Culinary Management.

Orientation dates/information will be sent out in a separate email shortly. During orientation the following will be reviewed they are either mandatory or highly recommended. Health forms and uniform details should be looked after as soon as possible.

- **Health Forms**: All students must complete the *Pre-entrance health exam,* prior to commencing classes. Lab access will only be granted to students with completed health forms. These forms can be found on-line under Health Services on the college website, or click on the link: https://www.stclaircollege.ca/sites/default/files/inline-files/Medical-Requirements-Form.pdf. If students do not have a family doctor, the college campus nurse is able to assist students in completing these forms. The Health Centre is open M-F 8:30-4pm, call to book apt. (519)972-2727 ext. 4458.

- **Lockers**: Culinary Management students will need storage for uniforms, tools, shoes, books, etc. Please rent lockers through the Student Self-Service online. https://www.stclaircollege.ca/student-services/on-campus-services

- **Parking Pass**: Parking passes are required to park on campus. Please complete the application in advance: https://www.stclaircollege.ca/parking

- **Books**: See list of book requirements on p. 6. Can be purchased at the college Campus bookstore. Hours M-F 8:30-4:30

- **Schedules:** Verifying sections "MAJR1060" course details

- **Knives, tool kits & uniforms:** To ensure your uniform will fit properly and be embroidered in time to participate in class, you should come for fittings; Tuesdays August 11th and 18th and Thursdays August 13th and 20th from 10-12 and 1-3 at the south campus (Eatery 101). This will guarantee free embroidery of your name. If the deadline is missed, you will need to arrange embroidery through an external business at your own expense. REMINDER: a uniform is **MANDATORY** to participate in class

NOTE: Classes begin **Tuesday, September 8th 2026**. This first week you should clear your schedule as much as possible to complete all start up requirements; pick up tool kits, uniforms, and books for all of the culinary management classes. Tool kits are to be picked up by the students on or after orientation. Should students have any questions or concerns, please use this time allotted to have all issues addressed.

ST. CLAIR COLLEGE

Uniform Requirements for Culinary Management Students

Kitchen Lab Uniform

- **White double-breasted chef coat with black piping** *(minimum of 2 required)*
- **Small-checkered cook's pant**
- **Black neckerchief**
- **All-white cook's apron** (bib style) *(minimum of 3 required)*
- **Black, linen pillbox cook's hat**
- **Kitchen side towels** *(minimum of 5 required)*
- **Non-slip shoe with closed toe, closed heel, grease resistant** *(steel toe recommended)*

- **Embroidery- a large volume of individual custom embroidery will take time. The sooner you purchase jackets, the better**.
  - **Name on chefs coat** - in black- easy to read font . First and last name on jacket left side.
  - **St. Clair College Logo on hat** - Note that an embroidery company must have permission from St. Clair College to use our logo.
- **Uniform must be clean and without wrinkles.**
- **Fully fitted uniforms are required for the first day of classes:**
  - **Pants:** Properly hemmed to the shoe.
  - **Chef Coat:** Shirtsleeves may require adjustments. Sides (chest and waist) may need to be trimmed and darted.

Dining Room Lab Uniform

- **White button down dress shirt**
- **Black dress pants**
- **Black tie**
- **Black bistro service apron with pockets** (long apron, no bib)
- **Black dress shoes, closed toe, closed heel (**non slip preferred)

- **Uniform must be clean and pressed.**
- **Pants:** Properly hemmed to the shoe.

ST. CLAIR COLLEGE

Tool Requirements for Culinary Students

(*Tool kits are paid for with tuition)*

Culinary & Baking Tool Requirements

- ❑ 1 sturdy tool box or knife roll w/lock to hold:
- ❑ Pocket thermometer (ideally indicating both Fahrenheit and Celsius)
- ❑ 8 to10 inch French knife
- ❑ 3 inch Paring knife
- ❑ rigid blade Boning knife
- ❑ Sharpening steel
- ❑ 10 inch Serrated knife
- ❑ 8 inch Palette knife
- ❑ Swivel vegetable peeler
- ❑ Set of stainless steel measuring spoons
- ❑ Set of stainless steel measuring cups
- ❑ 16 inch rubber spatula (heat resistant)
- ❑ 9 inch rubber spatula (heat resistant)
- ❑ Plastic scraper
- ❑ Metal dough cutter
- ❑ 3 star tips (S-M-L)
- ❑ 3 plain tips (S-M-L)
- ❑ 1.5 inch Pastry brush
- ❑ 10 plastic containers (2-4 cup volume, can be a disposable Tupperware/Gladware/Ziplock-type)
- ❑ 1 portable scale (small enough to fit into your tool box)
- ❑ 4 inch offset palette knife
- ❑ 10 inch offset palette knife
- ❑ Microplane (medium grate)
- ❑ Cork Screw

