



## FREE Food Safety resources

If you want to learn about food safety without spending money, I've got you covered!

Inside, you'll find a handpicked collection of free resources from reputable food industry organisations.

There are step-by-step guides, online courses, helpful videos, and practical tools that make food safety easier to understand and put into practice.

Whether you're just starting to learn about food safety or looking to build on what you already know, there's something here for you.

All the materials come from trusted sources like BRCGS, the Food Standards Agency, and IFST, and they're all completely free to use. What's also great is that some resources are available in different languages, so more people can learn from them.

I hope you find them useful, don't forget, to visit [www.ask-sonia.com](http://www.ask-sonia.com) for more information.

Best wishes,

Sonia

## FREE BRCGS "Ask The Experts" Webinar series



In order to support sites working with the Food Safety Issue 9 standard, BRCGS regularly organises webinars on various food safety related topics. These are then recorded and made available for replay on the [BRCGS.com](https://www.brcgs.com) website.

Here are examples of webinars available:

- Environmental Monitoring
- Product testing
- Managing pathogens
- Listeria management
- Food fraud
- Labelling (on-pack)
- Gluten-Free (Free-From Special)
- Internal audits
- Allergen management
- Production risk zoning – high risk, high care and high ambient high care
- Food Safety Culture

To access the webinar series: <https://www.brcgs.com/search-results/?search=ask+the+experts>

## For the Chilled Foods industry



The Chilled Food Association offers a range of practical resources to help guide the food production industry and to deliver STEM & food-related educational activities.

A lot of technical guidance documents are accessible for free, for instance:

- Principles of an Environmental Monitoring Program for the Management of *Listeria monocytogenes*
- Action following the detection and/or enumeration of *Listeria monocytogenes* (Lm) or *Listeria* species (L. spp) in food including at levels below the limit of quantification (<LOQ)
- Shelf life of ready to eat food in relation to *Listeria monocytogenes* - Guidance for food business operators
- CFA/BRC/LFR/MLA/QIB Guidelines for Setting Shelf Life of Chilled Foods in Relation to Non-proteolytic *Clostridium botulinum* (June 2018)
- Guidance on the Practical Implementation of the EC Regulation on Microbiological Criteria for Foodstuffs
- Role of Microbiological Testing for Chilled Food Business Operators (with focus on *Listeria*)
- CFA Protocol for Produce Washing
- CFA Protocol for Spot Buying of Produce to be used as Ready to Eat
- Food & Industry Biocides Group - Cleaning & Disinfection Technical Fact Sheet
- etc (there are many more...)

To access the CFA Guidance Documents - Free Downloads:

<https://chilledfoodassociation.myshopify.com/collections/free-digital-downloads>

## FREE Environmental Monitoring Guidance



Looking for guidance on Environmental Monitoring Programmes?

I can highly recommend the '**3M Environmental Monitoring Handbook**' for the Food and Beverage Industries.

It is available (free downloads)...

- in English <https://www.neogen.com/en-gb/neocenter/resources/food-beverage-environmental-monitoring-handbook/>
- in French <https://www.neogen.com/fr/neocenter/resources/food-beverage-environmental-monitoring-handbook/>
- in Spanish <https://www.neogen.com/es/neocenter/resources/food-beverage-environmental-monitoring-handbook/>
- in Portuguese <https://www.neogen.com/pt/neocenter/resources/food-beverage-environmental-monitoring-handbook/>
- in German <https://www.neogen.com/de/neocenter/resources/food-beverage-environmental-monitoring-handbook/>

## FREE Fact Sheets from Food Allergy Aware



Visit the Food Allergy Aware website to get FREE factsheets in relation to food allergens:

<https://foodallergyaware.co.uk/resources/factsheets/>

## FREE Food Defence training



Get FREE Food Defence training on this **Food Defence awareness e-course from the FSCPCA:**

<https://www.fspca.net/food-defense-awareness>

## FREE Food Fraud self-assessment tool



Are you aware of the **FREE FSA Food Resilience Self-Assessment Tool**?

<https://www.food.gov.uk/food-fraud-resilience-self-assessment-tool>

The Food Fraud Resilience Self-Assessment Tool guides food business owners and employees through a series of questions designed to help them identify the risk to their business from food crime, and outlines steps that they can take to mitigate this.

Businesses can complete this anonymously or choose to share their details with the National Food Crime Unit (NFCU) to receive tailored advice and support.

