The British Nutrition Foundation – Our Mission

**Our core purpose is to make nutrition science accessible to all and we do this through the interpretation, translation and communication of often complex scientific information.**

In all aspects of our work, we aim to generate and communicate clear, accurate, accessible information on nutrition, diet and lifestyle, which is impartial and relevant to the needs of diverse audiences, in particular the general public, the media, government, schools, health professionals, and food and beverage companies.

The British Nutrition Foundation is a registered charity (Registered Charity 251681, Scotland SC040061).

- We do not lobby, endorse any products, engage in food advertising campaigns or allow commercial or political pressure to influence us when publishing or disseminating information.

- We have been certified by the Information Standard, a quality mark supported by NHS England, which identifies our website as a reliable and trustworthy source of information that is based on evidence and appropriate for its audience.

- Our Council and Trustees ensure that we deliver our charitable aims, are impartial, transparent and act with integrity. A majority of our Council are leading academics, supported by leaders in education, communication and the food chain.

- Our funding comes from: membership subscriptions; donations and project grants from food producers and manufacturers, retailers and food service companies; contracts with government departments; conferences, publications and training; overseas projects; funding from grant providing bodies, trusts and other charities.

- We are proud of our long-established reputation for partnership working. What sets BNF apart is its ability to bring together those with an interest in food and nutrition from diverse sectors - academia, medicine, education, communication and the food chain.

**Find out more, go to:**
www.nutrition.org.uk/aboutbnf
Welcome to the BNF Annual Review  03
Our achievements in 2017-2018  04
BNF Awards  12
Looking ahead  14
Objectives for 2018-2019  16
BNF – making nutrition science accessible to all  20
Working with others  21
How we ensure our integrity  22
Annual Accounts 2017-2018  24
Financial support for BNF activities  27
Honorary Officers  28
The Council  29
Honorary Members and Governors Emeritus  30
Committees  31
BNF Members  34
The Staff  36
We have been especially pleased at the strides we are making in our work with school children and teachers.
Welcome to the BNF Annual Review 2017-2018

Our fiftieth anniversary year reinforced BNF’s mission of ‘Making nutrition science accessible to all’. Achieving this has involved engaging with stakeholders across society, including the general public, school children and teachers, academics, the media, government and health professionals, as well as industries across the breadth of the food chain.

The past year has been a very special one for us. We have been delighted with the support we received from our Patron, HRH The Princess Royal, who attended and contributed actively to three of our events during this year: BNF Healthy Eating week, our special October conference and the BNF Annual day in November 2017.

We have been especially pleased at the strides we are making in our work with school children and teachers. Last April our meeting, Talking about the next generation: Nutrition in school age children held at the British Library, was very well attended by school teachers and health professionals. We were struck by evidence of increasing interest in nutrition training for school teachers. As a consequence, one of the legacies from the fiftieth anniversary year has been the Foundation’s launch of a free online training programme for teachers in 2018. So far, 294 schools have registered, with 910 teachers undertaking the training. This builds on the 4,632 schools registered for BNF Healthy Eating Week and over half a million BNF resources downloaded by schools from our website, www.foodafactoflife.org.uk. We have also been highlighting the decision made by the Department for Education to discontinue the A-level in Food Technology. The course has provided strong entrants to degree programmes across the UK, as well as building interest in careers in food and nutrition science. Of equal importance has been the fact that the presence of an A-level in food and nutrition in a secondary school assures the supply of qualified teachers who can lead well-informed food and nutrition content throughout their school. BNF will continue its support for the development of a new A-level.

Our fiftieth anniversary activities and events have reinforced the importance to nutrition of engagement with other disciplines, as well as with businesses across the food sector. A special anniversary issue of Nutrition Bulletin, Nutrition science past and future: Celebrating a multi-disciplined approach, published in September, celebrated how our understanding of nutrition and the link between diet and health has been enriched by world-leading nutrition scientists from a number of disciplines: nutrition science methodology; epidemiology; biochemistry; behavioural science; epigenetics; biomedical science; and food science and technology. Equally successful was our October conference Who is shaping the food choices of the future? which explored future trends in agriculture, manufacturing and retailing, and the relationship between these trends and food choice. The meeting illustrated the need for a multi-sectorial approach, engaging nutrition scientists, agronomists, food industry members, government, retailers, sustainability specialists and others, in order to tackle diet quality issues and improve public health.

The distinctive content and success of this meeting could be no better tribute to our founder, Professor Alastair Frazer, who set up the Foundation fifty years ago and became its first Director General. In 1967, he anticipated that post war changes in food production, processing and retail, with also less involvement of government in food and nutrition policy than during war and post-war years, would require stronger links to be established across education, government and the food industry. In 2017-18 that need remains stronger than ever and, as this Annual Review testifies, the Foundation continues to apply that principle to all its charitable activities.

Professor Christine Williams
Chairman of the Board of Trustees
Our achievements in 2017-2018

To make nutrition science accessible to all, we undertake a variety of projects and initiatives across the audiences with whom we interact.

Key highlights from the past year

- 1.48 million people visited our website www.nutrition.org.uk for evidence based nutrition information.
- Our education website was used on 223,276 occasions, with teachers downloading nearly 356,762 resources. In addition, teachers downloaded 156,382 resources via the Times Educational Supplement (TES) resource portal. In total, over half a million BNF resources were downloaded by schools.
- Pupils analysed 255,614 recipes and diets using Explore Food, our free nutritional analysis tool for schools.
- BNF Healthy Eating Week attracted registrations from 4,632 schools (representing two million children), and 1,420 workplaces/universities (representing 1.2 million employees).
- The journal Nutrition Bulletin was available in a total of 13,400 institutions worldwide. The number of downloads was 237,241, up 10% on the previous year.
- BNF was quoted nearly 900 times during the year in the media.
- We trained 483 teachers at events and a further 92 attended education webinars, 145 delegates attended our 50th anniversary conference and 344 health professionals attended our webinar.
- Our Twitter accounts had 1.75 million impressions, with a total of 13,145 followers.
- BNF videos were viewed on nearly 300,000 occasions, representing 9,740 hours of watched content.

BNF 50th Anniversary 1967-2017

- BNF continued its 50th anniversary celebrations, publishing a special commemorative booklet focusing on the achievements of the Foundation since 1967.
- On BNF Annual Day, on 14 November 2017, we welcomed guests to celebrate the work of the Foundation. On the day, Prof Monty Losowsky was made BNF Governor Emeritus. Prof Losowsky, Mr Iain Ferguson, Dr Juliet Gray and Ms Gill Fine gave their own reflections about BNF over the years, as well as supportive words for the future.
- The October conference, Who is shaping the food choices of the future?, was attended by 145 delegates. Feedback indicated that 95% of delegates agreed or strongly agreed that they felt more informed, and 82% agreed or strongly agreed they will use what they learnt in their working role.
- A special issue of Nutrition Bulletin was published, Nutrition science past and future: Celebrating a multi-disciplined approach. It show-cased how our understanding of nutrition and the link between diet and health has been enriched by world-leading nutrition scientists from a number of disciplines.
- BNF launched free online training in food and nutrition for all UK primary school teachers.

