



BRITISH
Nutrition
FOUNDATION

Annual Report and Accounts 2013-14





**British Nutrition Foundation –
making nutrition science
accessible to all.**

BNF, a registered charity, delivers impartial, authoritative and evidence-based information on food and nutrition. Its core purpose is to make nutrition science accessible to all, working with an extensive network of contacts across academia, education and the food chain, and through BNF work programmes focussing on education in schools and nutrition science communication.

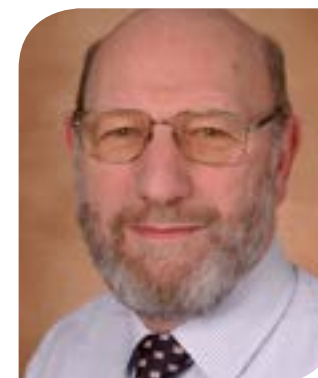
The key role of BNF's Council and Trustees is to ensure that the Foundation delivers its charitable aims, is impartial, transparent and acts with integrity.

BNF's Articles of Association require a majority of Council's members to be leading academics from the nutrition science community, supported by leaders in education, communication and the food chain.

BNF's funding comes from a variety of sources including EU projects; contracts with national government departments and agencies; conferences, publications and training; membership subscriptions; donations and project grants from food producers and manufacturers, retailers and food service companies; funding from grant providing bodies, trusts and other charities. BNF is not a lobbying organisation nor does it endorse any products or engage in food advertising campaigns.

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Professor Alan Shenkin has been the Honorary President of the British Nutrition Foundation since 2010. Professor Shenkin studied medicine in Glasgow and became a Consultant in Clinical Biochemistry at Glasgow Royal Infirmary in 1978, a post he held until 1990. He then moved to Liverpool as Professor and Head of the Department of Clinical Chemistry, and was also appointed Honorary Consultant Chemical Pathologist at the Royal Liverpool and Broadgreen University Hospitals. Since 2007, he has been an Emeritus Professor at the University of Liverpool. Professor Shenkin has had a long-standing association with various nutritional organisations, most notably the Medical Royal Colleges Intercollegiate Group on Nutrition and the European Society of Parenteral and Enteral Nutrition. His research interests have focused on vitamins and trace elements in health and disease, and the use of laboratory tests in assessing nutritional status.



Report from the Chairman of the Board of Trustees

Mr David Gregory

Once again, the subject of nutrition remains high on the political and media agendas. Yet despite the political rhetoric and media headlines it is regrettable that we still see evidence of malnutrition in our society. The challenge of obesity and its consequential impact upon health with conditions such as type 2 diabetes increasing is only one part of this story – equally there is evidence of undernutrition where dietary choices fail to deliver the broad range of nutrients required for health.

It is against this background that the British Nutrition Foundation operates. Our core purpose is to make nutrition science accessible to all who operate in this field – from those teaching our children through to those who provide the food we eat, along with regulators, health professionals, the research community, journalists and through these channels the general public. As a charitable foundation, we strive to deliver our vision of being recognised as the leader in the delivery of independent, evidence-based and accessible nutrition information that promotes understanding of nutrition and health, and contributes to improved wellbeing for all.

To achieve this vision, our reputation for independence is essential. We have a strict governance structure weighted towards the academic community to ensure we cannot be unduly influenced by commercial or political pressure. Our Council provides scientific and strategic leadership and our Board of Trustees ensures the agreed strategy is delivered whilst overseeing governance, finance and risk.

But what is clear is the need for us to develop our future strategy to ensure we are able to address the challenges our society faces in achieving a healthy nutritional state. For that reason a new Foundation Strategy for 2013 – 2018 was agreed and put in place from July 2013 with the full support of our Council and Trustees. Details of this exciting new approach are included later, in the reports from Sara Stanner and Roy Ballam and under 'Future Plans'. We will update all of our stakeholders about our progress against this strategy and in common with other charitable foundations we will develop 'outcome measures' so it will be clear to all those who support our activities the benefits our Foundation delivers.

Once again, we are indebted to our Patron, HRH The Princess Royal who has found time within her intensely busy schedule to continue to support

the BNF through her attendance at our events. In June 2013, The Princess Royal launched BNF's first Healthy Eating Week in Gloucestershire and this year again supported us at the 2014 launch event in Portsmouth. I am delighted to report a 30% increase in the number of schools taking part in 2014 with a total of over 4,200 schools and 1.75 million pupils. We believe initiatives such as this are fundamental in teaching children the importance of good nutrition and for getting these messages back to their families and society at large.

The Princess Royal was also able to attend the BNF Annual Day in 2013 and present prizes to high performing food and nutrition students and their teachers – which was greatly appreciated by all involved, as well as attending our Annual Lecture delivered by Professor Sean Strain from the Northern Ireland Center for Food and Health on 'Eating fish for two'. At our Annual Day we had hoped to present the annual BNF Prize to Professor David Barker, an eminent epidemiologist and former Director of the Medical Research Council Environmental Epidemiology Unit at the University of Southampton. Sadly Professor Barker passed away shortly before the Annual Day but his daughter Dr Mary Barker was able to receive the award on his behalf from the Princess Royal.

Over the past year we have been active in developing new ways of disseminating nutritional information. We have had an engaging programme of mini conferences which have been well attended and enabled attendees and others joining online to listen to reviews of the current evidence around topical and sometimes controversial issues such as food addiction, vitamin D and food taxes, gaining substantial new knowledge in a short space of time. Factsheets and presentations from these conferences are made available on our website.





“The Princess Royal launched BNF’s first Healthy Eating Week in Gloucestershire and this year again supported us at the 2014 launch event in Portsmouth.”

At the same time we are developing a series of online training modules for health professionals and others including food industry personnel, to provide targeted information to support CPD needs and, in the case of caterers, to encourage a greater focus on nutrition. We have received very positive feedback on those developed to date.

Schools are also a focus of our attention with the launch of a Food Curriculum Fund to help teachers with the resources they need to deliver the expanded food and nutrition elements of the new curriculum for England. More details of this will be included later in Roy Ballam’s section of this Annual Report.

At the same time as rolling out our education strategy we have also been active in promoting the latest thinking in nutrition science, with a particular focus on the facts behind the headlines on saturated fat and sugar, stressing the importance of a varied and balanced diet rather than a potentially unbalanced focus on single nutrients. More details can be found later.

Having been selected to take over the running of the Drummond Memorial Fund I am pleased to report we have made good use of this opportunity with the introduction of a scheme for internships, pump priming grants for new lecturers and research fellows and a range of other awards, all intended to encourage nutrition science communication, the development of the science underpinning nutrition, and the careers of those who choose to work in this field. More details of this year’s winners can be found later in the report.



All of these activities can only be delivered with a strong and enthusiastic team and a sound financial structure. Our team continues to be successful in delivering external contracts, both within the UK and EU. We continue to be grateful for the generous donations made by our member companies to support our charitable activities and I am delighted to report we have made significant growth in our membership this year. We continue to manage the financial affairs of the Foundation with great prudence to ensure our sustainability and our cash flow position remains strong.

In conclusion, I thank all of those involved with the Foundation – our members of Council, Board of Trustees and sub-committees who freely give up their time to support the organisation; and our staff, led by our Director General, who maintain and grow our external reputation so effectively; and the many people we work with in academia, education, industry and the wider nutrition world who support our goals. The fantastic support we receive from all involved is at the core of our success.

Director General’s Report

Professor Judith Buttriss

Nutrition continues to hit the headlines, dominated in the past year by coverage focusing on sugars and saturated fat and on childhood obesity, levels of which may perhaps now be plateauing according to the National Child Measurement Programme but which still affects an unacceptable proportion of children.