For further FSA Food Crime related guidance: <https://www.food.gov.uk/business-guidance/food-crime-guidance-for-businesses#reporting-incidents-of-food-crime>



## FREE Food Safety training



### Did you know?

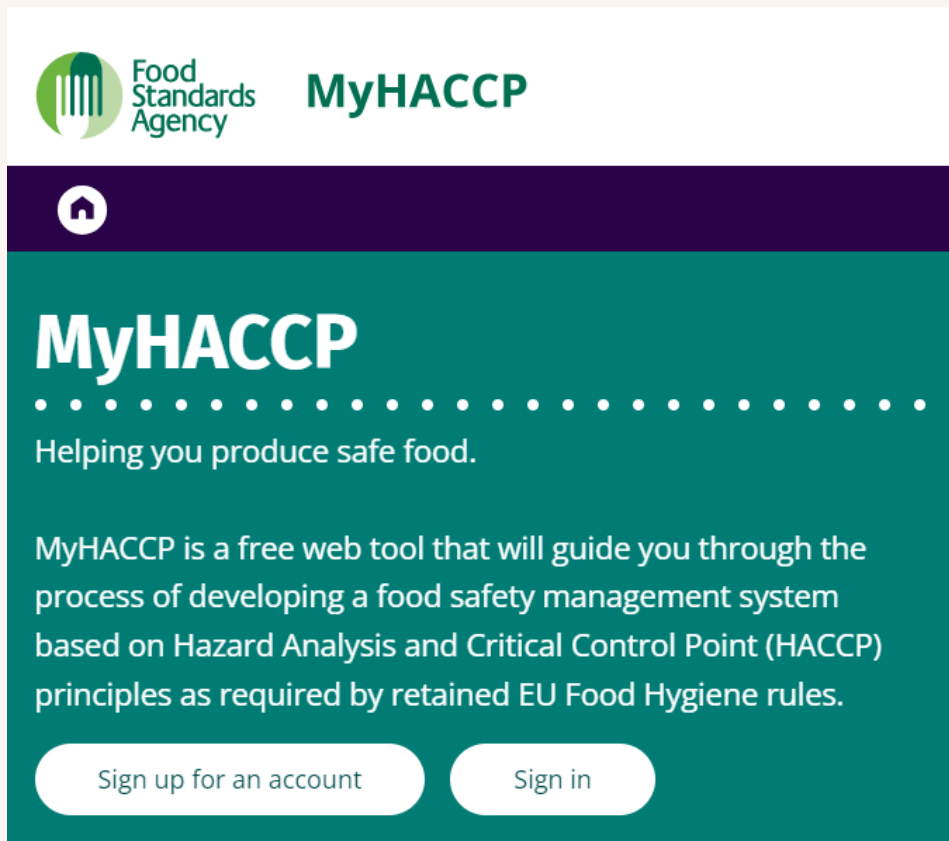
The FSA has FREE online food safety courses available to help you and your business comply with food hygiene and food standards. The current available e-learning courses include:

- [Allergen training](#)
- [Root cause analysis training](#)

Take the courses and get official FSA training certificates!



## FREE FSA web tool to develop your HACCP system



The screenshot shows the MyHACCP web tool interface. At the top left is the Food Standards Agency logo, which consists of a green circle with a white fork and knife icon, followed by the text 'Food Standards Agency'. To the right of the logo is the text 'MyHACCP' in a bold, dark green font. Below the logo and text is a dark purple navigation bar with a white home icon. The main content area has a dark green background. The title 'MyHACCP' is written in large, white, bold letters. Below the title is a horizontal line of white dots. Underneath the dots is the text 'Helping you produce safe food.' in white. Further down is a paragraph of white text: 'MyHACCP is a free web tool that will guide you through the process of developing a food safety management system based on Hazard Analysis and Critical Control Point (HACCP) principles as required by retained EU Food Hygiene rules.' At the bottom of the green area are two white buttons with rounded corners: 'Sign up for an account' and 'Sign in'.

The Food Standards Agency has developed a web-based tool to help and support food businesses with Food Safety management.

MyHACCP will be able to produce a food safety management system that shows how your business identifies and controls any hazards that may occur in the food you manufacture.

MyHACCP is aimed at small food manufacturing businesses in the UK, although businesses in other food sectors may find it useful.

To register and access the tool: <https://myhaccp.food.gov.uk/user/register>

For help and guidance about the tool: <https://myhaccp.food.gov.uk/help/guidance>

## FREE access IFST Food Allergens Knowledge Hub



### Food Allergens

The IFST has created a Food Allergens Knowledge Hub to consolidate advice, practical guidance and links to resources to support consumers, small and larger food operations, caterers and educators.

