



Food Liability Disclaimer

The enclosed information, recipes and instructions are provided to you to help you learn to cook healthy at home and to conduct a healthy cooking demonstration. Please follow safe, responsible practices and use caution when cooking. By using the information provided in this guide, you acknowledge that there are inherent risks in cooking, which could result in serious injury or death, including but not limited to the risk of allergic reaction to foods, slips, falls, cuts, burns, choking and other accidents and injuries that may arise from the activity of cooking and consuming the foods prepared in the cooking demonstration or at home. You also understand that there are potential risks which may presently be unknown. You understand and agree that your use of the enclosed information, recipes and instructions is at your sole risk. You also agree that you will be responsible for the safety of any participants in a health cooking demonstration that you might conduct, organize or host. You agree on behalf of yourself and your heirs, beneficiaries, and estate, not to hold the American Heart Association, Inc. and its sponsors, officers, agents, employees ("Released Parties") responsible for any accidents and loss or damage to your property and person, and you release and discharge the Released parties from all damages, actions, claims and liabilities of any nature, specifically including, but not limited to, damages, actions, and liabilities arising from or related to cooking at home or conducting or participating in a cooking demonstration and related activities. You agree to indemnify, defend and hold harmless the Released Parties for any and all claims, loss, cost, expense, injury, or proceeding arising out of any acts or omissions.