The British Nutrition Foundation is a registered charity and a company limited by guarantee.

It promotes the wellbeing of society through the impartial interpretation and effective dissemination of scientifically based knowledge and advice on the relationship between diet, physical activity and health.

It works in partnership with all organisations that share its values and objectives.

The Foundation’s income derives from donations and contracts won competitively from the food industry and a variety of government departments.
Contents

Chairman’s Report 2
Director-General’s Report 4
Education Case Studies 8
Science Case Studies 9
Awards 10
Communication 12
Future plans 14
Annual Accounts 2003-04 16
Member Companies 18
Financial support for specific events 18
Honorary Officers 19
Council 19
Committees 20
Staff 21
Chairman’s Report
Malcolm Peaker

Never before has nutrition been so high on the political agenda and never before has the need for reasoned scientific input into the debate on diet, physical activity and health been so important. The British Nutrition Foundation has the credibility to provide such input and its views are held in high regard by the public, media, government and non-governmental organisations, as well as by member companies and a broad spectrum of industry. Perhaps a reflection of this is the extent to which the senior staff are encouraged to contribute to a wide variety of influential policymaking committees. For example, the Director-General has recently been invited to serve on the Consumers’ Association Council and the Welsh Ministerial Task Group on Food and Fitness for Children and Young People. In the last 12 months, BNF has been awarded some very prestigious contracts, including the Department of Health (DH) Healthier Lunchboxes project, an FSA-OfSTED project and the five-year, EU LIPGENE project (dissemination partner). These and other assignments are covered in more detail elsewhere in this report. BNF reaches out to the whole of the UK and beyond through its website, which is now achieving over one million hits per month, and media interviews on nutritional topics are given on an almost daily basis by our highly qualified staff of nutrition scientists.

The past year has been financially challenging for BNF and it is a testament to the work of the staff of the Foundation that a projected budget deficit of just over £77 has been turned into an overall surplus of over £5 by the end of the financial year. This success has been achieved despite the fact that, during the year and at short notice, four member companies were unable to renew their membership of the Foundation and another three reduced the level of their financial support, thus removing £72 from the income anticipated at the start of the year. It is with this in mind that I would like to confine my report this year to the benefits of BNF membership and to the future of the Foundation.

It is intriguing and seems somewhat surprising that, in the current climate and with the high quality of BNF’s output, some members have either resigned or reduced their financial support for the Foundation. At the same time, a number of other companies have actively sought membership and some existing members have increased their financial support. The companies who comprise the membership recognise the value provided by BNF in three ways. Firstly, there is the recognition of a company’s corporate social responsibility in making charitable donations to a cause that enhances the health and wellbeing of the whole population. Secondly, there is the direct benefit to shareholders by being part of the BNF information network that provides nutrition advice on what the informed consumer will be demanding from the food industry in terms of existing and new products. Thirdly, there is the impartial provision by BNF of accurate and balanced evidence at times of media misinformation and politically-motivated scaremongering. Even a single food-and-health scare can significantly reduce the value of a company and undermine consumer confidence in a product. The only defence in such circumstances is the delivery of evidence by a trusted and respected organisation, and BNF has, on many occasions, defused some potentially very damaging situations by providing that evidence. There are some very big and obvious names missing from the list of BNF members in both the manufacturing and retail sectors. The non-member companies actively, if indirectly, benefit from the work of the Foundation and need encouragement to share the financial responsibility for helping to sustain its activities. In the coming year, Council’s priority will be to encourage the whole agri-food industry to
recognise the importance of having, and supporting, the impartial, scientific and educational voice of nutrition that is the British Nutrition Foundation. I urge our member companies to champion BNF’s role to their colleagues in industry and encourage others to join.

What better way to ensure that our children grow up with healthy eating habits, than to empower them through the school education system and provide supporting advice to parents? That is exactly what our staff do. The Government’s White Paper on health was entitled, Our Healthier Nation. I would argue that, with the exception of stopping smoking, nothing contributes more to the health of the nation than individuals eating a balanced diet and undertaking moderate levels of physical activity. The public and its opinion-formers need accurate, balanced, evidence-based advice on this matter. This is the role and purpose of the BNF; it is what the BNF has done for the past 37 years and will continue to do.

I will leave the Director-General to give a more detailed overview of the Foundation’s activity for the year. In the end, BNF will stand or fall on whether or not industry is prepared to support it with charitable donations. The Foundation needs those donations to provide the core income and base from which all other activities can be launched and maintained. By supporting BNF, the food industry can contribute to helping the public to become more knowledgeable and live healthier lives, whilst at the same time benefiting from the stabilisation of consumer markets that reduction of ignorance brings.

