



Annual **Review** 2020-2021

Connecting people, food and science,
for better nutrition and healthier lives



CONTENTS

- 04 Welcome to the Annual Review
- 05 Our achievements in 2020-2021
- 11 Awards
- 12 Moving Forward
- 14 Plans for 2021-2022
- 16 Connecting people, food and science
- 17 How we ensure our integrity
- 18 Annual Accounts 2020-2021
- 21 Financial support for activities
- 22 Honorary Officers, Members and Governors
- 24 Our Governance and Committees
- 26 Corporate Members
- 27 The Staff



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



Professor Colin Dennis
Chair of the Board of Trustees

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.

Providing evidence-based nutrition information

TOP 5

Information pages viewed:

- Fibre
- 7-day meal plan
- Ramadan
- Protein
- A healthy, balanced diet

TOP 5

Most downloaded resources:

- 7-day meal plan
- Portion size guide
- Nutrition requirements
- Healthy hydration for children
- Healthy hydration for adults

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

515,013
users

(783,396 sessions)



TOP 5 Information pages viewed:

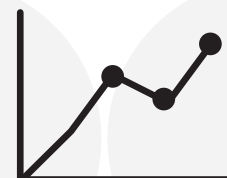
- Recipes
- Eatwell
- Quizzes
- Healthy Eating
- Hygiene and Safety

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.

Communicating evidence-based nutrition

14,576

institutions
globally have
Nutrition Bulletin

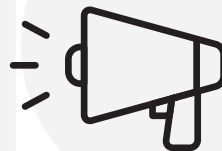
(450,000 paper downloads)



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*.

Delivering nutrition training

1,986

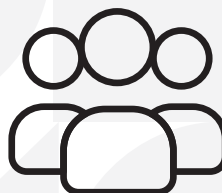
registrations from primary and secondary teachers for online training events



325

attendees

of workplace nutrition and wellbeing training



865

registered

for online training courses



Training delivered to

- health professionals
- teachers
- government
- researchers
- graduates
- universities
- food industry
- consumers



3,495

registered

for three nutrition science webinars

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;

Association for Nutrition Inter-professional Working Group for Medical Education (review and implementation of nutrition into the undergraduate curriculum of medical students).

• **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.

Championing nutrition

2,986

registered for BNF's virtual annual day on nutrition and COVID-19



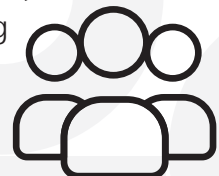
BNF championed nutrition through Awards (The BNF Prize, Pump Priming Award, Early Career Scientist Award, Education Awards), **and stakeholder engagement activities**

6,538

schools, nurseries, universities and workplaces registered for **BNF Healthy Eating Week**, representing

1.3

million participants





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

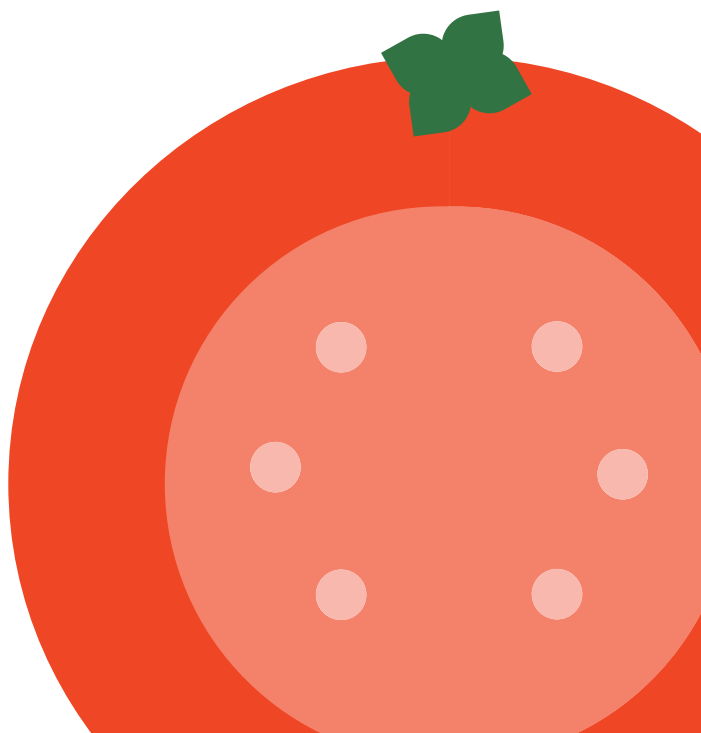
*Bangor Grammar School,
Northern Ireland*

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.