Note: Professional quality tools are the only types of tools acceptable in labs. **Do not bring any type of household knives or equipment.** Your instructor will review your items in the first week of classes for the correct quality.

Suggested suppliers:

Mister Safety Shoes, 4265 Tecumseh Rd. E @ Bernard, Windsor

Work Authority, Tecumseh & Walker or Provincial Rd, Windsor

Any other professional uniform and/or tool supplier.

ST. CLAIR COLLEGE

GROOMING GUIDELINES for Hospitality Labs, St. Clair College

In order to be able to participate in any of our designated hospitality labs the student must follow these guidelines - remember in many of our labs you are preparing and serving foods & beverages and are bound by health and safety regulations. Further, the labs are where professionalism counts - not just in your presentation but also in conduct, interaction, and performance. Students not following guidelines will not be allowed to participate in a lab.

Personal Hygiene

- Oral, body, hair, uniform - frequent hand-washing
- Use deodorants to prevent body odors.

Nails

- Clean and short trimmed (not to extend past fingertip)
- No nail polish, no attachments (this includes any nail extensions or designs)

Jewelry

- No rings
- No wristwatches
- No bracelets
- Piercings: Plain and to be no larger than a dollar coin no hanging or unfastened piercings allowed

Hair

- Neat and clean.
- If your hair exceeds past the chin it must be worn up or tied back.
- No hair (bangs) is to fall past the eyebrows. Long hair, if tied back, must be contained and fall only to the back. Long hair then must be further contained (i.e. ponytails braided or secured with hair bands every few inches).
- If the hair can not be contained by the approved chef hat in kitchen labs a hair net must be worn instead.
- Existing facial hair is to be short, neat and clean. Mustaches are to be trimmed evenly at the upper lip.
- Daily clean-shaven.

Other

- No cell phones.
- No chewing of gum/candy.
- Phones are only allowed for emergency purposes (e.g. children, health reasons) and can be on **vibrate only**. You must notify your instructor at the beginning of the semester/each class of this possibility.
- Use unscented grooming products, do not use fragrances.
- Cosmetics: understated make-up application.

ST. CLAIR COLLEGE

PHYSICAL CONDITIONS AND EXPECTATIONS OF THE LABS
CULINARY MANAGEMENT (B395)

1. Cope with rapid temperature changes (from a freezer temperature of -20° F to kitchen temperatures of 120° F, and vice versa).
2. Lift and carry up to **20 kg.**
3. Work with and be exposed to all varieties of food.
4. Work with very moist and humid conditions (steam and vapours).
5. Work during extremely dry and/or hot conditions.
6. Stand on concrete flooring in excess of four (4) hours.
7. Stoop and bend over several times hourly.
8. Work with soapy water and dishwashing & pot-washing chemicals.
9. Work with the psychological and physical stresses of a commercial cooking line.
10. Demonstrate good manual dexterity and be physically mobile.
11. Have good sensory awareness (i.e. taste, smell, presentations), hearing and vision (with correction).
12. Be free of open sores and wounds.
13. Work with arms at or above shoulder height.

Book requirements
Books will be used in multiple/all semesters.

For first semester start up

Professional Cooking, 10th Edition. Wayne Gisslen ISBN: 978-1-119-39965-0

Professional Baking, 8th Edition. Wayne Gisslen ISBN: 978-1-119-74495-5

Principles of Food, Beverage and Labour Cost Controls, 2nd Canadian Edition. Paul R. Dittmer, J. Desmond Keefe, Gary Hoyer, Tim Foster: ISBN: 978-1-118-79817-1

For second semester

Visualizing Nutrition: Everyday Choices, 5th Edition. Laura R. Christoph, Lori A. Smolin, Mary B. Grosvenor ISBN: 978-1-119-59285-3