Can the agri-food industry really afford not to support BNF?

In conclusion, I offer my thanks, on behalf of Council, to our patron, The Princess Royal, for the tremendous support Her Royal Highness gives to the Foundation and for the interest taken in all our activities. I also thank my fellow governors and all those who support BNF through the generous donation of their time and expertise to committees and other activities. Lastly, may I take this opportunity to thank the members of staff, without whom nothing would be achieved. They have pulled out all the stops this year not only, and most importantly, to advance the work and reputation of the Foundation, but also to ensure that we returned to a positive financial balance. Their efforts are truly appreciated.
Overview

Despite a turbulent year, in terms of mergers and acquisitions, the prominent political profile of the relationship between diet, physical activity and health has ensured a continued appreciation of the Foundation’s traditional role in promoting the nutritional wellbeing of society. Five new companies joined the corporate membership (Brita Filters, Kraft, National Starch, Orafti and Tetra Pak) whilst four withdrew (Belovo, Boots, Del Monte and Safeway). Fortunately, both donated income and trading income still increased (10% and 6%, respectively), contributing to a total increase of 8%, compared with the financial year ending in 2003. Total expenditure increased by only £516, thanks to Peter Leigh’s careful management, to give a surplus of over k£5 for the year to 31st May 2004. In addition, k£315 of income has been deferred to the next financial year to meet project expenditure in that year to which the Foundation is already committed: a tripling of the equivalent provision in 2003 and a strong positive cash flow with which to start the new year. Over the last seven years, the Foundation has accumulated only a modest surplus of k£113; the bulk of its income, M£7, being directly applied to the fulfilment of its charitable objectives.

Strategically, the Foundation has extended its commitment to the European Union, with the winning of long-term project funds, and supported both UK and regional government departments in the development of their public health programmes. In Wales, the Foundation has supported the implementation and monitoring of the national strategy, Food and Wellbeing: providing educational resources; helping with the judging of AFAL awards for successes in local voluntary projects; contributing to conferences, workshops and advisory committees. The Foundation has also sought to build bridges between consumers and industry, by contributing to events at both the Consumers’ Association and the National Consumer Council, and between different government departments, by linking different consultation responses to proposals for common, integrated action. Joint responses with the British Dietetic Association and the Nutrition Society have strengthened the Foundation’s case for the development of evidence-based policymaking, born of consensus among practitioners.
Education
Under Stephanie Valentine’s leadership, a huge amount of work has been undertaken this year by a very small number of dedicated members of staff. Project work for government has resulted in 11 training days and 126 schools evaluating Healthier Lunchbox Activity Kits for the Department of Health; joint visits to schools with HMI to identify good practice in relation to whole-school food policy for the Food Standards Agency and OfSTED; a draft report on practical work with food in primary schools and a Whole-School Food Policy document, in collaboration with the Design and Technology Association, for the Department for Education and Skills; contributions on Nutrition in Schools for the Council of Europe; and the development of a nutrition education programme for Brazil supported by the British Council.

Establishing a Food Partnership between Primary and Secondary Schools was launched by Stephen Twigg, Minister for Schools, in October 2003.

A unique initiative, this year, was the effort made to reach headteachers and school governors by providing seminars at a whole series of regional specialist conferences. Working with Sainsbury’s, the Design and Technology Association, the Department for Education and Skills, and five Levy Boards, a variety of educational challenges and resources have been organised, particularly in relation to the Taste of Success programme. In addition, a national conference has been held for 300 A-level food technology teachers and students. With the Pre-School Learning Alliance, educational resources will potentially reach 15,000 centres looking after 500,000 children. The Foundation’s website now attracts over one million visits per month and the BNF Food Quiz attracted responses from over 5,000 pupils.
Roy Ballam’s creativity and willingness to work very unsociable hours have made these projects the success they are. BNF Education News is another innovative combined publication and teaching resource from this very talented group. Add to this record all the incidental talks, consultancies and workshop meetings held throughout the UK and the picture is one of total, dendritic communication from branch to root and back again: distributing output and collating feedback.

