



BRITISH
Nutrition
FOUNDATION

Annual Report and Accounts
2008-09



The British Nutrition Foundation (BNF) was established over 40 years ago and exists to deliver authoritative, evidence-based information on food and nutrition in the context of health and lifestyle. Accurate interpretation of nutrition science is at the heart of all we do.

The Foundation's work is conducted and communicated through a unique blend of nutrition science, education and media activities.

BNF's strong governance is broad-based but weighted towards the academic community, and we are honoured to have Her Royal Highness The Princess Royal as our Patron.

BNF is a registered charity that attracts funding from a variety of sources, including contracts with the European Commission, national government departments and agencies; food producers and manufacturers, retailers and food service companies; grant providing bodies, trusts and other charities.



Contents

Chairman's Report	2
Director General's Report	4
Deputy Director General's Report	7
Science Programme	8
Education Programme	11
External Nutrition Communication	14
Awards	16
Future Plans	18
Annual Accounts 2008-09	20
Member Companies	22
Financial Support for Specific Events	23
Honorary Officers	24
The Council	25
Committees	26
The Staff	28



The British Nutrition Foundation welcomes Professor Derek Burke, former Vice-Chancellor of the University of East Anglia, as its new Honorary President.



Report from the Chairman of the Board of Trustees Mr Paul Hebblethwaite

It is a great privilege to write to you as the Chairman of the British Nutrition Foundation's Board of Trustees

As I reflect on the 12 months covered by this report it is good to be able to record that the Foundation continues to thrive and prosper in a difficult economic environment. The provision of sound, reliable and independent interpretation of nutrition science, diet and lifestyle is clearly not just a function of the good times. The importance of improved public health to all our partners and stakeholders is paramount. The need for better communication of the important facts on diet and nutrition and the provision of appropriate education for both our children and ourselves are vital if we are to achieve that goal. Couple this with the need to encourage and facilitate academic investigation and to translate findings into understandable language and deliver it to opinion formers, regulators and the general public, communicating without bias and with clarity, and we see that the role of the Foundation has never been more important.

During the past year the Director General and her senior staff, together with Trustees and members of Council, have been preparing a five-year strategy to carry forward the organisation. As well as providing the Foundation with a clear sense of future direction, objectives and goals, the strategy reaffirms that it is our independence which is our most valued asset which is reinforced by the governance of the Foundation being weighted to academic, public body and non-member representation. We espouse our core values as scientific integrity, objectivity, impartiality and accuracy, coupled with objectivity in the way we judge information and with fairness in the way we manage those employed by and work with the Foundation.

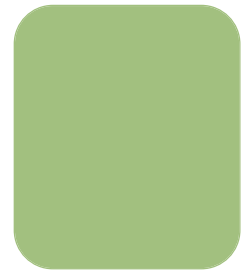
The past year has been yet another extremely productive one for all the staff at the Foundation. For the Science Group, as well as a number of new activities and the continuation of some more established projects, this year has seen the completion of the *Lipgene Project*. This 5-year project began in February 2004 setting out to try to understand better the development of the metabolic syndrome, including how dietary fat interacts with people's genes to potentially influence its onset. The project concluded with a one-day event held in Dublin, where researchers who had been working on the project discussed their findings.

One of the major highlights of the year occurred in January when, to mark the launch of the Foundation's latest Task Force Report, *Healthy Ageing: The Role of Nutrition and Lifestyle*, a one-day conference was held in central London. The conference was attended by 170 delegates from a range of NGOs and charities as well as a number of journalists, allowing the conference to also mark a successful day for our work with the media: key messages from the day were published by a number of national newspapers. Healthy ageing is more impacted by the way we live our whole lives and not just when we achieve old age. This adds even more relevance to the aims and objectives of the Foundation.

The Education Group has maintained its excellent track record throughout the year. The *Food – a fact of life* website has continued to grow and flourish, extending into both pre-school and secondary schools areas. Also, our main website has been undergoing a major overhaul and expansion to be able to service over thirty million hits each year providing evidence based information on diet, nutrition and lifestyle and a wide range of exciting resources to download. The Foundation was also delighted to be awarded a series of contracts including extension of the highly influential *Licence to Cook* and *Food in Schools* programmes for the Department of Children, Schools and Families and the *Food route – a journey through food* project for the Food Standards Agency.

All this would not be possible without the unfailing generosity of our member companies. Their donations are of great importance to the Foundation, and in particular support our charitable work with schools, consumers and health professionals. Last year we achieved a record number of members and we continue to seek new recruits from all sectors of the food industry, including retailing and food service. The Foundation is very much aware of the considerable pressures resulting from the current economic climate and we shall ensure that we manage the Foundation with these constraints in mind. We also know that the work of the Foundation is delivering benefits to society that individual businesses would like to do but often find it very difficult to do so in their own right. This is particularly





true in the provision of educational materials for primary and secondary school children that are valued by teachers. Consequently, by supporting the Foundation, companies can really contribute to making a difference for future generations of their consumers. In other words, your donations represent an investment in the future market place, supporting nutrition education and well-being of the general public, helping to create knowledgeable, discerning and sophisticated consumers of the future.

I would like to thank my predecessor, Professor Anne de Looy, for her excellent leadership and direction of the BNF during her time as Chair. I would also like to welcome to the Foundation Professor Derek Burke who has been appointed as our new Honorary President, and I have no doubt that we will benefit enormously from his wide-ranging knowledge and experience.

The Foundation, as always, is enormously grateful to our Patron, Her Royal Highness, The Princess Royal, for her continuing interest and participation and I am delighted to be able to report that The Princess Royal has renewed her patronage for the next three years.

Finally, I would like to record my grateful appreciation to the Director General and all her staff for their dedicated work on behalf of the Foundation, and I also acknowledge our indebtedness to all those who support the Foundation by giving their valuable time to the vital work of Council, the Trustees and all the associated committees.

Thanks to your support the British Nutrition Foundation continues to make a significant contribution in the provision of education and communication of dietary and lifestyle information. There will be many challenges confronting the Foundation over the coming year and beyond but I am confident that the BNF is very well placed to meet these.



“the role of the Foundation has never been more important”





Director General's Report Professor Judith Buttriss

The new 5-year strategy and workplan will help us achieve our aims and objectives

I am delighted to report that it has been another good year for the Foundation and it is with great pleasure that I provide my second report as Director General. Once again we have ended the year with a small operational surplus that is in excess of that predicted in the budget set for the year; this year it amounted to £32,447. Furthermore we enter the 2009-10 financial year with some interesting projects secured, as illustrated in the programme reports from Roy Ballam and Sara Stanner, and other projects are in the pipeline.

During the year we have welcomed a new Chairman (and appointed a new Vice-Chair) to our Board of Trustees, Mr Paul Hebblethwaite and Professor Christine Williams respectively, and our governance has been strengthened and refreshed by the appointment of a new Honorary President, Professor Derek Burke, who chairs our Council. If the theme of my report last year was review and reflection, this year we have been putting the findings of this process into action and what has emerged is a vibrant and refreshed organisation, with a team fully engaged in driving forward new work streams and activities.

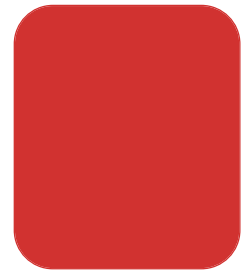
Our mission is to deliver accurate and objective interpretation of nutrition science through all our endeavours. We believe it is in the interests of all in society to have clear, accurate and consistent messages about food and nutrition to enable people to make informed choices. We actively engage, interact and work with scientists and research institutes throughout the UK and across Europe. We also work with teachers and government departments throughout the UK and with the European Commission. Our income continues to be derived from contracts and donations won competitively from a variety of government departments, the European Commission, the food industry and charitable sources.

So, although we are known as the British Nutrition Foundation, our ambitions are far boarder. To illustrate this, during the year we have been re-establishing links with other nutrition foundations across Europe and in June 2009 will be hosting a meeting for eight foundations in London, helping to revitalise a network that once worked closely together to share

experiences and best practice. We already have plans to explore opportunities for networking with school teachers across Europe.

