Annual Review
2020-2021

Connecting people, food and science, for better nutrition and healthier lives
The British Nutrition Foundation
Our vision, mission and values

The British Nutrition Foundation is a public-facing charity which exists to give people, educators and organisations access to reliable information on nutrition. Grounded in science; working with experts; supporting anyone on their journey towards a healthy, sustainable diet.

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 work with experts across the nutrition and food community to provide impartial, evidence-based information, education and expertise, motivating people to adopt healthy, sustainable diets – for life.
- 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.
- The British Nutrition Foundation’s governance structure 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.
- We have a robust procedure for producing nutrition and health information for our website content and are in the process of assessment to become certified members of the Patient Information Forum PIF TICK, the only UK quality mark for trustworthy health information. To be awarded the PIF TICK an organisation must show its health information production process meets acceptable standards in a set of core criteria.
- 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 the British Nutrition Foundation 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
Welcome to the Annual Review 2020-2021

The British Nutrition Foundation has had another very productive year in extending its reach and influence, as highlighted by the achievements summarised in this review. For example, our support of food education in schools continues to expand, with a 37% increase in users and an impressive 66% increase in the number of resources downloaded from our unique website, www.foodafactoflife.org.uk. Almost 3,000 delegates from 85 countries registered for our virtual Annual Day in 2020 and Nutrition Bulletin is now held in over 14,500 institutions globally (8% increase), with a record 58% increase in papers downloaded compared to the previous year.

The current debate, focussed on the food production and dietary changes needed to improve sustainability of our global food system, is central to our work. As a public-facing charity, we are grounded in science, working with experts, supporting anyone on their journey towards a healthy and sustainable diet.

The coming year will be one of significant change and development for the British Nutrition Foundation, with further consolidation of our new brand identity, continued development of our refreshed website, www.nutrition.org.uk, and additional strengthening of our expertise in food, nutrition and education. We shall also mark the change of an era. Professor Judy Buttriss steps down from her part-time role as Director General, and Roy Ballam, Managing Director and Head of Education, leaves at the end of 2021. Both have made enormous contributions over many years, and we wish them well, as they embark on new stages in their lives.

In January 2022, we shall welcome Elaine Hindal, as our new Chief Executive Officer. We look forward to Elaine building on the past achievements and leading the British Nutrition Foundation through its next stage of development, in connecting people, food and science for better nutrition and healthier lives.

Professor Colin Dennis
Chair of the Board of Trustees
Our achievements in 2020-2021

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. Over the past year, over 12 million pages of nutrition information has been viewed by 2.3 million users.

As part of our social purpose, we’ve developed new resources on nutrition and immunity for children, teens and adults, and older adults. The website has also featured guest blogs, as well as top tips for eating well in lockdown.

<table>
<thead>
<tr>
<th>TOP 5 Information pages viewed:</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Fibre</td>
</tr>
<tr>
<td>• 7-day meal plan</td>
</tr>
<tr>
<td>• Ramadan</td>
</tr>
<tr>
<td>• Protein</td>
</tr>
<tr>
<td>• A healthy, balanced diet</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>TOP 5 Most downloaded resources:</th>
</tr>
</thead>
<tbody>
<tr>
<td>• 7-day meal plan</td>
</tr>
<tr>
<td>• Portion size guide</td>
</tr>
<tr>
<td>• Nutrition requirements</td>
</tr>
<tr>
<td>• Healthy hydration for children</td>
</tr>
<tr>
<td>• Healthy hydration for adults</td>
</tr>
</tbody>
</table>

2.3 million users
(2,997,566 sessions)

12,297,503 page views

263,211 copies of our resources downloaded

nutrition.org.uk
Our achievements 2020-2021

Supporting food education in schools

The British Nutrition Foundation 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 practicing teachers throughout the year, including four online regional conferences and six virtual cooking workshops. We continued our partnership work with the Agriculture and Horticulture Development Board, enabling us to extend our reach and impact.

Throughout the COVID-19 pandemic, we provided remote learning resources for schools, parents and children to engage with food and nutrition. Over 1.5 million resources were downloaded. The Characteristics of good practice in teaching food and nutrition education to pupils with additional needs guide was launched, the first of its kind, to support schools throughout the UK.