**Science**

The success rate of the Foundation’s grant applications is second to none and is a testimony to Judy Buttriss’s standing in the world of nutrition and her careful perseverance with the bureaucracy that envelops today’s funding agencies. The EU FLAIR-FLOW 4 programme has continued to serve the needs of consumers, health professionals and SMEs in 24 countries with closing meetings in Brussels and Prague. The Foundation has developed a good track record for disseminating the outcomes of original nutrition research and works effectively with a wide variety of partners. The Ob-Age project, on obesity and ageing, is co-ordinated by the Rowett Research Institute; the 5-year LIPGENE project, on the interaction between dietary fats and genome in the context of the metabolic syndrome, involves 25 institutions in 10 different European countries; a folate project with the Institute of Food Research involved a conference in Warsaw followed by a series of targeted publications; and a study of the local bere grain brought partnership with Orkney College. The critical appraisal of Factors Affecting Food Choice, for the Food Standards Agency, was a particularly demanding piece of work which was completed in April and has now successfully passed through a peer review process.

The output of science publications has also continued with the Task Force Report, Plants: Diet and Health, being launched at a conference in September; and that of Cardiovascular Disease: Diet, Nutrition and Emerging Risk Factors going to press in May. The BNF Report on Obesity has entered yet another print run and is still one of the best overviews of the subject available today. Professor John Mathers has kindly agreed to chair a further Task Force on Nutrition and Healthy Ageing. Judy and Sara Stanner have now taken over the editorship of the Nutrition Bulletin, which can be a full-time commitment in its own right and is greatly appreciated by practising dietitians, nutritionists, university students and those in the food industry wanting to keep abreast of current issues. A Briefing Paper, Nutritional Aspects of Cereals, was completed in May with support from the Home-Grown Cereals Authority.

BNF conferences are always popular and serve the useful function of encouraging informed debate. Topics, this year, included Nutrition and Pre-school Children and The Truth about the Nation’s Diet. The Young Scientists Colloquium rewarded individuals working in the field of nutrition. HRH The Princess Royal gave the keynote address at this meeting and discussed the projects with the participants. Also, the annual BNF Prize was awarded to Dr Christine Edwards, of Glasgow University, for her achievements in nutrition education. With BNF News, Ten Key Facts, and a variety of leaflets and booklets, the Science Group has supported a whole public programme of information transfer. In addition, it has had to cope with an unusually large...
number of government consultations, especially from the Department of Health and the Food Standards Agency, and a continuous barrage of media enquiries. Combine this with all the regional talks and visits; the wide variety of interactions with member companies; the contributions to advisory committees; and it becomes obvious that this extensive output from such a relatively small group of workers can only be achieved through a high level of dedication.

Conclusion
The British Nutrition Foundation receives no funding by right. It accumulates no capital assets and maintains only a minimum reserve fund. It has to compete with many other charities and agencies for donations and contracts on an annual basis. Whilst the Foundation raises just over half of its income from industry and the remainder from government and related sources, it is not a spokesperson for either of these constituencies and its governance is dominated by the scientific community.

All the more reason, therefore, to thank the private sector for its support, particularly the sustaining companies: British Sugar, Cadbury’s, the Meat and Livestock Commission, Nestle, Unilever and Weetabix, who agree to donate funds over a four-year period to provide a minimum level of continuity. Without the voluntary support of Council Governors and the distinguished people who serve on our various committees, the Foundation would again be left vulnerable and without authority. My final thanks to all the staff for delivering such an outstanding performance this year. A reputation for integrity and impartiality is hard won and easily lost but it will continue to be the only true measure of the Foundation’s value.
Healthier Lunchboxes
The Foundation’s Education Group is managing the Healthier Lunchbox project on behalf of the Department of Health (DH) as part of the cross-government Food in Schools programme. This is one of eight projects, which follow the sequence of the school day. Picking up on the findings of an earlier survey of good practice, the pilot phase involved in-depth interviews with headteachers, teachers, parents and pupils in 10 schools around the South-East Government Region, as a needs analysis exercise. Suggestions from these interviews helped to shape a toolkit of resources (including posters, leaflets, a guide and a CD-ROM) which is being trialled in 126 schools throughout the summer term of 2004. The project has already generated a great deal of enthusiasm and schools have responded vigorously (particularly on the Isle of Wight) with a wide range of activities including parent-child cookery sessions and a Teddy Bears’ Picnic. Results of the pilot will be fed back to DH and used to inspire other schools throughout the country.

Continuing Professional Development for Teachers
The successful completion of the Food Partnership project in 2002, which led to the publication of Establishing a Food Partnership, sparked a series of further initiatives under the umbrella of the Department for Education and Skills (DfES) Food in Schools programme. These have involved visiting a number of training sessions around England to support secondary school food specialist teachers working with primary school teachers to ensure that they are confident and competent to undertake practical work with food in their own schools. This cascade model of training has now reached more than 500 primary teachers, from Carlisle to Cornwall, and stimulated some excellent practical cookery sessions.

