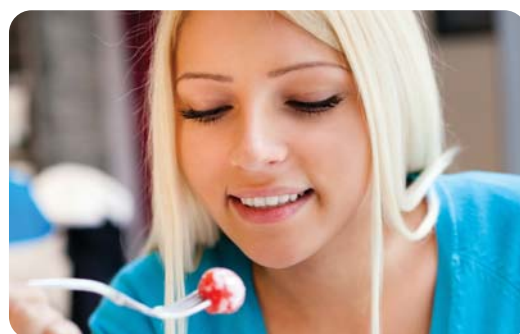


Annual Report and Accounts
2012-13





The British Nutrition Foundation (BNF) was established in 1967 and exists to deliver authoritative, evidence-based information on food and nutrition in the context of health and lifestyle. Our core purpose is to make nutrition science accessible to all. Our vision is to be recognised as the leader in the delivery of independent, evidence-based and accessible information that promotes understanding of nutrition and health and contributes to improved wellbeing for all.

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.

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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 longstanding 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

The summer of 2012 will be remembered by many for the London Olympics and the Paralympics. For weeks the nation was gripped by a sporting fever, the Olympians and Paralympians were heralded as national heroes and we all admired their skills, courage and determination. At the same time we grew to understand the science that underpinned their achievements, from equipment design, training programmes and of course the nutritional requirements to develop the strength and stamina needed for excellence.

Despite this admiration of carefully controlled nutrition regimes, it is a matter of concern that for the British people we see a different landscape. There seems to be an inexorable rise in obesity levels in all parts of society, with stark socioeconomic differences especially in children and women. Overall, 30% of children aged 2-15 years and 61% of adults are overweight or obese, with obesity affecting a quarter of adults. Alongside this, even in a country such as the UK where there is an abundance of food, undernutrition is apparent whereby dietary choices fail to deliver the broad range of nutrients required for health.

Yet at the same time, we are bombarded in the national press with stories associated with nutrition, ranging from the diet for the so-called perfect body or the foods to apparently guarantee good health and longevity.

It is against this background that the British Nutrition Foundation operates. Our core purpose is to make nutrition science accessible to all who operate in this field – from those teaching our children through to those who provide the food we eat, along with regulators, health professionals, the research community, journalists and through these channels the general public.

As a charitable foundation, we strive to deliver our vision of being recognised as the leader in the delivery of independent, evidence-based and accessible nutrition information that promotes understanding of nutrition and health, and contributes to improved wellbeing for all.

To achieve this vision, our reputation for independence is essential. We have a strict governance structure weighted towards the

academic community to ensure we cannot be unduly influenced by commercial or political pressure. Our Council provides scientific and strategic leadership and our Board of Trustees ensures the agreed strategy is delivered whilst overseeing governance, finance and risk.

We continue to be indebted to our Patron, HRH The Princess Royal who has found time within her intensely busy schedule to continue to support the BNF through her attendance at our events. In June 2012, The Princess Royal attended a conference held to mark our 45th anniversary on the topic of *Behaviour change in relation to health*, the proceedings of which have since been published in March 2013 in a special issue of *Nutrition Bulletin*. The Princess Royal was also able to attend the BNF Annual Day in 2012 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 Dr Ann Prentice, which was entitled *Standing on the shoulders of giants: understanding calcium and vitamin D requirements* and was published in the September 2013 issue of *Nutrition Bulletin*.

During the past year we have been active in promoting the latest thinking in nutrition science. Our task force report *Nutrition and Development: Short- and Long-term Consequences for Health*, which reviewed the evidence that the seeds of many adult diseases are sown in utero and in infancy, was well-received by the academic and health professional communities and also by the media – with coverage on television and in national and trade press. More details are available in Sara Stanner's report.

More recently our *Healthy Eating Week*, in which over 3000 schools participated, representing over 1.3 million pupils, was a great success. We were delighted the Princess Royal was able to attend the launch at a primary school in Gloucestershire and again the media coverage on television, radio and the press was outstanding, both in recognition of our activities and also in communicating the message of the importance of childhood nutrition. To help teachers deliver this initiative, we developed a range of free resources that could be used both during *Healthy Eating Week* and in the longer term. More details can be found in Roy Ballam's report.





