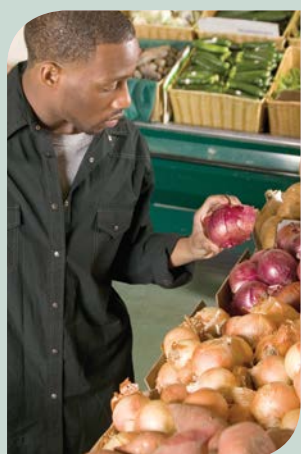




BRITISH
Nutrition
FOUNDATION

Annual Report and Accounts 2014-15





**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

To live in today's society, bombarded with newspaper and other media headlines, each either promising that one diet affords significant health benefits or another diet or foodstuff is responsible for obesity, it might seem that we know all there is to know about nutrition and that the obesity crisis and challenges of malnutrition could be solved overnight.

But of course we know that isn't true. Much of the advice published in the media is contradictory and even where it seems supported by science, it doesn't necessarily tell the whole story.

We know the science that underpins our knowledge of human nutrition is still evolving. And that it is critical as a society that we continue to invest in this science to minimise the risk of poor nutrition leading to increased disease risk and the consequent cost to the nation of ill-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, policy makers, 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.

Last year we reported on a new strategy for the Foundation, launched in July 2013 and aimed at ensuring our activities maximised the benefit to all stakeholders and that we would demonstrate our activities in common with other charities by

publishing 'outcome measures' so we can demonstrate the benefits our Foundation delivers. This report details our first steps in demonstrating outcomes.

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. The Princess Royal launched BNF's first Healthy Eating Week in Gloucestershire in June 2013, supported us at the 2014 launch event in Portsmouth and again in 2015 at Bristol. I am delighted to report that in its third year, BNF's Healthy Eating Week continues to grow with over 7,500 schools registering, representing 2.7 million pupils, almost double the number of pupils who participated in our first year of 2013. We are delighted with the growth of take up of our Healthy Eating Week and 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 2014 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 Ricardo Uauy, Professor of Public Health Nutrition at the Institute of Nutrition, University of Chile and at the London School of Hygiene and Tropical Medicine. The winner of the BNF Prize was Professor Keith Frayn, Emeritus Professor of Human Metabolism at the University of Oxford; he was presented with the award by The Princess Royal.

We have had a successful year in the Foundation, with strong and growing support from member companies. Their support has enabled us to continue our activities. For example through our Food Curriculum Fund we have provided





“The Princess Royal launched BNF’s first Healthy Eating Week in Gloucestershire in June 2013, supported us at the 2014 launch event in Portsmouth and again in 2015 at Bristol.”

lesson plans and support resources for years 1-9 to assist with a new curriculum and the accompanying worksheets have been downloaded over 160,000 times. More details are provided in Roy Ballam’s report.

Similarly we have not neglected the dissemination of science. We have held successful mini-conferences on sports nutrition, fibre and on first foods, complementary feeding and obesity. We know the reach of our *Nutrition Bulletin* continues to grow, and our review on ‘Nutrition, health and schoolchildren’ was listed by Wiley in its top ten articles (based on downloads) in the *Nutrition and Dietetics* section of the Wiley website in 2014. Sara Stanner’s report has more details.

We appreciate that it is essential we have up-to-date IT systems, whether providing resources for teachers, the general public or, for example, extending the audience of our mini conferences through webinars. We have decided to initiate a major project in this area to ensure we continue as the leading source of independent nutritional advice. We will report on this important subject in future years.

This is my final year as Chairman of the British Nutrition Foundation’s Board of Trustees. I am delighted that Professor Christine Williams, Director of Food, Agriculture and Health and

Professor of Human Nutrition at the University of Reading and Vice-Chair of the Trustees will be taking over from me in November; I look forward to supporting her in delivering the aims and ambitions of the Foundation. I particularly wish to thank our Director General, Judy Buttriss for her commitment, support and leadership of the Foundation. And I would also pay particular thanks to our Honorary Treasurer Michael Collyer whose guidance over my term of office has been invaluable.

In conclusion, I thank all of those involved with the Foundation – our members of Council, Board of Trustees and Science and Education 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

Just as last year, media coverage of nutrition has been dominated by concerns about and the consequences of childhood obesity. Such has been the focus on sugars and saturated fat that the public could almost be excused for thinking that no other aspects of nutrition matter!

Of course, we all know that this is not the case. There is also confusion about the role starchy foods, especially wholegrain and high fibre choices, have to play in good nutrition. We can but hope that during the remainder of 2015 and throughout 2016, some balance will be restored now that SACN, the UK’s Scientific Advisory Committee on Nutrition, has highlighted the need to increase dietary fibre intakes and with the ongoing work by Public Health England to update the government’s *eatwell plate* dietary guide that depicts the varied diet required to meet the full set of dietary recommendations for vitamins, minerals, protein, fatty acids and carbohydrates. A focus of our work during the year has been to highlight the importance of good nutrition, using evidence-based dietary guidance. Our webpages on healthy eating have proved very popular, attracting 85,000 downloads, as have our mini-conferences and our resources for school-aged children and their teachers. In addition, we have developed new online training courses, including one focused on the needs of the food service sector.

We have also had some challenges to contend with during the year. In April, we were evacuated from the office because of the underground fire that burned for 36 hours close by in Kingsway. Our business continuity plans were put to the test and we were able to minimise disruption. In the autumn of 2014, our corporate website, like many others built on a similar template, was subjected to repeated hacking attempts that disrupted access over a protracted period. A short-term solution was found but this issue caused us to consider in some depth the best way forward given the importance of IT to the way we communicate with the outside world.

The outcome has been the development of a new and exciting external IT strategy that will be rolled out over the coming year, led by Roy Ballam. The first phase will be completed during 2015 and includes a refresh of our nutrition.org.uk website, which will have new features and a more efficient user experience, in particular in relation to purchasing online training, conference places and the like. Other plans over the coming year include dedicated areas for BNF committees

and members, implementation of mobile and tablet compatibility, navigation improvements, social media integration, and a refreshed online training platform.

Membership for students and new graduates

A new development during the year has been Associate Membership packages for students and new graduates, which include subsidised on-line access to our journal *Nutrition Bulletin*. Though these packages focus on the needs of those studying food and nutrition, in practice they could be of value to health care professionals and teachers with a desire to keep up to speed with developments in the nutrition field. We shall be considering extending the packages we offer in the coming year and, in the near future, there will be a dedicated section of the BNF corporate website for our Associate Members. To find out more about Associate Membership, visit www.nutrition.org.uk/aboutbnf/supporters/individualmembership.html

Thanks to my colleagues

The outputs over the year of the activity programmes managed by Roy Ballam and Sara Stanner, education and nutrition science respectively, have been extensive and well received – more details in their respective reports, and my thanks to all concerned. Hard work and commitment enabled us to achieve an end-year result that was an improvement on the budget, as illustrated in the accounts and pie charts included with this report. I am delighted that both Sara and Roy have now been promoted: Sara to Science Director and Roy to Education and IT Director, taking into account his new responsibilities for the external IT strategy. Congratulations and very well deserved. There have been a number of staff changes over the year; these are mainly covered in Roy’s and Sara’s reports. In addition, Zhenya Chuvashova, our Finance Manager, left in December after several successful years at BNF. Her place has been taken by Mizanur Rahman who joined us from Health Education England, and shepherded us through a successful audit.