Whole School Policy
The Foundation’s staff conducted some small-scale research into barriers to, and opportunities for, practical work with food in primary schools, which was reported to DfES. They also drafted a booklet, Establishing a Whole School Food Policy, which is published electronically on behalf of the DfES and provides simple guidance to help schools to review their current approach and develop their own policy regarding what is taught about food and nutrition in the curriculum, extra-curricular activities, and food and drink provision.

Further Success
The Sainsbury’s Taste of Success scheme, supported by the Design and Technology Association (DATA), BNF, the DfES and the Scottish Executive’s Healthy Living campaign, has continued to flourish and develop. More than 170,000 pupils have received certificates for practical cookery and healthy-eating ideas in primary, middle, secondary and special schools, to date. This year saw the introduction of the D&T Week Challenge, based on briefs set by four levy boards; the second Scottish Food Challenge and the first Platinum Level Awards for 14- to 16-year-olds.
Science Case Studies
Judith Buttriss, Science Director

BNF in Europe
Building on experience gained in the 3-year EU-funded FLAIR FLOW project, which ended in December 2003, the Science Group has been working with colleagues across Europe on a new 5-year project, LIPGENE, funded under the Sixth Framework Programme. The project concerns dietary fats, genomics and the metabolic syndrome (a clustering of several risk factors for cardiovascular disease: obesity, abnormal blood lipids, insulin resistance and high blood pressure). A key aspect will be an examination of how variations in types of dietary fat influence the metabolic syndrome, taking genetic differences into account. The project will consider the social and economic implications of the metabolic syndrome. It will also investigate the potential of new technologies to modify the fatty acid profile of the food supply, and the opportunities for; and the barriers against, the marketing of products based on these new technologies. BNF is responsible for the dissemination work-package in this consortium of 25 organisations, with the twin aims of raising awareness of the metabolic syndrome and disseminating information about the LIPGENE programme and its findings. Those interested in receiving periodic updates about LIPGENE can sign up at www.nutrition.org.uk/lipgene.htm. Information is also available at www.lipgene.tcd.ie.

Work also continues on the 3-year Ob-Age project, funded as part of the Fifth Framework Programme.

BNF in print
In September 2003, a Task Force Report on Plants: Diet and Health, chaired by Professor Malcolm Jackson, was published. During the year, the manuscript for a new Task Force Report on Cardiovascular Disease: Diet, Nutrition and Emerging Risk Factors, chaired by Professor Keith Frayn, was completed. A Briefing Paper has been published on Nutritional Aspects of Carrots and another has been completed on vegetarian diets. The journal, Nutrition Bulletin, continues to go from strength to strength and is now attracting original research papers.

During the year, various projects have been completed that will result in publications. The largest of these projects is a critical review for the Food Standards Agency on the psychosocial basis of food choice and identification of tools to effect positive food choice. Others include a review concerning the grain, bere barley, grown on the island of Orkney and a review concerning oilseeds and health.
Awards

The Foundation rewards excellent work in food and nutrition by students and their teachers throughout the UK. Annual awards are given to students at GCSE and Standard Grade levels, and at A-level and Advanced Higher. The Foundation has also encouraged research and professional development among young graduates through its Young Scientists Colloquium Awards. This year’s meeting was held in December 2003 and opened by HRH The Princess Royal.

BNF GCSE and Standard Grade Prizes - 2003
Assessment and Qualifications Alliance
Jennifer Morris,
Soham Village College, Ely, Cambridgeshire

Edexcel Foundation
Harriet Wolfe,
Wimbledon High School, London

Northern Ireland Council for the Curriculum Examinations and Assessment
Emma Carroll,
The Wallace High School, Lisburn

Oxford, Cambridge and RSA Examinations
Lauren Roads,
Wycombe High School, Buckinghamshire

Scottish Qualifications Authority
Victoria Bates,
Greenfaulds High School, Cumbernauld

Welsh Joint Education Committee
Stephanie Smallman,
Queen Elizabeth Cambria School, Carmarthen

BNF A-level and Advanced Higher Prizes - 2003
Assessment and Qualifications Alliance
Jason Shilhan,
Barnes Grammar School, Lincolnshire

Edexcel Foundation
Alison Wheeler,
Trinity School, Carlisle

Northern Ireland Council for the Curriculum Examinations and Assessment
Edele Cleary and Catherine Kerr;
St Patrick’s Academy Dungannon (joint winners)

Oxford, Cambridge and RSA Examinations
Rachel Moore,
Chesham High School, Buckinghamshire

Scottish Qualifications Authority
Louise Reid,
Beeslack High School, Penicuik

Welsh Joint Education Committee
Elm Evans,
Ysgol Caereinion High School, Powys

Young Scientists Colloquium Awards - 2003
Angela Craigie – Nutritionist from the University of Newcastle, for her work on tracking diet and adiposity from adolescence to adulthood.

