The British Nutrition Foundation – Our vision, mission and values

Our vision: Everyone can access healthy, sustainable diets.

Our mission: Translating evidence-based nutrition science in engaging and actionable ways.

Our values
• Integrity: we are science-led, impartial, open minded, transparent and committed to diversity and sound ethical principles.
• Collaboration: we amplify our impact via partnership working with a range of stakeholders.
• Quality: we deliver excellence consistently.
• Positivity: we are a team of highly qualified experts who care about providing credible nutrition science and are passionate about the positive influence it can have on healthier lives.

The British Nutrition Foundation is a registered charity.
• We provide impartial, evidence-based information, resources and training on food and nutrition.
• 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 are a founding member of the Academy of Nutrition Sciences - a joint initiative between the Association for Nutrition, the British Dietetic Association, the British Nutrition Foundation and the Nutrition Society - a collective voice for evidence-based nutrition science.
• Our Trustees ensure that we deliver our charitable aims, are impartial, transparent and act with integrity. The Foundation’s governance structure (described in the Articles of Association) comprises a Board of Trustees, Advisory Committee, Scientific Committee, Editorial Advisory Board, Education Working Groups and a Nominations Committee, on which serve senior/experienced individuals from many walks of life. The composition is deliberately weighted towards the scientific ‘academic’ community, based in universities and research institutes, and those from education, finance, media, communications and HR backgrounds.
• BNF’s 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 a Certified Member of the Information Standard, a quality mark supported by NHS England which identifies our website as a reliable and trustworthy source of information.
• 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, health care, education, communication and the food chain.

Find out more, go to: www.nutrition.org.uk/aboutbnf
Welcome to the BNF Annual Review  02
Our achievements in 2019-2020  03
BNF Awards  08
Moving BNF Forward  10
Plans for 2020-2021  12
BNF – Translating evidence-based nutrition science in engaging and actionable ways  14
How we ensure our integrity  15
Annual Accounts 2018-2019 16
Honorary Officers, Members and Governors  20
Our Governance and Committees  21
BNF Members  24
The Staff  25
Welcome to the BNF Annual Review 2019-2020

With the increased emphasis on the importance of diet and health, especially during the Covid pandemic, the need for, and value of, BNF’s services has never been greater. Thus, the Foundation’s commitment to providing evidence-based advice and impartial scientific interpretation on food and nutrition is an even more crucial contributor to improving public health.

The staff, trustees and committee members have all responded magnificently to the routine of working from home and virtual meetings. These practices ensured the needs of our members and other stakeholders were met and that our social purpose continued in such challenging times. This review highlights the many outstanding achievements of the Foundation during the year, and the extensive reach it has achieved via its webinars, online educational workshops and conferences, publications and contributions to the media.

Collaboration with academia is central to the work of BNF. This has been further reinforced by partnering with the Nutrition Society, the British Dietetic Association and the Association of Nutrition to form The Academy of Nutrition Sciences, giving increased focus to the importance of nutrition and the nutrition science community.

The appointment of two lay trustees with specialist finance and human resource expertise, a new member of the Advisory Committee, who has specialist marketing knowledge and skills and several new members of the Scientific Committee has provided important new perspectives. These appointments, complemented with the substantial scientific, educational, nutrition, public health and food sector expertise already within our trustees and committees, has resulted in enhanced independent leadership of the charity.

During the year, we also invested in our brand and its future development, as a response to the changing needs of our stakeholders and society generally. This, together with future investment in business development and communication capability, relaunch of nutrition.org.uk in 2021 and greater emphasis on strategic financial and resource planning, means the Foundation is very well set for the opportunities ahead.

Professor Colin Dennis
Chair of the Board of Trustees
Our achievements in 2019-2020

Responding to Covid-19

Our response to the Covid-19 crisis, until the end of May 2020, as part of our social purpose, was to:

• provide information, guidance and support to the public through our websites and social media channels;
• work with the media to get credible evidence-based information out about immunity, as well as general healthy eating (240 pieces of coverage, total media circulation 27M in the period March-May 2020);
• give teachers, parents and children access to new remote learning resources;
• offer our online training free of charge for two weeks to the public;
• work with academic colleagues on analyses of the evidence to bring clarity to the debate playing out in the media, such as the paper published by BMJ group on vitamin D and respiratory tract infections.
Our achievements in 2019-2020

Providing evidence-based nutrition information
Our website, www.nutrition.org.uk, continues to be a key tool to enable a range of users to access evidence-based nutrition information.

Communicating evidence-based nutrition
A key element of our work is to communicate evidence-based nutrition science. This was achieved through our journalist and social media engagement work, publication of Nutrition Bulletin, production of videos and dissemination of newsletters.