Supporting food education in schools

**TOP 5 Information pages viewed:**
- Recipes
- Eatwell
- Quizzes
- Healthy Eating
- Hygiene and Safety

**TOP 5 Most downloaded resources:**
- Eatwell Guide
- Eatwell Guide presentation
- Eatwell Guide quiz
- Eatwell Guide worksheet
- Nutrients

241,595 pupils analysed their diet or recipe using our nutritional analysis tool

3,000,550 page views

1,512,018 copies of our resources downloaded

foodafactoflife.org.uk
Our achievements 2020-2021

Communicating evidence-based nutrition

A key element of our work is to communicate evidence-based nutrition science. This is achieved through our journalist and social media engagement work, publication of Nutrition Bulletin, production of videos and dissemination of newsletters. During the year we invested in communications capacity with the addition of a Communication Officer on staff, as well as introduced a communications strategy.

*Nutrition Bulletin* was available in 14,576 institutions around the world, with 450,000 papers downloaded. Key publications included a Special Issue on Food Reformulation and Innovation and papers on diet and immunity, and on food and nutrition security during the COVID-19 pandemic.

Just after the year end, *Nutrition Bulletin* was indexed in the 2021 Journal of Citation Reports with an Impact Factor™ of 3.609, putting it in the top two thirds of all Nutrition and Dietetic journals.

14,576 institutions globally have *Nutrition Bulletin* (450,000 paper downloads)

1,118 pieces of media coverage (representing a circulation of 142 million)

3.4 million impressions on Twitter (31,405 followers)

700,195 video views

211,076 e-newsletters sent out
Our achievements 2020-2021

Delivering nutrition training

Due to COVID-19, we ran virtual training throughout the year, continuing to extend our reach and impact.

- We had 3,495 registrations for three nutrition science webinars (EU health claims - putting it into words, Learning to love veg: practical ways to help pre-schoolers eat more vegetables, and Fermented foods - separating hype from fiction), with 97% finding the events interesting and relevant.
- We had 825 primary and secondary teachers registered for four online conferences, with 93% stating that the content would be useful in their current role.
- 969 primary and secondary teachers registered for nine webinars, with 93% letting us know that they were more informed.
- 222 primary and secondary teachers registered to take part in six online cooking workshops, with evaluation indicating that 100% believed they were more confident to teach about food skills.
- 865 individuals registered for our online training courses on topics including Exploring nutrition and health and Sports and exercise nutrition.

Training delivered to
- health professionals
- teachers
- government
- researchers
- graduates
- universities
- food industry
- consumers

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

- Universities: several MRC-funded UK Nutrition Research Partnership “hot-topic” workshops; ‘veg first’ project; EIT Food-funded Health Claims Unpacked project; Nutrition Bulletin Editorial Advisory Board, student network, collaborating on funding bids under the Transforming Food Systems call.
- Research Councils: membership of funding panels, contribution to roundtable discussions and presenting at a UKRI-BBSRC dialogue on the importance of nutrition in food system transformation.
- Health professionals: talks; tailored website content; webinars;
- Corporate members: in-depth reviews; roundtables; consumer research; dietary and recipe analysis; training; media messaging; copy review; education programmes in schools; shared nutrition placement; senior level input to strategic planning via membership of advisory boards spanning the nutrition and ‘sustainability’ agendas.
Our achievements 2020-2021

Championing nutrition

• The British Nutrition Foundation 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.

• We hosted a virtual Annual Day, which was themed around Nutrition and COVID-19 and featured a talk on our response to the pandemic which included media communications, information provision, support for remote learning for schools, and online training. In addition, Professor Christine Williams (Immediate Past-Chair of the Board of Trustees), gave a thought-provoking presentation on *The evidence-base underpinning diet-disease relationships - advances and future needs*. Further speakers were Professor Jason Halford who spoke on the topic of Obesity as a risk factor for COVID-19; Professor Philip Calder who covered Nutrition, immune function and COVID-19; Professor Susan Lanham New who presented on Vitamin D, COVID-19 and BAME groups and Professor Glenn Gibson who discussed Emerging evidence for the role of the human gut microbiome in COVID-19 infection outcomes. The event is available to view on our website.