Jeffrey Hampl – Associate Professor from Arizona State University, for his work on the influence of television on adolescents' perceptions of nutrition and physical activity.

Triona Joyce – Nutritionist at University College Cork, Ireland, for her work on the benefits and risks of folate fortification.

Rory McBurney – Public Health Nutritionist from the Royal Botanical Gardens Kew, for his work on African wild harvest and the nutritional composition of wild food plants.
Teresa Owen – Chief Dietitian and Education Project Officer at Allied Health Professionals in Wales, for her work on the role of the health professional in delivering nutritional advice.

Lie Ping Tang – Nutritionist from the University of Birmingham, for her work on maternal nutrition and early origins of adult disease.

Sarah Richards – Public Health Nutritionist at Sainsbury’s UK, for her work on community-based nutrition activities and training programmes in Sainsbury’s.

The Denis Burkitt Study Awards - 2004
The following have each been awarded £750 under this scheme (* joint awards).

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<thead>
<tr>
<th>Name</th>
<th>Medical Elective School</th>
<th>Destination</th>
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<tbody>
<tr>
<td>Simon Anderson</td>
<td>Wales</td>
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<td>David Blane</td>
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<td>Adam Booth</td>
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<td>Aristine Cheng</td>
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<td>Sophie Hampson</td>
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<td>Nabeel Kattar</td>
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<td>Aree Lawes</td>
<td>Birmingham</td>
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<td>Melanie Munang</td>
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<td>Susan Roberts</td>
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<td>Abigail Sewell</td>
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<td>Joanna Siaupeer</td>
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<td>Charlotte Tyler</td>
<td>Imperial College</td>
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The British Nutrition Foundation and Nestlé Bursaries for Medical Students – 2004
The following have each been awarded £500 under this scheme (* joint awards).

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<td>Joanna Pyun</td>
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<td>Zern Ganderia</td>
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<td>Timothy Harris</td>
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<td>Tine Klamann</td>
<td>UC London</td>
<td>Samoa</td>
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<tr>
<td>Tarique Maan</td>
<td>Guy’s, King’s and St. Thomas’</td>
<td>Egypt</td>
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<tr>
<td>Abigail Sewell</td>
<td>Wales</td>
<td>India</td>
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<tr>
<td>Ashah Sharma</td>
<td>UC London</td>
<td>Tanzania*</td>
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<tr>
<td>Animesh Singh</td>
<td>UC London</td>
<td>Tanzania*</td>
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<tr>
<td>Emma Smale</td>
<td>Oxford</td>
<td>Vanuatu</td>
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The British Nutrition Foundation Prize - 2003
The BNF prize is awarded for outstanding achievements in the field of nutrition. The 2003 prize was awarded to Dr Christine Edwards of Glasgow University for her outstanding contribution to nutrition education. Dr Edwards has been a leading figure in the development of nutrition education for dental, medical and science students, and of continuing education for health professionals and teachers. She is currently Senior Lecturer in Human Nutrition in the Division of Developmental Medicine and has previously worked at the universities of Edinburgh and Sheffield, where she graduated in 1980. She has created, established and developed an internationally recognised portfolio of nutrition courses at Glasgow, and has helped other medical schools to develop their own nutrition courses.

Christine Edwards, BNF Prizewinner
Communication

To ensure that its mission and charitable aims are met, the Foundation uses all major communication channels to disseminate impartial, scientifically accurate and up-to-date information on food and nutrition.

The Foundation’s unique structure, combining scientific rigour with professional educational standards, allows it to communicate to all social levels in the most appropriate format to ensure that health-promoting information is understood and likely to be used.

**BNF website** – www.nutrition.org.uk is a key portal for food and nutrition information. Every month, it receives over one million hits; half, of which, come from schoolchildren and students. The independent Tufts University Nutrition Navigator rated the site 10 out of 10 for accuracy in March 2004.

**E-mail & Letters** – every public enquiry receives a personal response. In addition, a monthly e-mail update is disseminated to over 2,500 teachers and a bi-monthly e-mail goes to journalists and media representatives.

**Telephone** – the office is open from 9am to 5pm on working days. The duty nutrition service is a special feature. Scientists are on call every day to liaise with the media and other interested parties about the latest food news.

**Newsletters** – BNF News gives an insight into the work of the entire Foundation three times a year to over 1,700 subscribers. BNF Education News, our dedicated newsletter for teachers, proactively engages their interest in food and nutrition issues at school, and unfolds to become a useful A2 poster, every school term.