Making nutrition science accessible to all

In July 2013, the government in England’s School Food Plan set the scene for a series of initiatives targeting nutrition for school aged children, including a review of school meal standards (which culminated in revised standards in 2014) and a change to the school curriculum in England to make teaching about healthy eating, food provenance and food preparation/cooking compulsory for all children aged 5-14 years. BNF’s engagement with this government-led work can be found in Roy Ballam’s report and we provided nutrition under-pinning for our own activities and those of others by publishing an update to our popular briefing paper on nutrition and schoolchildren, in January 2014.

In Autumn 2013, hot on the heels of a new Responsibility Deal saturated fat reduction pledge from the Department of Health, debate in the media about the validity of the advice to limit saturated fat intake was triggered by an opinion piece in the medical press. This was followed by a controversial systematic review headlined in the popular press as ‘No link found between saturated fat and heart disease’ that was declared “seriously misleading” and containing “major errors and omissions” by Prof Walter Willett from Harvard School of Public Health. Alongside this there were numerous stories describing sugar as addictive, calls for sugar taxes and months of media speculation about the forthcoming draft WHO guidelines on sugars intake, which were eventually published in March, and the draft SACN report on carbohydrate and health published in late June. As all this played out in the media, if people weren’t confused before, they may well have become confused or, worse still, disillusioned as the year progressed. As is covered in more detail in Sara Stanner’s report, this media interest kept us busy and provided us with an opportunity to set the record straight through measured and evidence-based publications and platforms for discussing subjects on which opinion had become polarised.

So, where does this leave us? Well, the balance of evidence still points to a high saturated fat intake increasing risk of cardiovascular disease. Average intake is 12.7% of dietary energy

compared to a target of no more than 11% for the population. What is of particular importance is the dietary changes that are put in place: replacement of saturated fat with unsaturated fatty acids – monounsaturated and particularly polyunsaturated – reduces risk of cardiovascular disease but if saturated fat is replaced by refined carbohydrate, the reduction in risk appears minimal. A high *trans* fat intake increases cardiovascular risk to the greatest extent but population average *trans* intakes are now very low in the UK (0.6-0.7% of energy). For sugars, whether the recommendation stays at 10% of total energy or is reduced to 5% (as suggested in the two recent draft reports mentioned above), most people but especially children over the age of 4, teenagers and young adults need to reduce their intakes of ‘free’ sugars. In teenage boys, average intake is approaching 16% of dietary energy intake and in most age groups the highest consumers (top 2.5%) have intakes well in excess of 20% and some close to 30%.

Stakeholder engagement

A theme of this year’s Annual Report is the importance we attach to adding value and impact through partnership working. We are proud of our long-established reputation in this type of work. Indeed, what sets BNF apart is its ability to bring together those with an interest in food and nutrition from diverse sectors – academia, medicine, education, communications and the food chain. Personal highlights for me are the results of a renewed engagement with the research councils, firstly through membership of BBSRC’s Diet, Nutrition and Health Working Group, the work of which has led to ‘food, nutrition and health’ research being set as a responsive mode priority within BBSRC’s portfolio, and secondly my appointment as chair of the steering group for the second phase of BBSRC’s Diet and Health Research Industry Club (DRINC), which brings together four of the research councils with a consortium of 15 food and drink companies to invest a further £10M in pre-competitive research that will improve understanding of diet and health. Other highlights are membership of the Government Office of Science’s Food Research Partnership, engagement with the Global Food Security programme, and a meeting with senior BBC producers to input into future programme





planning. Many other examples of collaborations involving the BNF team can be found in this year's report.

Thanks are due

All in all it has been another successful year for the Foundation and for this I must thank my colleagues at the Foundation for their commitment and hard work; our Governors, Trustees and advisory committee members for their encouragement and support, and of course our members and other stakeholders who have continued to support our charitable activities despite the uncertain times in which we live.

We ended the 2013/14 financial year with a modest increase in our reserves, having exceeded all targets for project income, membership income and income from our on-line training activities.

We welcomed five additional corporate members during the year (Unilever after a short break, Tata Global Beverages known in the UK for Tetley tea, Ocean Spray, KP Snacks and Nestlé Nutrition), and started the new financial year with ALDI in the process of taking up membership.

Other features of the year, aligned with the five-year strategy we introduced in 2013, were a review of governance and membership benefits to ensure that the Foundation retains its strong and resilient governance platform and remains responsive to the needs of its supporters and stakeholders. The 2014 membership survey revealed that satisfaction levels are high for the resources we produce for members and, in particular, the alerts service regarding new reports, the *Emerging Research* and *Emerging Issues* e-newsletters and *Nutrition Bulletin* hit the mark,

with these each being used by 90% or more of respondents. It was reassuring to see the value attached to BNF's role in providing expert, scientifically-credible and trustworthy nutrition advice and opinion, and our alerts service. Also evident was the importance attached to our work with schools and with the media, government, health professionals and consumers, and to our scientific reviews on nutrition topics.

Details of the work programme for the year are available in reports from Roy Ballam and Sara Stanner and I won't steal their thunder here but will take this opportunity to share some future plans.

Planning for the future

Underpinning these work programmes is a diverse funding base which is illustrated in Figure 1.

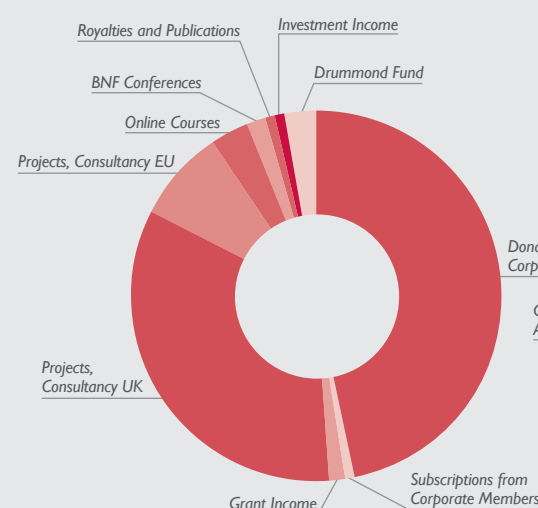
Figure 2 shows our expenditure for the past years' which is primarily associated with salaries and office costs. Towards the end of the year we began preparative work on a three-year financial plan to help ensure the stability and sustainability of the Foundation. Early thinking is reflected in the budget for 2014/15, which is illustrated in Figures 3 and 4.

New activities in the pipeline

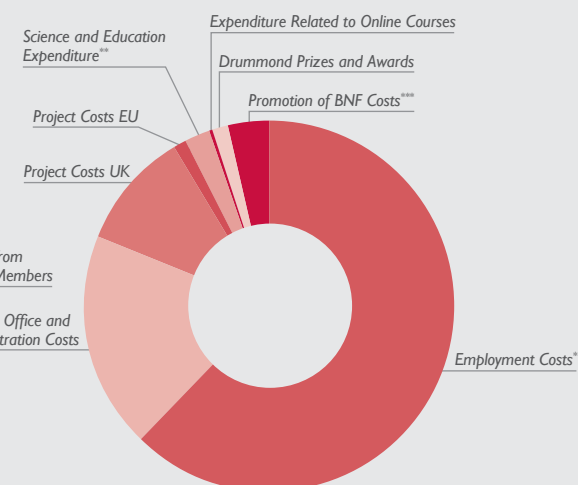
In the coming year there will be new additions to the on-line training courses on offer, including courses on dietary fibre, food allergy prevention in children, and nutrition for those working in food service. We are also piloting a new membership category linked to continuing professional development.