Nutrition Bulletin was available in 13,551 institutions around the world, with 284,983 papers downloaded. Topics covered included sustainable healthy diets, bread and vitamin D.
Supporting food education in schools
BNF continues to deliver the *Food – a fact of life* education programme, providing free access to thousands of resources via its dedicated education website for schools. We also provided a range of professional development training opportunities for trainee and practising teachers throughout the year. The *Characteristics of good practice in teaching food and nutrition education in secondary schools* document was launched, and work started on a version for primary schools.
Our achievements in 2019-2020

Delivering nutrition training
We ran a mix of face-to-face and virtual training throughout the year, helping to extend our reach and impact.

- 7,281 registered for online training for free as part of our Covid-19 package.
- 5,287 registered for five nutrition science webinars (Breastfeeding, Early feeding, Personalised nutrition, Fats forward, and Processing the Nutribabble), with 84% finding them useful in their current role.
- 2,972 primary and secondary teachers registered for online training.
- 1,794 health professionals registered for online training course about fats and 684 registered for the sweeteners course.
- 300 teachers attended two education conferences, and two-thirds updated their lessons, resources and teaching as a result.
- The total value of the free online training provided was £1.2M.

Nutrition collaboration
BNF continues its tradition of convening meetings and roundtables, as well as working in partnership. For example, we worked with:

- **Universities**: Vitamin D workshop with the University of Surrey; EIT health claims project; EIT Food Partnerships projects (See & Eat and Health Claims Unpacked); projects on food processing, fats, sweeteners.
- **Health professionals**: providing training, e.g. with the Royal College of Midwives; focus groups; research reviews; fact sheets.
- **Corporate members**: in-depth reviews on nutrition topics; roundtables; consumer research; dietary and recipe analysis; training; media messaging; copy review; education programmes in schools; shared nutrition placement.
Championing nutrition

- The 2019 BNF Annual lecture, *From Acids to Alkalis; Sunshine to Shadows – Reflections of a Journey in Nutritional Sciences*, was delivered by Professor Susan Lanham-New, from the University of Surrey, and winner of the BNF Prize in 2018.
- BNF hosted its Annual Day, which featured a series of presentations about the future of the Foundation and its activities. In addition, Mr Iain Ferguson CBE, BNF Governor Emeritus, gave a thought-provoking presentation on challenges and opportunities ahead. Our Guest of Honour on the day was Mr Henry Dimbleby, who talked about his work on the National Food Strategy.
- BNF engaged in a range of activities with a wide stakeholder base, using our networks and convening power to inform and champion nutrition science, including government, research, industry, universities, health professionals, education and communications.
- BNF Healthy Eating Week 2019
  - Our Patron, HRH The Princess Royal, launched the week at Jersey College for Girls.
  - 6,943 registrations from schools and workplaces/universities, representing 3 million students and employees.

- Two-thirds more likely to review their approach to employee/student health, as a result.
- Two-thirds will continue something they did during the week.
- The Academy of Nutrition Sciences was successfully launched in partnership with the Nutrition Society, the British Dietetic Association and the Association for Nutrition.
- A total of £21K from the Drummond Memorial Fund was invested to champion nutrition science, including internships.
- We recognised excellence within the nutrition profession through a series of prestigious awards: The BNF Prize, Pump Priming Award, Early Careers Awards and Education Awards.
BNF Awards

BNF Awards – Recognising excellence and outstanding performance
The BNF Prize
The BNF Prize is awarded annually to a person or group for their outstanding achievement in an area of nutrition. Awarded by BNF’s Trustees based on a ballot of potential candidates nominated by the BNF’s advisory committees.

The winner of the BNF Prize in 2019 was Professor Hilary Powers, formerly Head of the Human Nutrition Unit at University of Sheffield and now Professor Emerita.

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 2019 were:

Dr Rachel Gibson, King’s College London
Dr David Clayton from Nottingham Trent University

BNF Drummond Education Awards
The Foundation rewards excellent work in food and nutrition by students and their teachers throughout the UK. Annual awards, covering each of the Awarding Organisations, are given to students at GCSE and National 5 levels, and at A-level and Advanced Higher.