A summary of our achievement in 2017-18 can be found here: https://youtu.be/DBz12pkIIMo
BNF Websites

• 1.48 million people visited our website www.nutrition.org.uk for evidence-based nutrition information, viewing over eight million pages. The top three pages in the year were: Fibre (406,074), Healthy Diet (274,958), and Carbohydrate (156,288).

• Our education website was used on 223,276 occasions, with teachers downloading 356,762 resources. In addition, teachers downloaded 156,382 resources via the TES resource portal. In total, over half a million BNF resources were downloaded by schools.

• Pupils analysed 255,614 recipes and diets using Explore Food, our free nutritional analysis tool for schools.

• The BNF online training portal, www.nutrition.training, received 20,578 visits.
Our achievements in 2017-2018

Conferences and events
- The 2017 BNF Annual Lecture was delivered by Professor Susan Jebb, Professor of Diet and Population Health, University of Oxford and winner of the BNF Prize in 2016.
- The 50th Anniversary conference, Who is shaping the food choices of the future?, was attended by 145 delegates.
- Jointly with the Royal Society of Medicine, BNF organised the Starving for truth: Nutrition myths and controversies event held in November. This one day conference (sold out in the main auditorium, with an overflow room provided) explored the complexities of nutrition research and explained why there seems to be controversy over some of the UK’s evidence-based guidelines. Speakers discussed where there is robust evidence for clear advice for prevention and management of diet- and health-related conditions and the event included a panel debate on Why all the confusion – can we really blame the media?, which was chaired by Professor Tom Sanders. Interviews with speakers were developed by BNF for the RSM website.
- The BNF Scottish Education Conference for secondary school food teachers was held in Edinburgh on the 10 March 2018. 100 delegates attended this professional development training day.
- BNF organised a workshop in collaboration with the non-for-profit HarvestPlus and Department for International Development (DFID) in May to explore the potential for use of biofortified crops and ingredients in the UK.
- BNF presented at or chaired a range of other external events, including AgriFood Training Partnership, IGD’s reformulation workshops, British Science Festival, FDF conference, University of Leeds, Food Matters Live, Primary Care & Public Health, DRINC dissemination event, Westminster Food & Nutrition Forum, University of Southampton, University of Surrey, Goldsmiths University, Design and Technology Association, HCC Meat Promotion Wales and the Food Teachers Centre.
Training
• Building on developments in 2016-2017, Exploring nutrition and health, an in-depth course for those who already have a basic knowledge of nutrition, was launched. Two courses were also certified by the Association for Nutrition. BNF continued to build bespoke courses for other organisations, supporting their workplace training and wellbeing initiatives.
• 830 health professionals registered for our A sweet solution? Can low calorie sweeteners help us to reduce our sugars intake? webinar in May. The recording of the webinar is available on the BNF website (in English, French, Spanish).
• Online training for all primary school teachers was launched in 2018. Courses for England, Northern Ireland, Scotland and Wales (also in Welsh, and in Gaelic in late 2018) were made available, supporting regional curriculum differences. To date, 294 schools have registered, with 910 teachers undertaking the training.
• 2,255 teachers registered for the BNF secondary school professional development programme. During the year, six education webinars were broadcast and recorded, monthly emails delivered and support information made available. Nine in 10 of the participants indicated that, as a result of the programme, their practice was better informed and up-to-date.
• 575 teachers were trained at eight face-to-face events, comprising either workshops or half-day conferences, and through five webinars.

Nutrition Bulletin
• Nutrition Bulletin was available in 13,400 institutions around the world (including low-cost or free access to 7,669 institutions in the developing world). Downloads of papers were up 10% to 237,241.
• The 50th Anniversary edition had 14,372 downloads (September ’17 to May ’18).
• A Virtual Issue on dietary fats was published in January, in anticipation of SACN’s saturated fat and health draft report. This collection of 13 papers by leading scientists explored the often complex relationships between different types of fat in the diet and health outcomes, such as cardiovascular disease, and overweight and obesity. The Editorial, The Big Fat Debate, was provided by Professor Anne-Marie Minihane.

Task Force
• The manuscript for the report of the Task Force on Cardiovascular Disease: Diet, Nutrition and Emerging Risk Factors, chaired by Professor Keith Frayn, Oxford, was submitted to Wiley for publication. This important work will be launched at the beginning of 2019.
Our achievements in 2017-2018

BNF Healthy Eating Week

- BNF Healthy Eating Week attracted registrations from 4,632 schools (representing two million children), and 1,420 workplaces/universities (representing 1.2 million employees).
- Schools and workplaces received free resources to support the Week, including five printed posters, planning guides, videos, promotional ideas and activity ideas. In addition, schools had the opportunity to take part in three online cooking sessions. Special thanks go to AHDB, the Garfield Weston Foundation, KP Snacks and Waitrose for their support.
- A highlight of the week was the attendance of HRH The Princess Royal at our celebratory event at Three Ways School, Bath. Her Royal Highness was led on a tour of the school by Mrs Julie Dyer.
Executive Head Teacher, and accompanied by Professor Judy Buttriss, where she observed BNF Healthy Eating Week activities.

- The Week achieved media coverage of a combined print circulation of 1,486,427 and a combined online circulation of 106,568,046, reaching a total estimated audience of 327,778,388, taking into account opportunities to read.
- Many of the schools and organisations involved tweeted about their activities during the week, resulting in an average of 720,000 impressions per day.
- 93% of schools told us that they would continue to use the resources we provided for the Week, and 9 in 10 schools reported that they would sustain the activities introduced in the Week in the longer term, e.g. encouraging 5 A DAY, drinking more, being active.

Media engagement

- BNF was quoted nearly 900 times during the year, and we gave more TV and radio interviews compared to the previous year. An ‘out of hours’ service for the media was launched, and a series of proactive media activities were undertaken.
- BNF nutrition scientists and education staff took part in training to support our work with the media. This resulted in a number of team building activities, as well as a better understanding of the needs of journalists.
- Prof Judy Buttriss is on the Science Media Centre’s expert list for nutrition-related enquiries and continues to write a monthly column in Food Manufacture.
- BNF continues to work with the monthly magazine Healthy Food Guide to provide copy and to help promote BNF messaging and activities. The January 2018 issue featured an article considering the role of insects as part of our food supply. After regularly submitting blogs on child nutrition for Nursing in Practice for some time (e.g. discussing portion sizes, iron deficiency anaemia), we are extending our work to provide more in-depth articles targeting all age groups.
- BNF continues to engage with stakeholders through its four Twitter accounts. In the year, the accounts had 1,759,849 impressions and had 13,145 followers. (Note: BNF Healthy Eating Week 2018 figures are not included here, as it took place outside the financial year.)
- Videos on YouTube and Vimeo were viewed about 300,000 occasions, representing a watch time of 584,429 minutes (or 9,740 hours) over the year.