A major activity over the past year has been to establish aims, objectives and a new 5-year strategy for the Foundation, *BNF Strategy Towards 2012*. As will be evident from Figure 1, we have strategic objectives in six areas: Nutrition Science (our science programme of work), Education (our schools activities targeting teachers, children and young people), External Communication (embracing activities across the Foundation), Strategic Partnerships (to add value to our work), Finance, and Supporting and Valuing the BNF Team (including realizing the potential within our governance structure). At the heart of all the activities associated with these objectives is the accurate and objective interpretation of nutrition science. Alongside the strategic plan we have developed a 5-year work plan for the Foundation that brings together in one place all of the work streams that will help ensure we achieve our aims and objectives over the coming years. Progress over the past year and our plans for the coming year can be found later on in this report.

The effort that went into developing this work plan has helped us appreciate and begin to communicate to others the true scope and potential of the work we engage in and the partnerships that we have established; some long standing partnerships that have existed for many years, others more recently formed. Amongst these are our working relationships with those who help us deliver our work – our colleagues in schools, universities and research institutes – and those who help support our existence, including colleagues in government departments and the European Commission and, last but certainly not least, our member companies. During the year we have welcomed five new member companies – Arla Foods, GlaxoSmithKline, McCain Foods, Slimming World and Wagamamas, and at the very start of the new financial year will also welcome Pizza Express as a member. During the year we have worked with many stakeholders to further our charitable objectives. We have reviewed and honed our working practices in line with our new strategic priorities, in a programme of work led by Stephanie Valentine, BNF Deputy Director General. We have also conducted a root and branch review of our financial procedures, led by Company Secretary Tom Barclay.



During the past year I have had the opportunity to contribute directly to some major initiatives, including the Government Office of Science's review of how the Food Standards Agency (FSA) uses and commissions science, chaired by the Government's Chief Scientific Adviser Professor John Beddington; the review of the nutrient profiling model used by Ofcom to determine whether foods can be advertised on television to children; and the work of the Public Health Commission, an independent non-political body tasked with responding to the *Responsibility Deal* paper published by Shadow Health Minister Andrew Lansley MP in March 2008. The *Responsibility Deal* comprised 10 proposed areas of activity should the conservative party come into power at the next election (the Commission's response – can be found at www.publichealthcommission.co.uk). I have also actively contributed to development of the FSA's next strategic plan and the review of its current nutrition science research programme, and to a whole host of initiatives on sustainability and food security, most notably those led by Defra, BBSRC and the Government Office of Science.

Other key areas of activity include the development of a brand new website that will go live later in 2009 and features better search and e-commerce facilities, and the expansion of our *Food – a fact of life* website to provide a unique high quality resource servicing the needs of teachers and students with practical and relevant material on food and nutrition that is directly linked with the national curricula across the UK. We have also, this year, established a new Task Force to report on *Nutrition and development: long and short term consequences*, chaired by one of our Trustees, Professor Tom Sanders of Kings College London; won major new contracts with government departments in both the education and science fields; and expanded our horizon scanning activities to embrace areas of science likely to impact on policy. Last year I reported that we had been working on a refreshed external communications strategy. This was put through its paces for the first time when we launched our latest Task Force Report, *Healthy Ageing: the role of nutrition and lifestyle*, in January 2009. It worked a treat and we were delighted to see the findings of the Task Force

report featured on the front page of the *Daily Express*, as well as attracting coverage in a number of other major titles and media channels as described on page 14. We used a similar process, in particular the development of additional resources with consumer appeal and a podcast targeted at use in schools, in planning for the launch in June 2009 of our Briefing Paper on *Satiation, satiety and their effects on eating behaviour*. Although we were kept off the front pages this time, we managed to achieve good media exposure for the Briefing Paper and the associated conference. Our communication plans for the coming year are summarised later in this report.

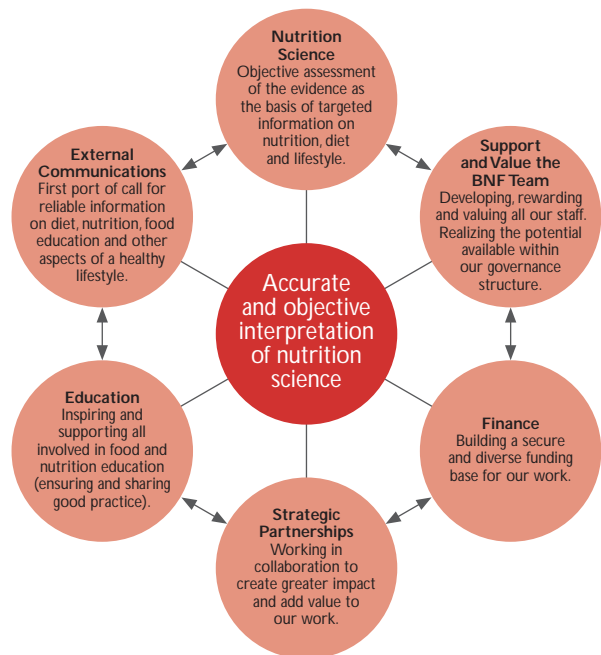
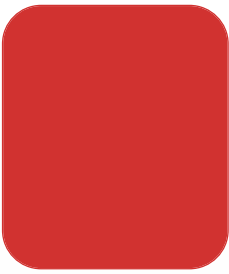


Figure 1: An illustration of how BNF's strategic objectives for 2008-12 are linked with our overall aim

“a vibrant and refreshed organisation, with a team fully engaged in driving forward new work streams”



Achievements such as these do not happen by coincidence and my sincere thanks go to all the BNF team for their hard work and commitment. During the year our staffing structure has been strengthened and, at all levels within the structure, the team has been encouraged to become involved in the development of the strategy and to take ownership of this and also the 5-year workplan. Similarly, everyone has been involved in the work associated with planning and delivering the new BNF website. I also wish to thank the Foundation's Trustees, Governors and Honorary Officers who have guided us wisely.

In the current economic climate it is inevitable that the coming year will be a challenging one, and a priority for us is to ensure our supporters are aware of the wider and fundamental impact our work has in schools, with journalists and in helping to shape and support sound nutrition policy. We are not just an organisation that undertakes projects and then moves on to the next topic. Our individual areas of activity together contribute to an integrated body of robust information on nutrition, diet and lifestyle that is sound and relevant to the needs of diverse audiences, and is presented in a clear and accessible way. Through our websites (www.nutrition.org.uk and www.foodafactoflife.org.uk) we attracted over 40 million hits over the past year from over 2.5 million visitors who were exposed to objective and evidence based information on nutrition, diet and lifestyle. Our investment of time and money into redeveloping our main BNF website during this financial year will strengthen our capacity and outreach. Through our input into key consultations and committees, we are helping to shape policy that will have far-reaching effects on the health and wellbeing of society.





Deputy Director General's Report Stephanie Valentine

Investing time and care in future-proofing the Foundation

Member companies – recruitment and retention

Throughout the year there has been an increased focus on maximizing opportunities for liaison with the Foundation's member companies. We have benefitted from some candid feedback from one company which withdrew from membership during the year and have gained insights into factors which have prompted new member companies into joining us. Fourteen of the Foundation's member companies were represented at Member Company Day in June 2008, at which a series of updates on current topics in food and nutrition education and science were presented by a range of outside speakers and BNF staff. Feedback indicated that delegates found this very useful. A small working group, including representatives of food manufacturers, retailers and food service providers, met in March 2009 to advise on what our member companies value from their membership of the Foundation, and to explore some opportunities to develop new ideas especially in the current economic and political climate. The recommendations from this meeting will help to inform our future planning. In order to provide a concise introduction to the Foundation and a first step for recruiting potential new member companies, a small brochure is currently being developed. An initial working draft was presented to Council and Governors were invited to comment. A further review of the information pack sent in response to enquiries about membership and letters requesting annual subscriptions/donations will follow.

Revamping www.nutrition.org.uk

During July 2008, members of BNF staff and Trustees responded to an online questionnaire to help to identify particular strengths and weaknesses of the Foundation's current website and identify priorities for the new version. The summary of these responses was used to refine the specification for the new website. A full day's workshop for BNF staff was held in August 2008 to gather the detailed requirements of the website, through a series of structured

sessions. Project staff from the software development company, Lightbox 3T, ran a half day session to feed back to BNF staff how their suggestions have been incorporated into the detailed design document and seek further input. A presentation was made by the project team at the Foundation's Board of Trustees meeting in October 2008.

The infrastructure is stable and ready for content entry. All functionality has been checked against the original specification. Training for BNF staff has been arranged in-house, comprising a series of workshop sessions being offered by Roy Ballam. BNF staff have been involved in writing and modifying content, rigorously testing the new e-commerce functions and creating an online library of suitable images for use on the site. This work has been funded from reserves as an investment in enhancing the Foundation's communications capability. Website work-flow and job plans are currently being drawn up to ensure that the new site is efficiently monitored and maintained.

