachelor (Spouse lives 100 miles or more away)		*Only MCRD San Diego Single Service Members & Geo-Bachelors can participate in SMP Events.*
FOOD Do you have any dietary restrictions? Circle One: YES NO If yes, please explain: _____ (for example, dairy, nuts, meats, etc.)		
MEDICAL INFORMATION: 1. Does the participant have any medical conditions that we should be aware of? (for example; diabetic or suffer from seizures.) Circle One: YES NO If yes, please explain: _____ 2. Are you currently taking any medication? Circle One: YES NO If yes, please list all medications: _____ 3. Do you have any allergies? Circle One: YES NO If yes, please explain: _____		

Code of Conduct

I must be a MCRD San Diego Single Service Member or Geographical Bachelor (Spouse lives 100 miles or more away) in order to participate in all MCRD San Diego Single Marine Program (SMP) events. I will show up on time for events and stay for the entire event.

I understand fully that while participating in this event I am representing the United States Military and the MCRD San Diego Single Marine Program. I will conduct myself in such a way to honor both. I know I will be held to a high standard of the utmost ethical and moral behavior. I will be expected to act responsibly in a mature and dependable manner. I will be expected not to lie, cheat, nor steal. I will adhere to an uncompromising code of **personal integrity**, accountable for my actions and holding others accountable for theirs. Both my professional and personal demeanor shall be such that I may take pride in my actions.

I affirm that all information entered on this document is true and correct. I understand this is my appointed place of duty. I understand that any misleading, incorrect or violation of these statements may result in the notification of my command SNCOIC and/or SgtMaj.

Participants Printed Name

Participants Signature

Date

Participation Authorization (ensure Service Member shows up on time, this is their appointed place of duty)
(SSgt or above Required) Name: (Last, First) _____ Rank: _____

Battalion: _____ Section: _____ Cell Phone (Required): _____

I authorize the above MCRD San Diego Service Member to participate in the SMP Event and will hold them accountable for attending this event.

Date: _____ Signature: _____

Date Received

Time Received

Staff Initials