Newsletters

- The Foundation disseminated the BNF News newsletter to 8,860 subscribers twice during the year and the BNF Education News monthly to 21,306 subscribers.
Our achievements in 2017-2018

Wider stakeholder engagement
BNF’s expertise in nutrition and health matters has been deployed in a number of external engagement activities, for example with government, research funders and food businesses.

During the year, Professor Buttriss joined the UK Nutrition Research Partnership on Food and Health (UKNRP), set up to take forward recommendations of the so-called OSCHR review, conducted by the Office for Strategic Co-ordination of Nutrition and Health Research. She was invited to help scope the nutrition work stream for the Food and Drink Sector Council (FDSC). Professor Buttriss also co-hosted a workshop on food legislation in the context of BREXIT, held at BEIS (Department for Business, Energy & Industrial Strategy), in conjunction with the Nutrition Society, British Dietetic Association, Institute of Food Science and Technology and Association for Nutrition. She continued to chair the Steering Group for BBSRC’s Diet Research and Industry Club (DRINC), attending several dissemination events, and was a member of Public Health England’s Expert Group reviewing nutrient profiling and Defra’s Family Food Survey committee. Also during the year, senior staff met with Public Health England, Department for Education and the Department of Health and Social Care for update meetings.

BNF had a stand at the 2017 Nutrition Society Summer meeting and at the Need for Nutrition Education/Innovation Programme (NNEdPro) event in Cambridge in August 2017.

Services for members
A proportion of BNF’s income comes from provision of membership services.

- Corporate membership: BNF provides quarterly updates via Emerging Issues and Emerging Research e-newsletters, ‘hot off the press’ nutrition and health email alerts, Nutrition Bulletin subscription, summaries of key reports, scientific reviews, face to face discussion forums and ‘sounding board’ meetings.
- Student and recent graduate membership: BNF provides professional development support and quarterly e-newsletters, nutrition and health alerts, and access to support information.

Details about membership can be found on page 35.

Projects with others
A substantial amount of the Foundation’s contribution to nutrition science communication is through collaborations with others, either as a result of project grants or as consultancy work. Project work included:

- Development of BNF guidance around portion size to complement the information provided about the constituents of a healthy diet depicted in the government’s Eatwell Guide.
- Evaluation of Slimming World’s weight loss programme and resources in relation to current dietary guidelines.
- Dissemination activities to support the BBSRC funded project carried out by King’s College London and the Quadram Institute (Norwich), Health impact of industrial interesterification of dietary fats.
- Devising and running three practical workshops for secondary school teachers in Northern Ireland in conjunction with the Livestock and Meat Commission.
- Work with the Jamie Oliver Food Foundation to review the current food education landscape in England. A report was launched and BNF presented the findings via a BNF Talk (on www.nutrition.org.uk) and as an editorial in Nutrition Bulletin.

Projects and collaborations
With retailers, manufacturers, ingredient companies and restaurant chains we have provided market analyses, recipe nutritional analyses, training, horizon scanning, advice on policy documents, copy for newsletters and websites, and portion size information. We have also written and published independent reviews on various nutrition topics and hosted roundtable discussions.
"We have written and published independent reviews on various nutrition topics..."
BNF Awards

During the year, BNF administered various awards, which are funded through the Drummond Memorial Fund.
The BNF Prize

The BNF Prize is awarded annually to a person or group for their outstanding achievement in an area of nutrition. The BNF Prize is awarded by BNF’s Council, based on a ballot of potential candidates nominated by the BNF Council.

The winner of the BNF Prize in 2017 was Professor Ian Macdonald, Professor of Metabolic Physiology at the University of Nottingham, in the School of Life Sciences, Faculty of Medicine and Health Sciences.

BNF Drummond Pump-priming Awards

The Foundation supported the provision of two grants to help newly-appointed university lecturers and research fellows, in human nutrition, to undertake the pilot work needed to generate data that can be used as the basis of a more substantial grant application. The recipients of the grants in 2017 were:

Dr Rebecca Jones, University of Bedfordshire
Dr Oonagh Markey, Loughborough University

BNF Drummond Early Career Scientist Award

The BNF Drummond Early Career Scientist Award recognises early career excellence in nutrition science. Applicants are judged on their contributions to nutrition science to date, their potential to become future leaders in the field, and the scientific merit and clarity of communication of their work.

Winner
Dr Caoileann Murphy,
University College Dublin

Runners-up
Dr Keri McCrinkerd, Singapore Institute of Clinical Sciences
Dr Fiona Malcomson, Newcastle University
Dr Jing Guo, University of Reading

BNF Drummond Education 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 National 5 levels, and at A-level and Advanced Higher.

GCSE/National 5 Awards
Assessment and Qualifications Authority
Student: Eleanor Watson
Teacher: Sara Mellors
Alcester Academy, Alcester

Council for the Curriculum, Examinations and Assessment
Student: Alannah Atkinson
Teacher: Melanie Watson
Rainey Endowed School, Magherafelt

Edexcel
Student: Cara Hilton
Teacher: Emma James
Urmston Grammar School, Manchester

Oxford, Cambridge and RSA Examinations Group
Student: Amelia Bowen
Teacher: Nicky Hayes
Weydon School, Surrey

Scottish Qualifications Authority
Student: Neve Kellacher
Teacher: Sine Greartorex
Holy Rood RC High School, Edinburgh

A-level/Advanced High Awards
Assessment and Qualifications Authority
Student: Hannah Edeson
Teacher: Anne Stanesby
Driffield School, East Yorkshire

Council for the Curriculum, Examinations and Assessment
Student: Kathleen Smartt
Teacher: Claire Thomson
Sullivan Upper School, Holywood

Edexcel
Student: Katie Cicirko
Teacher: Heather Standford
Woldgate School, York

Oxford, Cambridge and RSA Examinations Group
Student: Tanveer Sangra
Teacher: Catryn McDonald
Derby High School, Derby

Scottish Qualifications Authority
Student: Rachel Cockburn
Teacher: Sarah Souter
Exmouth Community College, Devon
Looking ahead

The number of people living into their 90s and beyond continues to rise. Nutrition and physical activity levels are likely to influence whether or not these extra years are spent in good health and independence is retained. The greatest impact is likely to occur when good habits are developed early on, rather than in response to a health crisis later in life.

The headlines continue to be dominated by concerns about childhood obesity and sugar, and the government’s focus on child nutrition is set to intensify as severe obesity in ten to eleven year-olds reaches its highest level since records began and inequalities continue to widen. As the coming year rolls out, a series of consultations linked to Chapter Two of the government’s Childhood Obesity Plan are expected to result in new rules restricting promotions and advertising. Of key importance will be the principles used to define which foods and drinks will be subject to restrictions, to ensure transparency and ease of implementation across the sector, whilst still encouraging reformulation of less healthy foods.

With so much focus on calorie reduction in the context of obesity, it is perhaps easy to forget that good nutrition is not just about calories – intakes of minerals, vitamins, protein, essential fatty acids and fibre really matter too. We overlook this at our peril in the context of ensuring that the extra years associated with increased lifespan are spent in good health. Such is the importance of healthy ageing that it features in the government’s Industrial Strategy, Building a Britain Fit for the Future, published in November 2017. Linked to this, I have been helping to map out a nutrition work stream for the Food and Drink Sector Council, which is a formal partnership with government to create a more productive and sustainable food and drink sector from farm to fork.