Staffing structure

During the year a robust staffing structure has been developed and approved by Council. This has been founded on matching posts to best meet the requirements of the 5-year strategy and workplan and defining criteria for career progression within the organization and a related salary banding scheme. Specifically this has involved succession planning and strengthening the tier of Senior Officers who have responsibilities relating to the supervision of colleagues within their group and securing as well as leading on projects. Professional development has been provided for a number of members of staff, arising from needs identified through the staff appraisal scheme. Several staff members have been on visits to companies or schools, or have undertaken training. We are most grateful to Michael Collyer who has generously provided mentoring expertise, especially for the Education Group. The Science Group in particular has gained PR skills from consultant Alison Taylor.

“a robust staffing structure has been developed”



Science Programme Sara Stanner, Science Programme Manager

Objective assessment of the evidence as the basis for targeted information on nutrition, diet and lifestyle

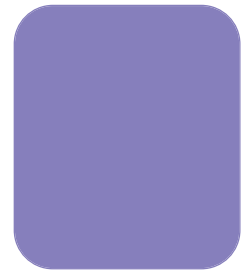
Over the last year, the Science Group at the Foundation has continued to provide authoritative, independent information on food and nutrition in the context of health and lifestyle. As well as expanding our range of resources reviewing the scientific literature on a wide range of nutrition topics, the science programme has provided a number of conferences, training opportunities and workshops to communicate targeted messages to our key stakeholders. We also continue to engage reactively and increasingly proactively with the media to disseminate clear and accurate information about diet, nutrition and physical activity.

Reviewing the evidence

The Foundation's science programme of work involves the translation of evidence-based information about diet, nutrition and lifestyle into targeted resources to suit the needs of different stakeholders. This includes Task Force reports

“translation of evidence-based information about diet, nutrition and lifestyle into targeted resources to suit the needs of different stakeholders”





presenting an independent consensus of the evidence relating to particular nutritional issues of public health relevance, comprising chapters written by groups of internationally recognised scientific experts.

Our latest report, published in January 2009, focussed on *Healthy Ageing: the role of nutrition and lifestyle*. Chaired by Professor John Mathers from Newcastle University, the report describes the role of nutrition, physical activity and other lifestyle factors in the ageing process of the major body organs and tissues including the brain, heart, gastrointestinal tract, musculoskeletal tissues, eyes, teeth and skin, as well as immune and endocrine systems. During the year a new Task Force has been established on *Nutrition and development: long and short term consequences for health*, chaired by Professor Tom Sanders from Kings' College London.

The Foundation also publishes Briefing Papers focussing on a range of topics in our peer reviewed journal, *Nutrition Bulletin*. These are concise, authoritative reviews written by nutritionists within the Science Group and peer reviewed by members of BNF's expert committees, as well as external experts in the relevant field. Topics this year have included *Culinary oils and their health effects* and *Satiation, satiety and their effects on eating behaviour*.

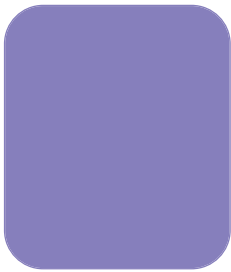
Nutrition Bulletin, which is overseen by an international Editorial Board, continues to provide in-depth reviews of the relationship between diet and health, 'News and Views' articles presenting opinions on topical issues, updates of EC-funded research and Facts Behind the Headlines articles exploring areas of nutrition science that have been highlighted by the media and provide the opportunity to set the record straight. In the last year, the Science Group has written detailed reviews of the role of fruit juice in the diet and the effect of mycoprotein on health. The first issue of the journal in 2009 presented a 'new look', with a modernised front cover and, for the first time, an additional virtual issue was published online in summer 2009. This brought together recent papers on dietary fibre and health, with an editorial discussing recent issues relating to this topic including the newly agreed EC fibre definition. The journal is also moving to an online submission and management process (Manuscript Central) which will allow authors to track their papers through acceptance and proof stages and automate some of the editing process.

The scientific direction of the programme is overseen by experienced nutritionists from a range of backgrounds who sit on BNF's advisory committees and its Council or kindly give up their time to participate as members of the Task Forces. Details can be found on pages 26-27.

A number of reviews are in the pipeline for the coming year, including one on probiotics and an associated conference. Work is also beginning on a 4-year FSA-funded project to update and extend the widely used McCance and Widdowson's food tables. BNF's role is stakeholder engagement and dissemination. More details of the workplan for 2009-10 can be found on pages 18-19.

Expanding our influence across Europe

Our involvement with European Commission (EC) funded projects enables us to promote the activities of the Foundation to stakeholders across Europe and showcase to a wider audience our skills in the dissemination of nutrition information. The team continues to be involved in the *EuroFIR* (short for European Food Information Resource) project which is building and disseminating a comprehensive, coherent and validated databank providing a single, authoritative source of food composition data in Europe for nutrients and for plant bioactive substances that have potential health benefits. *EuroFIR* is now in its 5th year, and the project has been extended for another 6 months until June 2010. Our role is to spread information about the project and its wider implications to stakeholders using a variety of media. In the summer of 2008 *EuroFIR* was taken 'on tour', and the Network was publicised at the European Science Open Forum in Barcelona, the BA Festival of Science in Liverpool, the World AIDS Congress in Mexico City and the 14th World Congress of Food Science and Technology in Shanghai. Other highlights over the past year have included the production of Synthesis Reports on *Traditional Foods* (drafted by BNF) and *Food Composition Explained*, and a *EuroFIR* special issue of the journal *Food Chemistry* on 'the role of food composition data in improving quality, healthiness, and safety of European diets', published in April 2009, which the BNF team helped to edit. We are also delighted to report that the *EuroFIR* network will continue to exist, once its EC funding has ceased, as a legal entity called *EuroFIR AISBL* (Association Internationale Sans But Lucratif), based in Brussels.



BNF is also responsible for dissemination activities for *ProSafeBeef*, a 5-year project to advance beef safety and quality across Europe, to enable the beef chain in Europe to thrive and diversify and to become more competitive and sustainable. This project is now in its third year, and recent highlights can be accessed in the third *ProSafeBeef* newsletter, which along with *EuroFIR* newsletters is available to download from the BNF website.

To further our links across Europe, we have arranged a meeting with a number of other European Nutrition Foundations to explore closer collaboration and the prospect of establishing a network for sharing information and investigating funding opportunities for joint meetings and projects.

Influencing policy

Members of the Science Group are involved in a number of influential external committees and the Foundation responds to relevant consultations whenever possible. Some of our work has a direct effect on policy. For example, the Science Group carried out a systematic review of the effects of early life exposure to peanuts on risk of allergy, for the Food Standards Agency, the findings of which are feeding through to policy. We presented the results of this work at the Nutrition Society meeting in Surrey and our detailed findings have been submitted for publication.

Translation and communication

Once the evidence on a particular topic has been assessed, the Science Group works hard to ensure that the key messages are appropriately translated and communicated to a wide range of audiences. We have held our own conferences over the past year on *Healthy Ageing: the role of nutrition and lifestyle* and *Satiation and Satiety and their Effects on Eating Behaviour*, targeting health professionals and those working in industry, as well as provided satellite sessions, workshops and talks at major conferences including *Nutrition and Health 2008*, the *Nutrition in Life* event, the Chartered Institute of Environmental Health's *Working Together for Better Care*, the Westminster Food & Nutrition Forum, and the Parliamentary Food and Health Forum.

We regularly publish a horizon scanning e-newsletter for our member companies to summarise research and policy developments, across Europe and beyond, that are likely to influence nutrition policy and related legislation. This will be moving from twice yearly to quarterly from summer 2009. We have also given a number of tailored talks based on this work during the year.

This year we have been involved in several exciting projects to develop targeted resources for specific groups of consumers. For example, we were part of the steering group for the *GreatFun2Run* project, a physical activity and nutrition intervention in primary school children, led by researchers at Loughborough University. We helped to develop nutrition resources for children taking part in the intervention and advised on dietary assessment. We also teamed up with the Food Chain, a London based charity that supports people living with HIV by providing nourishing food and access to nutritional information. Members of the Science Group were involved in a successful pilot scheme producing factsheets about HIV and nutrition and supportive recipes, which were distributed to service users during interactive cook and eat sessions and dinner clubs to help improve their cooking skills and highlight the importance of good nutrition when living with HIV. We were present at the sessions to provide nutritional support to the service users and catering staff. We also continue our successful collaboration with London Underground, providing consumer-friendly nutritional information at employee health fairs.

