

Commercial Cookery Uniform and Equipment Requirements

The Hospitality, Culinary & Tourism Department ensures all relevant food safety and work health, and safety laws are implemented and monitored.

In accordance with the Work Health and Safety Act 2011 (WHS) and Food Standard 3.2.2 CIT are required to provide a safe and healthy environment for everyone to work in and ensure food handlers take all reasonable measures to ensure the safety and suitability of food.

Prior to entering a kitchen, students must conform to the following dress standards, which includes a **complete, clean, and ironed uniform**.

Students must not wear their uniform whilst travelling to CIT. Changerooms and lockers are available for students in K Block.

Students will not be permitted into class unless they are wearing the approved uniform.

Practical Classes:

Uniform requirements:

- White long sleeved double cuff, double breasted jacket with the correct number of white buttons.
- Cook's traditional checked trousers.
- Blue and white striped CIT bib apron (available from the CIT bookshop).
- White skull cap and/or hairnet.
- If a student has a beard, they are to wear a beard net (provided by CIT).
- Protective footwear that is fully enclosed and non-slip must be always worn. Sports, aerobic or casual footwear is not acceptable and does not conform to workplace health and safety laws.

Personal hygiene and grooming requirements:

- Ensure uniform is clean.
- Fingernails are to be short, clean and with no nail polish.
- Wash hands when entering the kitchen and regularly thereafter, including:
 - When returning from a break and after going to the bathroom.
 - If you have sneezed or blown your nose.
 - If you have touched your hair or face.
- Take your apron off when leaving the kitchen.
- Hair must be covered and contained within a hairnet or under a hat. If the hair is longer than the collar it must be secured and tied back.

- Avoid touching nose, mouth, and ears during preparation.
- Cover all cuts, burns and sores with a waterproof dressing and/or gloves.
- NO jewellery is permitted to be worn in the kitchens at CIT, except for a wedding ring. Students are to ensure that they wash underneath the wedding ring thoroughly when washing their hands. If earrings must be worn, they are to be covered by a hairnet to prevent them falling into food.

Theory Classes:

Students may change out of their uniform for theory classes that are held outside of the kitchens in a classroom. Neat and tidy casual attire is required.

Items to bring to class:

Practical classes:

- 3 clean tea- towels for each practical session, to be laundered by the student.
- A completed workflow plan for each practical class.
- Pen.
- Recipes that are provided to you by the teacher.
- Chef's tools and equipment (see below).

Theory classes:

- A pen and notebook or own computer/ device (CIT Wi-Fi available for CIT students)

Equipment and Uniform List

The following list is required for your Practical Classes and can be bought from the CITSA Bookshop at CIT Reid campus or online at www.citsashop.com.

Chef's Kit \$615 (as at 2024)

This Kit includes:

1 x Cook's Knife 20cm
1 x Paring Knife 10cm
1 x Turning Knife 6cm
1 x Boning Knife 15cm
1 x Filleting Knife 20cm
1 x Sharpening Steel 25cm
1 x Peeler Universal U-Shape
1 x Spatula 20cm
1 x Scraper Bowl Plastic
1 x Wooden Spoon 30cm
1 x Piping Tube Set - #5 and #11 Plain and Star Plastic
1 x Pastry brush 25mm wooden Handle
1 x Scraper with Handle 35cm Rubber
1 x Tongs 23cm Stainless Steel
1 x Spoon Serving Plain 33cm
1 x Spoon Serving Perforated 33cm
4 x Tea Towel 46x77cm Cotton
1 x Stone Sharpening Oil Filled 200/400 grit
1 x Measuring Spoon Set Stainless Steel
1 x Knife Case 17pce
1 x Mini Digital Thermometer Waterproof
1 x Whisk-Piano Wire 30cm
1 x Food Container Snap Seal Pk4
1 x Dessertspoon
2 x Teaspoon
1 x Microplane grater
1 x Bread knife

1 x Plastic kidney (bowl scraper)

1 x Polyethylene measuring jug 1lt

Complete Uniform \$134 as of (2024):

Chef Skull Cap

Chef Jacket Long Sleeves

White Buttons 10pk

Chef Pant Checked

Navy/White Pinstripe Bib Apron with CIT Logo

Combined Total: \$749