**Publications** – BNF leaflets on healthy eating for consumers; downloadable resources on-line for schools; newspaper commentary; magazine articles; scientific reviews; in-depth Briefing Papers clarifying select subjects; the Nutrition Bulletin debating current issues; and authoritative two-year Task Force Reports on nutrition science topics reach every social sector. Over 92 items have been published by members of staff in this financial year. In one month, October

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**BNF Website Requests**

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12 British Nutrition Foundation Annual Report and Accounts 2003-04
2003, 32 million copies of non-BNF publications carried quotations from the BNF.

**TV and Radio Interviews** – members of BNF staff are frequently called upon to undertake interviews on topical news issues. In this financial year, over 124 interviews have been given.

**Presentations** – interacting with audiences, from a variety of backgrounds and localities, allows BNF to ensure that food and nutrition information is consistently disseminated and appreciated. In this financial year, over 72 presentations have been given to consumer groups, government bodies, health professionals, parents and teachers.

**Conferences** – encourage informed debate and facilitate the achievement of consensus in controversial areas. During this year, four science conferences have been organised, addressing pertinent issues in nutrition for key stakeholders. In addition, our National Nutrition Education Conference was held in Cambridge and an A-level Food Technology conference was held in London for teachers and sixth-form students.

**Policy Consultations** – as a result of this high level of interactive, two-way communication within society, the Foundation is regularly invited to contribute to a large variety of Government consultations, many of which are concerned with evaluating policy proposals for the promotion of public health.

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**Publications quoting BNF by Media Group fy 2004**

- **Consumer Magazines**: 44%
- **National**: 32%
- **Regional Dailies & Weeklies**: 19%
- **Electronic Media**: 5%

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*British Nutrition Foundation Annual Report and Accounts 2003-04*
Future Plans

**Education Group**

**Feeding Young Imaginations**

Working in partnership with the Pre-School Learning Alliance, the Foundation will be developing and supporting a new campaign to provide food, nutrition and health advice to pre-school settings throughout England, e.g. nurseries. The campaign, Feeding Young Imaginations, will enable good messages about nutrition, diet and health to reach 15,000 pre-school establishments — who look after 500,000 young children and their families.

Over the next year, the Foundation will be working with the Pre-School Learning Alliance to:

- develop practical guidelines for pre-school settings which will cater for the needs of children at different ages, cultural backgrounds and dietary requirements;
- support parents with food and nutrition information and practical advice;
- deliver hands-on training for staff and volunteers, linking practical food preparation and cooking to health;
- provide on-line support for parents and settings so they can access up-to-date and reliable information and guidance;
- establish a national food award scheme to recognise good food provision in various settings.

**Establishing Good Practice**

Work on an interactive website for primary-school-aged children will move forward at a pace. The site will seek to promote health and wellbeing through delivering appropriate food, nutrition and activity messages in fun and innovative ways. The site will be differentiated to enable teachers to plan progressive food and nutrition work for the children they teach. This will ensure that children are taught fundamental key concepts which are then built upon through their primary schooling.

The new site will be used by primary school teachers to support aspects of work at school, perhaps with children using the site to help their food work or by the teacher, to a whole class, using whiteboard technology. In addition, parents at home who wish to engage with their children with food can use the site to find out where food comes from or to download a new recipe to try out in the kitchen.

Core areas of the site will include:

- Introduction to food and nutrition, e.g. healthy eating and energy balance;
- Where does food come from? How is my food made?;
- Cooking, including food skills, equipment and safety;
- Science Lab, the facts about food;
- Our bodies, understanding how the body works and the importance of activity for health.
Science Group

Disseminating EU Research Outcomes

BNF's agenda for working with scientists across Europe in the coming year is already in place. An international conference within the LIPGENE project will be held in London on 1st December 2004, followed in Summer 2005 by a LIPGENE workshop in Brussels on the economic implications of the metabolic syndrome. Outcomes from the Ob-Age and Folate projects will be published and disseminated in the form of a rolling programme.

A new section within the Nutrition Bulletin has been introduced to provide a focus for new information emerging from various EU projects. BNF will also be working with the AlphaGalileo Foundation, which specialises in communicating European research news to the media worldwide.

Disseminating BNF Project Outcomes

The Task Force Report on Cardiovascular Disease: Diet, Nutrition and Emerging Risk Factors is scheduled for publication in early 2005, in association with a BNF conference. Meanwhile, work has begun on the next Task Force which is considering nutrition and healthy ageing, under the chairmanship of Professor John Mathers. The new Briefing Papers, to be published, will include Vegetarian Nutrition and Calcium and Health. Reviews and features by the science team will be published on factors affecting food choice, folate and health, oilseeds and health, and resistant starch.