Our work with the media has become more proactive over the last year, in particular to highlight our new Task Force and Briefing Papers (see page 14-15). In addition, a duty nutritionist from the team continues to be available on a daily basis to answer enquiries from journalists and provide comment to and interviews with the media.

Over the next year, we hope to continue to build on our proactive communications activities. We will be hosting a British Association of Science event with Surrey University on vitamin D in September and members of the team have been invited to talk at a number of upcoming conferences including the National Care Forum's annual conference and *Nutrition and Health 2009*.



Education Programme Roy Ballam, Education Programme Manager

Inspiring and supporting all involved in food and nutrition education

During the year the Foundation's Education Group has demonstrated that, once again, it remains at the forefront of food and nutrition education in the UK. From expanding our own resources to reach more teachers, children and their families, to advising and supporting government and others on educational rationale and resources, we are actively inspiring and supporting all involved in food and nutrition education.

Expanding our reach

To ensure that our charitable aims are being met, namely providing evidence-based healthy eating messages at appropriate and meaningful levels for schools, our *Food – a fact of life* website was enhanced to allow for the provision of resources to support pre-school settings and secondary schools throughout the UK.

Working with Gloucestershire Food Vision and Gloucestershire County Council, a trainers' guide and 10 food sessions were developed and piloted with pre-school settings. These materials were extremely well received. Based on this success, visits to a range of pre-school settings were made, with the Pre-School Learning Alliance, to ascertain the food and nutrition learning needs of children. The findings of these visits are now being used to develop additional support guidance for the 2009-2010 academic year.

Building on the successful partnership established over the past 4 years with the different sector companies from the Agriculture and Horticulture Development Board, work began on the production of new materials to support pupils in secondary schools. Specifically, the partnership allowed the development of an exciting and innovative resource – online interactive tutorials. These feature a pre-test at the start, which then automatically sends each student on a differentiated learning pathway – all of which is self paced and interactive. In addition, a plethora of PowerPoint presentations, video note sheets and worksheets have been created.





The primary school content of the website continues to grow. *Energy Balance*, a new interactive activity, is designed to help children aged 8 to 11 years understand that what they eat provides their bodies with varying amounts of energy, and the activities they perform use different amounts of that energy. The aim is to stay healthy by balancing 'energy in' and 'energy out'.

This expansion has attracted 38% more visitors to the site during 2008-2009 (648,662), and increased resource downloads by 33% (1,500,000 per year). In addition, the redesign of the *Food – a fact of life* website allowed for our other communications avenues, *Education News* (circulation 5,000) and *email update* (14,000 subscribers), to be rebranded. This has now established a consistent and unified image for all our educational activities through our *Food – a fact of life* website and programme.

Our video podcasts remain very popular, with over 12,000 downloads and 26,000 views online during the year. These videos have been further supplemented with support guides, worksheets and PowerPoint presentations to assist busy teachers in school. Plans for six nutrition basics video podcasts are set for 2009-2010.

Supporting excellence

The Foundation continues its commitment to working as a consortium member on behalf of the Department for Children, Schools and Families (DCSF) for *Licence to Cook*. In September 2008, the *Licence to Cook* website went live and within 9 months over 170,000 pupils had been registered. This initiative has been well received by pupils and teachers, welcoming a more practical approach to food education.

In addition, we were delighted to win the contract, as part of a consortium with the Specialist Schools and Academies Trust and the Design and Technology Association, for a two-year extension to *Licence to Cook*. Called *Teach Food*

Technology, this new initiative focuses on continuing professional development for teachers. The Foundation's role will be to further enhance the website, develop training resources on nutrition and food safety, organise videos of good food teaching practice and run a series of one-day nutrition workshops.

Our work for the second year of the *Food in Schools Primary Training* contract progressed well. We completed the review and updating of the standard two-day training handbook and of the support resources, and conducted research into the provision of a one-day training module. Both these aspects were completed on time, and to budget.

We continue to have the support from Education Working Groups in England, Northern Ireland, Scotland and Wales, meeting annually to constructively appraise our work, discuss regional educational issues and help us set future priorities.

Inspiring others

In September 2008, the DCSF launched a recipe book, *Real meals: Simple cooking that tastes great*, for all Year 7 pupils in England. The Foundation was involved in developing and testing some of the recipes for inclusion. We attended its launch, hosted by Ed Balls, Secretary of State for Children, Schools and Families and celebrity chef Phil Vickery.





We were also delighted to win a contract with the Food Standards Agency to develop a simple concept to help young people engage with the core food competences. Our solution involved developing the Agency's competences into a series of food maps, each appropriate for children and young people aged 5 to 16+. Focus groups with children and young people were held throughout the UK, ensuring that they were at the heart of the process. The outcome was target charts for primary school aged children, and a series of sophisticated journals for secondary pupils. These materials will be made available for schools in the 2009-2010 academic year.

The Education Group continues to inspire and support teachers and trainee teachers by attending and presenting at conferences, and running workshops – over 34 events in 2008-2009. In September 2008, we ran four successful Scottish conferences attended by over 315 home economics teachers. We also ran workshops for trainee teachers at the University of Aberdeen, Roehampton University and University of Greenwich. In the next year, we plan to host a National Nutrition Education Conference and a series of regional conferences. We also published 10 articles on food and nutrition education.

Developing the team

In order to maintain our presence, commitment and outreach, two new members of staff joined the Education Group. Michelle Rowcliffe joined as an Education Officer, having taught home economics in Australia and Scotland. Georgine Leung joined as a Nutrition Scientist, having recently completed her MSc in Public Health Nutrition at Queen Margaret University in Edinburgh. In addition, Claire Theobald was made a Senior Education Officer to reflect her new role and responsibilities.



“we are actively inspiring and supporting all involved in food and nutrition education”





External Nutrition Communication

To be a primary and respected 'one-stop-shop' for those seeking evidence-based, reliable and clearly presented information on nutrition, diet, food education and other aspects of a healthy lifestyle

Working with the media

Public interest in nutrition is greater than ever before but many consumers remain confused by inconsistent and conflicting diet and health-related messages. The Foundation's staff of scientists and teachers is ideally placed to provide independent, trusted information for a wide range of audiences. In order to encourage accurate reporting, the BNF's team of Nutrition Scientists provides independent, informed comment on current nutritional issues or news stories, and expert comment on radio and television programmes concerned with topical nutritional matters.

In a review of our external communications strategy last year, we identified the need to channel our resources into a more proactive, message-driven approach to communicate our activities and to nurture relationships with key contacts within the media. Over the last year we have been implementing and testing our new strategy and have been working with an external PR advisor, Alison Taylor, to develop our proactive media plans.

We are pleased to report that we have experienced considerable success, most notably with our activities to promote our Task Force report on healthy ageing.

As well as a conference to launch the report, we developed supportive web-based resources for the general public and to support media enquiries and issued press releases for both the consumer and health professional press.

Our activities led to excellent media coverage, particularly in the national papers, including the front page of the *Daily Express*. The findings of the report have also been disseminated via talks, papers and workshops, and podcasts of the talks from the conference were widely downloaded from BNF's website.

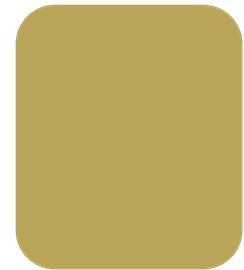
During the latter part of the financial year, we developed similar proactive activities to highlight the satiety Briefing Paper and conference scheduled for June 2009. This led to coverage in most of the national papers (including *The Scotsman*, *Daily Express*, *Daily Telegraph*, *Independent on Sunday* and *Daily Mail*), *London Lite*, BBC online and a number of consumer magazines and websites (*Marie Claire*, *Saga*) and health professional publications (*Nursing Times*, *BICN*, *Network Health Dietitians*).

We also produced a podcast for schools on the topic which is available on BNF's website and via *You Tube*.

Developing stronger relationships with key journalists has led to a number of useful opportunities, including our regular contribution to the *Sunday Telegraph's* Lifecoach section.



“using a range of media that meet the needs of our full spectrum of stakeholders, including the public”



BNF's websites

The Foundation's main website, www.nutrition.org.uk, continues to attract excellent visitor numbers seeking unbiased, up-to-date, accurate information. Over the past year, on average, the website received 156,510 visitors per month and 589,797 pages were viewed per month. The site is currently being refreshed, and will be re-launched later in 2009 with an enhanced layout, improved navigation and updated content.