GCSE and National 5
Assessment and Qualifications Authority
Areesha Aziz,
Heckmondwike Grammar School
Academy Trust

Council for the Curriculum, Examinations and Assessment
Kathryn Carson
Cookstown High School

Eduqas
Lucy Claire Burns
Belper School and Sixth Form Centre

Oxford, Cambridge and RSA
Examinations Group
Kate Rigelsford
Forest School

Scottish Qualifications Authority
Amy L Petrie
Ellon Academy Community Campus

Winner

Dr Henrik Roager, University of Copenhagen
Runners-up
Dr Elaine McCarth, University College Cork
Dr Ruairi Robertson, Queen Mary University of London

A-level, Advanced Higher and Level 3
Council for the Curriculum, Examinations and Assessmen
Jasmine McDermott
Glenlola Collegiate

Seren Williams
Pencoedtre High School

Jenna Mowat,
Brae High School

Scarlet Michelle Beattie
St Clement Danes School
We have contributed to a focused review of the scientific evidence in relation to vitamin D and coronavirus.
Moving BNF forward

Professor Judy Buttriss
Director General

Every cloud has a silver lining. Changes to the way we work, as a result of the pandemic, have freed up time, facilitated use of online platforms to reach larger audiences than face to face events often can, and forged in-depth engagement on strategic issues, research priorities and research funding applications. For example, we have contributed to a focused review of the scientific evidence in relation to vitamin D and coronavirus, and have paved the way for future research collaborations by broadening our network in the sphere of healthy and sustainable diets.

External work with research councils continues, particularly the Biotechnology and Biological Sciences Research Council’s review of diet and health research and the Medical Research Council’s UK Nutrition Research Partnership. I continue as a Trustee of the Academy of Nutrition Sciences and a visiting professor at the University of Surrey, and have been appointed to the government’s UK Nutrition and Health Claims Committee, which from January 2021 will take over the work on health claims previously undertaken by the European Food Safety Authority. In Spring 2021, Part 2 of the National Food Strategy is expected and we are contributing to the ongoing work of Henry Dimbleby’s team when opportunities arise.

Sara Stanner
Science Director

We’ve seen a surge of interest in the role nutrition plays in immune function, as well as general healthy eating, in response to the coronavirus pandemic. BNF has been leading from the front, working with all our stakeholders, providing advice and support for the public good. Our website has offered information, for example on healthy snacking, cooking with limited ingredients and the need for vitamin D supplements for those spending less time than usual outdoors during the summer months.

However, there are many other topics that have been keeping us busy too. For example, the prevalence of obesity and related conditions, and concerns about widening health inequalities and early years nutrition continue to be major public health concerns. Food reformulation remains high on the government’s agenda and there is also interest in the importance of choosing a diet that is both healthy for us, and good for the planet. We have started work to review the evidence as to what constitutes a healthier and more sustainable diet.

Moving forward, we have ambitious plans to revitalise and relaunch the BNF website and to strengthen BNF’s communications strategy, which will help us to increase our reach and influence. This is all set within the context of continuing to provide evidence-based advice, support and training in nutrition.

Roy Ballam
Managing Director and Head of Education

Covid-19 is continuing to shape not only the way in which we work at BNF, but also how we fulfil our social purpose as a charity. Operationally, this is a year of investment – using our rebranding review to get under the skin of who we are, what we do and how we behave. With Trustee’s support, we are pushing forward to ensure that we are better known, while retaining our credibility in science, and use our conveying power and different activity streams to better articulate our impact.

In relation to school education, we will continue to provide remote learning activities for children at home, as well as develop new support for pupils with special educational needs and disabilities. Our commitment to training teachers remains – and this year it will be through a series of virtual cooking workshops, expert webinars, video tutorials and national conferences.

The year will no doubt have its challenges, and we will need to be agile and flexible in our response. But we remain positive about the role and place of BNF in the future – continuing to push forward with our vision and mission.
Plans for 2020-2021

During 2020-2021, the Foundation will invest in its future capability and capacity, publish work on food reformulation and innovation, and healthy and sustainable diets, further its work on nutrition and Covid-19, and continue its support for schools.

In 2020-2021 we shall:
• invest in the future of the BNF brand;
• strengthen BNF’s communications strategy;
• relaunch www.nutrition.org.uk;
• progress work on healthy and sustainable diets;
• further develop educational and scientific resources in response to Covid-19 and the need to promote healthy and sustainable diets;
• publish a special issue of Nutrition Bulletin: Food reformulation and innovation: future solutions for healthier and more sustainable diets;
• provide education resources to support children with special educational needs;
• host BNF Healthy Eating Week 2020, encouraging more nurseries, schools and workplaces to participate.