Updating the Website

The whole BNF website will be re-launched in the coming year with a new user-efficient access framework and with all the nutrition facts and figures checked and updated as required.
## Annual Accounts 2003-04

### Statement of Financial Activity

For the year ended 31st May 2004

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<th>Restricted Funds</th>
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### INCOME AND EXPENDITURE

#### Incoming Resources

- Covenants, donations and memberships: £647,503 - £15,000 = £662,503
- Activities in furtherance of the charity’s objectives:
  - Projects: £399,243
  - Conferences: £25,321
  - Publications: £45,998
  - Investment income: £14,806

**Total Incoming Resources:** £1,132,871 - £15,000 = £1,147,871

#### Resources Expended

- Costs of generating funds: £115,535
- Charitable expenditure:
  - Projects: £620,951
  - Conferences: £107,694
  - Publications: £107,437
  - Prizes and awards: £17,629
  - Management and administration: £173,146

**Total Resources Expended:** £1,124,763 - £17,629 = £1,142,392

#### Net (Outgoing)/Incoming Resources for Year

- £267,400 - £5,479 = £261,921

#### Balances brought forward at 1st June 2003

- £319,990 - £270,872 = £590,862

#### Balances Carried Forward at 31st May 2004

- £587,390 - £8,951 = £596,341

- £590,862
## Balance Sheet
for the year ended 31st May 2004

<table>
<thead>
<tr>
<th></th>
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</tr>
</thead>
<tbody>
<tr>
<td><strong>Fixed Assets</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tangible assets – for use by the charity</td>
<td>8,663</td>
<td></td>
<td>6,850</td>
<td></td>
</tr>
<tr>
<td><strong>Current Assets</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Debtors:</td>
<td></td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Prepayments and accrued income</td>
<td>13,709</td>
<td>20,274</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Other debtors</td>
<td>169,910</td>
<td>63,299</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>183,619</td>
<td>83,573</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cash at bank and in hand</td>
<td>787,459</td>
<td>635,039</td>
<td></td>
<td></td>
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<tr>
<td></td>
<td>971,078</td>
<td>718,612</td>
<td></td>
<td></td>
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<tr>
<td><strong>Creditors:</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Amounts falling due within one year</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>PAYE and social security payable</td>
<td>16,964</td>
<td>16,897</td>
<td></td>
<td></td>
</tr>
<tr>
<td>VAT payable</td>
<td>10,085</td>
<td>8,498</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Accruals and deferred income</td>
<td>355,818</td>
<td>107,455</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Other creditors</td>
<td>533</td>
<td>1,750</td>
<td></td>
<td></td>
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<tr>
<td></td>
<td>383,400</td>
<td>134,600</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Net Current Assets</strong></td>
<td>587,678</td>
<td>584,012</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Net Assets</strong></td>
<td>596,341</td>
<td>590,862</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Funds</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Restricted funds</td>
<td>8,951</td>
<td>270,872</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Unrestricted funds</td>
<td>587,390</td>
<td>319,990</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>596,341</td>
<td>590,862</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

A full set of accounts and notes to the accounts are provided on our website at www.nutrition.org.uk or can be obtained on request from The Company Secretary, The British Nutrition Foundation, High Holborn House, 52 – 54 High Holborn, London WC1V 6RQ; Tel: 020 7404 6504.
Member Companies
at 31st May 2004

Ajinomoto Switzerland AG
Alpro UK Limited (Provamel)
Asda Stores Ltd
Associated British Foods plc
Bernard Matthews PLC
Brita Water Filter Systems Ltd
British Potato Council
British Sugar plc
Cadbury Trebor Bassett
Coca-Cola Great Britain and Ireland
Dairy Crest Limited
Home-Grown Cereals Authority
J Sainsbury plc
Kellogg Company of Great Britain Limited
Kraft Foods UK Ltd
Marks and Spencer plc
Masterfoods
McDonald's Restaurants Ltd
Meat & Livestock Commission
nairn
National Starch
Nestlé UK Ltd
Northern Foods plc
Nutricia Ltd
Orafti
Procter & Gamble Limited
RHM Technology Limited
Roche Products Limited
Sea Fish Industry Authority
Tate & Lyle Sugars
Terra Pak
The Dairy Council
The Jacobs Bakery Limited
Unilever plc
United Biscuits (UK) Limited
Weetabix Limited
Whitehall Laboratories