External engagement with stakeholders in nutrition continues to be a theme of our work and is illustrated by the project work we are undertaking. What sets BNF apart is an ability to bring together those with an interest in food and nutrition from diverse sectors – academia, education, communications and the food chain. We are proud of our long established reputation in effective partnership working.

Also during the year BNF joined the recently formed UK Nutrition Research Partnership on Nutrition and Health (UK NRP), set up to take forward recommendations of the OSCHR review published in July 2017. Core to this work is the need to find a way of appropriately valuing industry/academic collaboration in nutrition-related research. This has become a controversial and challenging issue but needs to be resolved in order for the full potential of nutrition research to be realized.

Other plans for the coming year include completion of a governance review and preparations to implement a new BNF strategy from June 2019. Activities already scheduled include a Members Forum on fortification in October 2018; a series of events exploring the ‘what, when and how of dieting’; webinars on gut health, pregnancy and pre/probiotics; launches of BNF’s portion size work and the Task Force report, Cardiovascular Disease: diet, nutrition and emerging risk factors; and updated resources for the nutrition.org.uk website. For schools, free online training for UK primary school teachers will continue and there will be a review of our provision of training for teachers. New BNF resources will include an updated schools education website, working with AHDB; an updated guide for producing food education resources; and a publication characterising good practice in secondary school food and nutrition teaching, in response to our work with teacher trainers. Lastly, we shall continue our engagement with schools (and workplaces) through BNF Healthy Eating Week 2019, as well as engaging with the Department for Education, Awarding Organisations, professional teacher associations and the STEM network.

Professor Judy Buttriss
Director General
Objectives for 2018-2019

During 2018/19, the Foundation will continue with the delivery of the business plan and continue with the implementation of the media and stakeholder engagement strategy. A key focus will be the completion of the BNF strategy.

In particular we will:

• complete the branding exercise and sign-off a revised strategy for the Foundation;

• publish the Task Force on *Cardiovascular Disease: Diet, nutrition and emerging risk factors*;

• broadcast a series of webinars, supporting Health Professionals, teachers and those interested in nutrition;

• host BNF Healthy Eating Week 2019, encouraging more nurseries, schools and workplaces to participate;

• launch an updated *Food – a fact of life* website for schools, which includes a professional development programme for teachers;

• promote the free training course for primary school teachers and encourage further uptake.

Operations

**Objectives**

- The final stage of the review of BNF Governance is completed.
- Work on BNF branding is signed-off and implemented.
- The BNF Strategy for the next 3-5 years is signed-off and plans are put in place for its implementation.

**Planned outcomes**

- An independent report on BNF Governance is presented to Trustees. Trustees consider recommendations.
- The branding exercise for BNF is completed. The outcomes of the review are used to update and communicate the BNF brand.
- The strategy is completed and signed-off by Trustees. A budget is developed, and a staff skills audit is undertaken, to support the implementation of the strategy from 1 June 2019.

Membership

**Objectives**

- Corporate Membership procedures and services are reviewed and updated.
- A survey of Corporate Members is undertaken.
- A Corporate Member forum is hosted.
- Individual membership (student/new graduate) is reviewed.

**Planned outcomes**

- Procedures are reviewed, revised as needed and communicated to staff. Services provided to members reviewed and updated in light of BNF branding review.
- Corporate Member feedback helps to inform membership proposition. Results presented at Trustees meeting.
- A forum and networking event for Members is hosted, showcasing the work of BNF.
- Members are surveyed to ascertain their reasons for membership. Membership packages reviewed in light of BNF strategy development.
# Objectives for 2018-2019

## BNF Branded Activity

<table>
<thead>
<tr>
<th>Objectives</th>
<th>Planned outcomes</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Implement BNF’s stakeholder engagement work, including media activities, to support a more visible profile for the Foundation and its work.</strong></td>
<td>Robust strategic partnerships developed, through which BNF contributes to improved public health and promotion of the delivery and use of evidence based nutrition science. Series of proactive media activities delivered on key outputs, e.g. portion size, CVD Task Force, BNF Healthy Eating Week.</td>
</tr>
<tr>
<td><strong>Launch new digital and physical materials for the BNF website.</strong></td>
<td>New BNF resources made available from our websites, supporting work with different audiences, such as consumers, health professionals and teachers.</td>
</tr>
<tr>
<td><strong>Launch and promote a range of BNF online training courses.</strong></td>
<td>New online training courses launched for a range of stakeholders.</td>
</tr>
<tr>
<td><strong>Provide high quality and topical online webinars and conferences.</strong></td>
<td>A series of webinars are broadcast, supporting health professionals, teachers and those interested in nutrition. Two high profile conferences are hosted.</td>
</tr>
</tbody>
</table>

## External consultancy and project work

<table>
<thead>
<tr>
<th>Objectives</th>
<th>Planned outcomes</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Showcase what we do – publish case studies of our work online.</strong></td>
<td>Case studies are published online to highlight our recent work and activity.</td>
</tr>
<tr>
<td><strong>Continue to seek partnership working and collaboration with Corporate Members, government and other organisations.</strong></td>
<td>Through external engagement activities, new partnerships/collaborations are established that enable BNF to contribute to improved public health and promotion of the delivery and use of evidence based nutrition science.</td>
</tr>
</tbody>
</table>

## Communications and campaigns

<table>
<thead>
<tr>
<th>Objectives</th>
<th>Planned outcomes</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Host BNF Healthy Eating Week 2019.</strong></td>
<td>Schools, workplaces and universities register to participate in the week. Evaluation indicates that the support provided from BNF is useful and supports health and wellbeing activities.</td>
</tr>
<tr>
<td><strong>The Information Standard certification is maintained on <a href="http://www.nutrition.org.uk">www.nutrition.org.uk</a></strong></td>
<td>Certification is retained by BNF.</td>
</tr>
<tr>
<td><strong>Continue media engagement activities.</strong></td>
<td>Activities (e.g. media briefings) held to enhance relationships with key journalists.</td>
</tr>
<tr>
<td><strong>Launch the Task Force Report.</strong></td>
<td>The Task Force on CVD: Diet, nutrition and emerging risk factors is published by Wiley. An event is hosted to launch the new report and a range of dissemination activities (via health professional and popular media) are undertaken to raise awareness of the key messages.</td>
</tr>
<tr>
<td><strong>Work in partnership with the AHDB to refresh the Food – a fact of life education programme.</strong></td>
<td>A new website is available for schools. Resources are updated, including those to support whole school food issues. A professional development programme for teachers is launched.</td>
</tr>
</tbody>
</table>

## Impact

<table>
<thead>
<tr>
<th>Objectives</th>
<th>Planned outcomes</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Monitor key metrics about the performance of the BNF, gathering intelligence on outputs, outcomes and impact.</strong></td>
<td>Details on BNF activities are recorded in the Annual Report and periodically online.</td>
</tr>
</tbody>
</table>
BNF – making nutrition science accessible to all

The core purpose of the British Nutrition Foundation is to make nutrition science accessible to all and we do this through the interpretation, translation and communication of often complex scientific information.