As part of our social purpose, we shall continue to:
• communicate evidence-based nutrition science information via our websites and social media and engage with the media;
• champion nutrition science through engagement, collaborations, awards and internships;
• publish Nutrition Bulletin;
• provide food and nutrition education resources for schools via Food – a fact of life;
• deliver nutrition training.
### THE BNF STRATEGY

<table>
<thead>
<tr>
<th>VISION</th>
<th>Everyone can access healthy, sustainable diets</th>
</tr>
</thead>
<tbody>
<tr>
<td>MISSION</td>
<td>Translating evidence-based nutrition science in engaging and actionable ways</td>
</tr>
</tbody>
</table>

#### STRATEGIC PRIORITIES

<table>
<thead>
<tr>
<th>DEPLOY</th>
<th>PROGRESS</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>DEVeLOP</strong></td>
<td>Produce high quality nutrition resources, information and training.</td>
</tr>
<tr>
<td>Provide health professionals, key opinion leaders, academics and the media with information on relevant aspects of nutrition.</td>
<td><strong>INFORM AND FACILITATE</strong></td>
</tr>
<tr>
<td>Deliver the <em>Food – a fact of life</em> education programme to teachers.</td>
<td><strong>CHAMPION</strong></td>
</tr>
<tr>
<td>Work with corporate members and others to encourage a food environment that promotes healthier choices.</td>
<td><strong>PROGRESS</strong></td>
</tr>
<tr>
<td>Expand the impact and raise the profile of BNF Healthy Eating Week.</td>
<td><strong>DEVELOP</strong></td>
</tr>
<tr>
<td>Create curriculum and qualification compliant education resources.</td>
<td><strong>INFORM AND FACILITATE</strong></td>
</tr>
<tr>
<td><strong>CHAMPION</strong></td>
<td>Advocate evidence-based nutrition science.</td>
</tr>
<tr>
<td><strong>PROGRESS</strong></td>
<td>Showcase our work and impact.</td>
</tr>
<tr>
<td><strong>DEVELOP</strong></td>
<td>Produce high quality nutrition resources, information and training.</td>
</tr>
<tr>
<td><strong>INFORM AND FACILITATE</strong></td>
<td>Disseminate resources, information and training to make healthier choices easier.</td>
</tr>
<tr>
<td><strong>CHAMPION</strong></td>
<td>Advocate evidence-based nutrition science.</td>
</tr>
<tr>
<td><strong>PROGRESS</strong></td>
<td>Showcase our work and impact.</td>
</tr>
</tbody>
</table>

#### STRATEGIC OBJECTIVES

<table>
<thead>
<tr>
<th>DEPLOY</th>
<th>PROGRESS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Generate evidence-based nutrition information, resources and training.</td>
<td><strong>INFORM AND FACILITATE</strong></td>
</tr>
<tr>
<td>Advance the development of <em>Nutrition Bulletin</em>.</td>
<td><strong>CHAMPION</strong></td>
</tr>
<tr>
<td>Create curriculum and qualification compliant education resources.</td>
<td><strong>PROGRESS</strong></td>
</tr>
<tr>
<td><strong>DEVELOP</strong></td>
<td>Produce high quality nutrition resources, information and training.</td>
</tr>
<tr>
<td><strong>INFORM AND FACILITATE</strong></td>
<td>Disseminate resources, information and training to make healthier choices easier.</td>
</tr>
<tr>
<td><strong>CHAMPION</strong></td>
<td>Advocate evidence-based nutrition science.</td>
</tr>
<tr>
<td><strong>PROGRESS</strong></td>
<td>Showcase our work and impact.</td>
</tr>
<tr>
<td><strong>DEVELOP</strong></td>
<td>Produce high quality nutrition resources, information and training.</td>
</tr>
<tr>
<td><strong>INFORM AND FACILITATE</strong></td>
<td>Disseminate resources, information and training to make healthier choices easier.</td>
</tr>
<tr>
<td><strong>CHAMPION</strong></td>
<td>Advocate evidence-based nutrition science.</td>
</tr>
<tr>
<td><strong>PROGRESS</strong></td>
<td>Showcase our work and impact.</td>
</tr>
</tbody>
</table>
The core purpose of the British Nutrition Foundation is to translate evidence-based nutrition science in engaging and actionable ways and we do this through developing, informing, facilitating and championing nutrition science information, training and resources.

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 communities.

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.
The majority of the Board of Trustees and the Advisory Committee are members from the academic scientific community, educationalists or lay members, who have no financial interest in the commercial food industry, thus ensuring continued independence of the governance system. Similarly, the Scientific Committee membership is biased towards those who are active in academic nutrition science, public health nutrition and education.

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 Foundation also has an Editorial Advisory Board and Education Working Groups, drawn from nutrition science and education communities, to advise on its activities.

We have been certified by the Information Standard, a quality mark supported by NHS England, which identifies that we follow strict principles in developing our consumer nutrition and health information so it is reliable and trustworthy, is based on evidence and appropriate for its audience.