• The 2020 British Nutrition Foundation Annual lecture, *Riboflavin and friends; remarkably versatile vitamins*, was delivered by Professor Hilary Powers, from the University of Sheffield, and winner of the BNF Prize in 2019.

• Our Patron, HRH The Princess Royal, attended our Healthy Eating Week 2020 event at Hinckley Parks Primary, Leicestershire. 6,538 registrations were received from nurseries, schools, universities and workplaces, representing 1.3 million participants.
  – Nearly 50% reported that they were more likely to review their approach to pupil /employee health, as a result of participating in Healthy Eating Week.
  – Around 50% reported that they will continue with a health-related activity that they started during the Week.

• We championed evidence-based nutrition science through membership of key committees e.g. Professor Buttriss is a member of the new UK Nutrition and Health Claims Committee and the Food and Drink Sector Council’s nutrition committee.

• We supported the Academy of Nutrition Sciences (ANS) and its work, as we are one of the four founder members. The ANS published its first position paper, *Nature of the evidence base and frameworks underpinning dietary recommendations for prevention of non-communicable diseases*, in the *British Journal of Nutrition*, with accompanying editorials published in *Nutrition Bulletin* and the *Journal of Human Nutrition and Dietetics*.

• We recognised excellence across the nutrition profession through a series of prestigious awards: The BNF Prize, Pump Priming Award, Early Career Scientist Award and Education Awards.
We contributed to a focused review of the scientific evidence in relation to vitamin D and coronavirus.
Awards

Recognising excellence and outstanding performance, funded through the Drummond Memorial Fund, originally established to mark the work of Sir Jack Drummond.

The BNF Prize
The British Nutrition Foundation Prize is awarded annually to a person or group for their outstanding achievement in an area of nutrition. The Prize is awarded by our Trustees and Advisory Committee members, based on a ballot of potential candidates nominated by our advisory groups. The winner of the BNF Prize in 2020 was:
Professor Gary Frost
Chair in Nutrition and Dietetics, Imperial College London

Pump Priming Award
We supported the provision of a grant to help a newly appointed university lecturer or research fellow, 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 recipient of the grant in 2020 was:
Dr Luciana Torquati
University of Exeter

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. Winners and runners-up are invited to submit a paper to Nutrition Bulletin, to showcase their research to date.

Winner:
Dr Imre Kouw
Australian Catholic University

Runners-up:
Dr Taryn Smith
University of California, Davis
Dr Nanna Julie Olsen
The Parker Institute, Bispebjerg and Frederiksberg Hospital in Denmark

Education Awards
Usually, the British Nutrition Foundation rewards excellent work in food and nutrition by students and their teachers throughout the UK. However, due to the COVID-19 pandemic, we were unable to present the usual GCSE/National 5 and A-level/Advanced Higher Awards. Instead, five awards were presented to teachers nominated by their peers for demonstrating excellence in food and nutrition teaching. The winners were:
Valerie Howe
Garnock Community Campus, Scotland
Joe Mann
Torquay Girls' Grammar School, England
Lynsey McDermott
Bangor Grammar School, Northern Ireland
Sian Hedges
St John Baptist Church in Wales High School, Wales
Siobhan Whelan
Sullivan Upper School, Northern Ireland
Moving Forward

Professor Judy Buttriss
Director General

Food system transformation for human and planetary health is now firmly on the agenda for the foreseeable future. The British Nutrition Foundation has undertaken a major review of published evidence about the composition of dietary patterns that are both healthy for us and sustainable for the planet, teasing out the consistencies and discrepancies, and identifying research gaps. The recommendations of the review by Dr Simon Steenson and myself, published in August 2021, are already forming a platform for our future work and being used by others seeking to navigate an evidence-based path through this often-polarised but fundamentally important research area.

The research is also feeding into our external engagement work with government, food businesses, the research councils and our partners in academia, and helping to inform funding bids and talks to a variety of audiences, including a UKRI-BBSRC dialogue that links with the United Nation’s session in September 2021 and our conference in November 2021. A central theme of our messaging is that food system transformation is not just about protein, provision of the full range of essential nutrients (such as vitamins and minerals) and avoidance of high levels of salt, saturated fat or sugar are as important as ever.