Figures 1 and 2: Income and expenditure for 2013-14

Income 2013-14 approx £1.60m



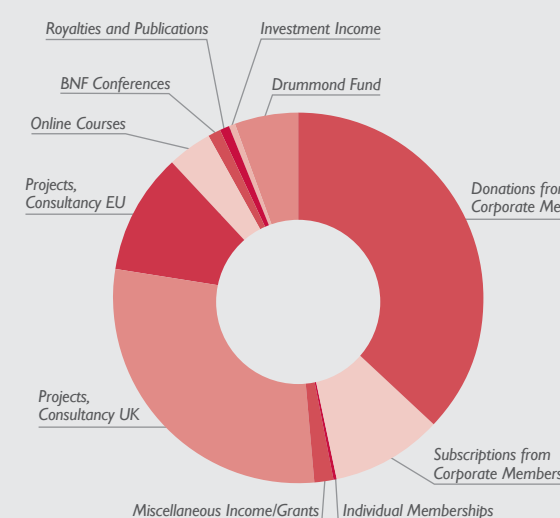
Expenditure 2013-14 approx £1.57m



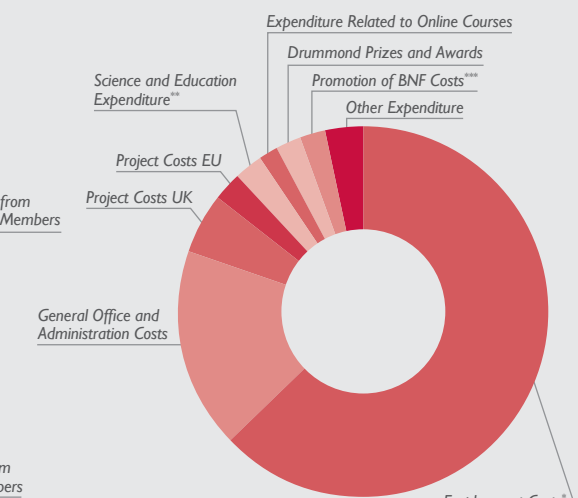
* Salaries £775k (including interns); pensions, social security costs, training and other staff benefits £202k
 ** Science and Education advisory committees, library and professional subscriptions
 *** BNF Annual Day, Annual Report, BNF newsletters, media support and promotion activities

Figures 3 and 4: Budget for 2014-15

Income 2014-15 approx £1.61m



Expenditure 2014-15 approx £1.62m



* Salaries £828k (including Drummond fellowship); pensions, social security costs, training and other staff benefits £195k
 ** Science and Education advisory committees, library and professional subscriptions
 *** BNF Annual Day, Annual Report, BNF newsletters, media support and promotion activities



Science Programme

Sara Stanner, Science Programme Manager

Communicate with health professionals, industry and journalists to provide easily accessible, evidence-based information and training on food, nutrition and healthy lifestyles for public health benefit.

As usual the focus of the science team this year has been to communicate evidence-based science relating to diet, physical activity and health to the wider audience. It may sound simple but, as always, we are competing with a tremendous amount of other food and health information. This year, in particular, media coverage of nutritional issues has been contradictory and confusing as the recommendations regarding saturated fat and carbohydrate have been questioned. Of course, the scientific process is a road of discovery that frequently generates a great deal of debate but consumers want simple advice about how to protect their health through diet. Health professionals, the media and educators have the largest influence on what consumers hear, read and believe about food and health and, therefore, the responsibility to provide the facts accurately and in the context of food and behaviour choices. Similarly, the food industry needs clear information on the links between diet and health to innovate and reformulate products that can confer health benefits to consumers. Our role at BNF is to support all of these stakeholders as much as we can with our ongoing programme of resources, training and information provision.

Is it really all about sugar or should we be getting back to basics?

With draft reports from both the World Health Organization on sugars intake for adults and children and from the UK Scientific Advisory Committee on Nutrition (SACN) on carbohydrates and health due to be published in 2014, we had predicted a focus on sugar throughout this year. How right we were! Sugar has hardly been out of the news, with headlines such as “sugar is the new tobacco” and “sugar is now enemy number one in the western diet” creating a media storm. In preparation for the increased interest in this topic, the science team at BNF developed a range of information for our website (www.nutrition.org.uk) summarising the science and debunking some of the common misconceptions. These sections have proved to be some of the most popular on our website this year, which is currently receiving around 25,000 visits each month. A member of the science team is available during working hours to provide advice to journalists to help them accurately report about diet and health and BNF is being quoted around 60 times per month in the national and regional

press, magazines and websites. As part of this media service, we have responded to requests for TV and radio interviews and taken part in a number of PR events to discuss the science behind the link between sugar and health. However, we are doing our bit to ensure that the growing public interest in limiting sugar in the diet doesn't taint the perception of carbohydrate foods in general or prevent focus on other important aspects of healthy eating. As part of our strategic theme of 'back to basics with healthy eating', we have produced supportive website information (13 new articles to date) describing how the government's *Eatwell plate* can be used in different settings, alongside meal plans showing how the concept of the plate can be achieved at individual mealtimes through sensible food choices during the day. We have been delighted with the response – although these have only been available for a few months we've already had over 27,000 visits to the new website pages.

The *Eatwell plate* is designed for all healthy people over the age of 5, with those over the age of 2 recommended to start to eat a diet in line with the general concepts of the food model. But the lack of detailed, practical guidance for parents and carers of young children, particularly in relation to the portion sizes suitable for toddlers, has been highlighted. We've been working on a project (with financial support from Danone) to develop a food-based model depicting the main concepts of a healthy diet for 1-3 year-olds. With the help of an expert group, we developed a number of ideas which we piloted in focus groups with mums and health visitors who told us they wanted something simple and visual. Our new poster is based on the concept of '5-5-3-2', linking the suggested number of portions from the 4 main food groups with lots of examples of suggested serving sizes. We will shortly be launching this, alongside a leaflet.

Despite the focus on cutting back on free sugars in the diet, many of us need to increase the amount of starchy foods we eat, particularly wholegrain and high fibre varieties. This year, we've developed consumer-targeted website-information dispelling common myths around starchy foods, as well as resources for health professionals providing practical information about high fibre foods and describing the role of potatoes in the diet.



24572

**average
WEBSITE
visits per
month**

The website is receiving an average of 24,572 visits/month



“Media activities around our popular diets event achieved coverage of 6.9 million opportunities to read, across many media sectors including national, international and regional news, diet blogs and the health and food industry.”

We hope to do more over the coming months to ensure that the message to increase dietary fibre isn't lost in the continued media furor over sugar!

Let's debate the science

Over the year, we have run a series of events to give health professionals, researchers and those working in industry an opportunity to debate the science relating to some of the most topical areas in nutrition at the moment. In recognition of the fact that it is becoming harder for health professionals and others to find time to attend full day conferences, we piloted our half day 'mini conference' events, which have proved extremely popular. Topics have included the science behind popular diets such as the low GI, low carb and intermittent fasting diets; a review of the evidence around the existence of food addiction; and a platform for discussion around the potential role of food taxes. We also ran an event on vitamin D, a nutrient which has sparked renewed interest in recent years due to evidence of poor status across the UK population. Live-streaming of these events has widened our audience and our '10 key facts' articles and conference reports have helped to disseminate the discussions more widely. The discussions we have initiated have extended to twitter and blogs but we have also created media headlines of our own. Media activities around our popular diets event achieved coverage of 6.9 million opportunities to read, across many media sectors including national, international and regional news, diet blogs and the health and food industry. Notable coverage included recorded segments on BBC Breakfast, coverage in the Independent on Sunday, an article in Reuters and a piece on the Yahoo! News website. Our food addiction event was chaired by Professor John Blundell, Chair of PsychoBiology at the University of Leeds and one of BNF's Trustees. With his

help, we achieved good coverage including on BBC Breakfast, Radio 2 and BBC News, offering a total of 6.2 million opportunities to view. Delegates rated our events highly (over 90% rated them as 'good' or 'very good') but most importantly they seem to be having a real impact - at our most recent event on vitamin D, 94% of attendees said they would use the knowledge they had gained in their current roles.