To find out more, go to: www.nutrition.org.uk/aboutbnf
## Annual Accounts 2019-2020

Statement of Financial Activities for the financial year ended 31 May 2020

<table>
<thead>
<tr>
<th>Income from:</th>
<th>Unrestricted Fund £</th>
<th>Restricted Fund £</th>
<th>Total 2020 £</th>
<th>Total 2019 £</th>
</tr>
</thead>
<tbody>
<tr>
<td>Voluntary income</td>
<td>837,119</td>
<td>-</td>
<td>837,119</td>
<td>901,388</td>
</tr>
<tr>
<td>Investment income</td>
<td>17,529</td>
<td>-</td>
<td>17,529</td>
<td>18,814</td>
</tr>
<tr>
<td>Charitable activities</td>
<td>530,668</td>
<td>-</td>
<td>530,668</td>
<td>601,877</td>
</tr>
<tr>
<td><strong>Total Income</strong></td>
<td>1,385,316</td>
<td>-</td>
<td>1,385,316</td>
<td>1,522,079</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Expenditure on:</th>
<th>Unrestricted Fund £</th>
<th>Restricted Fund £</th>
<th>Total 2020 £</th>
<th>Total 2019 £</th>
</tr>
</thead>
<tbody>
<tr>
<td>Raising funds</td>
<td>104,480</td>
<td>-</td>
<td>104,480</td>
<td>101,536</td>
</tr>
<tr>
<td>Charitable activities</td>
<td>1,216,447</td>
<td>9,670</td>
<td>1,226,117</td>
<td>1,335,414</td>
</tr>
<tr>
<td><strong>Total expenditure</strong></td>
<td>1,320,927</td>
<td>9,670</td>
<td>1,330,597</td>
<td>1,436,949</td>
</tr>
</tbody>
</table>

| Unrealised gains on investments     | (22,882)            | -                 | (22,882)     | (2,698)      |
| Realised gains on investments       | 700                 | -                 | 700          | -            |
| **Net income**                      | 42,207              | (9,670)           | 32,537       | 82,432       |

<table>
<thead>
<tr>
<th>Other (losses)/gains on foreign exchange</th>
<th>Unrestricted Fund £</th>
<th>Restricted Fund £</th>
<th>Total 2020 £</th>
<th>Total 2019 £</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>14</td>
<td>-</td>
<td>14</td>
<td>(9)</td>
</tr>
<tr>
<td><strong>Net movement in funds</strong></td>
<td>42,221</td>
<td>(9,670)</td>
<td>32,551</td>
<td>82,423</td>
</tr>
</tbody>
</table>

Funds as at 1st June 2019  
1,415,454  15,990  1,431,444  1,349,021

Funds as at 31st May 2020  
1,457,675  6,320  1,463,995  1,431,444
Annual Accounts 2019-2020

Balance Sheet for the year ended 31 May 2020

<table>
<thead>
<tr>
<th></th>
<th>2020</th>
<th>2020</th>
<th>2019</th>
<th>2019</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>£</td>
<td>£</td>
<td>£</td>
<td>£</td>
</tr>
<tr>
<td>Fixed Assets</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Intangible Assets</td>
<td>23,788</td>
<td>23,122</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tangible Assets</td>
<td>11,454</td>
<td>16,169</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Investments</td>
<td>600,821</td>
<td>611,054</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>636,063</td>
<td>650,345</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Current Assets</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Debtors</td>
<td>151,085</td>
<td>151,370</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cash at bank and in hand</td>
<td>889,395</td>
<td>816,981</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>1,040,480</td>
<td>968,351</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Creditors: Amounts falling due within one year</td>
<td>212,548</td>
<td>187,252</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Net Current Assets</td>
<td>827,932</td>
<td>781,099</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total Net Assets</td>
<td>1,463,995</td>
<td>1,431,444</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Funds</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Restricted funds</td>
<td>6,320</td>
<td>15,990</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Unrestricted funds:</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Designated funds</td>
<td>274,298</td>
<td>297,640</td>
<td></td>
<td></td>
</tr>
<tr>
<td>General funds</td>
<td>1,183,377</td>
<td>1,117,814</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>1,463,995</td>
<td>1,431,444</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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 2019-2020
Statement of Cash Flows for the year ended 31 May 2020