The *Food – a fact of life* website, www.foodafactoflife.org.uk, which now also has materials for pre-schools and secondary schools, grew significantly in the past year. It attracted an average of 54,055 visitors (up 38%) per month, and over a year more than 1,500,000 resources were downloaded (up 33%) – all free of charge.

The figure illustrates the extent of the traffic attracted by BNF's two websites, in terms of the numbers of hits, pages visited, downloads and visitors.

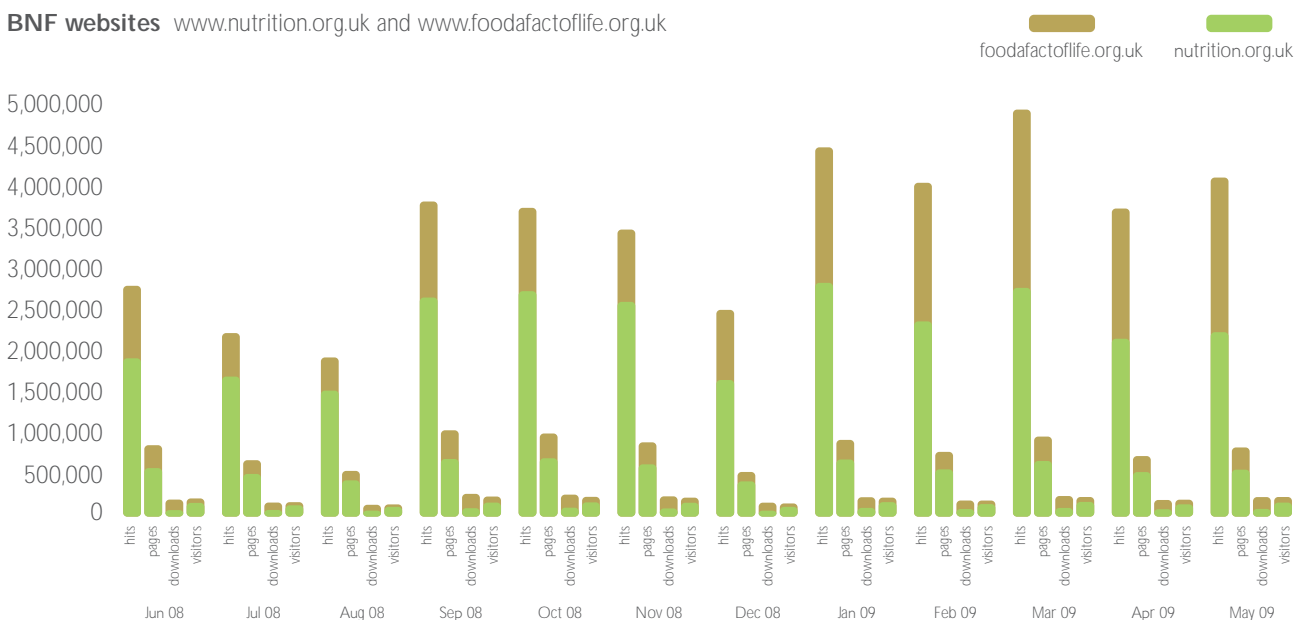
Nutrition Bulletin

Nutrition Bulletin has grown to be a journal used around the world and is standing its ground despite considerable competition in the field. At the end of 2008, there was a

renewal rate for institutional subscriptions of 97%, which was seen as a very positive performance against the average (for Wiley journals) of 95-96%. Whilst subscriptions have fallen slightly in Europe, there have been gains in the USA and the 'rest of the world'. Of these institutional subscriptions, 34% are now online, up from 22% at the end of 2007. A further 3878 libraries across the world subscribe to *Nutrition Bulletin* through the consortia sales programme. In addition, Wiley-Blackwell offers libraries in developing countries access to many journals at a reduced rate or free, and *Nutrition Bulletin* is available to 3500 libraries in the developing world through this scheme.

In 2008, on-line *Nutrition Bulletin* articles were downloaded 81,801 times in total. The most frequently downloaded article during this year was the BNF Briefing Paper *Alcohol consumption in the new millennium: weighing up the risks and benefits for our health*, which was downloaded 1792 times. This was closely followed by an article reviewing the effects of caffeine on health. Eight out of the top ten downloads were written by BNF science staff and six of these are Briefing Papers. The BNF Briefing Paper *Nutrition, health and schoolchildren* was at number five and has been in the top ten since it was published in 2002.

BNF websites www.nutrition.org.uk and www.foodafactoflife.org.uk





HRH, The Princess Royal

Awards

The Foundation rewards excellent work in food and nutrition by students and their teachers throughout the UK. Annual awards are given to students at GCSE and Standard Grade levels, and at A-level and Advanced Higher. This year's awards were presented to the winners by HRH The Princess Royal, Patron of the British Nutrition Foundation.

BNF GCSE and Standard Grade Prizes – 2008

Assessment and Qualifications Alliance
Rebecca Wyatt
Ranelagh School, Bracknell

Council for the Curriculum, Examinations and Assessment
Anita Boyd
Portadown College, Co Armagh

Edexcel
Matthew Foulkes
Urmston Grammar School, Manchester

Oxford, Cambridge and RSA Examinations
Lucy Francis
George Abbot School, Guildford

Scottish Qualifications Authority
Emma Waddell
Inverkeithing High School, Fife

Welsh Joint Education Committee
Sama Ria
The Ellen Wilkinson School for Girls, Acton

BNF A-level and Advanced Higher Prizes – 2008

Assessment and Qualifications Alliance
Charlotte Gorman
Beaconsfield High School, Beaconsfield

Council for the Curriculum, Examinations and Assessment
Kathryn Mitchell
Sullivan Upper School, Co Down

Edexcel
Zachi Brewster
Wallington High School for Girls, Wallington

Oxford, Cambridge and RSA Examinations
Rachel Ard
St Paul's Catholic School, Leicester

Scottish Qualifications Authority
Clare Reid
Linlithgow Academy, West Lothian

Welsh Joint Education Committee
Charlotte Caswell
Ysgol Dyffryn Taf, Whitland

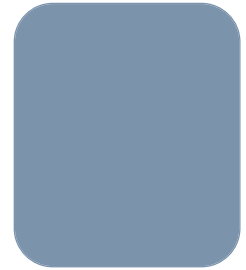




Professor John Cummings
BNF Prize 2007



Professor Ricardo Uauy
BNF Prize 2008



The Denis Burkitt Study Awards – 2009

The Denis Burkitt Study Awards Scheme offers financial assistance to students of medicine, nutrition science and related subjects at universities in the UK and Ireland, with ten Awards of £750 being given to students as a contribution to the overall cost of undertaking a nutrition project concerning a developing country. The project must centre on food and nutrition and its relationship to health and disease.

The following have each been awarded £750 under this scheme.

Name	University/Medical School
Kathleen Cooper	Birmingham
Joseph Fitchett	Imperial
George Heaton-Renshaw	Newcastle
Helen Jarvis	LSHTM
James Meiring	Sheffield
Lara Payne	Imperial
Catherine Sikorski	UCL
Katje Siling	LSHTM
Neil Singh	Cambridge
Ben Summers	Leeds

BNF Annual Lecture and BNF Prize

The BNF Annual Lecture in 2008 was given by Professor John Cummings, Emeritus Professor of Experimental Gastroenterology at Ninewells Hospital and Medical School Dundee, the winner of the BNF Prize in 2007. His lecture was entitled *'Probiotics: better health from "good" bacteria?'*.

The winner of the BNF Prize in 2008 was Professor Ricardo Uauy, Professor of Public Health Nutrition at the London School of Hygiene and Tropical Medicine.

Professor Tom Sanders, Professor of Nutrition and Dietetics, King's College London University, has agreed to deliver the Annual Lecture in 2009 on the topic of *The role of fat in the diet – quantity, quality and sustainability* at BNF's Annual Day, to be held at the Royal College of Physicians on 25th November 2009.