From Top:

Professor Judy Buttriss
Director General

Ms Sara Stanner
Science Director

Mr Roy Ballam
Managing Director and
Head of Education

A photograph of two young women wearing hijabs, smiling and sitting outdoors in a park-like setting. The woman on the right is holding a clear plastic water bottle with a blue cap. A blue circular graphic with white quotation marks contains a quote. The background shows green trees and a paved path.

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:

- launch the revised British Nutrition Foundation branding, including relaunching our website, www.nutrition.org.uk, to raise our profile and continue to provide evidence-based information on healthy eating and nutrition;
- highlight our new brand to stakeholders and review the effectiveness of our rebrand;
- monitor the impact of our communications strategy;
- hold discussions with key UK government departments on the importance of food and nutrition education for children;
- implement procedures to ensure that the information within nutrition.org.uk for consumers is certified by the Patient Information Forum PIF TICK;
- increase the diversity of authors and readers of *Nutrition Bulletin* and expand its international reach;
- develop resources and communications on the topic of 'Ultra processed foods';

- 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

VISION	Everyone can access healthy, sustainable diets			
MISSION	Translating evidence-based nutrition science in engaging and actionable ways			
STRATEGIC PRIORITIES	DEVELOP	INFORM AND FACILITATE	CHAMPION	PROGRESS
	Produce high quality nutrition resources, information and training.	Disseminate resources, information and training to make healthier choices easier.	Advocate evidence-based nutrition science.	Advance our mission by ensuring our future growth and sustainability.
STRATEGIC OBJECTIVES	<p>Generate evidence-based nutrition information, resources and training.</p> <p>Advance the development of <i>Nutrition Bulletin</i>.</p> <p>Create curriculum and qualification compliant education resources.</p>	<p>Provide health professionals, key opinion leaders, academics and the media with information on relevant aspects of nutrition.</p> <p>Deliver the <i>Food – a fact of life</i> education programme to teachers.</p> <p>Work with corporate members and others to encourage a food environment that promotes healthier choices.</p>	<p>Advance and amplify our impact, influence and profile through engagement, collaboration and partnerships that seek to improve public health.</p> <p>Recognise and reward excellence in nutrition science.</p> <p>Advance high quality food and nutrition education in schools.</p> <p>Expand the impact and raise the profile of Healthy Eating Week.</p>	<p>Showcase our work and impact.</p> <p>Build and diversify membership.</p> <p>Secure and grow finances.</p> <p>Develop staff potential.</p> <p>Utilise efficient and effective office systems.</p>

“ 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 TICK, 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.

Find out
more go to:
www.nutrition.org.uk

Annual Accounts 2020-2021



Statement of Financial Activities for the year ended 31 May 2021

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

Annual Accounts 2020-2021



Balance Sheet for the year ended 31 May 2021

	2021 £	2021 £	2020 £	2020 £
Fixed Assets				
Intangible Assets		30,309		23,788
Tangible Assets		11,167		11,454
Investments		686,840		600,821
		728,316		636,063
Current Assets				
Debtors	235,731		151,085	
Cash at bank and in hand	763,577		889,395	
	999,308		1,040,480	
Creditors: Amounts falling due within one year				
	154,711		212,548	
Net Current Assets		844,597		827,932
Total Net Assets		1,572,913		1,463,995
Funds				
Restricted funds		6,320		6,320
<i>Unrestricted funds:</i>				
Designated funds		212,575		274,298
General funds		1,354,081		1,183,377
		1,572,913		1,463,995

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

	2021 £	2020 £
Cash flow from operating activities		
Net cash provided by/(used in) operating activities	(103,238)	84,233
Cash flow from investing activities		
Bank interest received	939	85
Investment income	15,944	17,444
Acquisition of fixed asset investments	(113,095)	(132,974)
Proceeds from disposal of fixed asset investments	65,460	36,270
(Loss)/Profit on Forex	(1,193)	14
Purchase of intangible assets	(22,000)	(14,176)
Purchase of tangible fixed assets	(5,902)	(3,237)
Net cash (used in)/provided by investing activities	3,426	(14,017)
Change in cash and cash equivalents	87,659	42,201
Cash and cash equivalents at the beginning of the year	865,462	823,261
Cash and cash equivalents at the end of the year	953,121	865,462
(i) Reconciliation of net income to net cash flow from operating activities		
Net income	108,918	32,551
Adjustments for:		
Depreciation charge	6,190	7,952
Amortisation charge	15,479	13,510
Bank interest received	(939)	(85)
Investment income	(15,944)	(17,444)
Loss/(Profit) on Forex differences	1,193	(14)
(Profit) on sale of investments	(3,147)	(700)
Revaluation of investments	(72,504)	22,882
Increase/(Decrease) in debtors	(84,646)	285
Decrease/(Increase) in creditors	(47,838)	25,296
Net cash (used in)/provided by operating activities	(103,238)	84,233
(ii) Analysis of Cash and cash equivalents		
	At 31 May 2021 £	At 1 June 2020 £
Cash at bank and in hand	461,927	889,395
Cash held on deposits and investments	328,109	63,726
	790,036	953,121