Science resources – from papers to postcards

This year we've published four in-depth reviews in our quarterly, peer-reviewed journal, *Nutrition Bulletin*, on the role of diet in the treatment of rheumatoid arthritis; whether snacking is good or bad for health; the role of fish in the diet; and diet, nutrition and schoolchildren. The latter, published in January, which was an update of a previous BNF briefing paper, has proved particularly popular and has already been downloaded over 2,900 times.

We have also written a number of *News and Views* articles focussing on hydration in young children, early growth and obesity risk, food security, and diet modelling, as well as regular articles presenting the science behind recent media headlines. These have included articles linked to headlines querying current fat guidelines, calling for vitamin supplements to be provided for all young children and suggesting a benefit of chocolate for heart health. We've continued to disseminate the key messages from our Task Force report on *Nutrition and Development: Short- and Long-Term Consequences for Health*, publishing 9 articles in different health professional journals including the British Journal of Community Nursing and the British Journal of Midwifery. We are now updating our Task Force

report on *Cardiovascular Disease: Diet, Nutrition and Emerging Risk Factors* which is being chaired once again by Professor Keith Frayn.

But our resources aren't all heavy science – we've also produced posters, planners and postcards! The latter was our desire to be involved in the celebrations of the 70th anniversary of the D-Day landings. We produced a series of postcards celebrating the role of specific foods including potatoes, carrots and the national loaf, all of which made an important contribution to nutrient intakes during World War 2. These were well received, with widespread social media coverage that extended to Australia!

Expanding our reach

Readership of *Nutrition Bulletin* continues to grow, with total annual downloads of papers reaching almost 200,000 in 2013. In July 2013, we launched a virtual issue on hydration and health, papers from which attracted over 27,000 downloads. Over the last few years we have had a strategic objective to expand the geographical spread of the journal's authorship and readership and we have certainly achieved this. Around a fifth of downloads of papers from the journal is now from the US, with substantial readership also in Australia and China. The 4 issues we have published over the year included papers from authors in 13 different countries outside the UK.

Our long-standing involvement with projects funded by the European Commission enables us to promote our activities to stakeholders across Europe and beyond, to develop our network of contacts and showcase our skills in the dissemination of nutrition information to a wider audience. We are currently a partner in the CommFABNet project, which aims to support

the communication activities of other EU-funded research projects in the areas of food, agriculture, fisheries and biotechnology (under the sixth and seventh European Framework Programmes of Research). The project provides a range of free services to support the communication of research results including media training, audio-visual production and dissemination aimed at different audiences, in particular the general public, young people, industry and policy makers. BNF is involved in six of the seven work packages, with major roles in two of them ('addressing young people' – see Roy Ballam's report – and 'dissemination of project results'). Our role in the dissemination work package includes supporting the social media aspects by providing material for twitter, preparing articles for science communication journals on specific parts of the project and being involved in communications training for project researchers. We are also leading on the development of the CommNet Impact Awards, which will recognise best practice in science communications associated with EU-funded projects in these areas. The awards were launched at the European Open Science Forum in Copenhagen in June 2014 and will be presented at the final project conference in Brussels in December, which BNF is coordinating.

Since October 2012 we have also been involved in BACCHUS, a four-year project coordinated by the Institute of Food Research. The BACCHUS consortium includes SMEs directly involved in developing food products and pursuing health claims, and experts in health claims legislation and the EFSA review process, as well as academics involved in high quality food and health research that can underpin health claims. The aim of the project is to provide evidence on the health effects of polyphenols and bioactive peptides

**NUTRITION
BULLETIN**

**2013
194,
946
DOWNLOADS**

**16%
INCREASE**

**FROM
2012**

**Nutrition Bulletin –
194,946 downloads in 2013;
16% increase from 2012**



“We are really proud of our long-established reputation for partnership working and attribute this to much of our success.”

on cardiovascular risk factors, with a view to supporting health claims on products containing these compounds. BNF is the leader of the work package developing best practice guidance for those planning to submit health claims applications and also chairs and co-ordinates the project's Health Claims Advisory Board.

We have also been working with the network of European Nutrition Foundations, of which we are a founder member, on a paper about intakes and status of vitamin D across the EU, which we hope to publish at the end of 2014.

Working with others – the key to our success

Although our independence is the foundation of our existence, we are really proud of our long-established reputation for partnership working and attribute to this much of our success. We work with those interested in food and nutrition across diverse sectors – academia, education, communication, other charitable organisations and the food chain. Examples of such partnerships this year include:

- involvement in dissemination and stakeholder engagement in the UK FoodComp project (funded by Public Health England and coordinated by the Institute of Food Research) to update and extend the official UK data on the composition of foods;
- development of an e-learning tool on weight management during pregnancy for the Royal College of Midwives;
- weekly blogs and regular articles to communicate relevant nutrition messages for *Quality Compliance Systems*, which provides a care quality commission management service for over 5000 care home, dentist and GP clients.

In addition, we've undertaken a range of project work for member companies. A few examples include:

- We advised on the production of Sainsbury's *Live Well for Less* recipes and tip cards.
- We've developed an online training module on fibre and digestive health, aimed at pharmacists, with additional courses being developed for midwives and community nurses (supported by Kellogg's).
- We carried out nutritional analyses of popular rice and non rice-based meals, comparing their nutritional composition with Dietary Reference Values and food-based recommendations to identify key areas for improvement (on behalf of Mars).
- We have been developing an online training course for health visitors, midwives and other health professionals on the effect of early life feeding on risk of allergy development (supported by Nestlé Nutrition).

Supporting our members

We provide a range of resources to help keep our members up-to-date with nutritional issues and policy developments, including regular e-mail alerts, summaries of new reports and surveys, and two quarterly e-newsletters - *Emerging Issues* which provides a summary of recent developments relating to nutrition policy, and *Emerging Research* which provides a summary of recent policy-relevant research. We also run forums to stimulate debate on hot topics and sharing of best practice. In July 2013, we launched a Members' Dropbox to provide remote access to all of these resources, as well as factsheets on hot topics, lists of useful contacts and a range of Power Point presentations on key nutritional issues.

Our recent survey of members has shown that our resources are useful – 90% or more of members said they make use of *Nutrition Bulletin*, *Emerging Issues* and *Emerging Research*, and our email alerts and updates. Sixty-five percent had attended one of our forums. So hopefully our work is making a real contribution.

So what's happening over the next year?

We've got lots planned! We hope to be launching several new online training courses including one

designed for caterers/food service workers. We've also got lots of ideas for topics for mini conference events ranging from novel ingredients to help increase fibre intakes to the effects of diet on sleep patterns. There is no doubt that the debate over sugar and saturated fat will continue but we shall be doing what we can to provide clear, sensible and evidence-based messages in the wider dietary context.

BNF
QUOTED
in the media
on average
60x
per month
BNF is quoted in the media on average 60 times per month

5532-a-day

Perfect portions for toddler tums





Education Programme

Roy Ballam, Education Programme Manager

Provide educators with up to date, curriculum compliant resources and training to support the rapidly changing needs of the 21st century learner.