Sara Stanner
Science Director

The COVID-19 pandemic has demonstrated how the spread of misinformation can lead to public confusion and distrust, and undermine public health messages. This reinforces our important role in communicating clear, evidence-based information and training about nutrition, diet and healthier lifestyles to our diverse audiences.

Future work will focus on how we can help people, including those who are seeking help with weight maintenance, identify and access a healthier and more sustainable diet. We shall also be looking more closely at the concept of ultra-processed foods, at food fortification and responsive feeding; the latter in recognition of the importance of the early years in setting eating patterns.

A new communications strategy will raise awareness of our work, and seek to extend our reach and impact. We shall capitalise on the renewed interest in healthier diets, stimulated by the pandemic, through a refreshed and rebranded website which gives easier navigation and provides targeted information to address our key audiences’ needs. In addition, we shall continue to advance the development of Nutrition Bulletin, which has been awarded an impact factor, demonstrating its increased standing in the science community.

Roy Ballam
Managing Director and Head of Education

‘It’s time to take food education seriously’ states recommendation three in the recommendations for a National Food Strategy. This is quite right, and something that is in our DNA. We have exciting plans to advance high quality food education in schools, including resources on healthier and more sustainable diets, support for pupils with additional needs, and targeted training for trainee and newly qualified teachers.

We will also be celebrating the 30th anniversary of the Food – a fact of life programme, which will include a conference and a Virtual Issue of Nutrition Bulletin bringing together articles highlighting how the programme has evolved. Lastly, we will be exploring what future, modern food education should look like and contain, ensuring that it is relevant to young people, is inclusive, and reflects our cultural diversity.

The British Nutrition Foundation fully supports taking food education seriously and, I would argue, always has. On a personal note, as I leave at the end of 2021, I look forward to the organisation continuing its 30+ years commitment to supporting our teachers and educating our future generations.
A new communications strategy will raise awareness of our work, and seek to extend our reach and impact.
Plans for 2021-2022

During 2021-2022, the British Nutrition Foundation will invest in its brand, communications strategy and website, expand the reach and impact of Nutrition Bulletin, develop resources to engage the public, and celebrate the 30th anniversary of the Food – a fact of life education programme for schools.

In 2021-2022 we shall:
- Develop and publish a series of resources to support healthier and more sustainable diets for primary and secondary schools;
- Host a conference to celebrate the 30th anniversary of our Food – a fact of life programme;
- Host Healthy Eating Week 2022, encouraging more nurseries, schools, universities 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;
- Champion nutrition science through engagement, collaborations, awards and internships;
- Publish Nutrition Bulletin;
- Provide food and nutrition education resources and training for schools via Food – a fact of life;
- Engage with the media;
- Deliver nutrition training.

Our Strategy

<table>
<thead>
<tr>
<th>VISION</th>
<th>Everyone can access healthy, sustainable diets</th>
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<tbody>
<tr>
<td>MISSION</td>
<td>Translating evidence-based nutrition science in engaging and actionable ways</td>
</tr>
<tr>
<td>STRATEGIC PRIORITIES</td>
<td>DEVELOP</td>
</tr>
<tr>
<td></td>
<td>Produce high quality nutrition resources, information and training.</td>
</tr>
<tr>
<td>STRATEGIC OBJECTIVES</td>
<td>Generate evidence-based nutrition information, resources and training.</td>
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<td></td>
<td>Create curriculum and qualification compliant education resources.</td>
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<td></td>
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</tbody>
</table>
We shall communicate evidence-based nutrition science information via our websites and social media.
Connecting people, food and science, for better nutrition and healthier lives

The objective of the British Nutrition Foundation is to deliver evidence-based information on food and nutrition in the context of health and lifestyle. Its objects are:

- To advance the education of the public, and those involved in training and the education of others, in nutrition; and

- To advance the study of and research into nutrition for the public benefit, and disseminate and publish the useful results of such research.

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 has robust procedures in place to sustain the quality and clarity of its outputs. Our key publications are peer reviewed by technical committees and external experts drawn from the nutrition science, education and food chain communities. We have a robust procedure for production of nutrition and health information for our website content and are in the process of assessment to become certified members of the Patient Information Forum PIF T Hick, the only UK quality mark for trustworthy health information. An information review panel exists to help ensure relevance and clarity of the information. In the spirit of openness and transparency, our corporate members and committee memberships are listed on our website and in our annual reviews.