Future Plans

General Strategic Goals

The Foundation's overall strategic goals for 2009/10 are:

- To promote and be recognised for the highest standards in the collation, evaluation, interpretation and dissemination of scientific information concerning nutrition, diet and lifestyle. To produce Task Force reports and reviews on key nutrition issues and to create innovative targeted information for external dissemination that is accurate, consistent and meaningful to the intended audience. To use the insight gained from this work to advise, influence, inspire and support government and its policy development, the food industry and key opinion leaders including journalists.
- To inspire, develop and support excellence in all aspects of food and nutrition education [with reference to lifestyle, especially physical activity] in schools and elsewhere, and principally to be taking the lead for independent and accurate information on 'food and nutrition in schools'.
- To be a primary and respected 'one-stop-shop' for those seeking evidence-based, reliable and clearly presented information on nutrition, diet, food education and other aspects of a healthy lifestyle, using a range of media that meet the needs of our full spectrum of stakeholders, including the public.
- To inspire, seek and develop exemplary collaborations with individuals and organisations who share our priorities, but also those with different agendas, in order to extend our influence, facilitate change and add value to our activities.
- To review and strengthen our membership and retention strategies, and explore new funding streams. To secure a wide funding base that enables forward planning and protects BNF at times of market instability.
- To provide appropriate remuneration and a benefits package that attracts and retains the highest calibre staff. To integrate this with a lifelong learning approach to professional development. To make the most of the wealth of experience and skills represented within our governance structure.

Specific plans are listed below.

Collating, Evaluating and Disseminating Scientific Information

Survey Governors and member companies about key topics for inclusion in the science programme.

Establish a rolling programme for production of 'bedrock' science resources; review on a yearly basis.

Establish an initiative on the sustainability of the food supply from a public health perspective ('a diet fit for the future').

Hold regular strategy meetings with Wiley-Blackwell with a view to building the profile and reach of *Nutrition Bulletin*.

Establish a working group to guide development of partnerships in the physical activity field.

Deliver dissemination work on EU projects in line with contracts.

Complete manuscript for *Nutrition and development: long and short term consequences for health* Task Force by end of 2010.

Seek and pursue opportunities for inclusion in bids for involvement in further EU projects and national projects.

Inspiring and Supporting Excellence in Education

Implement a rolling programme for delivering a comprehensive food and nutrition education programme (*Food – a fact of life; FFL*); review on a yearly basis.

Complete early years area of FFL website, and produce some content for secondary schools.

Deliver DCSF *Food in Schools* and *Licence to Cook* projects in line with contract.

Explore the need for lifelong learning resources/ activity (starting with continuing professional development).

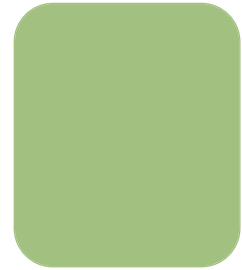
Conduct a survey of teachers and others on FFL activities and resources to evaluate impact. Report by October 2010.

Review, update and relaunch all primary resources on FFL website by Sept 2010 (5 year anniversary).

Meet with each of the Regional Education Working Groups.

Actively seek and tender for appropriate DCSF, DH and FSA programmes of work, as well as from other organisations, which are in line with BNF's themes and charitable objectives.

Create, pilot and launch a set of 6 'nutrition basics' podcasts for schools (by March 2010).



Communicating with Others

Implement the new External Nutrition Communications Strategy; review impact at the end of 2009.

Complete and launch new website; conduct a review of performance one year later.

Have plans in place by May 2009 to optimise the investment in the BNF Annual Day (including the Prize Giving and Annual Lecture).

Deliver an annual programme of conferences (science and education).

Liaise with the Awarding Bodies throughout the UK to provide awards for GCSE/ Standard Grade and A-level/ Advanced Highers (Awarded at AGM).

Subject to continued funding, publicise Burkitt Awards (Oct 2009).

Developing Strategic Partnerships

Roll out a programme to review member company benefits with individual contacts.

Implement Member Company Update Day (June 2009) – covering breadth of BNF activities.

Interact with European Nutrition Foundations – hold a meeting in London (June 2009).

Seek stronger involvement with EFSA activities.

Secure further involvement with key educational organisations throughout the UK to explore new opportunities to meet the Foundation's objectives in a cost effective manner.

Using existing contacts and networks, initiate a European schools education network to share ideas, resources and expertise.

Actively seek opportunities to work in partnership with member companies, government departments and other organisations (including those linked with the Olympics) on projects that are in line with BNF's themes and charitable objectives.

Financing the Organisation and its Activities

Continue to review and refine financial procedures.

Complete the review of income and expenditure against the 2009/10 budget and produce an interim projection (Feb 2010).

Complete the draft budget for 2009/10 by April 2010.

Achieve a surplus to the projected budget, fuelled by new project income and membership income (May 2010).

Secure funding to sustain a rolling food and nutrition education programme.

Secure funding to sustain production of key resources such as Task Force reports and Briefing Papers/Reviews.

Recruit a minimum of 1 new sustaining member company and 3 new ordinary members.

Supporting and Valuing the BNF Team

Undertake a root and branch HR review.

Appoint and induct new Honorary Treasurer.

Work with the Chairman of the Board of Trustees and Honorary President to make the most of the wealth of experience and skills represented within our governance structure.



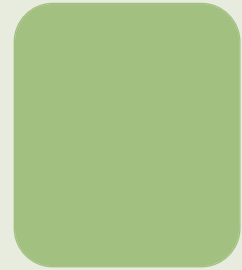


Annual Accounts 2008-09

Statement of Financial Activity for the year ended 31st May 2009

	Unrestricted Funds 2009 £	Restricted Funds 2009 £	Total Funds 2009 £	Total Funds 2008 £
Incoming Resources				
Incoming resources from generated funds:				
<i>Voluntary Income:</i>				
Donations and Subscriptions	834,110	19,600	853,710	793,873
<i>Investment income</i>	27,198	-	27,198	36,628
Incoming resources from charitable activities:				
Projects	628,025	-	628,025	728,682
Conferences	48,889	-	48,889	44,654
Publications	23,476	-	23,476	32,372
Total Incoming Resources	1,561,698	19,600	1,581,298	1,636,209
Resources Expended				
Costs of generating funds:				
Costs of generating voluntary income	155,679	-	155,679	112,522
Charitable activities:	1,405,524	16,440	1,421,964	1,461,967
Governance costs	38,709	-	38,709	36,354
Total Resources Expended	1,599,912	16,440	1,616,352	1,610,843
Net (Expenditure)/Income for the year before Transfers	(38,214)	3,160	(35,054)*	25,366
Transfer between funds	(4,577)	4,577	-	-
Net Movement in Funds	(42,791)	7,737	(35,054)	25,366
Total funds brought forward	801,332	10,531	811,863	786,497
Total funds Carried Forward	758,541	18,268	776,809	811,863

*When the additional expenditure authorised by the Board of Trustees for the development of a new website is factored in, then the organisation operated with a surplus of £32,447.

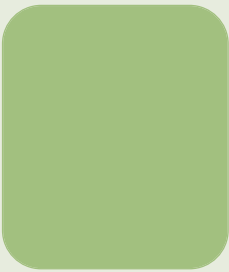


Balance Sheet

as at 31st May 2009

	2009 £	2009 £	2009 £	2008 £
Fixed Assets				
Tangible Assets		6,197		10,734
Current Assets				
Debtors:				
VAT receivable	7,555		2,504	
Prepayments and accrued income	43,608		26,665	
Other debtors	78,780		82,482	
	129,943		111,651	
Cash at bank and in hand	799,235		856,815	
	929,178		968,466	
Creditors:				
Amounts falling due within one year				
PAYE and social security payable	22,817		19,614	
Accruals and deferred income	113,919		144,197	
Other creditors	21,830		3,526	
	158,566		167,337	
Net Current Assets		770,612		801,129
Net Assets		776,809		811,863
Capital and Reserves				
Restricted funds		18,268		10,531
Unrestricted funds				
Designated funds		13,156		–
General funds		745,385		801,332
Total Funds Carried Forward		776,809		811,863

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 Company Secretary, The British Nutrition Foundation, High Holborn House, 52 – 54 High Holborn, London WC1V 6RQ (Tel: 020 7404 6504).