To access it: <https://www.ifst.org/knowledge-hubs/food-allergens-knowledge-hub>

## IFST Food Safety Group Webinars (FREE access to IFST Members)

### Food Safety Group Webinars



The IFST regularly organises webinars on various food related topics. Those are usually recorded and made available for replay to the IFST members, free of charge!

A fabulous resource to support continuous professional learning and development.

Here are some examples of the Food Safety webinars currently available:

- Supporting Your Food Safety Culture: How Specialty Lubricants Can Help
- Food analysis for non-analysts
- The Rise of Plant-based Foods – managing the risks of this emerging market
- Utilising the Past to Predict the Future
- Ten Food Safety Tips this Christmas
- Eggcellent Eggs - Safety, Quality and Provenance
- Foodborne Viruses and Emerging Issues
- Food Fraud Prevention
- Food Safety, is it all in the mind?
- What about the packaging?
- Applications for Robotics in the Food Industry – Beyond Palletisation
- Remote Auditing
- Global Supply Chain Risk
- IFST SC20 Webinar Series: Coronavirus: Food Safety Risk? Your Questions Answered
- and more... !

To access the webinars: <https://www.ifst.org/events/webinars/food-safety-group-webinars>

To become a Member: <https://www.ifst.org/membership>

## FREE access to IFST Food Safety Knowledge Hub



### Food Safety

IFST has published this Food Safety Knowledge Hub to consolidate advice, regulations and practical guidance on the topic of food safety.

The IFST Food Safety Hub provides:

- Guidance for SMEs
- Guidance for Larger Businesses
- Guidance for Educators
- Guidance for Consumers also! 😊

To access it: <https://www.ifst.org/knowledge-hubs/food-safety-knowledge-hub>

## FREE Food Safety resource - IFST Knowledge Hubs



### Did you know?

The IFST has created various Knowledge Hubs to consolidate advice, practical guidance and links to resources to support everyone across the food sector, as well as consumers and educators.

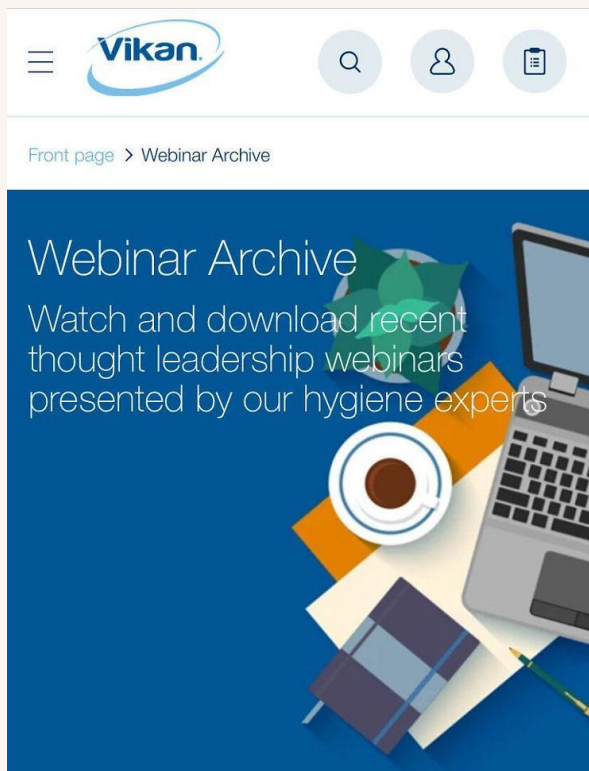
These are two of particular Knowledge Hubs of interest to food safety professionals:

- [Food Safety](#)
- [Food Allergens](#)

Go on then! Go and explore!



## FREE Food Safety & Hygiene related webinars



Are you aware of the Vikan Webinar Archive?