The British Nutrition 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, that enable us to extend our influence without moving our focus from the things we do well. We have a track record in harnessing the expertise of others to deliver a multi-disciplinary perspective, as illustrated by the outputs of our series of Task Forces, our conferences and events, and the composition of our governance. Through our work with schools and our scientific reports, we are known for collating and disseminating best practice that has the potential to facilitate behaviour change and so improve the health and wellbeing of the population.

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 experience;
- collaborations over many years with the food and agriculture sectors, across the food chain;
- broad funding base and robust and open governance structure.
How we ensure our integrity

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 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 British Nutrition Foundation and its events.

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

We have a robust procedure for producing nutrition and health information for our website content, and are in the process of assessment to become certified members of the Patient Information Forum PIF TICK (pifonline.org.uk/pif-tick), the only UK quality mark for trustworthy health information. To be awarded the PIF TICK an organisation must show its health information production process meets acceptable standards in a set of core criteria.
## Annual Accounts 2020-2021

Statement of Financial Activities for the year ended 31 May 2021

<table>
<thead>
<tr>
<th></th>
<th>Unrestricted Fund</th>
<th>Restricted Fund</th>
<th>Total 2021</th>
<th>Total 2020</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Income</strong></td>
<td></td>
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<tr>
<td>Income from:</td>
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<tr>
<td>Voluntary income</td>
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<td>748,088</td>
<td>837,119</td>
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<td>Investment income</td>
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<td>16,883</td>
<td>17,529</td>
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<td>Charitable activities</td>
<td>546,243</td>
<td>-</td>
<td>546,243</td>
<td>530,668</td>
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<tr>
<td><strong>Total Income</strong></td>
<td><strong>1,311,214</strong></td>
<td><strong>-</strong></td>
<td><strong>1,311,214</strong></td>
<td><strong>1,385,316</strong></td>
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<tr>
<td><strong>Expenditure</strong></td>
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<tr>
<td>Expenditure on:</td>
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<td></td>
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<tr>
<td>Raising funds</td>
<td>84,423</td>
<td>-</td>
<td>84,423</td>
<td>104,480</td>
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<tr>
<td>Charitable activities</td>
<td>1,192,331</td>
<td>-</td>
<td>1,192,331</td>
<td>1,226,117</td>
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<td><strong>Total expenditure</strong></td>
<td><strong>1,276,754</strong></td>
<td><strong>-</strong></td>
<td><strong>1,276,754</strong></td>
<td><strong>1,330,597</strong></td>
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<tr>
<td>Unrealised gains/(Losses) on investments</td>
<td>72,504</td>
<td>-</td>
<td>72,504</td>
<td>(22,882)</td>
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<tr>
<td>Realised gains on investments</td>
<td>3,147</td>
<td>-</td>
<td>3,147</td>
<td>700</td>
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<tr>
<td><strong>Net income</strong></td>
<td><strong>110,111</strong></td>
<td><strong>-</strong></td>
<td><strong>110,111</strong></td>
<td><strong>32,537</strong></td>
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<tr>
<td>Other (losses)/gains on foreign exchange</td>
<td>(1,193)</td>
<td>-</td>
<td>(1,193)</td>
<td>14</td>
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<tr>
<td><strong>Net movement in funds</strong></td>
<td><strong>108,918</strong></td>
<td><strong>-</strong></td>
<td><strong>108,918</strong></td>
<td><strong>32,551</strong></td>
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<tr>
<td>Funds as at 1st June 2020</td>
<td>1,457,675</td>
<td>6,320</td>
<td>1,463,995</td>
<td>1,431,444</td>
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<tr>
<td>Funds as at 31st May 2021</td>
<td>1,566,593</td>
<td>6,320</td>
<td>1,572,913</td>
<td>1,463,995</td>
</tr>
</tbody>
</table>
## Annual Accounts 2020-2021