“...we aim to generate and communicate clear, accurate, accessible information on nutrition.”
In all aspects of our work, we aim to generate and communicate clear, accurate, accessible information on nutrition, diet and lifestyle, which is impartial and relevant to the needs of diverse audiences, in particular the general public, the media, government, schools, health professionals, and food and beverage companies.

Our broad funding base, networks and governance structure are inherent strengths that ensure we work with a diverse range of groups and talented individuals within the food and nutrition world. As a result, we are ideally placed to understand the nutrition challenges faced and the opportunities and context for activities associated with delivering improved public health.

BNF has robust procedures in place to sustain the quality and clarity of its outputs. BNF’s key publications are peer reviewed by technical committees and external experts drawn from the education and nutrition science.

Our website content is governed by the Information Standard and a web panel exists to help ensure relevance to the intended audiences and clarity of the information.

In the spirit of openness and transparency, our corporate members and committee membership are listed on our website and in our annual reports.

The Foundation is part of a broad network and we attach substantial value to the collaborations and partnerships that we have forged, both in the UK and also across Europe and beyond, that enable us to extend our influence without moving our focus from the things we do well.

**Our strengths lie in our:**
- networks and strong links with the nutrition science community residing in universities and research institutes;
- networks within the wider education sector; especially schools;
- longstanding working relationships with government officials and with health professional sectors engaged in communicating nutrition advice;
- nutrition science communications;
- collaborations over many years with the food and agriculture sectors, across the food chain;
- broad funding base and a robust and open governance structure.

We engage with a variety of stakeholders, helping us to generate and disseminate evidence-based nutrition science information, support training and professional development, interact in policy and research, collaborate in national and overseas projects and support BNF’s governance and operations. Our long-established reputation for partnership working is what sets BNF apart - bringing together those with an interest in food and nutrition from diverse sectors.
We are privileged to have a Royal Patron, Her Royal Highness The Princess Royal…
How we ensure our integrity

A core strength of the Foundation is its governance structure, which comprises a Board of Trustees and a Council, on which serve senior/experienced individuals in the field of food and nutrition from many walks of life, known as Governors.

The composition is deliberately weighted towards the scientific ‘academic’ community based in universities and research institutes. All those who serve on BNF committees do so without remuneration, with the exception of travel expenses.

We are privileged to have a Royal Patron, Her Royal Highness The Princess Royal, who takes an active interest in the work of the Foundation and its events.

The Council, which guides the Foundation’s strategy and direction, comprises 30 members: 16 Scientific Governors, six General Governors and eight Industrial Governors from the food sector, supported by four Honorary Officers (Honorary President, two Honorary Vice-Presidents and the Honorary Treasurer). The Council meets three times a year to review the work of the Foundation against its plans, providing constructive feedback, advising on impact measures and ensuring independence and accountability. Code of conduct and declaration of interests policies are in place.

BNF has a number of Advisory Committees that advise on, reflect on and provide constructive feedback on the Foundation’s work, resources and training activities. These include: the Scientific Advisory Committee; the Industrial Scientists Committee; the Editorial Advisory Board; and Education Working Groups.

To find out more, see page 28 or go to: www.nutrition.org.uk/aboutbnf
## Annual Accounts 2017-2018

### Statement of Financial Activities for the financial year ended 31 May 2018

<table>
<thead>
<tr>
<th></th>
<th>Unrestricted Fund £</th>
<th>Restricted Fund £</th>
<th>Total 2018 £</th>
<th>Total 2017 £</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Income</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Income from:</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Voluntary income</td>
<td>837,834</td>
<td>-</td>
<td>837,834</td>
<td>764,916</td>
</tr>
<tr>
<td>Investment income</td>
<td>16,343</td>
<td>-</td>
<td>16,343</td>
<td>15,262</td>
</tr>
<tr>
<td>Charitable activities</td>
<td>593,178</td>
<td>75,000</td>
<td>668,178</td>
<td>677,544</td>
</tr>
<tr>
<td><strong>Total Income</strong></td>
<td>1,447,355</td>
<td>75,000</td>
<td>1,522,355</td>
<td>1,457,722</td>
</tr>
<tr>
<td><strong>Expenditure</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Expenditure on:</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Raising funds</td>
<td>129,473</td>
<td>-</td>
<td>129,473</td>
<td>118,854</td>
</tr>
<tr>
<td>Charitable activities</td>
<td>1,330,396</td>
<td>50,600</td>
<td>1,380,996</td>
<td>1,342,621</td>
</tr>
<tr>
<td><strong>Total expenditure</strong></td>
<td>1,459,869</td>
<td>50,600</td>
<td>1,510,469</td>
<td>1,461,475</td>
</tr>
<tr>
<td>Unrealised gains/(losses) on investments</td>
<td>9,841</td>
<td>-</td>
<td>9,841</td>
<td>69,683</td>
</tr>
<tr>
<td>Realised gains/(losses) on investments</td>
<td>235</td>
<td>-</td>
<td>235</td>
<td>1,070</td>
</tr>
<tr>
<td><strong>Net income</strong></td>
<td>(2,438)</td>
<td>24,400</td>
<td>21,962</td>
<td>67,000</td>
</tr>
<tr>
<td>Other gains/(losses) on foreign exchange</td>
<td>1,260</td>
<td>-</td>
<td>1,260</td>
<td>23,602</td>
</tr>
<tr>
<td><strong>Net movement in funds</strong></td>
<td>(1,179)</td>
<td>24,400</td>
<td>23,221</td>
<td>90,602</td>
</tr>
<tr>
<td>Funds as at 1st June 2017</td>
<td>1,319,480</td>
<td>6,320</td>
<td>1,325,800</td>
<td>1,235,198</td>
</tr>
<tr>
<td>Funds as at 31st May 2018</td>
<td>1,318,301</td>
<td>30,720</td>
<td>1,349,021</td>
<td>1,325,800</td>
</tr>
</tbody>
</table>
## Annual Accounts 2017-2018

Balance Sheet for the year ended 31 May 2018

<table>
<thead>
<tr>
<th>2018</th>
<th>2018</th>
<th>2017</th>
<th>2017</th>
</tr>
</thead>
<tbody>
<tr>
<td>£</td>
<td>£</td>
<td>£</td>
<td>£</td>
</tr>
</tbody>
</table>

### Fixed Assets

**Total Fixed Assets:** £661,709 (2018), £630,632 (2017)

### Current Assets

- **Debtors:** £163,367 (2018), £137,195 (2017)
- **Cash at bank and in hand:** £772,522 (2018), £814,809 (2017)