Let's teach food!

It has been an incredibly busy, yet rewarding year for the Education Group. Our focus remains on providing the highest quality resources and delivering excellent teacher training to enable better (and more) food teaching in our schools. We know that our resources are being used – visits to *Food – a fact of life* (FFL) are up by 25% in past year (1,907,612 total visits). However, what's the impact of this in school and on food teaching?

In the past year we've been on a journey to learn more about our impact, encouraged by our Governors. But why should we do this? Simple, we need to understand better how what we produce (resources and training) impacts on how teachers teach and learners learn. We also need to understand better how we can improve and help play our role in facilitating longer-term benefits, whether this is supporting formal education which leads to qualifications or supporting the acquisition of skills and knowledge to help individuals lead healthier lives.

Our journey has started. We conducted a small scale survey in April-May to investigate the state of food teaching in schools (n=434). As part of this work, we asked teachers to rate FFL on a number of benchmarks. Encouragingly, 95% of those surveyed positively rated FFL to support their teaching, 93% indicated that it supported pupil learning and 99% said it saved them time. When asked to rate the impact of FFL overall, it had a positive rating of 98.5%. Lastly, teachers were asked to compare FFL against other education websites or programmes – 76.5% rated it as 'the best' or 'better', with the remaining 23.5% indicating that it was 'no better or worse'. I think our journey has started in a good place.

We have also added a number of new resources to FFL during the year. These include:

- curriculum updates and new worksheets to support our seven *Learn with stories* for primary schools;
- updates and new worksheets in our farming area for secondary schools;
- a new 16-18 years age tab, launching with a farming module.

One of the biggest additions to FFL was *Explore food*, a simple online nutritional analysis tool for secondary school pupils, which was supported by

the All Saints Educational Trust. The tool, launched in November 2013, along with a teachers' guide and 11 worksheets, supports pupils calculating the energy and nutrients provided by a recipe or diet. We were delighted that from launch to the end of May 2014, the tool had been used on 18,948 occasions. On-going evaluation by teachers also rates its design, ease of use and usefulness highly (weighted average 4, out of 5), 90% of teachers surveyed said it supports pupils learning about nutrition and 99% indicated that it supports the curriculum.

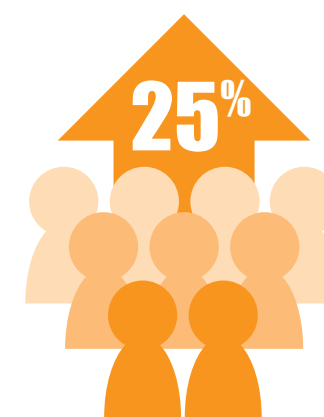
We are keen to evolve the website, expanding our resource offer for students aged 16-18 years, as well as making it easier for teachers to find the resources they need. There is always room for improvement.

Celebrate success!

Based on the positive response to the inaugural Healthy Eating Week in 2013, BNF updated the Week for 2014. This year it focused on five themes: food origins; healthy active lifestyles; food and drink choice; meal occasions; food preparation and cooking. While the Week itself was held in the first week of June 2014, so outside the period of this Annual Report, it was the realisation of many months of planning and preparation.

We were delighted that 4,400 schools registered to participate in the Week, an increase of 35% on the previous year, representing 1.75 million children and young people. The Week was officially launched by our Patron, HRH The Princess Royal, at Portsmouth Academy for Girls. The Academy embraced the Week, creating displays, linking with their catering operations and organising several cooking sessions.

To facilitate the development of resources for the Week, BNF undertook an online National Pupil Survey with children and young people to ascertain their knowledge, behaviour and opinions about healthy eating, cooking and where food comes from. Over 13,000 children and young people aged between 5 to 16 years completed the survey. It revealed a strong interest in food and cooking, positive engagement with growing food and mixed understanding of energy and nutrients – something we will consider for next year and future teaching resources.



Visits to **Food-a fact of life** (FFL) are up 25% in the past year.



“The courses were extremely well received, with 98% of teachers stating that the course will have a positive impact on teaching.”

To support schools running their own activities, BNF created and provided:

- five posters, supporting the themes of the week;
- sheets of colourful stickers;
- five one-minute inspiration videos;
- 10 cook-a-longs streamed live;
- five tutor time activities and worksheets;
- four activity ideas booklets (containing over 180 ideas and resource links);
- five assembly plans and presentations;
- one farming eSeminar.

Nationally, Healthy Eating Week generated a great deal of media interest. Professor Buttriss (BNF Director General) appeared live on ITV's Good Morning Britain and the launch and survey results generated newspaper and online coverage resulting in over 75 million opportunities to read. The Week also appeared on the homepage of the School Food Plan's What Works Well website and was tweeted by the Department for Education and Public Health England. At a school level, BNF received emails, videos, tweets and letters letting us know what schools had planned or achieved. Activities included tasting new foods, cooking, visit by experts, growing food, sports events and visiting farms. The evaluation of the Week indicated that teachers rate the impact of the Week extremely highly in terms of promoting good messages around healthy eating, cooking and exploring where food comes from. Healthy Eating Week was supported by AHDB (DairyCo, BPEX, EBLEX and Potato Council), Red Tractor, the National Farmers Union and Seafish. Healthy Eating Week 2015 will be held from 1-5 June.

Promote competence consistency!

In 2007, the Food Standards Agency (FSA) launched Core Food Competences for children aged 5-16 years, developed in consultation with

the BNF. These competences set out a progressive framework of skills and knowledge which comprised essential knowledge and skill building blocks for children and young people around the themes of *diet and health, consumer awareness, cooking and food safety*.

However, over the past seven years there have been changes in curricula around the UK, new education initiatives and policy changes. Therefore, BNF, along with Public Health England, FSA Northern Ireland, FSA Scotland and the Welsh Government, initiated a review of the original framework to ensure that it was up-to-date and reflected key areas of priority for children and young people in relation to their education, life skills and health. This has resulted in an updated competence framework, which also includes the theme *active lifestyles*, helping to address the importance of physical activity. This work is now completed and will be published later in 2014. It is hoped that the framework will be used by schools to audit their curriculum, by publishers to create resources and by government to support curricula or qualification change.

Support food in the curriculum!

With the forthcoming change to the curriculum in England, where cooking and nutrition will be compulsory for all children aged 5-14 years, BNF has been developing a range of its own support resources and training opportunities for schools to help with implementation.

The new resources being devised will help schools unpack the new slim-line curriculum (specifically looking at progression, challenge and attainment), plan their own Schemes of Work and implement high quality food, cooking and nutrition teaching.

Our non-statutory guidance will include:

- Primary school support: Schemes of Work for Years 1 to 6, including individual lesson plans and resources;
- Secondary school support: Schemes of Work for Years 7 to 9, including 18 lesson plans and a progress tracking tool for each Year Group.

All materials will be available for schools in the next academic year. Funding was provided by a number of BNF corporate members to protect the time of BNF staff to create and write this important work (details can be found on page 27).

In addition, BNF has planned and run six National Curriculum face-to-face training courses for teachers (three primary and three secondary). Over 290 schools attended and received updates on curriculum change, the School Food Plan, the competences review and how to plan for changes in the curriculum with regard to cooking, nutrition and where food comes from. The courses were extremely well received, with 98% of teachers stating that the course will have a positive impact on teaching and 99% stating that it will positively support pupil learning. All training materials and presentations are available online to download, helping teachers who were unable to attend to plan for the future. The training was supported by the All Saints Educational Trust, enabling teachers to attend free of charge.