Balance Sheet for the year ended 31 May 2021

<table>
<thead>
<tr>
<th></th>
<th>2021</th>
<th>2021</th>
<th>2020</th>
<th>2020</th>
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</thead>
<tbody>
<tr>
<td><strong>Fixed Assets</strong></td>
<td></td>
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<tr>
<td>Intangible Assets</td>
<td>30,309</td>
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<td>23,788</td>
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<tr>
<td>Tangible Assets</td>
<td>11,167</td>
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<td>11,454</td>
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<tr>
<td>Investments</td>
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<td>600,821</td>
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<td></td>
<td><strong>728,316</strong></td>
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<td><strong>636,063</strong></td>
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<tr>
<td><strong>Current Assets</strong></td>
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<tr>
<td>Debtors</td>
<td>235,731</td>
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<td>151,085</td>
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<tr>
<td>Cash at bank and in hand</td>
<td>763,577</td>
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<td>889,395</td>
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<td></td>
<td><strong>999,308</strong></td>
<td></td>
<td><strong>1,040,480</strong></td>
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<tr>
<td><strong>Creditors: Amounts falling due within one year</strong></td>
<td>154,711</td>
<td></td>
<td>212,548</td>
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<tr>
<td>Net Current Assets</td>
<td>844,597</td>
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<td>827,932</td>
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<tr>
<td><strong>Total Net Assets</strong></td>
<td><strong>1,572,913</strong></td>
<td></td>
<td><strong>1,463,995</strong></td>
<td></td>
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<tr>
<td><strong>Funds</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Restricted funds</td>
<td></td>
<td>6,320</td>
<td>6,320</td>
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<tr>
<td><em>Unrestricted funds</em>:</td>
<td></td>
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<tr>
<td>Designated funds</td>
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<td>274,298</td>
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<td>General funds</td>
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<td>1,183,377</td>
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<tr>
<td></td>
<td><strong>1,572,913</strong></td>
<td></td>
<td><strong>1,463,995</strong></td>
<td></td>
</tr>
</tbody>
</table>

A full set of accounts can be obtained on request from the British Nutrition Foundation.
# Annual Accounts 2020-2021

Statement of Cash Flows for the year ended 31 May 2021

<table>
<thead>
<tr>
<th>2021</th>
<th>2020</th>
</tr>
</thead>
<tbody>
<tr>
<td>£</td>
<td>£</td>
</tr>
<tr>
<td><strong>Cash flow from operating activities</strong></td>
<td></td>
</tr>
<tr>
<td>Net cash provided by/(used in) operating activities</td>
<td>(103,238)</td>
</tr>
<tr>
<td><strong>Cash flow from investing activities</strong></td>
<td></td>
</tr>
<tr>
<td>Bank interest received</td>
<td>939</td>
</tr>
<tr>
<td>Investment income</td>
<td>15,944</td>
</tr>
<tr>
<td>Acquisition of fixed asset investments</td>
<td>(113,095)</td>
</tr>
<tr>
<td>Proceeds from disposal of fixed asset investments</td>
<td>65,460</td>
</tr>
<tr>
<td>(Loss)/Profit on Forex</td>
<td>(1,193)</td>
</tr>
<tr>
<td>Purchase of intangible assets</td>
<td>(22,000)</td>
</tr>
<tr>
<td>Purchase of tangible fixed assets</td>
<td>(5,902)</td>
</tr>
<tr>
<td><strong>Net cash (used in)/provided by investing activities</strong></td>
<td>3,426</td>
</tr>
<tr>
<td><strong>Change in cash and cash equivalents</strong></td>
<td></td>
</tr>
<tr>
<td></td>
<td>87,659</td>
</tr>
<tr>
<td><strong>Cash and cash equivalents at the beginning of the year</strong></td>
<td>865,462</td>
</tr>
<tr>
<td><strong>Cash and cash equivalents at the end of the year</strong></td>
<td>953,121</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th></th>
<th>2021</th>
<th>2020</th>
</tr>
</thead>
<tbody>
<tr>
<td>£</td>
<td>£</td>
<td></td>
</tr>
<tr>
<td>Net income</td>
<td>108,918</td>
<td>32,551</td>
</tr>
<tr>
<td><strong>Adjustments for:</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Depreciation charge</td>
<td>6,190</td>
<td>7,952</td>
</tr>
<tr>
<td>Amortisation charge</td>
<td>15,479</td>
<td>13,510</td>
</tr>
<tr>
<td>Bank interest received</td>
<td>(939)</td>
<td>(85)</td>
</tr>
<tr>
<td>Investment income</td>
<td>(15,944)</td>
<td>(17,444)</td>
</tr>
<tr>
<td>Loss/(Profit) on Forex differences</td>
<td>1,193</td>
<td>14</td>
</tr>
<tr>
<td>(Profit) on sale of investments</td>
<td>(3,147)</td>
<td>(700)</td>
</tr>
<tr>
<td>Revaluation of investments</td>
<td>(72,504)</td>
<td>22,882</td>
</tr>
<tr>
<td>Increase/(Decrease) in debtors</td>
<td>(84,646)</td>
<td>285</td>
</tr>
<tr>
<td>Decrease/(Increase) in creditors</td>
<td>(47,838)</td>
<td>25,296</td>
</tr>
<tr>
<td><strong>Net cash (used in)/provided by operating activities</strong></td>
<td>(103,238)</td>
<td>84,233</td>
</tr>
</tbody>
</table>