Member Companies

At 31st May 2009

3663

AgroFresh

AHDB Meat Services Ltd

Ajinomoto/Nutrasweet Switzerland AG

Arla Foods UK plc

Asda Stores Ltd

Associated British Foods plc

Bernard Matthews plc

*British Sugar plc

*Cadbury

Coca-Cola Great Britain and Ireland

*Dairy Crest Limited

*Danone Waters and Dairies UK Ltd

GlaxoSmithKline

H J Heinz Ltd

Home Grown Cereals Authority

innocent drinks

*J Sainsbury plc

*Kellogg Company of Great Britain Limited

Kerry Foods Ltd

*Kraft Foods UK Ltd

Lighter Life

Marks and Spencer plc

Mars UK Ltd

McCain Foods Ltd

McDonald's Restaurants Ltd

McNeil Consumer Nutritionals

Muller Dairy

nabim

National Starch

*Nestlé UK Ltd/Nestlé Charitable Trust

Northern Foods plc

*PepsiCo UK Ltd

Potato Council Ltd

*Premier Foods (RHM Technology Limited)

Procter & Gamble Limited

R Twinings & Co Ltd

Slimming World

*Tate & Lyle Sugars

The Co-operative Group Ltd

*The Jordans and Ryvita Company Ltd

*Unilever plc

United Biscuits (UK) Limited

Wagamama

Waitrose Ltd

Weetabix Ltd

*Wm Morrison Supermarkets plc

Yoplait Dairy Crest

**Sustaining members*

Companies are listed in their preferred styles





Financial Support for Specific Events

During the year, the following member companies provided additional financial support.

AHDB Meat Services:
Food – a fact of life

Coca-Cola Great Britain and Ireland:
Satiety Conference

Danone Waters and Dairies UK Ltd:
Satiety Conference,
Healthy Ageing Conference,
Probiotics and Health Conference

HGCA:
Food – a fact of life

J Sainsbury plc:
Satiety Conference,
Healthy Ageing Conference,
BNF GCSE and Standard Grade Awards

Kellogg Company of Great Britain:
Denis Burkitt Award Scheme,
Satiety Conference,
Healthy Ageing Conference

Lighter Life:
Satiety Conference

Marks & Spencer plc:
Satiety Conference,
Healthy Ageing Conference

Potato Council:
Food – a fact of life

Nestlé UK Ltd:
BNF A-level and Advanced Higher Awards

Premier Foods:
Satiety Conference

During the year, other organisations provided financial support as follows:

All Saints Educational Trust:
Food – a fact of life

Dairy Co:
Food – a fact of life

The Garfield Weston Foundation:
Donation

Horticultural Development Company:
Food – a fact of life





Honorary Officers

Patron

Her Royal Highness The Princess Royal KG GCVO

Honorary President

Professor D Burke CBE DL

Honorary Vice-President

Mr IGT Ferguson BSc CBE
Chief Executive, Tate & Lyle Sugars

Honorary Vice-President

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

Honorary Treasurer

Mr CJ Hart BSc MSc FIFST
Formerly Research and Development Manager, Weetabix Limited

Chairman of the Board of Trustees

Mr P Hebblethwaite BSc MSc CSci CEng FIFST FICHEM
Former Science Director, Cadbury Schweppes

Vice-Chairman of the Board of Trustees

Professor C M Williams BSc PhD
Pro-Vice-Chancellor (Enterprise), University of Reading

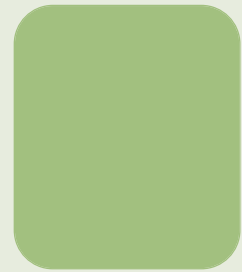
BNF Honorary Members

Dr DM Conning OBE MB BS FRCPATH FIBIOL FIFST
Mr WDB Hamilton BSc BAg MS MFC CChem FRSH FIFST FRSC
Professor RS Pickard BSc PhD RNutr CBiol FIBiol
Professor BA Wharton BA MBA MD DSc FRCP FRCPCH FIFST

BNF Governors Emeritus

Professor SA Bingham BSc MA PhD FMedSci
Professor Dame Barbara Clayton DBE MD PhD HonDSc FRCP
Dr J Edelman CBE PhD DSc ARCS CBiol FIBiol
Professor GA Garton BSc PhD DSc FRSE FRS
Mr WDB Hamilton BSc BAg MS MFC CChem FRSH FIFST FRSC
Professor RM Hicks OBE PhD DSc FRCPATH
The Baroness Hooper CMG BA FRGS FRSA
Dr WT Little CBE FIFST
The Baroness Lloyd of Highbury DBE MD FRCP
Mr R McRobert OBE
Mr AJH Skrimshire CChem FRSC FIFST
Mr DA Tate MA
Professor J C Waterlow CMG MD DSc FRCP FRS
Professor RG Whitehead CBE BSc PhD MA FIBiol CBiol HonFRCP
Mr AP Williamson BSc(Tech)





The Council at 31st May 2009

Chairman of Council

Professor D Burke CBE DL
Honorary President, BNF

Scientific Governors

Professor J Blundell BSc PhD CPsychol FBPsS
Department of Psychology, University of Leeds

Professor P Calder BSc PhD DPhil RNutr
Professor of Nutritional Immunology, Institute of Human Nutrition, University of Southampton

***Professor A de Looy** BSc PhD RD
Professor of Dietetics and Head of School of Health Professions, University of Plymouth

***Professor KR Fox** PhD
Department of Exercise and Health Sciences, University of Bristol

Professor CJK Henry MSc PhD RPHNutr FRSH
Professor of Human Nutrition, School of Biological and Molecular Sciences, Oxford Brookes University

Professor MBE Livingstone BEd MSc MSc DPhil RNutr
Professor of Nutrition, School of Biomedical Sciences, University of Ulster

Professor MS Losowsky MD FRCP
Emeritus Professor of Medicine, St. James's University Hospital, Leeds

***Professor ADB Malcolm** MA DPhil CBIol FIBiol FIFST
Chief Executive, Institute of Biology, London

Professor JC Mathers BSc PhD
Professor of Human Nutrition, Human Nutrition Research Centre, University of Newcastle

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

Professor I Rowland BSc PhD R Nutr
Head of the Hugh Sinclair Unit of Human Nutrition, University of Reading

***Professor TAB Sanders** BSc PhD DSc
Professor of Nutrition and Dietetics, King's College London

Professor P Shetty MD PhD FFPHM FRCP
Professor of Public Health Nutrition, University of Southampton Medical School

***Professor CM Williams** BSc PhD
*Pro-Vice-Chancellor (Enterprise), University of Reading
Vice-Chairman of the Board of Trustees, BNF*

Professor MJ Wiseman MB BS MRCP
Visiting Professor in Human Nutrition, University of Southampton

Industrial Governors

Ms J Batchelar BSc PGCE
Sainsbury's Director of Brand

***Mr R J Fletcher** BSc
Director, Scientific Affairs, Kellogg Europe

Mr D Gregory CSci FIFST Chartered Environmental Health Practitioner
Technical Director, Marks and Spencer plc

***Mr P Hebblethwaite** BSc MSc CSci CEng FIFST FICHEM
*Former Science Director, Cadbury Schweppes
Chairman of the Board of Trustees, BNF*

***Miss A Heughan** RD
External Affairs Director, Unilever Bestfoods UK

***Mr JW Sutcliffe** BSc
Chief Executive, Grocery, Associated British Foods plc

General Governors

Ms C Drummond BSc Agric FRAGS FIAgM
Chief Executive, Linking Environment and Farming (LEAF)

Mrs SJ Evans MW
Food and Wine Writer and Broadcaster

***Mr RA Marsh** CSci, BSc MSc FIFST
Managing Director, Food Processing Faraday Partnership

Mrs FCA Gallagher BA FRSA
Director FG Associates

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

Dr R Pendrous BSc PhD CEng MIM³
Editor, Food Manufacture

Ex-officio Governors

Professor D Burke CBE DL
Honorary President, BNF

Mr IGT Ferguson BSc CBE
Honorary Vice-President, BNF

***Mr CJ Hart** BSc MSc FIFST
Honorary Treasurer, BNF

Professor A Shenkin BSc PhD FRCP FRCPath
Honorary Vice-President, BNF

* Members of the Board of Trustees



Committees at 31st May 2009

The Scientific Advisory Committee

Chairman

Professor MJ Wiseman MB BS MRCP

Vice-Chairman

Professor B Ratcliffe BSc PhD CBIol MIBiol RNutr

Members

Dr V Burley BSc, MSc, PhD, RPHNutr
* Professor JL Buttriss BSc PhD RPHNutr DipDiet
Professor A Cassidy BSc MSc PhD
Dr A Dangour BSc MSc PhD RPHNutr
Professor I Givens BSc PhD MIBiol CBIol
Professor I Johnson BSc PhD
Dr SA Lanham-New BA MSc PhD RPHNutr
Dr A Lennox BSc PhD DipNutn
Dr M Nelson BSc MSc PhD RPHNutr
Professor C Riddoch CertEd BA MEd PhD
Professor P Rogers MSc PhD
Dr PA Sharp BSc PhD
Ms L Stockley BSc MSc
Professor J Thompson MSc PhD FACSM
Dr SJ Walker BSc PhD
Dr P Yaqoob MA DPhil RNutr