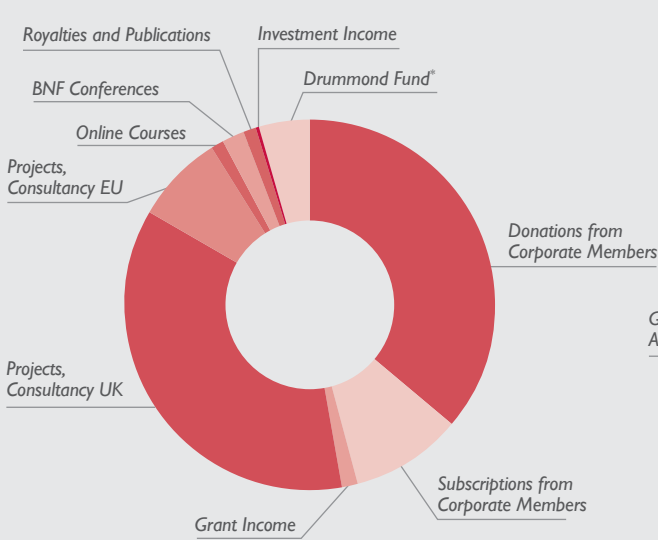




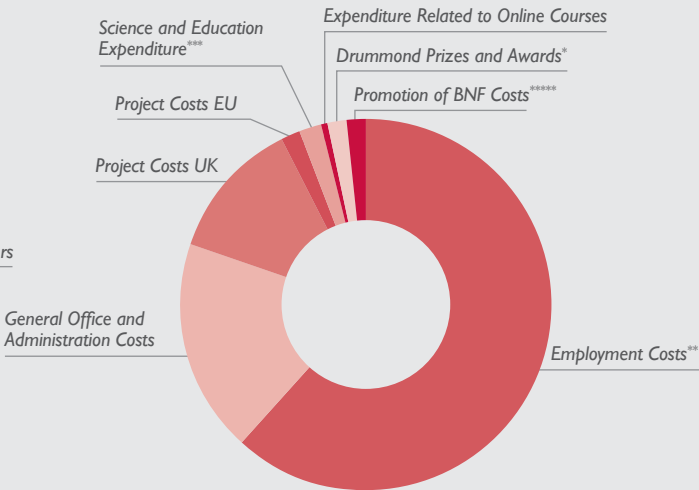
“Hard work and commitment enabled us to achieve an end-year result that was an improvement on the budget, as illustrated in the accounts and pie charts included with this report.”

Thanks also to BNF’s Governors, Trustees, Honorary Officers, committee members and our patron HRH The Princess Royal, who have given freely of their time and guided the Foundation through another successful year. Finally, a huge thanks to our many collaborators and to those who support our charitable activities either financially or *pro bono* – our ambitions as a small organisation of just 18 staff, supplemented by enthusiastic interns, are limited only by the extent of the support we receive for our endeavours.

Figures 1 and 2: Income and expenditure for 2014-15
Income 2014-15 approx £1.60m

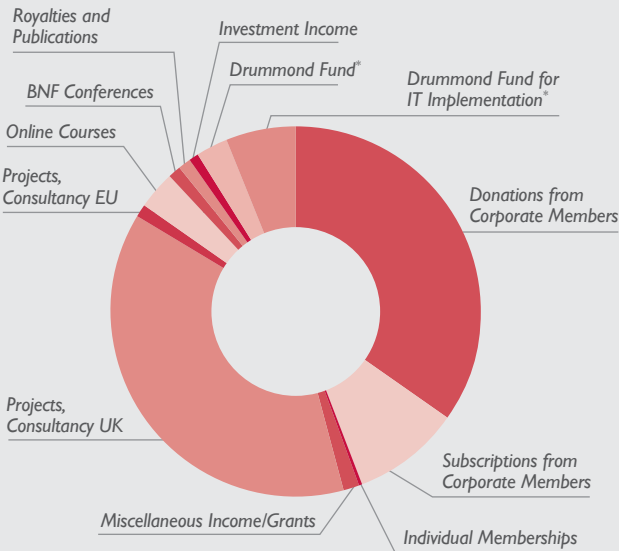


Expenditure 2014-15 approx £1.54m

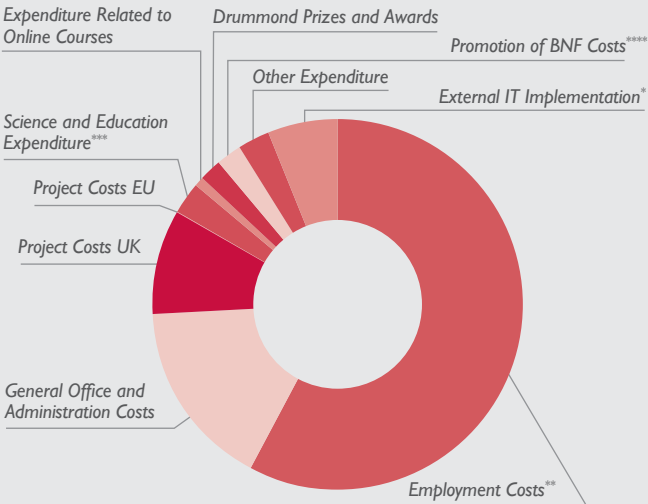


* Total income for the year was £1.53m and there was an additional £71k from the Drummond Fund which was used to fund Drummond Fellowship salaries, intern salaries, IT scoping and Drummond prizes & awards
 ** Salaries (including interns), pensions, social security costs, training and other staff benefits
 *** Science and Education advisory committees, library and professional subscriptions
 **** BNF Annual Day, Annual Report, BNF newsletters, media support and promotional activities

Figures 3 and 4: Budget for 2015-16
Income 2015-16 approx £1.69m



Expenditure 2015-16 approx £1.69m



* BNF total budget for the year is £1.56m and an additional £135k was designated from the Drummond Fund for external IT implementation and Drummond Prizes & Awards
 ** Salaries (including interns), pensions, social security costs, training and other staff benefits
 *** Science and Education advisory committees, library and professional subscriptions
 **** BNF Annual Day, Annual Report, BNF newsletters, media support and promotional 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.

Are healthy lifestyle messages finally getting through?