(ii) Analysis of Cash and cash equivalents

<table>
<thead>
<tr>
<th></th>
<th>At 31 May 2021</th>
<th>At 1 June 2020</th>
</tr>
</thead>
<tbody>
<tr>
<td>£</td>
<td>£</td>
<td></td>
</tr>
<tr>
<td>Cash at bank and in hand</td>
<td>461,927</td>
<td>889,395</td>
</tr>
<tr>
<td>Cash held on deposits and investments</td>
<td>328,109</td>
<td>63,726</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td>790,036</td>
<td>953,121</td>
</tr>
</tbody>
</table>
Financial support for activities

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

- Nestlé UK Ltd
  Sustainable and healthy diets
- PepsiCo UK Ltd
  Sustainable and healthy diets
- Premier Foods
  Sustainable and healthy diets
- Quorn
  Sustainable and healthy diets
- Tesco Plc
  Sustainable and healthy diets
- The Co-operative Group Plc
  Sustainable and healthy diets
- Warburtons Ltd
  Healthy Eating Week 2021

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

- Agriculture and Horticulture Development Board
  Healthy Eating Week 2021
- Food – a fact of life
  Sustainable and healthy diets
- Arla
  Sustainable and healthy diets
- General Mills
  (Green Giant and Old El Paso)
  Healthy Eating Week 2021
- Innocent Drinks Ltd
  Healthy Eating Week 2021
- J Sainsbury Plc
  Sustainable and healthy diets
- Kellogg Europe Trading Ltd
  Sustainable and healthy diets
- Marks and Spencer plc
  Sustainable and healthy diets
- Mondelez International
  Sustainable and healthy diets

During the year, the following organisations provided financial support for specific branded activities:

- The Savoy Educational Trust
  Characteristics of good practice in teaching food and nutrition education to pupils with additional needs.
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at 31 May 2021

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The British Nutrition Foundation has had another very productive year in extending its reach and influence.
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at 31 May 2021

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Annual Review 2020-21  British Nutrition Foundation
Corporate Members

at 31 May 2021

To support achievement of our charitable aims and objectives, the British Nutrition 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 our 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.

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Allied Technical Centre (The ABF Grocery Group/Jordans Ryvita)*  
Arla  
ASDA Stores Ltd*  
British Sugar Plc  
Cargill  
Coca Cola Great Britain and Ireland*  
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Danone Ltd*  
Ferrero  
General Mills  
Greggs Plc  
Innocent Drinks Ltd  
IFF (International Flavors & Fragrances Inc.)*  
J Sainsbury Plc*  
Kellogg Europe Trading Ltd*  
Kerry Foods Ltd  
KP Snacks Limited  
LoSalt  
Marks and Spencer plc*  
Mars UK Ltd  
McDonald’s Restaurants Ltd  
Mitchells & Butlers  
Mondelez International*  
National Farmers’ Union Trust Company Ltd  
Nestlé Nutrition  
Nestle UK Ltd/ Nestlé Charitable Trust*  
Nomad Foods Ltd  
PepsiCo UK Ltd*  
Pladis  
Premier Foods  
Quorn (Marlow Foods Ltd)  
Slimming World Ltd  
Starbucks  
Tata Consumer Products  
Tate & Lyle Plc*  
Tesco Plc*  
The Co-operative Group Plc  
UK Flour Millers  
Waitrose & Partners  
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*Sustaining Members
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at 31 May 2021

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