While there will be a considerable release of new materials from BNF and others to support the new curriculum, what is really needed is support for initial teacher training and teachers' continuing professional development. Both of these will be priorities in BNF's work programme for the forthcoming year.

Be engaging!

During the year, we undertook a series of activities to promote our education programme to schools. We also made the most of opportunities to talk to teachers and learn about how we could better support their needs. These activities included:

- writing and sending out monthly emails to our own education database – 20,876 per month;
- creating and disseminating two editions of BNF Education News – 7,500 copies;
- attending the Scottish Learning Festival, Glasgow (September) – 4,300 visitors;
- attending the Association of Science Education event, Birmingham (January) – 2,541 visitors;
- attending The Education Show, Birmingham (March) – 10,300 visitors.

We also tweeted about our work and engaged with teachers via our Facebook page and YouTube channel.

BNF held its Scottish Education Conference in November, which was attended by 154 Home Economics teachers. We also held an A-level Food Technology conference on behalf of AHDB,

in November in London, which attracted 134 teachers and sixth-form students. Follow-up evaluation revealed that both events were very well received and provided a platform to support teachers' professional development and showcase our materials. In addition, we hosted 23 live eSeminars, which have together been viewed 1,977 times.

Work together!

To help promote rigour, progression and consistent knowledge and understanding in food and nutrition learning, BNF has worked with a number of organisations. Our collaborative activities included:

- managing and delivering the Meat and Education programme (EBLEX/BPEX);
- developing materials, delivering training and monitoring impact for the School Visitor Programme (Warburtons);
- producing a set of interactive PowerPoint presentations for A-level students (DairyCo);
- creating and disseminating 2,000 resource packs about fish to primary schools in England and 1,300 packs to primary schools in Wales, in English and Welsh (Seafish);
- developing lesson plans and worksheets to encourage the use of salad leaves in cooking and meal preparation (British Leafy Salads);
- writing 18 recipes that support progression in cooking skills for the *Eat Happy Project* (Tesco);
- producing 125 food information cards, based on the Core Food Competences (FSA Scotland);
- updating 10 teacher lesson guides and activities on cooking and nutrition for *Active Kids* (Sainsbury's);
- completing the second wave of resources about food, farming, agriculture and biotechnology for children and young people aged 5-16 years throughout Europe (EU-funded CommNet);
- updating resources for *Eat Like A Champ* (Danone);
- facilitating two teacher training sessions in baking (The Grain Chain);
- developing resources to support primary and secondary schools entering a competition to develop a meal to be taken to the International Space Station (UK Space Agency).

This collaborative work ensures that resources and training available from others have educational integrity and scientific accuracy – something unique that BNF can provide. To help ensure our reputation for independence, trustworthiness and quality, we also met with our Education Working Groups (in England, Northern Ireland, Scotland and Wales) to review our work and set future priorities based around the BNF strategy. Input from the Groups continues to challenge our thinking and help us better understand the issues in education from national to classroom level.

HEALTHY EATING WEEK

4,400 schools
1.75 MILLION

Healthy eating week:
We were delighted that 4,400 schools registered to participate in the Week, an increase of 35% on the previous year, representing 1.75 million children and young people.



Educate, don't campaign!

BNF provides a unique education programme to all schools throughout the UK on a daily basis. It is founded on key principles of good teaching and learning, curriculum compliance, innovation and the use of evidence-based information to support teachers and learners. We don't campaign, we simply help to educate.

The *Food – a fact of life* programme continues to be an important resource in schools. Our initial work around impact is encouraging, but we know we can do more. In 2014-15, we plan to focus more on this area to better understand our impact on knowledge and on skills acquisition and application, as well as behaviour. This will allow us to continue to innovate and support schools into the future. In addition, we will continue to engage with government and other parties to share good practice, promote robust and rigorous food education, and facilitate better teaching and learning for all.

The intentional positive sub-headings in this report reflect our values and how we like to work. We want to ensure that all children and young people have the opportunity to learn about food, be supported on their learning journey with fantastic and engaging resources and have experiences that are life-long. You can help us do more – let's work together to ensure this vision – food, it's a fact of life.



Rating of FFL by teachers: We conducted a small scale survey in April-May to investigate the state of food teaching in schools (n=434). As part of this work, we asked teachers to rate FFL on a number of benchmarks. Encouragingly, 95% of those surveyed positively rated FFL to support their teaching, 93% indicated that it supported pupil learning and 99% said it saved them time. When asked to rate the impact of FFL overall, it had a positive rating of 98.5%.

Awards

This section includes information on the various awards administered by BNF, some of which are funded through the Drummond Memorial Fund and some of which are funded by the Foundation.

BNF Drummond Education Awards 2013

The Foundation rewards excellent work in food and nutrition by students and their teachers throughout the UK. Annual awards are given to students at GCSE and Standard Grade levels, and at A-level and Advanced Higher. This year's awards were presented to the winners by Her Royal Highness The Princess Royal, the Foundation's Patron, at the BNF Annual Day on 19th November 2013.

GCSE/Standard Grade awards

Assessment and Qualifications Authority
Georgina Hopgood, *The Maynard School, Exeter*
Rebecca Lee, *King Edward VI Community College, Totnes*

Council for the Curriculum, Examinations and Assessment

Jane Kirkpatrick, *Wallace High School, Lisburn*
Edexcel

Heidi Dougans, *Urmston Grammar School, Manchester*

Oxford, Cambridge and RSA Examinations Group
Priya Verma, *Langley Grammar School, Langley*

Scottish Qualifications Authority
Rebecca MacLeod, *Lenzie Academy, Glasgow*

Welsh Joint Education Committee
Luca Steel, *Dean Academy, Lydney*

A-level/Advanced Higher awards

Assessment and Qualifications Authority
Joshua Sutton, *The Beauchamp College, Leicester*

Council for the Curriculum, Examinations and Assessment
Lauren Telford, *Wellington College, Belfast*

Edexcel
Rebecca Steels, *Woldgate College, York*

Oxford, Cambridge and RSA Examinations Group
Eleanor Maloney, *St Michael's Catholic Grammar School, London*

Scottish Qualifications Authority
Ailsa Duncan, *Portlethen Academy, Aberdeen*

Welsh Joint Education Committee
Fay Colloff, *Redruth School, Redruth*

BNF Drummond Pump-priming research grants 2014

The Drummond Memorial Fund also supported the provision of two grants in 2014 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 were Dr Julia Darzi and Dr Gerda Pot, King's College London, for a project examining the effects of prolonging sleep in people who have a relatively short sleep duration on obesity-related risk factors, and Dr Vimal Karani, University of Reading, for a project investigating the impact of nutrients on the association between genetic polymorphisms and obesity in up to 10,000 individuals. More details can be found at www.nutrition.org.uk/aboutbnf/awards/2014pumpprimingrecipients

BNF Drummond Nutrition Science Communication Awards

Awards were launched in 2013 for practicing dietitians and recent nutrition graduates to celebrate and reward excellence in the communication of nutrition science to different audiences; these awards were funded by the Drummond Memorial Fund.

The winners of the awards for practising dietitians were Ms Lindsay Miller, Dietitian and Joint Director at Foodtalk CIC, for the development of a training programme for Early Years Providers about the importance of vitamin D for under 5's, pregnant and breastfeeding women, and Mrs Nia Rees Williams, Appetite for Life Dietitian/Facilitator at Conwy Education, for the establishment of innovative and proactive peer-led school nutrition groups within the Conwy County Borough in order to involve children and young people in positively impacting on others.