Evidence suggests that the rise in childhood obesity, which has led one in three children to be overweight and one in five to be obese in England, may be beginning to level off in the under 10s. Perhaps public health campaigns and initiatives are finally getting the important messages about diet and physical activity to parents and their children. But there is no room for complacency as stark socioeconomic and ethnic disparities persist and prevalence continues to rise in the older age groups - unfortunately twice as many children are obese at the end of primary school than at the beginning. Maternal obesity, which increases health risks for both the mother and child during and after pregnancy, is also increasing throughout the UK.

BNF's ongoing programme of resources, training and information provision continues to support all those involved in the communication of dietary and lifestyle messages, including health professionals, journalists and educators, as well as those influencing our food purchases. Our aim is to provide evidence-based resources and activities that attract and engage a diverse audience.

Obesity prevention - continued focus on the early years

BNF's Task Force report on *Nutrition and Development: Short- and Long-Term Consequences for Health* highlighted the importance of early nutrition in combating obesity and associated diseases such as heart disease and type 2 diabetes in later life, and the Science Team has continued to focus on activities targeting the early years. In June, we published a paper in our quarterly journal, *Nutrition Bulletin*, entitled "Early growth and obesity risk - What should health professionals be advising?" describing the modifiable risk factors in the prenatal and early postnatal periods of human development that are linked with obesity risk and providing guidance for health professionals advising pregnant women and new mums. In April, we held a symposium *New Perspectives on First Foods, Complementary Feeding and Obesity*, bringing together leading experts to review the evidence on what, when and how best to feed infants to encourage good eating habits and reduce risk of obesity in later life. This event identified several early life factors associated with greater risk of

overweight and obesity in childhood, discussed ways in which health visitors can advise parents about good infant feeding practices and described early-years interventions that are attempting to influence parenting and family and lifestyle habits to reduce the risk of later obesity. Following the popularity and success of this event, which attracted a large and diverse audience as well as media interest, we are now developing an e-learning course for those working with parents and carers to disseminate the key messages more widely.

We have had a wonderful response to the '5532' poster, our food-based model depicting the main concepts of a healthy diet for 1-3 year-olds, alongside suggested serving sizes. This was developed with the help of an expert group, piloted in focus groups with mums and health visitors and launched alongside a leaflet providing more detailed information for parents and carers of young children. This was featured in *Boots Parenting Magazine*, as well as the *Healthy Food Guide* magazine. The Nutrition4Baby section of our website also remains popular, and we continue to send weekly twitter tips providing practical advice for mums-to-be. We have been re-designing this section of the site for launch during Summer 2015, making sure that we are meeting the needs of all women (e.g. including teenagers, vegans).

In December, we launched a virtual issue of *Nutrition Bulletin*, on the nutrition and health of schoolchildren in the UK, papers from which have attracted 4,500 downloads and focus on a range of diet and lifestyle issues in this age group, including hydration, breakfast consumption, school meals and physical activity habits. It includes BNF's review on "Nutrition, diet and school children", which was in the top 10 of Wiley's 'Best of 2014' list in the *Nutrition and Dietetics* section (based on the number of downloads).

Working together for a healthier environment

With an increase in the proportion of food (and energy) consumed outside the home in recent years, the food service industry has a key role to play in providing access to more healthy options. In recognition of the need for high quality training to support this process, we have recently launched *Catering for health online*, a modular e-learning course specifically designed for food service



“ I work with parents with young children and they have been crying out for this information about portion guidance. ”

Community and Health Coordinator, Co.Tyrone

OVER
180,800
ARTICLES
DOWNLOADED

Over 180,800 articles were downloaded last year.



“I think it's excellent that you started this initiative in the workplace, as offices tend to need encouragement to get active and eat healthier and they can then influence their families too!”

Participating corporate member

providers, caterers and catering students that describes the basics of healthier catering. The course was developed with input from Public Health England and chefs from a number of food companies, and piloted by Westminster Kingsway College. It covers menu planning, selection of healthier ingredients and cooking practices, labelling and policy issues, as well the basics of diet and nutrition, with a certificate provided on successful completion of a final assessment. We are able to offer bespoke courses to adapt the content to the specific training needs of different companies.

Workplaces also provide an ideal opportunity to promote health and wellbeing. This year, BNF's *Healthy Eating Week*, which focuses on schools, was piloted in the workplace with some of our corporate members. Several resources were developed including workplace-based ideas for daily healthy lifestyle challenges, a workplace-based tracker sheet, a challenge sheet for individuals and a poster to promote the week. The aim was to keep the outline of the week simple and flexible so that workplaces could make it their own. Some of the companies taking part shared their activities on social media, showing creative ways in which they put the ideas into practice. We also enjoyed taking part in the challenges ourselves at BNF!

From excess to deficiency

Despite the challenge of combating obesity, it is important to recognise that a diet providing adequate or even excess energy can still be insufficient in micronutrients. This has been highlighted by the re-emergence of rickets and vitamin D deficiency in the UK in recent years. Working with the network of European Nutrition Foundations, BNF published an in-depth review of vitamin D intakes and status across Europe and,

following the publication of the Scientific Advisory Committee on Nutrition (SACN) draft review and recommendations in July, we plan to publish a virtual issue of *Nutrition Bulletin* focussing on this important micronutrient. We have also published papers to highlight concerns about iodine deficiency in girls and young women and poor folate status amongst some population groups in the UK.

Older people in care homes are particularly vulnerable to undernutrition and micronutrient inadequacy. We have been working with Quality Compliance Systems, which provides a care quality commission management service for over 5,000 care home, dentists and GP clients. Ayela Spiro provides a weekly blog to communicate relevant nutrition messages to those working with this vulnerable group, to encourage good nutritional care.

Learnings from the war years

Nutrition knowledge today owes much to the work done by nutritionists during the Second World War. From food survey to food rationing, we learnt valuable lessons about nutritional requirements and how these could be provided to everyone in the population at a time when many foods were scarce. Last year, BNF produced some resources looking at our wartime food heroes including our dietary staples - bread and potatoes, intakes of which have been declining in recent decades. As a result of the popularity of these resources, Ayela Spiro gave an e-seminar on how the war changed the face of nutrition, the impact of wartime food rationing on the nation's diet and the effect on health outcomes. The addition of vitamin D to National Dried Milk and inclusion of cod liver oil as one of the five welfare foods distributed by the Ministry of Food to expectant/



nursing mothers and young children, for example, did much to improve vitamin D status at that time.