<table>
<thead>
<tr>
<th></th>
<th>2020</th>
<th>2019</th>
</tr>
</thead>
<tbody>
<tr>
<td>Net cash provided by/(used in) operating activities</td>
<td>84,233</td>
<td>56,218</td>
</tr>
<tr>
<td>Bank interest received</td>
<td>85</td>
<td>63</td>
</tr>
<tr>
<td>Investment income</td>
<td>17,444</td>
<td>18,751</td>
</tr>
<tr>
<td>Acquisition of fixed asset investments</td>
<td>(32,974)</td>
<td>(15,725)</td>
</tr>
<tr>
<td>Proceeds from disposal of fixed asset investments</td>
<td>36,270</td>
<td>-</td>
</tr>
<tr>
<td>(Loss)/Profit on Forex</td>
<td>14</td>
<td>(9)</td>
</tr>
<tr>
<td>Purchase of intangible assets</td>
<td>(14,176)</td>
<td>(7,262)</td>
</tr>
<tr>
<td>Purchase of tangible fixed assets</td>
<td>(3,237)</td>
<td>(9,835)</td>
</tr>
<tr>
<td>Net cash (used in) investing activities</td>
<td>3,426</td>
<td>(14,017)</td>
</tr>
<tr>
<td>Change in cash and cash equivalents</td>
<td>87,659</td>
<td>42,201</td>
</tr>
<tr>
<td>Cash and cash equivalents at the beginning of the year</td>
<td>865,462</td>
<td>823,261</td>
</tr>
<tr>
<td>Cash and cash equivalents at the end of the year</td>
<td>953,121</td>
<td>865,462</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th></th>
<th>2020</th>
<th>2019</th>
</tr>
</thead>
<tbody>
<tr>
<td>Net income</td>
<td>32,551</td>
<td>82,423</td>
</tr>
<tr>
<td>Depreciation charge</td>
<td>7,952</td>
<td>4,651</td>
</tr>
<tr>
<td>Amortisation charge</td>
<td>13,510</td>
<td>34,579</td>
</tr>
<tr>
<td>Bank interest paid/(received)</td>
<td>(85)</td>
<td>(63)</td>
</tr>
<tr>
<td>Investment income</td>
<td>(17,444)</td>
<td>(18,751)</td>
</tr>
<tr>
<td>(Profit)/loss on Forex differences</td>
<td>(14)</td>
<td>9</td>
</tr>
<tr>
<td>(Profit) on sale of investments</td>
<td>(700)</td>
<td>-</td>
</tr>
<tr>
<td>Revaluation of investments</td>
<td>22,882</td>
<td>2,698</td>
</tr>
</tbody>
</table>
Decrease/(increase) in debtors
Increase/(decrease) in creditors

Net cash provided by operating activities

(ii) Analysis of Cash and cash equivalents

<table>
<thead>
<tr>
<th></th>
<th>At 31 May 2020</th>
<th>At 1 June 2019</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cash at bank and in hand</td>
<td>889,395</td>
<td>816,981</td>
</tr>
<tr>
<td>Cash held in investments</td>
<td>63,726</td>
<td>48,482</td>
</tr>
<tr>
<td></td>
<td><strong>953,121</strong></td>
<td><strong>865,463</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 2020
- Food – a fact of life
- Innocent Drinks
- Healthy Eating Week 2020
- Kelloggs
- Webinar on personalised nutrition and the gut
- Quorn Foods
  - Healthy Eating Week 2020
- Nabim
- Food – a fact of life
- Nestlé Cereals UK
- Healthy Eating Week 2020
- Waitrose & Partners
  - Healthy Eating Week 2020

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

- All Saints Educational Trust
  - Characteristics of good practice in teaching food and nutrition education
- ISAPP
  - Webinar on fermented foods
- King’s College London
  - Webinar on Interesterified Fats in Food
Honorary Officers, Members and Governors
at 31 May 2020

Our Patron
Her Royal Highness The Princess Royal

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

Chair of the Board of Trustees
Professor C Dennis CBE DL BSc PhD CSci Hon FIFST FIFT FIAFST FRSA Hon FRSAE Chair International Food Information Service

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

BNF Honorary Members
Miss A Heughan RD
Professor RS Pickard BSc PhD RNutr CBiol FIBiol
Professor BA Wharton BA MBA MD DSc FRCP FRCPCH FIFST

BNF Governors Emeritus
Mr IGT Ferguson BSc CBE
Mr P Hebblethwaite BSc MSc CEng FIFST FIChemE
The Baroness Hooper CMG BA FRGS FRSA
Professor A de Looy BSc PhD RD FBDA
Professor RG Whitehead CBE BSc PhD MA FIBiol CBiol HonFRCP
Our Governance and Committees

at 31 May 2020

The Board of Trustees

Professor C Dennis CBE DL BSc PhD CFS CSci Hon FIFST FIFT FIAFST FRSA Hon FRASE (Chair)
Mr M Bond BSc
Marketing Strategy Leader, DuPont Nutrition and Health
Mr G Findlay BA
Qualifications Manager, Scottish Qualifications Authority
Miss G Fine MSc
Public Health Nutritionist
Mrs A Greenhalgh-Ball BSc SRD
Senior Nutrition Director, EMEA (Europe, Middle East and Africa), Kellogg Company of Great Britain Limited
Mrs Desiree Irving-Brown
Deputy CFO Imperial College Healthcare NHS Trust
Professor JC Mathers BSc DipNutr PhD
Professor of Human Nutrition, University of Newcastle
Professor SA Lanham-New BA MSc PhD RNutr
Head of the Department of Nutritional Sciences, University of Surrey
Mrs L Redmond BSc (Hons), MA, MBA, FCIPD
Head of Communications, ABF UK Grocery
Professor CM Williams OBE PhD FSB RNutr FAfN
Emeritus Professor Human Nutrition, University of Reading
Mr A Wotherspoon BSc (Hons) FIFST