**Total Current Assets:** £935,890 (2018), £952,004 (2017)

### Creditors: Amounts falling due within one year
- **Total Creditors:** £248,578 (2018), £256,836 (2017)

**Net Current Assets:** £687,312 (2018), £695,168 (2017)

### Total Net Assets
- **Total Net Assets:** £1,349,021 (2018), £1,325,800 (2017)

### Funds

- **Restricted funds:** £30,720 (2018), £6,320 (2017)
- **Unrestricted funds:** £363,798 (2018), £416,664 (2017)
- **Designated funds:** £954,503 (2018), £902,816 (2017)

**Total Funds:** £1,349,021 (2018), £1,325,800 (2017)

---

A full set of accounts and notes to the accounts are provided on our website (www.nutrition.org.uk) or can be obtained on request from: The British Nutrition Foundation, New Derwent House, 69-73 Theobalds Road, London WC1X 8TA.
Annual Accounts 2017-2018

Statement of Cash Flows for the year ended 31 May 2018

<table>
<thead>
<tr>
<th>2018</th>
<th>2017</th>
</tr>
</thead>
<tbody>
<tr>
<td>£</td>
<td>£</td>
</tr>
</tbody>
</table>

Cash flow from operating activities

Net cash provided by/(used in) operating activities

Cash flow from investing activities

Bank interest received
Investment income
Acquisition of fixed asset investments
Proceeds from disposal of fixed asset investments
Profit on Forex
Purchase of intangible assets
Purchase of tangible fixed assets

Net cash provided by/(used in) investing activities

Change in cash and cash equivalents

Cash and cash equivalents at the beginning of the year

Cash and cash equivalents at the end of the year

(i) Reconciliation of net income to net cash flow from operating activities

Net income

Adjustments for:

Depreciation charge
Amortisation charge
Bank interest paid/(received)
Investment income
(Profit)/loss on Forex differences
(Profit) on sale of investments
Revaluation of investments
Decrease/(increase) in debtors
Increase/(decrease) in creditors

**Net cash provided by operating activities**

<table>
<thead>
<tr>
<th></th>
<th>At 31 May 2018</th>
<th>At 1 June 2017</th>
</tr>
</thead>
<tbody>
<tr>
<td>Decrease/(increase) in debtors</td>
<td>(26,172)</td>
<td>21,405</td>
</tr>
<tr>
<td>Increase/(decrease) in creditors</td>
<td>(8,258)</td>
<td>(19,566)</td>
</tr>
<tr>
<td><strong>Net cash provided by operating activities</strong></td>
<td><strong>(8,971)</strong></td>
<td><strong>10,786</strong></td>
</tr>
</tbody>
</table>

**(ii) Analysis of Cash and cash equivalents**

<table>
<thead>
<tr>
<th></th>
<th>At 31 May 2018</th>
<th>At 1 June 2017</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cash at bank and in hand</td>
<td>772,522</td>
<td>814,809</td>
</tr>
<tr>
<td>Cash held in investments</td>
<td>50,739</td>
<td>37,016</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>823,261</strong></td>
<td><strong>851,825</strong></td>
</tr>
</tbody>
</table>

**Financial support for BNF activities**

During the year, the following Corporate Members provided financial support for specific BNF branded activities:

- Agriculture and Horticulture Development Board
- Healthy Eating Week 2018
- KP Snacks Limited
- Healthy Eating Week 2018
- Tetra Pak
- Portion size project
- Waitrose Ltd
- Healthy Eating Week 2018

During the year, the following organisations provided financial support for BNF branded activity:

- All Saints Educational Trust
- Food Teachers Professional Portfolio
- International Sweeteners Association
- Webinar for Health Professionals
- Morrisons Foundation
- Primary school teacher online training
Honorary Officers
at 31 May 2018

Patron
Her Royal Highness The Princess Royal

Honorary President
Professor A Shenkin BSc PhD FRCP FRCPath
Emeritus Professor of Clinical Chemistry,
University of Liverpool

Honorary Vice-Presidents
Mr JW Sutcliffe BSc
Non-Executive Director, Muntons (Holdings) plc
Professor ADB Malcom MA DPhil CBiol FSB
FIFST FRSC

Chairman of the Board of Trustees
Professor CM Williams OBE BSc PhD FSB
RNutr FAfN
Director of Food, Agriculture and Health,
University of Reading

Honorary Treasurer
Mr D Webster BA
Head of Communications,
Associated British Foods

Left column from top:
Her Royal Highness The Princess Royal
Honorary Vice-President Mr JW Sutcliffe
Chairman of the Board of Trustees Professor CM Williams

Right column from top:
Honorary President Professor A Shenkin
Honorary Vice-President Professor ADB Malcom
Honorary Treasurer Mr D Webster
The Council

at 31 May 2018

* Members of the Board of Trustees

Chairman of Council
Professor A Shenkin BSc PhD FRCP FRCPPath
Emeritus Professor of Clinical Chemistry, University of Liverpool

Scientific Governors
Professor AJ Adamson BSc PhD RD RNutr
Professor of Public Health Nutrition, Newcastle University
Professor JE Blundell BSc PhD FBPsS
Chair of Psychobiology, University of Leeds
Professor J Cade BSc PhD FAfN
Professor of Nutritional Epidemiology and Public Health, University of Leeds
Professor C Dennis CBE DL
Food Scientist and Technologist and Vice Chairman of the Board of Trustees*
Miss G Fine MSc
Public Health Nutritionist*
Professor G Frost BSc PhD RD
Chair in Nutrition and Dietetics, Imperial College London*
Professor MJ Jackson PhD DSc FRCPPath, Professor, Institute of Ageing and Chronic Disease, University of Liverpool
Professor SA Lanham-New BA MSc PhD RNutr
Head of the Department of Nutritional Sciences, University of Surrey
Professor JC Mathers BSc DipNutr PhD
Professor of Human Nutrition, Newcastle University*
Professor M Peaker DSc FRSE FRS
Formerly Director, Hannah Research Institute
Professor TAB Sanders BSc PhD DSc
Emeritus Professor of Nutrition and Dietetics, King’s College London University
Professor CM Williams OBE BSc PhD RNutr FAfN
Director of Food, Agriculture and Health, University of Reading
Chairman of the Board of Trustees, BNF*
Professor MJ Wiseman MB BS FRCP FRCPPath FAfN
Visiting Professor in Human Nutrition, University of Southampton*
Professor K Whelan BSc MSc MA PhD RD
Professor of Dietetics and Head of Department of Nutritional Sciences, King’s College London

Industrial Governors
Ms J Batchelor OBE BSc PGCE
Director of Sainsbury’s Brand, J Sainsbury plc
Mr M Bond BSc
Health Platform Leader – Active Nutrition, DuPont Nutrition and Health
Dr S Gatenby BSc PhD
Senior Director, Nutrition Europe, PepsiCo UK Ltd
Mrs A Greenhalgh-Ball BSc RD
Senior Director Nutrition EMEA, Kellogg Company of Great Britain Ltd
Mr D Gregory CSci FIFST, Chairman, Acoura Ltd*
Mr I Rayson BA MA
Director of Corporate Communications, Nestlé UK Ltd*
Mr D Webster BA
Head of Communications, Associated British Foods*

