ASC FOOD SAFETY CONSULTANTS

Leading with Science. Ensuring Food Safety.

Comprehensive Food & Beverage Labelling Regulations

Two-day flagship course: South Africa & Codex Alimentarius. Develop, review, approve and defend labels.

The flagship programme for teams that develop, review, approve and defend food and beverage labels. Over two practice-driven days, delegates work through South African regulations and Codex Alimentarius standards with expert-led sessions, hands-on workshops and group review clinics, and leave with a complete documentation toolkit for audit-ready label compliance.

Duration Two days	**Format** Facilitated instruction, hands-on workshops and group review clinics	**Certification** Certificate of attendance

Who should attend

Quality assurance & QC	**Regulatory compliance officers**	**Product development & R&D**
Packaging technologists	**Nutritionists & dietitians**	**Marketing & brand managers**

Course schedule

Module	What we cover	You leave able to
Module 1: Regulatory landscape & sources (Day 1, morning)	Overview of South African labelling regulations (R146 and amendments); introduction to Codex Alimentarius: purpose, structure and application; navigating regulatory sources and updates; enforcement expectations and common non-conformances.	Identify and access the relevant legislation and understand the regulatory hierarchy.
Module 2: Labelling fundamentals & decoding claims (Day 1, afternoon)	Mandatory principles: the ingredients list (QUID, compound ingredients) and allergen declaration rules; nutrition information table formats, calculation versus analysis, rounding rules; evaluating nutrition, health and comparative claims against SA and Codex standards.	Compile mandatory label elements and evaluate the validity of common claims.
Module 3: Risk management, additives & strategy (Day 2, morning)	Food additives: performing additive permission checks, calculating carry-over and maximum limits; implementing risk management strategies using the risk matrix; handling non-conformances and developing corrective action plans.	Assess additive compliance and apply risk-based thinking to labelling strategy.
Module 4: Practical workshop & audit-ready documentation (Day 2, afternoon)	Hands-on label reviews on real products; claim assessments against regulatory constraints; building the audit-ready compliance file using the dossier index and tracker.	Conduct full label reviews and build a defensible compliance dossier.

The documentation toolkit every delegate takes home

Mandatory labelling checklist	**Ingredients rules guide**	**Nutrition table template**
Claims checklist	**Additive verification worksheet**	**Compliance dossier index & regulatory library tracker**

Course purpose

Competence to develop, review, approve and defend labels. This practice-driven course builds real capability in navigating the regulatory landscape of food and beverage labelling in South Africa and under Codex, so your team can create, review, approve and confidently defend compliant labels, in front of any auditor, retailer or regulator.

The ASC labelling training pathway

HALF DAY Essentials of Food Labelling & Claims Compliance	**ONE DAY** Labelling Claims & Regulatory Framework	**TWO DAYS** **Comprehensive Labelling Regulations (SA & Codex)**

Many teams combine courses: the two-day programme for the QA and regulatory core, the half-day workshop for marketing, sales and leadership.

Which course is right for your team?

	Half day	One day	Two days
Best for	Commercial teams that approve copy and claims	Teams that compile and check labels daily	Teams that own compliance and defend labels in audits
Depth	The ground rules and claim traps	Applied regulation with a hands-on workshop	Full competence: develop, review, approve, defend
Practical work	Real-label walk-throughs	Practical workshop on real labels	Label reviews, claim assessments and a compliance dossier
Take-home	Compliance sign-off checklist	Risk frameworks used in ASC reviews	Seven-piece documentation toolkit

Why teams train with ASC

• Trained by practising consultants, not career lecturers: the same team that reviews labels for Kellogg's (official compliance advisor), Adcock Ingram, KFC Africa and Spur Group.
• Your own product labels become the course material, so the learning lands on Monday morning, not in a binder.
• Content updated as legislation moves: R146, draft R3337, SANS 289, the Consumer Protection Act and Codex.
• SAATCA, HPCSA and FoodBev SETA accredited training provider; B-BBEE Level 1 with 135% procurement recognition.
• Delivered on site or virtually from offices in Gqeberha, Johannesburg and Cape Town, anywhere in Southern Africa.

How booking works

1. Enquire Email info@ascfoodsafety.com or call any branch with your team size and preferred dates.	**2. Tailor** We confirm the agenda for your categories and, where agreed, collect sample labels to work on.	**3. Train & certify** We deliver on site or virtually; delegates receive certificates and the course toolkit.

Book the Comprehensive Food & Beverage Labelling Regulations course (2 days). We run it in-house at your site or virtually, anywhere in South Africa and the wider region, using your own product labels as the working material. Email **info@ascfoodsafety.com** or call **+27 41 004 0382** (Johannesburg +27 10 500 4661, Cape Town +27 21 300 4024) for dates and a quotation. More at ascfoodsafety.com/food-labelling-training and ascfoodsafetytraining.com. Explore all our labelling and regulatory services at ascfoodsafety.com/labelling-and-regulatory-advisory.

All ASC labelling courses are delivered by practising regulatory consultants: the same team that reviews labels for South Africa's leading brands and is the official food safety and compliance advisor to Kellogg's. Content is aligned to R146 of 2010, the draft R3337 regulations, SANS 289, the Consumer Protection Act and Codex Alimentarius, and is updated as legislation changes. ASC is a SAATCA, HPCSA and FoodBev SETA accredited training provider. © ASC Food Safety Consultants.