Advisory Committee

Professor J Cade BSc PhD FAf
Professor of Nutritional Epidemiology and Public Health, University of Leeds (Chair)
Ms J Batchelar OBE BSc PGCE
Director of Sainsbury’s Brand, J Sainsbury plc (Vice-Chair)
Professor JE Blundell BSc PhD FBPsS
Chair of Psychobiology, University of Leeds
Professor G Frost BSc PhD RD,
Chair in Nutrition and Dietetics, Imperial College London
Dr S Gatenby BSc Ph
Senior Director, Nutrition Europe, PepsiCo UK Ltd
Mrs G Henderson BEd
Education consultant
Mrs K Clifford
Head of Public Affairs, Nestlé UK Ltd
Professor K Whelan BSc MSc MA PhD RD
Professor of Dietetics and Head of Department of Nutritional Sciences, King’s College London
Professor MJ Wiseman MB BS FRCP FRCPath FAfN
Visiting Professor in Human Nutrition, University of Southampton
Ms K Platts MSc ANutr MRSPH
Research Associate, Sheffield Hallam University

Nominations Committee

Mr IGT Ferguson BSc CBE (Chair)
Professor C Dennis CBE DL BSc PhD CFS CSci Hon FIFST FIFT FIAFST FRSA Hon FRASE
Ms C Drummond MBE, Linking Environment and Farming (LEAF)
Chief Executive
Our Governance and Committees
at 31 May 2020 continued

Scientific Committee
Professor D Stensel, University of Loughborough
Professor P Rogers, University of Bristol
Professor J Thompson, University of Birmingham
Dr A Brown, University College London
Dr E Dimidi, King's College London
Ms E Jesper-Mir, Sense about Science
Professor L Methven, University of Reading
Professor E Stevenson, University of Newcastle
Mrs B Monks, Food Education Consultant
Dr J Stewart, University Hospitals of Leicester
Dr D Mellor, Aston University
Dr G Kuhnle, University of Reading
Mrs S Hickey, Guys and St Thomas’ Hospital Charity
Mrs L Farrell, Tesco
Mrs L Street, Marks & Spencer
Dr K Karnick, Tate & Lyle
Mrs N Gillet, Allied Bakeries
Mrs M Strong, AHDB
Mrs B Bray MBE, Independent Registered Nutritionist and Food Safety consultant

Editorial Advisory Board
Dr J Gray, Consultant Nutritionist, UK – Chair
Mr M Adams, Campden BRI, UK
Dr A Aherne, Kerry Group, Ireland
Dr M Ashwell, Ashwell Associates, UK
Professor J Betts, University of Bath, UK
Professor J Blundell, University of Leeds, UK
Dr B Brands, Ludwig-Maximilians-University of Munich, Germany
Dr C Childs, University of Southampton, UK
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 N Fuller, University of Sydney, Australia
Professor A Gallagher, Ulster University, UK
Professor M González Gross, Universidad Politécnica de Madrid, Spain
Professor B Griffin, University of Surrey, UK
Dr W Hall, King’s College London, UK
Professor R Johnson, University of Vermont, USA
Professor O Kennedy, University of Reading, UK
Dr C Lachat, Ghent University, Belgium
Dr A Lake, Durham University, UK
Dr C Leonard, The Coca-Cola Company, UK
Mrs C MacEvilly, Danone, Ireland
Dr C Mattheys, KU Leuven, Belgium
Professor A-M Minihane, University of East Anglia, UK
Dr P Mitrou, World Cancer Research Fund (WCRF) International, UK
Dr C Murphy, University College Dublin, Ireland
Dr A Nugent, Queens University Belfast, UK and University College Dublin, Ireland
Dr G Pot, Vrije Universiteit Amsterdam, The Netherlands and King’s College London, UK
Professor M Reid, University of Hull, UK
Professor S Samman, University of Sydney, Australia
Professor H C Schönfeldt, University of Pretoria, South Africa
Professor A Sinclair, Deakin University, Australia
Dr J Slavin, University of Minnesota, USA
Professor H Truby, Monash University, Australia
Professor G Varela-Moreiras, University of San Pablo-CEU, Spain
Education Working Groups