General Governors
Ms C Drummond MBE BSc FRSA FSB FRAGS FIAgM CEnv, Chief Executive, Linking Environment and Farming (LEAF)
Mr G Findlay BA, Qualifications Manager, Scottish Qualifications Authority*
Mrs G Henderson BEd
Education consultant
Dr R Pendrous BSc PhD CEng MIM3
Freelance journalist and writer*

Ex-officio Governors
Professor A Shenkin BSc PhD FRCP FRCPPath, Honorary President, BNF
Mr JW Sutcliffe BSc,
Honorary Vice-President, BNF
Professor ADB Malcolm MA DPhil CBiol FSB FIFST FRSC
Honorary Vice-President, BNF
Honorary Members and Governors Emeritus
at 31 May 2018

**BNF Honorary Members**
Dr DM Conning OBE MB BS FRCPath
FIBiol FIFST
Professor RS Pickard BSc PhD RNutr
CBiol FIBiol
Professor BA Wharton BA MBA MD
DSc FRCP FRCPCH FIFST
Miss A Heughan RD

**BNF Governors Emeritus**
Mr IGT Ferguson CBE BSc
Mr P Hebblethwaite BSc MSc CEng
FIFST FIChemE
The Baroness Hooper CMG BA
FRGS FRSA
Dr WT Little CBE FIFST
Professor A de Looy BSc PhD RD FBDA
Professor M Losowsky MB, ChB (Hons)
MD, FRCP
Ms R McRobert OBE
Mr DA Tate OBE DL MA
Professor RG Whitehead CBE BSc
PhD MA FIBiol CBiol HonFRCP
Committees
at 31 May 2018

SAC Members
Chairman SAC
Professor M Wiseman MB BS FRCP FRCPath FAfN, University of Southampton

Vice Chairman SAC
Professor B Ratcliffe BSc PhD RNutr FHEA CBiol FSB RNutr, Robert Gordon University

Members
Mr R Ballam BA MA, British Nutrition Foundation*
Professor JL Buttriss BSc PhD RNutr DipDiet FAfN, British Nutrition Foundation*
Professor I Givens BSc PhD MiBiol CBiol, University of Reading
Professor J Halford PhD C.Psychol. (Health) AFBPsS, University of Liverpool
Professor I Johnson BSc PhD, Institute of Food Research
Dr AA Lake, RD RNutr (Public Health) PhD, Durham University
Professor SA Lanham-New BA MSc PhD RNutr, University of Surrey
Professor A Lennox BSc PhD DipNutn, University of Surrey
Dr M Nelson BSc MSc PhD RNutr, Public Health Nutrition Research
Professor P Rogers MSc PhD, University of Bristol
Dr PA Sharp BSc PhD, King’s College London
Dr D Stensel PhD, Loughborough University
Professor J Thompson MSc PhD FACSM, University of Birmingham
Professor K Whelan BSc MSc MA PhD RD, King’s College London
Dr L Friis, BSc PhD EPSRC
*Ex-officio member

ISC Members
Chairman ISC
Mrs M Strong MBA BSc RD DADP FRSH CertEd, AHD

Vice Chairman ISC
Ms T Footman BSc RD, Unilever PLC

Members
Dr K Karnik, Tate and Lyle plc
Ms N Sritharan MMedSci PhD BSc, J Sainsbury’s plc
Dr S Gatenby BSc PhD RNutr, PepsiCo UK and Ireland
Ms N Gillett BSc, ABF Allied Bakeries
Ms K Halliwell MBiochem MSc, Food and Drink Federation (Observer)
Dr T Hulshof PhD, Kellogg Company of Great Britain Limited
Mrs H Seward BSc, Marks and Spencer plc
Ms C Maman, Danone Ltd
Ms R Obra-Ratwatte, Mondelez International
Ms L Read BSc Dip Nutr Diet RD, Nestlé UK Ltd
Dr C Vallance BSc MSc PhD, MARS UK
Dr A Aherne PhD RNutr, Kerry Foods Ltd

Nutrition Bulletin
Editors
Dr L Chambers BSc PhD
Ms S Stanner BSc MSc RNutr FAfN
Professor J L Buttriss BSc PhD RNutr DipDiet FAfN

Technical assistant
Ms S Coe BSc ANutr

Editorial Advisory Board
Chairman
Dr J Gray, Consultant Nutritionist, London, UK – Chair

Professor J Blundell, University of Leeds, UK
Ms K Ciuba, Nutrition Consultant, Washington DC, USA
Dr L Fernandez-Celemin, European Food Information Council (EUFIC), Belgium
Dr C Forde, Singapore Institute for Clinical Sciences and National University of Singapore, Singapore
Dr D Fuller, University of Sydney, Australia
Professor M González Gross, Technical University of Madrid, Spain
Professor B Griffin, University of Surrey, UK
Dr W Hall, King’s College London, UK
Professor R Johnson, University of Vermont, USA
Dr O Kennedy, University of Reading, UK
Dr C Lachat, Ghent University, Belgium
Committees
at 31 May 2018

Dr A Lake, Teeside University, UK
Dr C Leonard, Nutrionist, Switzerland
Mrs C Mac Evilly, Head of External Affairs, Danone, Ireland
Dr C Matthys, KU Leuven, Belgium
Dr K McNutt, Nutrition Consultant, USA
Professor A-M Minihane, University of East Anglia, UK
Dr P Mitrou, World Cancer Research Fund (WCRF) International, UK
Dr K Nemeth, Food Research Institute, Slovakia
Dr A Nugent, University College Dublin, Ireland

Education Working Groups
Chairman
Mr R Ballam, British Nutrition Foundation

Vice Chairman
Ms C Theobald, British Nutrition Foundation

England
Ms T Goodyere, Birmingham City University
Ms R Higgins, Newtown CE Primary School
Mrs K Hufton, Hornbeam Academy Trust
Ms Z Lawrence, Mayville High School
Mr K McGuinness, Bramhall High School
Mr J O’Rourke, Wasingborough Academy
Ms A Stafford, Healthy Schools London
Ms E Tydeman, Public Health England

Northern Ireland
Mrs L Anderson, Wellington College Belfast
Ms A Chambers, Food Standards Agency Northern Ireland
Ms M Davidson, University of Ulster
Mrs S Davidson, Omagh Academy
Ms J Harvey, Education Authority (Belfast)
Mrs G Henderson, BNF Governor
Mrs L Kelly, St Columbanus’ College
Mr D Neill, Wallace High School
Mrs W Strain, Antrim Grammar School
Mrs C Kenny, LMC

Scotland
Ms L Aitken, Education Scotland
Ms S Beattie, Education Scotland
Ms A Blair, Meldrum Academy
Mrs Y Dewhurst, University of Aberdeen
Mr G Findlay, Scottish Qualification Authority
Mrs E Fitzpatrick, St Mary’s Primary School
Mrs T Olmeda-Hodge, Food Standards
Mrs C Hislop, NHS Health Scotland
Ms E Nicoll, Preston Lodge High School
Ms F Smyth, St Ninian’s Primary
Ms K Taylor, Busby Primary School