Fat versus sugar – setting the record straight

Our *Back to Basics* website resources for consumers, providing practical advice to support the government's *eatwell plate* food guide, have continued to be popular, with the new pages receiving over 85,000 views in the last year. However, the recent media focus on the need to cut down on sugars and a lack of awareness about the nutritional contribution of starchy foods amongst both the public and health professionals has created the need to improve understanding of the importance of carbohydrate and fibre in the diet. Following the publication of SACN's draft report on *Carbohydrates and Health*, which advised that about 50% of calories should be derived from carbohydrate and fibre intakes should increase to 30g a day, we held a symposium in January 2015 entitled *New Frontiers in Fibre*. Presentations discussed the implications of SACN's recommendations for the population's fibre intakes which lag well behind the 30g target at around 18g a day among adults; outlined emerging research on the role of fibre for diverse health benefits including mineral absorption, cardiovascular disease and immunity, as well as obesity and satiety; and presented a review of the potential impact of high fibre intakes in certain subgroups (e.g. elderly people). As well as summarising the main messages from this event on the website, we have written a detailed conference report and a paper providing a weekly planner illustrating how the diet may meet the new fibre recommendation, both published in *Nutrition Bulletin*.



Doubt has also been cast in the media on the widely accepted link between fat and saturated fat in the diet and cardiovascular disease risk. Again, BNF has provided advice and information to health professionals, the public and the media emphasising the importance of distinguishing between sources of energy replacement (e.g. type of fat versus carbohydrate) and discouraging the singling out of one nutrient at the expense of the wider dietary context. Our ongoing Task Force on *Cardiovascular Disease: Diet, Nutrition and Emerging Risk Factors* is reviewing current evidence and will discuss implications for dietary guidelines across the EU. It is hoped that this will help to develop evidence-based advice on what now constitutes a healthy diet for cardiovascular disease prevention.

What is clear is that healthy eating advice for the general public should focus on dietary patterns rather than single nutrients and, in order to inform this process, we carried out modelling work to describe the type of diet that would need to be recommended to achieve SACN's recommendations for fibre (30g) and free sugars (5% of dietary energy). This work has shown that dietary patterns will have to change significantly, with an increased emphasis on wholegrain and other high fibre foods, pulses, fruits and vegetables. We also carried out some secondary analysis of the *National Diet and Nutrition Survey* to look at the role of yogurt in the UK diet (published in *Nutrition Bulletin* in March 2015). Despite some yogurts being a source of free sugars, this food provides useful amounts of micronutrients to diets, particularly of young children, emphasising the need for careful messaging around sugars reduction.



Our journal, **Nutrition Bulletin**, is now available in 9,200 educational institutions.



BNF
QUOTED
in the media
on average
60x
per month

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

Last year, BNF staff appeared on a number of radio and television programmes and provided 'behind the scenes' advice for many others. A member of staff is available every working day to provide comment and information for journalists to help them accurately report about diet and health. BNF is being quoted around 60 times per month in the national and regional press, magazines and websites. Our nutrition.org.uk website, which is a main communications tool, has Information Standard accreditation and currently receives around 18,000 visits each month.

Education and training for health professionals

Over the year, we have run a series of events to give health professionals, researchers and those working in the food industry an opportunity to debate the science relating to some of the most topical areas in nutrition at the moment. As well as the events on dietary fibre and infant feeding described above, we held a conference on sports nutrition, looking at new insights into ways in which nutrition can impact on injury and illness prevention, training adaptation and competition performance. Live-streaming of these events has widened our audience which has extended as far as the Gambia and Uganda. As well as our usual dissemination activities, such as '10 key facts' articles and conference reports, we have developed digital resources such as videos of interviews with eminent speakers. Delegates rated all of our events highly but most importantly, they seem to be having a real impact. At our most recent event, 90% of attendees left more informed about the subject and 83% said they would use the knowledge they had gained in their current roles.

“I felt that it was one of the most interesting conferences that I have attended recently.”

Prof. Pinki Sahota, Leeds Beckett University

As well as *Catering for Health Online*, we have launched e-learning courses on dietary fibre for pharmacists, midwives/health visitors and practice nurses (supported by Kellogg's) and on early life factors influencing allergy risk (supported by Nestlé Nutrition), providing practical guidance for midwives and health visitors, particularly for those clients who are considered 'at risk' due to family history of allergic disease. We have linked with other health charities to help promote our e-learning resources. We have also organised regular, in-house CPD sessions to encourage skill sharing and to ensure that staff are aware of new research and guidelines.

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 this to much of our success. We work with those interested in food and nutrition across diverse sectors – academia, government, education, communication, other charitable organisations and the food chain. For example, BNF has been involved 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 food composition data. In September 2014, we organised the launch event of the 7th edition of McCance and Widdowson's *The Composition of Foods*. Since October 2012, we have also been involved in BACCHUS, a four-year project co-ordinated 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 from across Europe 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 on cardiovascular risk factors, with a view to supporting health claims on products containing these compounds. BNF leads 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 are keen to support those working in the food industry who need up-to-date information on the links between diet and health to innovate and reformulate products that can confer health benefits to consumers. We provide a range of resources to help keep our corporate 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 topical issues and sharing of best practice, and provide a sounding board for new ideas and activities.

Staff changes during the year

Success doesn't happen by accident and all of the Science Team, new and established, have played a part. We were sad to say goodbye to some valued members of our team this year

– Marie Murphy, Dr Emma Williams and Beth Hooper. We will miss them and wish them well in their new roles. But we have welcomed Dr Lucy Chambers and Dr Stacey Lockyer whose expertise in behaviour change research and systematic review methods will be great assets to our work going forward. In addition, Ayela Spiro, who joined us from the Dairy Council, was promoted to Senior Nutrition Scientist at the beginning of 2015. She has been responsible for the high quality of our training events this year, as well as the continuation of our Information Standard accreditation for the website.

Doing things differently - our plans for the next year

We are really excited about the Foundation's IT plans over the next year. We hope to develop new and more creative ways of communicating with our stakeholders and engaging harder-to-reach audiences. For example we are planning a series of webinar events looking at novel ingredients associated with different food groups, targeting health professionals, researchers and those working in the food industry across Europe. The first event will look at oats, discussing some of the components, such as beta glucan and oat protein that might have benefits for health. We would like to extend the series to look at a variety of other functional ingredients, both established (e.g. with EFSA claims) and on the horizon. We hope to launch a number of new e-learning courses for health professionals and have exciting plans to develop new website-based materials for consumers. Watch this space!



Our new website content and resources have attracted a 22% increase in visits to our website compared with last year.



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

Impact

The challenge set in the last Annual Report was to better understand and measure our impact – to clearly identify where we can attribute our resources and training (outputs) into tangible benefits. It's been an incredible journey, but we are starting to see the fruits of our investment in time and resources, measuring how what we do makes a difference. As a charity, this is important to evidence.