England
Ms L Attwood, Assessment and Qualifications Alliance
Mr H Bettles, Armitage CE Primary School
Ms T Goodyere, Birmingham City University
Ms A Hardy, Principal Moderator/Senior Assessor
Mrs K Hufton, Hornbeam Academy Trust
Ms Z Lawrence, Petersfield School
Mr K McGuinness, Bramhall High School
Mr J O’Rourke, Washingtonborough Academy
Ms S Parker-Morris, University of Worcester
Dr E Tydeman, Public Health England
Ms E Schneider, Manchester University NHS Foundation Trust

Northern Ireland
Mrs L Anderson, Wellington College Belfast
Ms M Davidson, University of Ulster
Mrs S Davidson, Omagh Academy
Ms G Henderson, BNF Advisory Committee member
Ms J Hanvey, Education Authority (Belfast)
Ms H Kettyle, Enniskillen Royal Grammar School
Mrs L Kelly, St Columbanus’ College
Ms J McGonagle, Food Standards Agency, Northern Ireland
Mrs D Neill, Wallace High School
Ms H Somerville, McKinney Primary School
Mrs W Strain, Antrim Grammar School
Ms D Wagner, Council for the Curriculum, Examinations & Assessment

Scotland
Ms S Beattie, Education Scotland
Ms E Creany, Carluke High School
Mrs Y Dewhurst, University of Aberdeen
Ms J Eddington, Westhill Academy
Mr G Findlay, Scottish Qualifications Authority
Ms M Johnston, Alexandra Parade Primary
Ms A Floyd, HM Inspector of Education
Mrs T Olmeda-Hodge, Food Standards Scotland
Ms F Smyth, St Columba’s Primary

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 L Hopkins, Curriculum Reform Division, Welsh Government
Mr M Lewis, Gowerton Comprehensive
Ms N Lloyd, Pen Y Cwm Special School
Ms K Mallows, Cowbridge Comprehensive School
Mrs N Rees Williams, Appetite for Life Facilitator
To support achievement of BNF’s charitable aims and objectives, the Foundation’s Articles of Association allow corporate membership. Corporate membership is open to organisations, companies and corporations from a range of backgrounds, such as banking, insurance, the food chain, health care, 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.

AHDB (Agricultural and Horticulture Development Board)*
Allied Technical Centre (The ABF Grocery Group/Jordans Ryvita)*
Alpro
Arla
ASDA Stores Ltd*
British Sugar plc
California Walnut Board & Commission
Cargill
Coca Cola*
Corbion
Costa Coffee
Danone Ltd*
DuPont Nutrition and Health Division*
Ella’s Kitchen
Ferrero
General Mills
Greggs plc
Innocent Drinks Ltd
J Sainsbury Plc*
Kellogg Europe Trading Ltd*
Kerry Foods Ltd
KP Snacks Limited
LoSalt
Marks and Spencer plc*
Mars UK Ltd
McCain Foods (GB) Ltd
McDonald’s Restaurants Ltd
Mitchells & Butlers
Mondelez International*
nabim (The National Association of British and Irish Millers)
National Farmers’ Union Trust Company Ltd
Nestlé UK Ltd*
Nestlé Nutrition
Nomad Foods Europe
PepsiCo UK Ltd*
Pladis
Premier Foods
Quorn
Slimming World
Starbucks
Tata Global Beverages Ltd
Tate & Lyle*
Tesco Plc*
The Co-operative Group Ltd
Waitrose & Partners
Warburtons
Weetabix
Whitbread
Wm Morrisons Supermarkets plc
Yakult

*Sustaining Members
The Staff
at 31 May 2020

Directors
Professor Judith Buttriss
BSc PhD RNutr DipDiet FAfN
Director General
Visiting Professor, Surrey University

Mr Roy Ballam BA MA
Managing Director and Head of Education

Ms Sara Stanner BSc MSc RNutr, FAfN
Science Director

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
Ms Sarah Coe BSc ANutr
Nutrition Scientist

Ms Cristina Florea
Office Administration Officer

Ms Helena Gibson-Moore BSc RNutr
Nutrition Scientist

Mrs Anne de la Hunty MSc
Senior Nutrition Scientist

Dr Stacey Lockyer BSc MSc PhD RNutr
Nutrition Scientist

Mrs Frances Meek BA QTS
Senior Education Officer

Dr Simon Steenson BSc PhD
Nutrition Scientist

Mr Ewen Trafford BSc MSc
Junior Nutritionist

Mr Alex White BSc MSc ANutr
Assistant Nutrition Scientist

BNF Interns during the financial year
Ms Holly Roper MSc

On maternity leave
Ms Katie Relph
Office Administration Executive

Right column from top:
Professor Judy Buttriss
Director General

Ms Sara Stanner
Science Director

Left column from top:
Mr Roy Ballam
Managing Director and Head of Education