

CIA School Foodservice Training
Uniform & Preparedness Requirements

These requirements are based on the VA adopted **FDA Food Code (2017)**.

1. Required Kitchen Attire (Food Safety & Injury Prevention)

Footwear

- Closed-toe slip-resistant shoes
- Socks must be worn
- Not allowed: sandals, open-toed shoes, clogs without backs, or high heels

Clothing

- Long pants or slacks (no shorts, skirts, or bare legs)
- Shirts with sleeves (short or long; long sleeves preferred)
- Clothing must be professional, comfortable, and not loose or flowing

2. Hair, Hands & Jewelry (Contamination Control)

- Hair clean, neatly maintained, and fully pulled back and secured
- Hair past shoulder length must be confined with a band or clasp

3. Jewelry (Very Limited)

- Jewelry, one plain ring, one watch allowed, no dangling earrings, necklaces, bracelets, or facial jewelry
- Natural nails only, no artificial nails or nail enhancements

4. Hygiene & Food Safety Expectations

Participants must follow all health and safety regulations, including:

- Wash hands before work and as required during food preparation
- Use gloves for ready-to-eat foods
- Prevent cross-contamination (clean hands, knives, and boards between tasks)
- Keep perishable foods refrigerated until needed

4. Personal Preparedness & Class Expectations

- Eat breakfast before arriving
- Bring a beverage in a closed, spill-proof container
- Samples, light lunch will be served from production, bring additional lunch items if you prefer a hearty meal

Thank you for arriving prepared and ready to learn. Questions or accommodation needs should be shared with the training team prior to arrival.