Financial support for activities



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

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

Sustainable and healthy diets

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

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

Waitrose & Partners

Healthy Eating Week 2021

Warburtons Ltd

Healthy Eating Week 2021

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

The Savoy Educational Trust

Characteristics of good practice in teaching food and nutrition education to pupils with additional needs.





Honorary Officers, Members and Governors



at 31 May 2021



Our Patron

**Her Royal Highness
The Princess Royal**

President

Professor A Shenkin
BSc PhD FRCP FRCPATH
*Emeritus Professor of Clinical
Chemistry, University of Liverpool*



Chair of the Board of Trustees

Professor C Dennis CBE DL BSc
PhD CFS CSci Hon FIFST FIFT
FIAFST FRSA Hon FRSAE *Chair
International Food Information Service*



Treasurer

Mrs Desiree Irving-Brown
BCom ACMA/GCMA
*Deputy CFO Imperial College
Healthcare NHS Trust*



Honorary Members

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

Governors Emeritus

Mr IGT Ferguson BSC CBE
Mr P Hebblethwaite
BSc MSc CEng FIFST FICHEM
The Baroness Hooper
CMG BA FRGS FRSA
Professor A de Looy
BSc PhD RD FBDA
Dr WT Little CBE FIFST
Ms R McRobert OBE
Mr DA Tate MA
Professor RG Whitehead CBE
BSc PhD MA FIBiol CBiol HonFRCP

From Top:
**Her Royal Highness
The Princess Royal**
Professor Colin Dennis
Chair of the Board of Trustees
Professor A Shenkin
President
Mrs Desiree Irving-Brown
Treasurer



“The British Nutrition Foundation has had another very productive year in extending its reach and influence.”

Our Governance and Committees



at 31 May 2021

The Board of Trustees

Professor C Dennis CBE DL BSc PhD
CFS CSci Hon FIFST FIFT FIAFST FRSA
Hon FRASE (Chair)

Professor JC Mathers
BSc DipNutr PhD (Vice-Chair)
Professor of Human Nutrition,
University of Newcastle

Mrs Desiree Irving-Brown
BCom ACMA/GCMA
(Treasurer), Deputy CFO Imperial
College Healthcare NHS Trust

Mr M Bond BSc
Marketing Strategy Leader, IFF
(International Flavors and Fragrances Inc.)

Mr G Findlay BA
Qualifications Manager, Scottish
Qualifications Authority

Miss G Fine MSc
Public Health Nutritionist

Mrs A Greenhalgh-Ball
BSc SRD Consultant

Professor SA Lanham-New
BA MSc PhD RNutr
Head of the Department of Nutritional
Sciences, University of Surrey

Ms L Redmond
BSc (Hons), MA, MBA, FCIPTD

Mr D Webster BA
Head of Communications,
ABF UK Grocery

Professor CM Williams OBE PhD
FSB RNutr FAfN, Pro-Vice Chancellor
Research and Innovation, University
of Reading

Mr A Wotherspoon BSc (Hons) FIFST

Advisory Committee

Professor J Cade BSc PhD FAfN
(Chair), Professor of Nutritional
Epidemiology and Public Health,
University of Leeds

Ms J Batchelar OBE BSc PGCE
(Vice-Chair), Special Advisor on CR&S,
Brexit and Public Affairs, J Sainsbury plc

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 PhD
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
LEAF Chief Executive

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
Wellcome Trust/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
Nutrition & Health Manager
Product Quality Tesco