<https://www.vikan.com/int/services/webinar-archive>

These are examples of recorded webinars you can find there, available for replay:

- Cleaning Equipment Maintenance: Ensuring that your tools remain safe and effective
- Achieving Hygienic Design Compliance:
- What every food industry stakeholder should know
- Food Safety Culture and Colour-Coding:
- How to exceed compliance and simplify complexity
- Foreign Body Prevention Strategies
- Food Safety at the Last Mile: Food Safety and Sanitation Challenges and Solutions for Food Retail
- Hygiene in High-Risk Food Production: Keep it Clean and Chill

## FREE Food Safety Resource



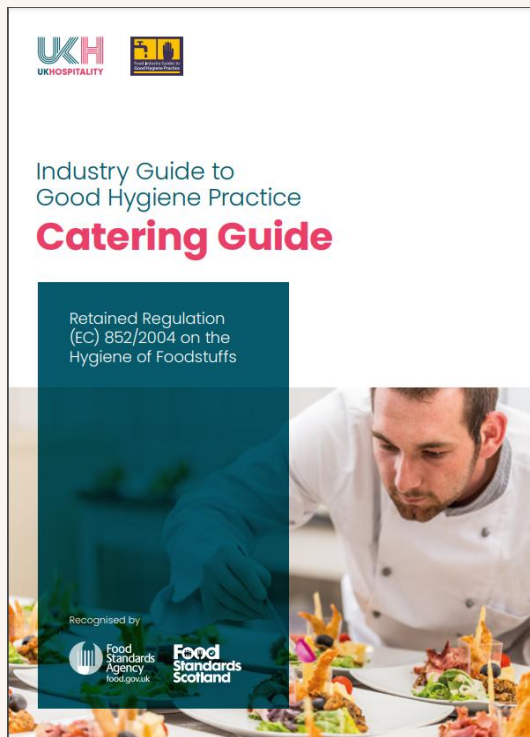
There is a fantastic food safety resource signposting page on the Food Industry Hub website:

<https://foodindustryhub.com/food-industry-resources-signposting/>

Visit the FIH website for more free services: <https://foodindustryhub.com/>



## FREE Industry Guide to Good Hygiene Practice (for Catering)



The guide has been developed by the food industry and is recognised by the Food Standards Agency and Food Standards Scotland.

It provides information on legal obligations for caterers and the practical requirements to comply with food hygiene law, and also offers advice to operators on good practice, which although not a legal requirement, is likely to contribute to the overall achievement of food safety and customer satisfaction.

To download it: <https://app.sheepcrm.com/ukhospitality/digital-docs/industry-guide-to-good-hygiene-practice-download/>

Thanking [Food Allergy Aware](#) for the pointer!

## FREE Traceability eBook



'Traceability for Better Supply Chain Visibility and Regulatory Adherence' helps you understand how to achieve January 2026 compliance with the U.S. Food and Drug Administration's (FDA's) Food Traceability Final Rule - also known as FSMA 204 - regardless of how far along your company is in its traceability journey.

The information, resources, and guidance contained within this eBook will prepare you to meet FDA's recordkeeping requirements and requests for information, as well as help you communicate with your suppliers to ensure total transparency and traceability along your entire supply chain.'

*Source: Food Safety Magazine*

To access the eBook: <https://www.food-safety.com/articles/9235-ebook-traceability-for-better-supply-chain-visibility-and-regulatory-adherence>

## FREE resource - Les fiches 'dangers microbios' de l'ANSES



Fiches de dangers biologiques transmissibles par les aliments (in French).

Afin d'aider les professionnels de la filière agroalimentaire à maîtriser la sécurité sanitaire et à rédiger des guides de bonnes pratiques d'hygiène, l'Anses met à leur disposition des fiches de description des dangers biologiques transmissibles par les aliments.

Ces fiches sont issues d'une expertise collective en comité d'experts spécialisé "Evaluation des risques biologiques dans les aliments".

Exemples de fiches disponibles :

- Norovirus : <https://www.anses.fr/fr/system/files/BIORISK2016SA0273Fi.pdf>
- Listeria monocytogenes : <https://www.anses.fr/fr/system/files/BIORISK2016SA0081Fi.pdf>
- Staphylococcus aureus : <https://www.anses.fr/fr/system/files/BIORISK2016SA0076Fi.pdf>
- Histamine : <https://www.anses.fr/fr/system/files/BIORISK2016SA0270Fi.pdf>
- Bacillus cereus : <https://www.anses.fr/fr/system/files/BIORISK2016SA0075Fi.pdf>
- Salmonella spp. : <https://www.anses.fr/fr/system/files/BIORISK2016SA0080Fi.pdf>
- Etc

Pour consulter et télécharger d'autres fiches : <https://www.anses.fr/fr/content/fiches-de-dangers-biologiques-transmissibles-par-les-aliments>

Don't forget to check [www.ask-sonia.com](http://www.ask-sonia.com) for the latest updates!