We know our outputs, which are easy to measure and are significant. Through the British Nutrition Foundation's education programme alone we've had 2,256,025 visitors to the *Food – a fact of life* (FFL) website (an increase of 18%). Do schools use these resources? In 2014, we launched a Scheme of Work (SoW) for secondary schools in England to support the changes in the curriculum. We know that this specific collection of resources has been downloaded over 164,000 times. Analysis of comments from the Food Teachers Centre Facebook group shows that our SoW is being used as the benchmark to help teachers plan lessons, modified to suit their own and pupils' needs and establish key learning outcomes.

We also know that our free online nutritional analysis tool, *Explore food*, has been used by over 75,000 pupils this year to help them analyse recipes and diets, providing them with data to help make decisions and plan. Feedback shows that most teachers would recommend this tool to a colleague and that it has a positive impact on helping pupils modify recipes and diets to make them healthier.

To engage with schools, we sent out over 248,000 emails providing food education updates and resource links (nearly 40% were opened). We've also been updating and monitoring our social media presence which is growing steadily. Next year we are planning a more proactive approach to capitalise on this form of communication.

To further support our work, we implemented a pilot study to ascertain the impact of using FFL resources on pupil knowledge of healthy eating, where food comes from and cooking, in two age groups (5-6 year olds and 10-11 year olds). In the older age group, changes in dietary intake are being evaluated using INTAKE24 (developed

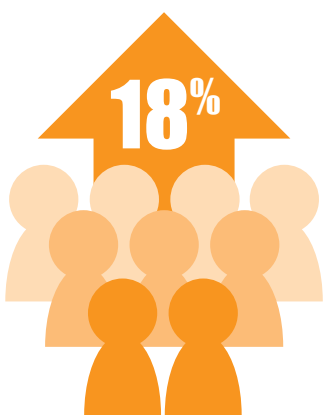
by Newcastle University). BNF produced 12 weeks of lesson plans, teacher guides and pupil home-school activity booklets for each age group. Questionnaires for pupils and teachers were created and pre- and post-intervention data collected. We also planned 10 teacher interviews to gain additional teacher feedback about FFL resources, which were carried out independently by the University of East London. At the time of writing, all data from schools has been collected and the task of analysis started. Results will be published in Autumn 2015, and we plan to have a range of communications for different stakeholders. The staff time to work on the pilot has been supported by AB Sugar.

Momentum

Our work with schools continues to gain momentum – BNF Healthy Eating Week 2015 (HEW) demonstrates this perfectly with a 71% increase in registrations (compared to 2014). While the Week itself was held in the first week of June 2015, so outside the period of this Annual Report, it was the realisation of many months of planning and preparation.

With thanks to our supporters (see page 27), HEW engaged with more schools and more pupils than ever before. New for 2015 were a set of challenges, focused around simple behaviours – having 5 A Day, eating breakfast, drinking plenty, being active and trying something new. These challenges, provided as a digital pack with trackers and support information, really hit the spot – providing something different for schools. The challenges were downloaded over 12,300 times during the week – with schools reporting impact via email and social media. We were delighted with the response. BNF staff also got involved in the daily challenges – sharing fruit and vegetables, going for a power walk at lunchtime and giving Pilates a go in the office!

Not only did the Week have a real impact in school (as demonstrated through case study reports), it also stimulated substantial media coverage for the Foundation, achieving a combined circulation of 82.8 million (which included national breakfast time television). On the social media side, we received support from Public Health England, the British Monarchy website, Change4Life and Jamie Oliver – not to mention many (many) schools. This helped us achieve a



18% increase in visitors to *Food – a fact of life*



reach of 9.3 million via @foodfactoflife (55.6 million 'exposure'). Monitoring our two hashtags for the week also revealed that #HEW15 had 28.7 million 'impressions' and #healthyeatingweek had 3.8 billion 'impressions'. Impressive! However, the real impact is with schools, teachers, children and their parents/carers. Schools reported that they held healthy eating sessions, took part in the challenges, undertook cooking activities, organised food tasting sessions and explored food provenance. Some schools also went on a farm visit and hosted talks from external visitors. Nearly 80% of teachers rated the Week as having had an impact on promoting healthy eating and nearly 90% on raising the profiles of food and health.

Quotes from teachers:

"Bringing awareness to the school community as a whole, promoting wellbeing."

"A Dad with a very troubled background replicated the recipes we learned together and cooked them at home with his son. Family learning – huge impact."

"It raised the profile of the impact of healthy eating with staff, children and their families."

Our challenge now is to keep the momentum going, supporting all registered schools in the future, as well as planning for an even better BNF Healthy Eating Week in 2016 (13-17 June).

Professionalism

During the year we devised and ran a series of professional training events for teachers throughout the UK, some in collaboration with other organisations (helping to extend our reach and impact). These training sessions provided

primary and secondary school teachers with the opportunity to receive updates on the curriculum and qualifications, nutrition news, active learning strategies, school food provision and new teaching resources. We used a variety of different formats to engage with teachers, including formal conferences, twilight workshops, practical cooking sessions and online seminars broadcast directly from BNF. Once again, we hosted an education conference in Scotland, which attracted 165 delegates, and ran 21 online seminars for teachers (all of which are recorded and available on our *Food – a fact of life* website).

Strategically, we worked with Public Health England on the development of draft frameworks on the knowledge and skills required to teach food and nutrition in primary and secondary schools. The purpose of this guidance is to help schools implement the requirements for food within the new *National Curriculum for Design and Technology (D&T)* in England and the *Core Competences for Children and Young People aged 5 to 16 years* (as well as *GCSE Food Preparation and Nutrition* for secondary colleagues). These curriculum measures, together with the other action points of the School Food Plan and forthcoming changes to the OFSTED inspection framework, seek to promote a 'pro-food' ethos in schools and heighten awareness of the integral part that food and a 'whole school approach' play in children's health, well-being and attainment. Development was supported by a steering group, as well as discussion at our Education Working Groups.

The concept of the framework is to:

- set standards, expectations and requirements for qualified teachers teaching food in secondary schools;

- highlight key areas for development, presented in a manageable, easy to convey way with clear expectations;
- provide aspirational goals that will be developed over time (describing accomplished food teaching);
- stipulate distinctive descriptions of food teaching, rather than generic teaching standards.

It is planned that the framework will be used to:

- review and plan courses for trainee teachers, and set out expectations for qualified teacher status;
- audit current practice by existing teachers, supporting performance related development;
- support professional reviews with colleagues;
- plan and run professional training courses to support best practice.

After consultation in Summer 2015, it is planned to launch and promote the frameworks during the next academic year.