*Ex-officio members

The Industrial Scientists Committee

Chairman

Miss A Heughan RD

Vice-Chairman

Dr S French BSc PhD

Members

Mrs S Bell BSc MIFST
Ms V Betteridge
Dr A Boyd BSc PhD RD RNutr

Miss J Butten BSc MSc ANutr
Dr J Cooper BSc PhD CChem FRSC CSci FIFST
Dr Y Finnegan BSc PhD
Dr J Garry BSc PhD
Dr S Gatenby BSc PhD RPHNutr
Mrs M Hurworth BSc
Ms H Munday BSc MSc
Ms S Moore BSc MMedSci RD
Ms C Parker BSc
Dr T Robinson BSc MSc PhD
Ms L Read BSc Dip Nutr Diet RD
Dr G Stephenson BSc PhD
Mrs M Strong MBA BSc RD DADP FRSH CertEd
Ms P Taggart BSc
Ms J Walton BSc APHNutr

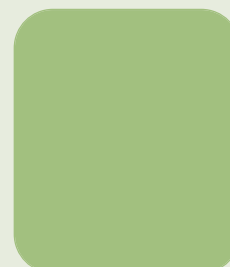
Task force – Nutrition and development: long and short term consequences for health

Chairman

Professor TAB Sanders *King's College, London*

Members

Professor JL Buttriss *British Nutrition Foundation*
Professor G Devereux *University of Aberdeen*
Dr R Elsom *Food Standards Agency*
Dr N Harvey *MRC Epidemiology Resource Centre, Southampton*
Professor I Kimber *University of Manchester*
Dr AM Lennox *MRC Human Nutrition Research, Cambridge*
Dr J Lunn *Waitrose Ltd*
Professor HJ McArdle *University of Aberdeen*
Dr A MacCartney *University of Reading*
Dr S Ozanne *University of Cambridge*
Professor L Poston *King's College London*
Dr S Reddy *Department of Health*
Dr M Richards *Medical Research Council, London*
Dr S Robinson *MRC Epidemiology Resource Centre, Southampton*
Professor RM Sharpe *MRC Human Reproductive Sciences Unit, Edinburgh*
Dr P Taylor *King's College London*



Nutrition Bulletin Editorial Advisory Board

Ms K Ciuba *Nutrition Consultant, Washington DC, USA*
Dr H Costa *INSA Lisbon, Portugal*
Dr K Cunningham *Coca-Cola European Union Group, UK*
Dr I Darnton-Hill *UNICEF, New York, USA*
Dr J Gray *Consultant Nutritionist, UK – Chair*
Prof H Green *Nestlé Research Centre, Switzerland*
Prof PCH Hollman *University of Wageningen and RIKILT - Institute of Food Safety, The Netherlands*
Ms M Howie *Nutrition Manager, Waitrose Ltd, UK*
Mr T Hutton *Campden and Chorleywood Food Research Association, UK*
Prof R Johnson *College of Agriculture and Life Sciences, University of Vermont, USA*
Dr C Leonard *Cereal Partners Worldwide, UK*
Ms C MacEvilly *MRC Human Nutrition Research, UK*
Dr K McNutt *Nutrition Consultant, USA*
Dr P Mitrou *MRC Centre for Nutritional Epidemiology in Cancer Prevention and Survival, UK*
Dr K Nemeth *Food Research Institute, Slovakia*
Dr AP Nugent *University College Dublin, Ireland*
Prof M Reid *Queen Margaret University College, UK*
Prof DCK Roberts *Consultant, Australia*
Prof H Schönfeldt *University of Pretoria, South Africa*
Prof J Slavin *University of Minnesota, USA*
Dr I Tewfik *University of Westminster, UK*
Dr A Zampelas *Agricultural University of Athens, Greece*

Education Working Groups

England

Mrs A Barnett *Independent Consultant*
Mrs R Bartlett *Oak View Primary and Nursery School*
Mr J Blackshaw *Food Standards Agency*
Ms Z Lawrence *City of Portsmouth Girls' School*
Ms B Mottershead *Independent Consultant*
Mrs M Parker *HM Inspectorate of Education*
Ms M Smith *Department of Health*
Ms S Walker *Marshfields School*
Mr I Williams *Qualifications and Curriculum Authority*

Northern Ireland

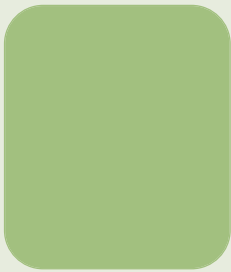
Ms P Baird *North Eastern Education Library Board*
Ms D Black *University of Ulster*
Ms E Brown *Belfast Education and Library Board*
Mrs S Davidson *Omagh Academy*
Ms G Henderson *Council for Curriculum, Examinations and Assessment*
Ms S Knowles *Gracehill Primary School*
Ms M Jennings *Food Standards Agency*
Dr L McMullan *Department of Education*
Ms K O'Kane *North West Teachers' Centre*
Mrs J Reain *Southern Education and Library Board*
Mrs D Wallace *Wallace High School*

Scotland

Mrs Y Dewhurst *University of Aberdeen*
Mr G Findlay *Scottish Qualifications Authority*
Mrs S Freeman *Notre Dame High School*
Mrs F Gallagher *BNF Governor*
Miss A Gibson *Larbert High School*
Dr J Henderson *Learning and Teaching Scotland*
Mrs C Hislop *HM Inspectorate of Education*
Mr S Moore *North Lanarkshire Council*
Mrs M Robertson *HM Inspectorate of Education*
Ms C Thomson *Food Standards Agency*

Wales

Ms A Bergiers *Nantgaredig Primary School*
Ms J Drew *Newquay Tretherras School*
Ms H Ellis *Hawarden High School*
Ms N Giles *Welsh Assembly Government*
Mr S Howells *Welsh Joint Education Committee*
Mr R Jones *Department for Children, Education, Lifelong Learning and Skills*
Mr M Lewis *Bishop Gore Comprehensive*
Mrs A Martin Jones *Dyffryn School*
Mr P Morgan *Food Standards Agency*
Mrs G Rowlands-Rudge *Penglais Comprehensive School*



The Staff at 31st May 2009

Director General

Judith Buttriss BSc PhD RPHNutr DipDiet
*Honorary Professor, Robert Gordon University
Visiting Professor, Kings' College, London*

Deputy Director General

Stephanie Valentine MA DipEd DipAdDev FRSA

Company Secretary

Thomas Barclay

Programme Managers

Roy Ballam BA MA
Education Programme Manager

Sara Stanner BSc MSc RPHNutr
Science Programme Manager

Senior Officers

Nicholas Baldwin BA
Senior Administration Officer

Lisa Miles BSc MMedSci RNutr
Senior Nutrition Scientist

Claire Theobald BA QTS
Senior Education Officer

Laura Wyness BSc MSc PhD
Senior Nutrition Scientist

Officers

Bridget Benelam BSc MSc
Nutrition Scientist

Heather Caswell BSc MSc
Nutrition Scientist

Anna Denny BSc MSc LCGI
Nutrition Scientist

Rebecca Foxen BSc APHNutr
Research Assistant

Helena Gibson-Moore BSc ANutr
Research Assistant

Georgine Leung BSc MSc APHNutr
Nutrition Scientist

Christine Price MBE
Administration Officer

Kirandeep Rahelu BSc MSc
Placement Nutritionist

Kim Ralph BA
Education Secretary

Michelle Rowcliffe BSc DipEd DipHlthProm
Education Officer

Sarah Schenker BSc PhD RD ASD RPHNutr
Nutrition Scientist

Elisabeth Weichselbaum MSc PhD
Nutrition Scientist

Claire Williamson BSc MSc RNutr
Nutrition Scientist





Contacting the Foundation

The British Nutrition Foundation
High Holborn House
52 – 54 High Holborn
London
WC1V 6RQ

Tel: 020 7404 6504

Fax: 020 7404 6747

Email General Enquiries: postbox@nutrition.org.uk

www.nutrition.org.uk

www.foodfactoflife.org.uk

Designed and produced by ingenious. The printing inks are made using vegetable based oils. No film or film processing chemicals were used.

Printed on Revive 50:50 Silk, a recycled FSC-certified paper containing 50% recovered waste and 50% virgin fibre and manufactured at a mill accredited with ISO 14001 environmental management system.