

SAM RICHARDS

Junior Food Technologist

Nottingham, United Kingdom · sam.richards@gmail.com · +44 7441 873 529 · linkedin.com/in/samrichards-food



Food Science graduate from the University of Nottingham with practical experience in product development, quality assurance, and food safety. Completed a **6 month placement** at a food manufacturing company where I contributed to **3 new product launches** and conducted **50+ quality tests** per week. Experienced with HACCP systems, sensory evaluation, and nutritional analysis. Passionate about developing safe, nutritious, and commercially viable food products.

EXPERIENCE

Food Technology Placement, Samworth Brothers, Leicester

Jan 2025 – Jun 2025

Joined the product development team at one of the UK's largest private food manufacturers during a 6 month placement.

- Assisted with the development of **3 new product lines** for the chilled food category, from concept to factory trial
- Conducted **50+ quality assurance tests per week** including pH, water activity, and microbiological sampling
- Ran **8 sensory evaluation panels** with **20 participants** each, analysing results to refine flavour profiles
- Updated **12 product specifications** and allergen declarations to comply with Natasha's Law requirements

Kitchen Porter / Prep Cook, Nando's, Nottingham

Sep 2023 – Dec 2024

Part-time kitchen role during university in a busy restaurant.

- Prepared food for **300+ covers per shift** during peak periods, maintaining food safety standards throughout
- Completed Nando's internal **Level 2 Food Hygiene** training within the first month

EDUCATION

BSc (Hons) Food Science in Food Science, University of Nottingham, Nottingham

Sep 2022 – Jul 2025

Graduated with Upper Second Class Honours (2:1, **66% average**). Dissertation on the impact of high-pressure processing on the shelf life of fresh ready meals, graded **72%**.

- Relevant modules: Food Chemistry, Food Microbiology, Product Development, Nutrition, Quality Management Systems
- Completed HACCP training as part of the quality management module

SKILLS

Product Development, Quality Assurance Testing, HACCP Systems, Sensory Evaluation, Nutritional Analysis, Allergen Management, Microbiological Testing, Specification Writing, Food Safety Legislation, Microsoft Excel, Laboratory Techniques, Attention to Detail

CERTIFICATIONS

Level 3 Award in HACCP for Food Manufacturing, Highfield Qualifications

Mar 2025 – Mar 2025

Level 3 Food Safety in Manufacturing, Highfield Qualifications

Jan 2025 – Jan 2025

LANGUAGES

English - Native

PROJECTS

HPP Shelf Life Study (Dissertation Project)

Oct 2024 – Apr 2025

Investigated the effect of high-pressure processing on the microbiological shelf life of fresh chicken tikka ready meals.

- Tested **60 samples** across 3 pressure levels over a **21 day shelf life period**
- Found that HPP at 600 MPa extended shelf life by **5 days** while maintaining sensory acceptability scores above **7/10**
- Presented findings at the **University of Nottingham Food Science Symposium**

REFERENCES

Dr. Rebecca Lewis, Lecturer in Food Science, University of Nottingham, r.lewis@nottingham.ac.uk, +44 7700 900 482

EXTRA CURRICULAR ACTIVITY

Volunteer - FareShare Midlands

Jun 2024 – Jun 2025

Volunteered at the regional FareShare depot, redistributing surplus food to community organisations.

- Sorted and quality-checked **2 tonnes of food per session** during weekly **4 hour shifts**
- Helped distribute food to **25 community groups** across Nottinghamshire