

## Dietetics Food Labs Dress Code and Safety Protocols

1. Food Laboratory experiences are meant to be a practice for your real-world work experiences and working in the Dietetics Food Lab- kitchen setting- can present health and safety concerns. Practices are put into place to protect your personal safety. Many kitchen hazards are prevented by engineering, like a safety gate on a mixer preventing its use until your hands are "locked out". Some hazards are controlled by work practice, such as the food handling standards you will study in **ServSafe ®**, i.e. washing your hands after using the bathroom to prevent cross contamination of bacteria to food of others from your hands. **Personal Protective Equipment (PPE)** is equipment worn to minimize exposure to one or a variety of hazards. In addition, these guidelines also align with a professional appearance to reflect our program to others.

For all Food Lab participation, you are required to observe the following **PPE** standards:

1. **Chef's coat:** One clean, white lab or chef coat over your street clothes. Lab coats should be laundered each week. *Note: Consistent with management training, NUTR 363 Quantity students must wear black pants and white shirt as a standard uniform. T-shirt neckline best – no low-cut styles.*
  - a. Here is an example of appropriate chefs coat:
    - i. [https://www.amazon.com/Chef-Designs-Pearl-Button-Medium/dp/B0075M6GAY/ref=sr\\_1\\_7?crid=2OTNNBP7XOZWJ&keywords=unisex+Chef+coat&qid=1673537637&sprefix=unisex+chef+coat%2Caps%2C70&sr=8-7](https://www.amazon.com/Chef-Designs-Pearl-Button-Medium/dp/B0075M6GAY/ref=sr_1_7?crid=2OTNNBP7XOZWJ&keywords=unisex+Chef+coat&qid=1673537637&sprefix=unisex+chef+coat%2Caps%2C70&sr=8-7)
2. **Clean Pants:** Long pants must come down to your shoes/ankles - No capris, shorts, skirts, crops, etc. Pants should fit, and be comfortable to allow bending and stretching, but not excessively baggy or loose (which can create a hazard). Pants will be in good condition, with no holes, rips or tears – to act as a shield against hot liquids and oils. Yoga pants are discouraged as they absorb liquids quickly.
  - a. Here is an example of appropriate kitchen pants:
    - i. [https://www.amazon.com/KNG-Black-Cargo-Style-Chef/dp/B00SEEH95I/ref=sr\\_1\\_7?keywords=Chef+Pants&qid=1673537460&sr=8-7](https://www.amazon.com/KNG-Black-Cargo-Style-Chef/dp/B00SEEH95I/ref=sr_1_7?keywords=Chef+Pants&qid=1673537460&sr=8-7)
    - ii. I recommend black as you will need black pants for NUTR 363 (Quantity Foods) and these pants can be reused for that class.
3. **Clean Socks** are to be worn with your shoes.
4. **Safety shoes** must be worn and meet the following criteria:
  - A. Must be National Safety Foundation (NSF certified)
  - B. Must have non-slip soles for water and oil hazards
  - C. Must cover the top of your feet with no decorations, perforations, or openings with a solid, water and oil resistant material such as leather (not suede) or man-made leather substitute. **NO FABRIC SHOES.** Lace up styles, with a padded tongue and strong laces are a good choice if you need extra foot support.
  - D. No open-back shoe styles may be worn, clogs must be closed-back style only.
    - a. Here is an example of appropriate kitchen shoes
      - i. [https://www.amazon.com/crocs-Unisex-Bistro-Black-Womens/dp/B0014JLYS8/ref=sr\\_1\\_1?s=apparel&ie=UTF8&qid=1502986658&sr=1-1&nodeID=7141123011&psd=1&keywords=crocs+at+work](https://www.amazon.com/crocs-Unisex-Bistro-Black-Womens/dp/B0014JLYS8/ref=sr_1_1?s=apparel&ie=UTF8&qid=1502986658&sr=1-1&nodeID=7141123011&psd=1&keywords=crocs+at+work)
5. All visible hair, including facial hair, will be physically restrained by a combination of elastic hairband (if needed) and hair net (to be provided by the instructor). Close-fitting headgear clean and in good condition (ex: chef-style or baseball cap which can be laundered) may be worn over a hair net. No hair should be loose.

6. No rings with stones or embellishments, bracelets, wrist watches, or necklaces will be worn. Earrings should be small, hoops smaller than a dime in diameter, no dangles. Nose rings and other facial piercings are to be removed before class, as they encourage the touching of the face, creating a cross-contamination risk.
7. Nothing should hang off your body when you lean over, as these items can get caught in moving equipment.
8. No nail polish, gels, tips, nail wraps, etc. will be allowed in the lab. Please remove nail polish or any nail paraphernalia prior to coming to class and lab!
9. No cell phones will be allowed in the laboratory classroom.
10. Upon entering the lab space students will be required to wash hands thoroughly with soap and water. Students will be encouraged to use hand sanitizer and/or wash hands frequently during the lab. Students will be required to wash hands and/or use hand sanitizer before exiting the Dietetics lab spaces.
11. Students will be assigned to their own workstation and will be required to sanitize workstations prior to use and at the conclusion of lab activities. Sanitizer solution will be provided by the instructor. Workspaces should also be cleaned and sanitized if a student is to cough or sneeze at the work station.  
*Note: For NUTR 363 students, workstations in the Quantity Lab are mapped according to production and service areas.*
12. Students may be asked to complete additional cleaning duties in the laboratory (outside individual lab stations) such as cleaning frequently touched surfaces (refrigerator handles, shared equipment, drawer handles, etc.).