Collaboration

During the year, BNF worked with a range of organisations to help make nutrition science accessible to all. Uniquely, we added value by combining our strengths of education rigour and understanding, nutrition science and appropriate communications. Our collaborative work in relation to schools included:

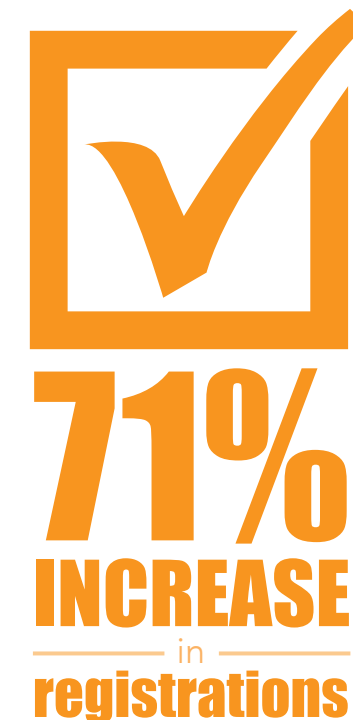
- Public Health England: updating the Food Route series of resources (24 individual resources and two teachers' guides to engage children and young people with the Core Competences); delivering a range of training opportunities for primary and secondary school teachers to help implement the National Curriculum (3 twilight sessions, 4 webinars and 2 face-to-face events [150 delegates]);
- Department for Education: working in a consortium to deliver *School Food Champions*, one of the projects designed to help increase uptake of school meals in secondary schools;
- Change4Life: creating a new cooking activity guide for primary schools;
- CommNet (an EU-funded project): attending ESOF 14 in Copenhagen to deliver workshop sessions; developing resources in 5 different languages (over 1,000 resources); advising on series of videos for schools; broadcasting eSeminars about EU food research to schools; participating in the final CommNet dissemination event;
- Asda: creating a new resource pack for primary schools, comprising a comprehensive teachers'

guide and 20 lesson plans;

- Compass Group: developing a new suite of videos and teacher support materials focussing on cooking main meal dishes for primary and secondary schools;
- Danone: updating the *Eat Like A Champ* resource for the new school year and running workshop sessions for teachers;
- DairyCo: translating a number of FFL resources into Welsh; updating four posters; creating a 'grass to glass' milk frieze for primary schools; developing resources for the Cheshire show and undertaking a series of promotional activities;
- Livestock and Meat Commission: developing new Key Stage 3 and GCSE teaching materials for the *Food4Life* website; running a one-day Home Economics conference for over 100 teachers;
- EBLEX/BPEX: managing the *Meat and Education* programme for EBLEX/BPEX, co-ordinating communications (including printed newsletters to 5,000 schools); creating posters to support new aspects of the curriculum; arranging five professional development training days; developing a suite of Key Stage 3 resources around beef, pork and lamb mince;
- BPEX/ELBEX: creating and launching a new interactive website for secondary school pupils, *My Cooking Cooks*, which allows schools to track everything they ever cook and monitor food skill acquisition and recipe repertoire;
- Sainsbury's: advising on new aspects of their *Active Kids Get Cooking* initiative; working in collaboration on a competition to encourage pupils to be creative;
- Seafish: producing and disseminating the *Fish is the dish* pack for schools in Scotland and Northern Ireland;
- Warburtons: developing a range of resources to support their *School Visitor* programme; undertaking a series of quality assurance visits; creating new resources, including worksheets, presentations, posters and videos.

People matter

While the impact of our work is important, as well as our collaborative involvement, it's the people who matter. We've been delighted to work with a range of stakeholders throughout the year, helping us to engage further and spread the word. To ensure our work in schools throughout the UK is appropriate and of quality, we met with our four regional Education Working Groups. Again, these Groups demonstrated their importance to our governance, independence and transparency. Our work with these Groups allows us to 'pilot' ideas and teaching resources among critical friends, providing insight into practical classroom



BNF Healthy Eating Week 2015 -
71% increase in registrations
(compared with 2014)



Explore food – 75,000 users in 2014/15, compared with 14,400 in 2013/14



considerations, as well as future curricular and qualification changes across the UK.

During the year, we said goodbye to Michelle Mistry, Education Officer at BNF. Michelle had worked hard at BNF on many innovative projects, especially in relation to using relevant pedagogy in our work and launching our online seminars. We wish Michelle and her family the very best for the future. We were fortunate that Frances Meek joined BNF, helping to strengthen our education programme. Frances joins BNF from teaching at Maidstone Grammar School for Girls, and also brings a wide range of experience in adult training and national food initiatives. We were also delighted that Rebecca Haresign, Research Assistant, could stay at BNF for another year after the end of her internship.

Of course, all the work described in this report would not be possible without the dedication and hard work of the BNF's education staff. Thank you, Claire, Kim, Emma, Frances and Rebecca.

Legacy

The Foundation has embedded its schools' education programmes within its DNA. From our first primary school packs in 1991 to an established and well-used website now, BNF is an advocate for excellence in teaching and learning about food and nutrition in schools. Moreover, by working in collaboration with others we can continue to 'punch above our weight', reaching more people and increasing our impact.

While the term 'legacy' is commonly used to describe something which continues after an event has happened, I would suggest that BNF's educational legacy is one that builds year-on-year, gains momentum and impacts more people. BNF's Healthy Eating Week and Food – a fact of life are symbiotic; helping schools to promote key healthy behaviours for life through engaging in the Week and then sustaining the support throughout the year via our website and teacher support. This is a key part of BNF's legacy as a charity – helping future generations eat and drink well, be active and lead happy, healthy lives.



@foodafactoflife

reach 9.3 million (55.6 million 'exposure').

#HEW15

28.7 million 'impressions'

#healthyeatingweek

3.8 billion 'impressions'

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 2014

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 National 5 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 18th November 2014.

GCSE/National 5 awards

Assessment and Qualifications Authority
Lok Hei (Queenie) Wong
Headington School, Oxford

Council for the Curriculum, Examinations and Assessment
Kerrie Patterson
Wallace High School, Lisburn

Edexcel

Katie Sadler
St Clement Danes School, Chorleywood

Oxford, Cambridge and RSA Examinations Group
Amelia Bowling
Nottingham Girls' High School, Nottingham

Scottish Qualifications Authority
Rebecca Frienling
Stonelaw High School, Glasgow

Welsh Joint Education Committee
Helen Dwyer
Cheadle Hulme School, Cheadle Hulme

A-level/Advanced Higher awards

Assessment and Qualifications Authority
Charlotte Lloyd
South Wilts Grammar School for Girls, Salisbury

Council for the Curriculum, Examinations and Assessment
Sinead Kiernan, St Patrick's High School, Keady

Edexcel

Anish Patel, St Clement Danes School, Chorleywood
Oxford, Cambridge and RSA Examinations Group
Aimee Woodcock,
Urmston Grammar School, Urmston

Scottish Qualifications Authority
Bernard Munro, Perth High School, Perth

Welsh Joint Education Committee
Amy Pope, Alun School, Mold

BNF Drummond Pump-priming research grants 2015

The Drummond Memorial Fund also supported the provision of two grants in 2015 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 Edward Chambers, Imperial College London, for a project investigating whether increasing propionate production in the colon reduces liver fat storage and investigating the associations between short chain fatty acids, liver fat and diabetes risk factors; and Dr Hyang-Min Byun, Newcastle University, for a project investigating means of identifying obese individuals at high risk of cardiovascular disease by examining platelet molecular patterns. More details can be found at <http://www.nutrition.org.uk/aboutbnf/bnfawards/2015pumpprimingwinners.html>

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 2014 was Professor Keith Frayn, Emeritus Professor of Human Metabolism at the University of Oxford. Professor Frayn was presented with the BNF Prize by HRH The Princess Royal, the Foundation's Patron, at the BNF Annual Day on 18th November 2014.