Wales
Ms A Bergiers, Nantgaredig Primary School
Ms A Candy, Welsh Joint Education Committee
Mr M Campion, Her Majesty’s Inspector of Education and Training in Wales
Mr L Henry, Ysgol Gyfun Gwyr
Mr M Lewis, Gowerton Comprehensive
Ms N Lloyd, Pen Y Cwm Special School
Mrs N Rees Williams, Appetite for Life Facilitator

Regional Editor
K Ciuba, Nutrition Consultant, USA
Task Force


Chairman
Professor K Frayn, Emeritus Professor of Human Metabolism, University of Oxford

Members
Mrs B Benelam, Nutrition Communications Manager, British Nutrition Foundation
Professor S Blair, Faculty Affiliate, Prevention Research Center, University of South Carolina
Professor R Bruckdorfer, Emeritus Professor of Biology, University College London
Professor J L Buttriss, Director General, British Nutrition Foundation
Professor R Clarke, Professor of Epidemiology and Public Health Medicine, University of Oxford
Professor C Fall, Professor of International Paediatric Epidemiology and Consultant in Child Health, MRC Lifecourse Epidemiology Unit, University of Southampton
Professor G Ferns, Professor of Medical Education, Deputy Dean, University of Brighton
Professor L Hodson, Associate Professor of Diabetes and Metabolism, University of Oxford
Professor J Lovegrove, Director of the Hugh Sinclair Chair of Human Nutrition, University of Reading

Dr V Mohamed-Ali, University College London and Director of the Life Sciences Research Division, Anti-doping Laboratory Qatar
Professor M Murphy, Professor of Exercise and Health, University of Ulster
Professor S Ray, MRC-EWL Senior Medical Advisor and Senior Clinician Scientist, MRC Elsie Widdowson Laboratory
Ms S Stanner, Science Director, British Nutrition Foundation
Professor C Stehouwer, Professor and Chair, Department of Internal Medicine, Maastricht University Medical Centre
Professor P Yaqoob, School Director of Research, University of Reading

Contributors
Dr M Al Jaber, Senior Scientist, Anti-doping Laboratory Qatar
Ms S Coe, Nutrition Scientist, British Nutrition Foundation
Dr L Chambers, Senior Scientist, British Nutrition Foundation
Dr M de Maat, Associate Professor, Head Haemostasis Laboratory, Erasmus University Medical Center, Rotterdam
Professor G Gibson, Professor of Food Microbiology, Head of Food Microbial Sciences, University of Reading
Dr K Kumaran, Clinical Scientist/ Senior Lecturer, MRC Lifecourse Epidemiology Unit, University of Southampton
To support achievement of BNF’s charitable aims and objectives, the Foundation’s Articles of Association allow corporate and individual membership.

Corporate membership is open to organisations, companies and corporations from a range of backgrounds, such as banking, insurance, the food chain, healthcare, fitness, IT and media. All applications for corporate membership are scrutinised by the Foundation’s Trustees. Successful applicants sign-up to our governance policy, charitable aims and core values. Corporate members are encouraged to acknowledge their support of our work, and thus their contribution and commitment to important Corporate Social Responsibility issues concerning nutrition, health, education and wellbeing.

Corporate Members
Agriculture and Horticulture Development Board (AHDB)*
Alpro UK
Arla Foods
Asda Stores Ltd
Associated British Foods plc*
British Sugar plc
Caffe Nero
Calbee UK
Cargill Incorporated (Truvia)
Coca-Cola Great Britain and Ireland*
Corbion
Costa
Danone Waters and Dairies UK Ltd*
DuPont Nutrition and Health Division*
Ella’s Kitchen
Ferrero
Greggs plc
H J Heinz Ltd
Iceland
Innocent
J Sainsbury plc*
Kellogg Europe*
Kerry Foods Ltd*
KP Snacks Limited
Marks and Spencer plc
Mars UK Ltd
McCain Foods Ltd
McDonald’s Restaurants Ltd
Mitchells and Butlers
Mondelēz International*
nabim
National Farmers Union
Nestlé UK Ltd

Nestlé Nutrition
Nomad Foods Europe
Ocean Spray
PepsiCo UK Ltd*
Pladis
Premier Foods
Quorn Foods
Slimming World
Starbucks
Tata Global Beverages Limited
Tate & Lyle*
TetraPak
Tesco plc*
The Co-operative Group Ltd
Unilever plc*
Volac
Waitrose Ltd
Warburtons
Weetabix Ltd
Wm Morrison Supermarkets plc
Whitbread
Yakult

*Sustaining Corporate Member

Student and Recent-Graduate Membership
BNF offers associate membership for students and recent graduates in nutrition related subjects. Associate membership focuses on professional development and includes optional access to Nutrition Bulletin at a subsidised rate. During 2017-2018, the Foundation had 87 members in these categories.
The Staff
at 31 May 2018

**Directors**
*Director General*
Professor Judith Buttriss BSc PhD RNutr DipDiet FAfN
Visiting Professor, King’s College London
Visiting Professor, Robert Gordon University
Director, Early Years Nutrition Partnership CIC

*Managing Director and Head of Education*
Mr Roy Ballam BA MA
Chairman of Education Committee,
International Federation of Home Economics

*Science Director*
Ms Sara Stanner BSc MSc RNutr FAfN

**Senior Officers**
*Mrs Bridget Benelam BSc MSc*
Nutrition Communications Manager

*Ms Ayela Spiro BSc*
Nutrition Science Manager

*Ms Claire Theobald BA QTS*
Education Services Manager

**Officers**
*Dr Lucy Chambers BSc PhD*
Senior Scientist

*Ms Sarah Coe BSc ANutr*
Nutrition Scientist

*Ms Cristina Florea*
Office Administration Assistant

*Ms Helena Gibson-Moore BSc RNutr*
Nutrition Scientist

*Ms Melanie Hargraves BSc RD*
Nutrition Scientist

*Dr Stacey Lockyer BSc MSc PhD RNutr*
Nutrition Scientist

*Mrs Frances Meek BA QTS*
Senior Education Officer

*Ms Katie Relf*
Office Administration Executive

*Ms Emily Robinson BSc ANutr*
Assistant Nutrition Scientist

*Mr Alex White BSc MSc ANutr*
Assistant Nutrition Scientist

**On maternity leave:**
*Mrs Kim Down BA*
Education and Events Executive

*Dr Rosalind Miller BSc MSc PhD ANutr*
Nutrition Scientist

**BNF Interns during the financial year:**
*Ms Claire Meehan BSc*
*Ms Madi Myers BSc MSc ANutr*
Back row, left to right: Mrs Bridget Benelam, Ms Sarah Coe, Mr Roy Ballam, Professor Judith Buttriss, Mr Alex White, Ms Claire Theobald, Ms Cristina Florea and Ms Katie Relph.

Front row, left to right: Ms Ayela Spiro, Ms Claire Meehan, Mrs Frances Meek, Dr Stacey Lockyer, Ms Helena Gibson-Moore, Ms Sara Stanner and Dr Lucy Chambers.

Taken on 7 August 2018