Mrs L Street
Nutrition Manager Marks & Spencer

Dr K Karnick
Vice President of Global Nutrition
and Open Innovation Tate & Lyle

Mrs N Gillet
Nutrition & Health, Development Manager
Allied Bakeries

Mrs M Strong
Senior Nutrition Manager at AHDB

Mrs B Bray MBE
Independent Registered Nutritionist
and Food Safety consultant

Professor J Macdiarmid
University of Aberdeen

Professor T Sanders
(Emeritus), Kings College London

Dr L Wilson
Richmond and Wandsworth Councils

Editorial Advisory Board

Professor A Gallagher (Chair)
Ulster University, UK

Mr M Adams
Campden BRI, UK

Dr A Aherne
Kerry Group, Ireland

Dr M Ashwell OBE
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 V Chachay
University of Queensland, Australia

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 M González Gross
Universidad Politécnica de Madrid, Spain

Professor B Griffin
University of Surrey, UK

Dr W Hall
King's College London, UK

Dr K Hassall
Rothamsted Research, UK

Professor R Johnson
University of Vermont, USA

Professor O Kennedy
University of Reading, UK

Dr A Lake
Durham University, UK

Dr C Leonard
The Coca-Cola Company, UK

Mrs C MacEvilly
Danone, Ireland

Dr C Matthys
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 H C Schönfeldt
University of Pretoria, South Africa

Professor A Sinclair
Deakin University, Australia

Dr J Slavi
University of Minnesota, USA

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
University of East London

Ms Z Lawrence
Petersfield School

Mr K McGuinness
Bramhall High School

Mr J O'Rourke
Washingborough Academy

Ms S Parker-Morris
University of Worcester

Ms 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
Advisory Committee member

Ms J Hanvey
Education Authority (Belfast)

Ms H Kettyle
Enniskillen Royal Grammar School

Mrs L Kelly
St Columbanus' College

Ms A McGarry
North Coast Integrated School

Ms J McGonagle
Food Standards Agency, Northern Ireland

Mrs D Neill
Consultant/Advisor

Mr S Park
University of Ulster

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
Carlisle High School

Mrs Y Dewhurst
University of Aberdeen

Ms J Eddington
Westhill Academy

Mr G Findlay
Scottish Qualifications Authority

Ms A Floyd
HM Inspector of Education

Ms S Hargreaves
Education Scotland

Ms L Henderson
St Timothy's Primary School

Ms M Johnston
Alexandra Parade Primary

Ms E Juskowiak
Strathaven Academy

Mrs T Olmeda-Hodge
Food Standards Scotland

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

Ms J Nicholls
Aberdare Community School

Mr M Penny
Monmouth Comprehensive School

Mrs N Rees Williams
Appetite for Life Facilitator

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.

Corporate Members

AHDB (Agricultural and Horticulture Development Board)*
 Allied Technical Centre (The ABF Grocery Group/Jordans Ryvita)*
 Arla
 ASDA Stores Ltd*
 British Sugar Plc
 Cargill
 Coca Cola Great Britain and Ireland*
 Corbion
 Costa Coffee
 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
 Warburtons Ltd
 Weetabix Ltd
 Whitbread
 Wm Morrison Supermarkets plc
 Yakult

*Sustaining Members

The Staff



at 31 May 2021

Directors

Professor Judith Buttriss
BSc PhD RNutr DipDiet FAFN
Director General
Visiting Professor, University of Surrey

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 RNutr
Nutrition Scientist

Ms Helena Gibson-Moore
BSc RNutr
Nutrition Scientist

Mrs Anne de la Hunty MSc
Senior Nutrition Scientist

Dr Stacey Lockyer BSc MSc
PhD RNutr
Senior Nutrition Scientist

Mrs Frances Meek BA QTS
Senior Education Officer

Ms Emma Rowley
Office Administration Officer

Dr Simon Steenson BSc PhD
Nutrition Scientist

Mr Ewen Trafford BSc MSc ANutr
Assistant Nutrition Scientist

Mr Alex White BSc MSc ANutr
Nutrition Scientist

On maternity leave

Ms Katie Relph
Office Administration Executive

Ms Cristina Florea
Office Administration Officer



From Top:

Professor Judy Buttriss
Director General

Ms Sara Stanner
Science Director

Mr Roy Ballam
Managing Director and
Head of Education



British Nutrition Foundation

New Derwent House
68-73 Theobalds Road
London
WC1X 8TA

Telephone +44 (0) 20 7557 7930

Email postbox@nutrition.org.uk

www.nutrition.org.uk

www.foodafactoflife.org.uk

www.nutrition.training

Designed and produced by Ingenious Design