The BNF Annual Lecture in 2014 was given by Professor Ricardo Uauy, Professor of Public Health Nutrition at the Institute of Nutrition (INTA), University of Chile and at the London School of Hygiene and Tropical Medicine; Professor Uauy was the winner of the BNF Prize 2008. His lecture, which was streamed live, was entitled *Reflections on Professor David Barker's changing the paradigm: our health is shaped before conception and by early life events*. The lecture was recorded. It was also published in the June 2015 issue of *Nutrition Bulletin* and is available to view on the BNF website.



Foundation Objectives

For 2015/16, the Foundation will be focussing on ‘accessibility’, enabling people unfamiliar with our work in food education, nutrition and health to understand our contribution, and helping people who already know about us to more easily find what they are seeking and gain a deeper understanding of the opportunities and resources available.

Specific activities for 2015/16, in the context of the agreed strategic areas within BNF’s 5-year workplan are summarised below, together with key outcomes and impact measures.

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 2015/16:

1. Develop a range of BNF training activities, including conferences, e-seminars and online training resources for different audiences.
2. 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*.
3. Develop additional website based resources for health professionals and consumers on the topical issues of obesity/weight loss and food allergies.
4. Continue to provide a range of services for members (e.g. quarterly updates on policy and research) and to work with journalists to encourage accurate and responsible reporting on nutrition issues in the media.
5. Deliver high quality project work and undertake impact assessment of our work.

Key outcomes:

- Evidence-based nutrition messages communicated via face-to-face training (at least two conference/mini conference events) and online training tools targeting different audiences (at least two new courses launched).
- A range of high quality resources, including *Nutrition Bulletin* published quarterly (working with EAB to raise awareness of access via search engines such as Google Scholar).
- 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 2015 (for Information Standard audit), and information targeting consumers is increased.
- An increase in traffic to the BNF website of at least 10% generated during the year
- At least two proactive media initiatives resulting in positive media coverage.

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 2015/16:

1. Through *Food – a fact of life*, we will continue to support and encourage excellence in food and nutrition education across the UK via the creation of learning resources and the launch of a new continuing professional development training programme for teachers.
2. Deliver BNF Healthy Eating Week 2016 to more schools, and explore its potential to roll out in Europe.
3. Further engage with our Education Working Groups, to ensure appropriate regional support is delivered and the integrity of BNF’s education programme is maintained.
4. Seek opportunities to collaborate with a range of stakeholders that support our charitable and strategic aims, and undertake impact assessment of our work.

Key outcomes:

- Resources developed to support the new food GCSE, as well as food safety and hygiene resources updated throughout *Food – a fact of life*.
- A high quality continuing professional development training programme initiated for teachers.
- Total visits to *Food – a fact of life* website increased by at least 10%.
- BNF Healthy Eating Week 2016 engaged with 10% more schools than in 2015, and the potential for roll out in Europe explored.
- Impact of our work in education measured with teachers 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 2015/16:

1. Ensure that job descriptions are aligned with the requirements of the new External IT Strategy/Plan.
2. Sustain delivery of BNF's charitable activities by ensuring that staff are motivated and engaged by effective management, clear objectives, annual appraisals and regular staff meetings.
3. Review office infrastructure, procedures and IT equipment provision to ensure that employees are enabled to carry out their work efficiently.
4. Plan for the implementation of the new pensions arrangements in 2017/18.
5. Evaluate the implementation of the governance audit that was carried out in the previous Financial Year.
6. Review data protection processes and ensure that all staff comply with the Data Protection Policy that will be put in place during Summer 2015.

Key outcomes:

- Job descriptions aligned with the emerging needs of the Foundation and employment contracts aligned with legislative requirements.
- Capacity of BNF to deliver its charitable objectives sustained by developing staff skills/competences, succession planning and talent management, and training strategies, and extended through implementation of phase 1 of the External IT strategy/plan.
- Plans in place for implementation of new pensions arrangements in April 2017.
- Resilience of governance ensured through comprehensive succession planning of key officer roles and by evaluating the implementation of the governance audit.
- New data protection policy implemented.
- The work of the Foundation showcased 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 2015/16:

1. Maintain BNF's broad base of income streams, implement phase 1 of the External-facing IT Strategy and in parallel initiate the branding project.
2. Explore and proactively seek new income streams through project and grant opportunities and membership channels that meet our strategic approach and charitable objectives.
3. Review internal processes for membership financing and streamline communications with members, following the changes to membership financing that were introduced in the previous Financial Year.
4. 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.
5. 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.
6. Plan for changes in SORP.

Key outcomes:

- Breadth of BNF's funding sustained and where possible expanded/deepened through implementation of phase 1 of External IT Strategy/Plan.
- Findings of the 2015 membership survey implemented and survey run in Spring 2016 (with an update for Trustees Summer 2016).
- Quarterly management accounts prepared in a timely manner for Trustee and Council meetings, and decision support provided.
- Content of annual Trustees report reviewed and future proofed in readiness for the new SORP.
- Working with the Honorary Treasurer, complete development of the three-year financial plan and review margins on projects.

Annual Accounts 2014-15

Statement of Financial Activities

for the year ended 31st May 2015

	Unrestricted Funds	Restricted Funds	Total Funds 2015	Total Funds 2014
	£	£	£	£
Incoming Resources				
Incoming resources from generated funds:				
Voluntary income:				
Donations and subscriptions	758,460	-	758,460	794,112
Activities for generating funds:				
Investment income	3,668	-	3,668	19,687
Incoming resources from charitable activities:				
Projects	728,015	-	728,015	732,017
Conferences	28,355	-	28,355	24,537
Publications	13,988	-	13,988	14,974
Total Incoming Resources	1,532,486	-	1,532,486	1,585,327
Resources Expended				
Costs of generating funds:				
Costs of generating voluntary income	99,796	-	99,796	135,352
Charitable activities	1,361,223	7,960	1,369,183	1,359,168
Governance costs	72,322	-	72,322	73,676
Total Resources Expended	1,533,341	7,960	1,541,301	1,568,196
Net (outgoing)/incoming resources before Transfers	(855)	(7,960)	(8,815)	17,131
Transfers between funds	-	-	-	-
Net deficit for the year	(855)	(7,960)	(8,815)	17,131
Realised gains on investments	647	-	647	-
Unrealised gains on investments	4,909	-	4,909	-
Net Movement in Funds	4,701	(7,960)	(3,259)	17,131
Total funds brought forward	1,207,880	14,280	1,222,160	1,205,029
Total Funds Carried Forward	1,212,581	6,320	1,218,901	1,222,160