Financial Support for Special Events

During the year, the following member companies provided additional financial support:

Bernard Matthews plc – Young Scientists Colloquium
British Potato Council – D&T Week Food Challenge
Cadbury Ltd – NNEC 2003
Home Grown Cereals Authority – D&T Week Food Challenge
J Sainsbury plc – A-level Awards 2003
Kellogg Company of Great Britain – Denis Burkitt Award Scheme
Marks & Spencer – A-level Conference
Masterfoods – Plants Diet and Health Conference
Nestlé UK Ltd – A-level Conference, BNF Computer Upgrade, Food Quiz, GCSE Awards, Nestlé Bursary Scheme, NNEC 2003, Primary School Website, Regional conferences, Young Scientists Colloquium
Northern Foods – Young Scientists Colloquium
Nutricia Ltd – Young Scientists Colloquium
Tate & Lyle – BNF Computer Upgrade
The Dairy Council – D&T Week Food Challenge, Nutrition and Pre-school Children Conference, Young Scientists Colloquium
Unilever Bestfoods – Plants Diet and Health Conference, The Truth about the Nation’s Diet Conference

During the year, other organisations provided financial support, as follows.

Department for Education and Skills – A-level Conference, NNEC 2003
Findel Education – Nutrition and Pre-school Children Conference
Heinz – Healthy Eating Leaflet
Nutritionists in Industry – Young Scientists Colloquium
Simmers of Edinburgh – The Truth about the Nation’s Diet Conference

Companies are listed in their preferred styles.
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Formerly Director, Hannah Research Institute

Vice-Chairman
Mr J. W. Sutcliffe, BSc
Chief Executive, Grocery, Associated British Foods plc

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at 31st May 2004

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Department of Exercise and Health Sciences, University of Bristol

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Professor of Nutrition, School of Biomedical Sciences, University of Ulster

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Director, MRC Human Nutrition Research, Cambridge

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BSc PhD FRCP FRCPath
Professor of Clinical Chemistry, University of Liverpool

*Professor D.A.T. Southgate, BSc PhD CBiol MIBiol
Formerly Head of Nutrition, Diet & Health, AFRC Institute of Food Research, Norwich

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Head of Hugh Sinclair Unit of Human Nutrition, University of Reading

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General Manager, Nutrition Business Unit, Nestlé UK Ltd

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Chief Executive, Tate & Lyle Sugars

*Miss G. Fine, BSc MSc DPhil RNutr FRSH
Head of Food and Health, J. Sainsbury plc

*Mr R. J. Fletcher, BSc
Director, Scientific Affairs, Kellogg Europe
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at 31st May 2004

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Dr J. A. Woolfe, MSc PhD
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Miss G. Fine, BSc MSc RPHNutr FRSH
Dr S. French, BSc PhD
Mr D. Godfrey, BSc
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* Mr. C. J. Hart, BSc MSc FIFST
Honorary Treasurer, BNF
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Emeritus Professor of Food and Consumer Technology, Manchester Metropolitan University
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Health Editor, The Times
Mr. R. Rees
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Head of Communications, Institute of Food Research, Norwich
Mr. R. G. Southgate
Formerly Technical Executive, Northern Foods plc.

Miss A. Heughan, SRD
Company Nutrition and Health Manager, Unilever Bestfoods UK

Ms S. Jay
Director-General, Food & Drink Federation

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Group Operations Director, Youngs Bluecrest

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Chief Executive, Grocery, Associated British Foods plc;
Vice-Chairman, BNF
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Mr M. Livermore, BA
Mrs S. Malcolm, BSc SRD
Dr G. Stephenson, BSc PhD
Mrs M. Strong, MBA; BSc SRD DADP FRSH CertEd
Mr M. Taylor-Griffiths, EurChem CChem MRSC
* Ex-officio members

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Task Force - Plants: Diet and Health

Task Force - Cardiovascular Disease: Diet, Nutrition and Emerging Risk factors

Further details are available in the BNF Annual Record and on the website at www.nutrition.org.uk.

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at 31st May 2004

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Member, Consumers’ Association Council
Member, Welsh Ministerial Task Group on Food & Fitness for Children

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Member, Executive Committee, Institute of Consumer Sciences
Chair, School-based Panel, Institute of Consumer Sciences

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Member, Expert Committee, Joint Health Claims Initiative

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Peter Leigh, MIAP ANZPM

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Co-ordinator, BNF Website
Member, Editorial Team, MODUS

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Trustee, National Training & Research Appraisal Group, NLU

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Secretary, Nutrition Bulletin

Helen Marriott, BSc ANutr

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British Nutrition Foundation
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