The winners of the awards for recent nutrition graduates were Ms Catherine Kidd, graduate nutritionist from King's College London, for her observational research dissertation looking at heart rate, and Ms Laura Rockett, graduate nutritionist from the University of Roehampton, for her dissertation investigating the availability and labelling of gluten-free meals in independently-owned and chain restaurants.



All four winners were presented with their awards by Her Royal Highness The Princess Royal at the Prizegiving ceremony at the BNF Annual Day on 19th November 2013.

BNF Prize and BNF Annual Lecture

The BNF Prize is intended to recognise a contribution of outstanding merit in the field of food, nutrition and health, made by an individual, or even a group of people, during the past year or over a period of previous years. The winner of the BNF Prize in 2013 was Professor David Barker, epidemiologist and former Director of the Medical Research Council Environmental Epidemiology Unit, University of Southampton. Professor Barker sadly passed away in August 2013 but the Prize was collected on his behalf by his daughter, Dr Mary Barker from the University of Southampton.

The BNF Annual Lecture in 2013 was given by Professor Sean Strain, Professor of Human Nutrition and Director at the Northern Ireland Centre for Food and Health (NICHE) and the winner of the BNF Prize 2012. His lecture was entitled *Eating fish for two* and was streamed live. The lecture was recorded and was published in the June 2014 issue of *Nutrition Bulletin* and is available to view on the BNF website.



Above: BNF prize 2013 winner Professor David Barker, epidemiologist and former director of the Medical Research Council Environmental Unit, University of Southampton.

Future Plans

The foci for the forthcoming year for the strategic areas within BNF's 5-year workplan are summarised below, together with key outcomes.

Core activities

Nutrition Science:

Strategic Objective: Communicate with health professionals, industry and journalists to provide easily accessible, evidence-based information and training on food, nutrition and healthy lifestyles for public health benefit.

Focus for 2014/15: Develop and deliver a rolling programme of nutrition science resources, including *Nutrition Bulletin* and the Task Force report on *Cardiovascular Disease: Diet, Nutrition and Emerging Risk Factors*. Develop a number of training activities, including mini conferences and online training resources for a range of audiences. Develop additional website based resources on the theme of getting back to basics with healthy eating. Develop activities to improve understanding of the science underpinning high-profile nutrition topics such as saturated fat and sugar, objectively challenging mis-communication and facilitating debate to help clarify issues and unravel myths. Deliver high quality project work, for example ensuring a successful launch for Public Health England of the UKFoodComp food composition project, and undertake impact assessment of our work.

Key outcomes:

- To produce a range of high quality resources, including *Nutrition Bulletin* published quarterly, with growth in readership/downloads of at least 5% compared with 2013/14.
- To communicate evidence based nutrition messages via face-to-face training (at least two conference/mini conference events) and online training tools (at least one new BNF course launched and one bespoke course developed).
- To ensure that the information provided on the BNF website (www.nutrition.org.uk) remains current and comprehensive, including a review and update of the nutrition science content by November 2014 (for Information Standard audit). Generate an increase in traffic to the BNF website of at least 5% during the year.

Education:

Strategic Objective: Provide educators with up to date, curriculum compliant resources and training to support the rapidly changing needs of the 21st century learner.

Focus for 2014/15: Build on our reputation as an advocate for food and nutrition education through the continued production of new and innovative resources via the *Food – a fact of life* website, the provision of training for teachers and collaboration with key stakeholders. Ensure the successful uptake and delivery of Healthy Eating Week 2015. Engage with regional Education Working Groups to ensure the integrity of BNF's education programme. Seek opportunities for project work that support our charitable aims, and undertake impact assessment of our work.

Key outcomes:

- To work in partnership with key stakeholders to ensure high quality and innovative approaches to food and nutrition curricular design, resource provision and training delivery.
- To increase total visits to *Food – a fact of life* website by at least 5%.
- To facilitate BNF Healthy Eating Week 2015, engaging with 10% more schools than in 2014.
- To measure the impact of our work in education, through a school based intervention with teachers and learners in the UK.

Supporting activities

People and facilities:

Strategic Objective: Develop highly trained and motivated staff, and ensure strong governance and appropriate facilities are in place to support BNF's charitable activities.

Focus for 2014/15: Review job descriptions for all staff, ensuring that they comply with employment law. Sustain delivery of BNF's charitable activities by ensuring that staff are motivated and engaged by interactive management, clear objectives and appraisals and staff meetings. Undertake a skills audit to ensure that BNF has staff with the necessary skills to progress the strategic objectives, and implement succession planning and talent management. Continue to ensure that all staff are provided with high-quality IT equipment. Conduct an audit to ensure the sustainability and resilience of BNF's governance. Work in conjunction with the Issues Management Working Group to ensure resilience and the Foundation's independence.



Key outcomes:

- To ensure the capacity of BNF to deliver its charitable objectives by developing staff skills/competences, succession planning and talent management, and training strategies.
- To sustain strong governance by ensuring meetings of the Board of Trustees and Council are quorate and implementing the findings of the governance audit.
- To have an appropriate and effective issues management plan in place to ensure that the reputation of the Foundation is managed effectively.
- To showcase the work of the Foundation more effectively, including delivery of a successful BNF Annual Day.

Funding and finance:

Strategic Objective: Sustain financial security to support and advance BNF's charitable activities.

Focus for 2014/15: Maintain BNF's broad base of income streams. Explore and proactively seek new income streams through project and grant opportunities that meet our strategic approach and charitable objectives. Maintain and expand BNF's membership base. Ensure that changes to membership financing are implemented efficiently internally and that these changes are communicated clearly to all members. Through meetings and other activities, regularly engage with and update members and other stakeholders on BNF's activities, and ensure that BNF activities remain relevant and engaging. Continue to implement clear financial reporting and procedures to ensure that all processes operate in an economical, cost-effective and efficient way, and plan for the future.

Key outcomes:

- To sustain the breadth of BNF's funding, develop new income streams and continue to expand the on-line training offered.
- Implement the findings of the 2014 membership survey and ensure a smooth transition to the new membership model. Repeat the survey in 2015.
- Prepare quarterly management accounts for Trustee and Council meetings.
- Working with the Honorary Treasurer, develop a three-year financial plan.

Annual Accounts 2013-14

Statement of Financial Activities for the year ended 31st May 2014

	Unrestricted Funds	Restricted Funds	Total Funds 2014	Total Funds 2013
	£	£	£	£
Incoming Resources				
Incoming resources from generated funds:				
Voluntary income:				
Donations and subscriptions	794,112	-	794,112	727,374
Activities for generating funds:				
Investment income	19,687	-	19,687	17,922
Incoming resources from charitable activities:				
Projects	732,017	-	732,017	683,717
Conferences	24,537	-	24,537	51,614
Publications	14,974	-	14,974	16,072
Total Incoming Resources	1,585,327	-	1,585,327	1,496,699
Resources Expended				
Costs of generating funds:				
Costs of generating voluntary income	135,352	-	135,352	144,651
Charitable activities	1,359,168	-	1,359,168	1,288,483
Governance costs	73,676	-	73,676	69,996
Total Resources Expended	1,568,196	-	1,568,196	1,503,130
Net incoming/(outgoing) resources before Transfers	17,131	-	17,131	(6,431)
Transfers between funds	-	-	-	-
Net Movement in Funds	17,131	-	17,131	(6,431)
Total funds brought forward	1,190,749	14,280	1,205,029	1,211,460
Total Funds Carried Forward	1,207,880	14,280	1,222,160	1,205,029



Annual Accounts 2013-14

Balance Sheet as at 31st May 2014

	2014 £	2014 £	2013 £	2013 £
Fixed Assets				
Tangible assets		10,274		13,162
Current Assets				
Debtors:				
Prepayments and accrued income	46,618		64,255	
Other debtors	94,875		137,307	
	141,493		201,562	
Cash at bank and in hand	1,339,686		1,318,382	
	1,481,179		1,519,944	
Creditors				
Taxation and social security payable	34,053		34,992	
Accruals and deferred income	190,407		238,373	
Other creditors	44,833		54,712	
	269,293		328,077	
Net Current Assets		1,211,886		1,191,867
Net Assets		1,222,160		1,205,029
Capital and Reserves				
Restricted funds		14,280		14,280
Unrestricted funds:				
Designated funds		569,282		611,565
General funds		638,598		579,184
Total Funds Carried Forward		1,222,160		1,205,029

A full set of accounts and notes to the accounts are provided on our website at www.nutrition.org.uk or can be obtained on request from: The Finance Manager, The British Nutrition Foundation, Imperial House, 15-19 Kingsway, London WC2B 6UN (Tel: 020 7557 7930).