Annual Accounts 2014-15

Balance Sheet as at 31st May 2015

	2015 £	2015 £	2014 £	2014 £
Fixed Assets				
Tangible assets		7,144		10,274
Investments		507,541		-
		514,685		10,274
Current Assets				
Debtors:				
Prepayments and accrued income	98,903		46,618	
Other debtors	184,072		94,875	
	282,975		141,493	
Cash at bank and in hand	685,884		1,339,686	
	968,859		1,481,179	
Creditors				
Taxation and social security payable	58,509		34,053	
Accruals and deferred income	175,041		190,407	
Other creditors	31,093		44,833	
	264,643		269,293	
Net Current Assets		704,216		1,211,886
Net Assets		1,218,901		1,222,160
Capital and Reserves				
Restricted funds		6,320		14,280
Unrestricted funds:				
Designated funds		501,991		569,282
General funds		710,590		638,598
Total Funds Carried Forward		1,218,901		1,222,160

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 Accountant, The British Nutrition Foundation, Imperial House, 15-19 Kingsway, London WC2B 6UN (Tel: 020 7557 7930).



Corporate Members

At 31st May 2015

Agriculture and Horticulture Development Board*
Aldi
Alpro UK
Asda Stores Ltd
Associated British Foods*
Birds Eye Iglo Group Ltd
British Sugar plc
Cargill Incorporated (Truvia)
Coca-Cola Great Britain and Ireland*
Danone Waters and Dairies UK Ltd*
Dine Contract Catering Limited
DuPont Nutrition and Health Division*
Ella's Kitchen
General Mills
Genius Gluten Free
Greggs plc
H J Heinz Ltd
Ingredion UK Ltd

J Sainsbury plc*
Kellogg Europe*
Kerry Foods Ltd
KP Snacks Limited
Marks and Spencer plc
Mars UK Ltd
McCain Foods Ltd
McDonald's Restaurants Ltd
Mondelez International*
nabim
Nestlé UK Ltd*
Nestlé Nutrition
PepsiCo UK Ltd*
Quorn
Seafish
Slimming World
Tata Global Beverages Limited
Tate & Lyle*
The Co-operative Group Ltd

Unilever plc*
United Biscuits (UK) Limited
Volac
wagamama
Waitrose Ltd
Warburtons
Weetabix Ltd
Wm Morrison Supermarkets plc

*Sustaining corporate members

Financial Support for Specific BNF Events and Activities

During the year, the following corporate members provided financial support for specific projects:

Agriculture and Horticulture Development Board (DairyCo)
Healthy Eating Week 2015
Associated British Foods
Healthy Eating Week 2015
Danone Waters and Dairies UK Ltd
Healthy Eating Week 2015
KP Snacks Limited
Healthy Eating Week 2015
Nestlé Nutrition
Conference *New perspectives on first foods, complementary feeding and obesity*
Seafish
Healthy Eating Week 2015
Tate & Lyle
Conference *New Frontiers in Fibre*

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

All Saints Educational Trust
Food teaching guidelines
Teacher training events on changes to the National Curriculum
Capespan
Healthy Eating Week 2015
The Garfield Weston Foundation
Donation
National Farmers Union
Healthy Eating Week 2015

Projects funded by the European Commission:

BACCHUS (FP7/2007-2013;312090)
www.bacchus-fp7.eu
CommFABnet (FP7/2007-2013;289699)
<http://commnet.eu>



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Patron

HRH The Princess Royal

Honorary President

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Emeritus Professor of Clinical Chemistry,
University of Liverpool

Honorary Vice-President

Mr JW Sutcliffe BSc
Non-Executive Director, Muntons (Holdings) plc

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

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FSB RNutr FAfN
Director of Food, Agriculture and Health, University
of Reading

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FIFST FRSC
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FRCPCH FIFST

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Mr P Hebblethwaite BSc MSc CEng FIFST FICHEM
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CBiol HonFRCP
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University of Liverpool

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Newcastle University

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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 *
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Personal Professor, Rowett Institute of Nutrition
and Health, University of Aberdeen

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Imperial College London

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Professor, Institute of Ageing and Chronic Disease,
University of Liverpool

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Head of the Department of Nutritional Sciences,
University of Surrey

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Professor of Nutrition, University of Ulster

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

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Professor of Human Nutrition, Newcastle University

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

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

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RNutr FAfN *
Director of Food, Agriculture and Health,
University of Reading, Vice-Chairman of the
Board of Trustees, BNF

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Visiting Professor in Human Nutrition,
University of Southampton

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Mr M Bond BSc
Health Platform Leader – Active Nutrition, DuPont
Nutrition and Health

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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 Ltd

Mr D Gregory CSci FIFST *
Chairman, Assured Food Standards
Chairman of the Board of Trustees, BNF

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Director of Corporate Communications,
Nestlé UK Ltd

Mr J Roe MSc
Head of Trading Standards and Compliance,
Wm Morrison Supermarkets plc

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

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FIAGM CEnv
Chief Executive, Linking Environment
and Farming (LEAF)

Mr G Findlay BA *
Qualifications Manager, Scottish
Qualifications Authority

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

Mrs G Henderson BEd
Principal Officer, CCEA Northern Ireland

Dr R Pendrous BSc PhD CEng MIM3 *
Editor, Food Manufacture

Dr ME Travers PhD
Strategy and Policy Manager, Biotechnology and
Biological Sciences Research Council

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Professor A Shenkin BSc PhD FRCP FRCPath
Honorary President, BNF

Mr JW Sutcliffe BSc
Honorary Vice-President, BNF

Mr M Collyer FIFST *
Honorary Treasurer, BNF



Committees

at 31st May 2015

The Scientific Advisory Committee

Chairman

Professor MJ Wiseman *MB BS FRCP FRCPATH FAFN*

Vice-Chairman

Professor B Ratcliffe *BSc PhD FHEA CBiol FSB RNutr*

Members

Professor A Adamson *BSc PhD RD RNutr*

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 **

Professor I Givens *BSc PhD MIBiol CBiol*

Professor J Halford *PhD CPsychol AFBPsS*

Professor I Johnson *BSc PhD*

Dr AA Lake *BSc PhD RD RNutr*

Professor SA Lanham-New *BA MSc PhD RNutr*

Dr A Lennox *BSc PhD DipNutr*

Dr M Nelson *BSc MSc PhD RNutr*

Professor P Rogers *MSc PhD*

Dr PA Sharp *BSc PhD*

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