

NUGGET MARKETS AND FOOD 4 LESS PERSONAL PRESENTATION GUIDELINES

GENERAL GUIDELINES

All Nugget Markets, Inc. associates are expected to adhere to the following guidelines during the working day:

- **No gum chewing**
- **No tobacco chewing**
- **Clean, neat and professional appearance:**
Associates must follow all reasonable personal grooming standards, including regular bathing, oral hygiene and use of deodorant.
- **Designated attire must be adhered to at all times**

DESIGNATED ATTIRE

Our guests' experience is a vital part of what makes us special, and each associate's personal presentation is key. To maintain a consistent LOOK within our company, we have established THE LOOK guidelines. These standards ensure that all associates are professional in appearance and dressed comfortably.

SPECIFIC GUIDELINES

Hair must be clean and brushed. Hair must be kept back from the face and, if longer than shoulder length, must be tied back, banded or braided and restrained if needed.** Hair color should look natural. Dreadlocks, unnatural styles and bright colors that are a distraction in the workplace are not allowed. **Beards/goatees, mustaches and sideburns** must be neat and trimmed.

Fingernails must be kept clean, well manicured and short in length. Nail polish or artificial nails of any type are not permitted in food preparation and/or food service areas.

Perfume, cologne, shaving lotions or highly fragrant deodorants or powders may not be worn because the smell affects the taste and aroma of our products.

Wearing **sunglasses** is not permitted.

Tattoos may not be visible. Associates who display tattoos on their arms must wear long-sleeved shirts at all times. Associates permitted to wear shorts may not do so if tattoos on the legs are revealed. In the event that an associate has a tattoo that cannot be covered by sleeves or pants (ie: wrist or neck), a reasonable attempt must be made to conceal it.

Piercing must follow the guidelines listed below:

Ear piercing must be petite in size and may not exceed three (3) pierces per ear; bar-bells and spacers are not permitted.

Limit of one (1) petite **facial piercing** (nose, brow and area above or below the lip).

Tongue and lip jewelry are not permitted.

Other jewelry must be kept simple and may not be a distraction.

To comply with the Health Department ServSafe Guidelines, all Food Preparation and Food Servers must remove the following jewelry prior to preparing and serving food and when working around food preparation areas:

- **Rings, except a plain band**
- **Bracelets and watches**
- **Earrings that exceed the size guidelines listed above**
- **Necklaces**