Member Companies

At 31st May 2014

Agriculture and Horticulture Development Board*	KP Snacks Limited	Volac
Alpro UK	Marks and Spencer plc	Wagamama
Asda Stores Ltd	Mars UK Ltd	Waitrose Ltd
Birds Eye Iglo Group Ltd	McDonald's Restaurants Ltd	Warburtons
British Sugar plc	McNeil Consumer Nutritionals	Weetabix Ltd
Cargill Incorporated (Truvia)	Mondelez International*	Wm Morrison Supermarkets plc
Coca-Cola Great Britain and Ireland*	Nabim	
Danone Waters and Dairies UK Ltd*	Nestlé UK Ltd*	
Dine Contract Catering Limited	Nestlé Nutrition	
DuPont Nutrition and Health Division*	Ocean Spray	
General Mills	PepsiCo UK Ltd*	
GlaxoSmithKline	Seafish	
Greggs plc	Slimming World	
H J Heinz Ltd	Tata Global Beverages Limited	
Ingredion UK Ltd	Tate & Lyle*	
J Sainsbury plc*	The ABF Grocery Group*	
Kellogg Company of Great Britain Limited*	The Co-operative Group Ltd	
Kerry Foods Ltd	Unilever plc*	
	United Biscuits (UK) Limited	

*Sustaining member companies are listed in their preferred styles

Financial Support for Specific BNF Events and Activities

During the year, the following member companies provided financial support for specific projects.

Agriculture and Horticulture Development Board	Marks and Spencer plc
Healthy Eating Week 2014 (EBLEX, BPEX, Potato Council and DairyCo)	Food Curriculum Fund
Food Curriculum Fund	Mars UK Ltd
British Sugar plc	Food Curriculum Fund
Food Curriculum Fund	Seafish
Cargill Incorporated (Truvia)	Healthy Eating Week 2014
Food Curriculum Fund	Food Curriculum Fund
Danone Waters and Dairies UK Ltd	The ABF Grocery Group
Food Curriculum Fund	Food Curriculum Fund
Greggs plc	Waitrose Ltd
Food Curriculum Fund	Food Curriculum Fund
Kellogg Company of Great Britain Limited	Warburtons
Food Curriculum Fund	Food Curriculum Fund
Conference Vitamin D: Needs, intake and status – a European perspective	

During the year, several other organisations also provided financial support for BNF events and activities as follows.

All Saints Educational Trust
Explore Food
Teacher training events on changes to the National Curriculum
The Garfield Weston Foundation
Donation
National Farmers Union
Healthy Eating Week 2014
Red Tractor
Healthy Eating Week 2014

Projects funded by the European Commission
BACCHUS
CommNet
DIETS 2



Honorary Officers

Patron

Her Royal Highness The Princess Royal
KG GCVO

Honorary President

Professor A Shenkin BSc PhD FRCP FRCPath
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University of Liverpool

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Wilton Park
Professor C M Williams OBE BSc PhD
Pro-Vice-Chancellor (Research and Innovation),
University of Reading

Honorary Treasurer

Mr M Collyer FIFST
Non-Executive Director of various SMEs

Chairman of the Board of Trustees

Mr D Gregory CSci FIFST
Chairman, Assured Food Standards

Vice-Chairman of the Board of Trustees

Miss G Fine MSc
Public Health Nutritionist

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Mr WDB Hamilton BSc BAgr MS MFC CChem FRSH
FIFST FRSC

Professor RS Pickard BSc PhD RNutr CBiol FIBiol
Professor BA Wharton BA MBA MD DSc FRCP
FRCPC FIFST

BNF Governors Emeritus

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FIFST FRSC
The Baroness Hooper CMG BA FRGS FRSA
Dr WT Little CBE FIFST
Ms R McRobert OBE
Mr AJH Skrimshire CChem FRSC FIFST
Mr J Sutcliffe BSc
Mr DA Tate OBE DL MA
Professor RG Whitehead CBE BSc PhD MA FIBiol
CBiol HonFRCP
Mr AP Williamson BSc

The Council at 31st May 2014

Chairman of Council

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Emeritus Professor of Clinical Chemistry,
University of Liverpool

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Chair of Psychobiology, University of Leeds

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Professor of Nutrition and Head of Department
of Nutrition, University of East Anglia

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Professor of Dietetics, University of Plymouth

Professor C Dennis CBE DL
Food Scientist and Technologist

Miss G Fine MSc*
Public Health Nutritionist
Vice-Chairman of the Board of Trustees, BNF

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Imperial College London

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Professor of Nutrition, University of Ulster

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Emeritus Professor of Medicine,
St. James's University Hospital, Leeds

Professor ADB Malcolm MA DPhil CBiol FSB
FIFST FRSC *
Executive Secretary, Parliamentary
& Scientific Committee

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Professor of Human Nutrition, University
of Newcastle

Professor M Peaker DSc FRSE FRS
Formerly Director, Hannah Research Institute

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University of Reading

Professor TAB Sanders BSc PhD DSc *
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King's College London University

Professor MJ Wiseman MB BS FRCP
FRCPath FAfN *
Visiting Professor in Human Nutrition,
University of Southampton

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Senior Director, Nutrition Europe, PepsiCo UK Ltd

Mrs A Greenhalgh-Ball BSc RD
Senior Director Nutrition EMEA, Kellogg Company
of Great Britain Limited

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Chairman, Assured Food Standards
Chairman of the Board of Trustees, BNF

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Head of Trading Standards and Compliance,
Wm Morrisons Supermarkets plc

Mr D Webster BA*
Head of Communications, The ABF Grocery Group

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FIAgM CEnv
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(LEAF)

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Qualifications Authority

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Adviser, Quality Improvement, Glasgow City Council

Mrs M Haines Evans DL
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National Federation of Women's Institutes

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Editor, Food Manufacture

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Mr IGT Ferguson CBE BSc
Honorary Vice-President, BNF

Professor CM Williams OBE BSc PhD
Honorary Vice-President, BNF

Mr M Collyer FIFST *
Honorary Treasurer, BNF

* Members of the Board of Trustees



Committees

at 31st May 2014

The Scientific Advisory Committee

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Professor MJ Wiseman MB BS FRCP FRCPath FAFN

Vice-Chairman
Professor B Ratcliffe BSc PhD FHEA CBiol FSB RNutr

Members
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Dr A Alldrick BSc PhD
Mr R Ballam BA MA *
Dr V Burley BSc MSc PhD RNutr
Professor JL Buttriss BSc PhD RNutr DipDiet FAFN *
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