We have also been delivering our vision utilising new communication methods; during the year we piloted two interactive iPad textbooks and continued our successful eSeminar series for teachers. Our website *Food – a fact of life* is now well established and attracts over 1.5 million visitors a year. Our nutrition.org.uk website also remains popular and during the latter part of the year underwent a ‘face-lift’ that will be revealed in August 2013. Building on this success, back in April 2012 we launched our first online modular nutrition training course, which I am pleased to say has been very well received by participants and exceeded our financial targets as well. There is a great opportunity in adopting new methods of communication and training using the internet and we are developing a new more advanced nutrition course along with a nutrition and catering course for launch in the 2013/14 financial year

Last year, we reported our delight in being selected to take over the running of the Drummond Memorial Fund. We have agreed a five-year implementation plan on the use of these funds which includes internships for three students a year, making available pump-priming awards for new lecturers and research fellows, with two such awards given to date, and a series of new awards for outstanding nutrition science communication. More details are available in the Director General’s report. Our goal and commitment is to ensure we use the funds in the strict spirit of the original Memorial Fund.

In the past year we have made two other awards. At our Annual Day, we announced that the winner of the BNF Prize for 2012 was Professor Sean Strain in recognition of a contribution of outstanding merit in the field of food, nutrition and health; he will deliver the Annual Lecture in 2013. We also presented a Lifetime Achievement Award to Professor Martin Wiseman. Professor Wiseman is Medical and Scientific Adviser with the World Cancer Research Fund

International and is also a visiting professor at Southampton University. He was project director for the 2007 WCRF/AICR expert report *Food, Nutrition, Physical Activity, and the Prevention of Cancer: a Global Perspective* and its companion report *Policy and Action for Cancer Prevention*. Between 1986 and 1999 he was head of the Nutrition Unit at the Department of Health, where he had responsibility for nutrition science, including the work of the Committee on Medical Aspects of Food and Nutrition Policy (COMA), for nutrition surveys and for advising on and implementing nutrition policy. During this time, the *Balance of Good Health*, now the *Eatwell plate*, was developed and the Health Survey for England was initiated. Professor Wiseman has been involved with the BNF for many years as a Member of Council and a Trustee, as well as chairing our Scientific Advisory Committee, and we are most grateful for the wisdom, guidance and support he has given the Foundation over the years.

All of these activities can only be delivered with a strong team and a sound financial structure. Our team continues to be successful in bidding for external contracts, both within the UK and EU. We continue to be grateful for the generous donations made by our member companies to support our charitable activities. We continue to manage the financial affairs of the Foundation with great prudence to ensure our sustainability.

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

Director General's Report

Professor Judith Buttriss

After 20 years in High Holborn House, in November 2012 we moved offices to Kingsway. Disruptive as moves always are, so far it seems to have been worth it as we now have better facilities more suited to our needs without expanding the budget envelope allocated to rent and services. Furthermore, through careful management of our finances and successful acquisition of project work, we managed to accommodate the move within the budget agreed for the year and still end the year with a small surplus to the budget and modest growth in the general reserves. The year ended on a real high with publication at the end of May of our Task Force report on nutrition and early life development and plans in place for BNF's *Healthy Eating Week* that took place in the first week of June. *Healthy Eating Week* started life in early 2013 as a small pilot with modest ambitions. But it attracted participation of well over a million school children and their teachers across the UK and triggered substantial media coverage including live TV and radio. We also ended the year with a number of projects secured for the 2013/14 financial year and others under discussion. Highlights and achievements can be found in the reports from Roy Ballam and Sara Stanner.

New BNF strategy

A major activity for the year has been the development of our next 5-year strategy (2013-17). The core of the strategy is shown below. The overarching objects of the Foundation, as presented in the Articles of Association, were established back in 1967 and remain relevant today.

- To undertake, for the public benefit, the education of the public in nutrition and the dissemination of information relating to nutrition
- The advancement, for the public benefit, of the training and education of persons involved in the training or education of others in nutrition
- The advancement for the public benefit of the study of, and research into, nutrition.

During the year the preparatory work we undertook confirmed that the Foundation is defined by the scientific and educational rigour that underpins our work, our integrity and our networks, and the accessibility and relevance of our nutrition



British Nutrition Foundation - making nutrition science accessible to all

Vision

BNF to be recognised as the leader in the delivery of independent, evidence-based and accessible information that promotes understanding of nutrition and health, and contributes to improved wellbeing for all.

Objectives

- 1 Work in partnership with academia, educators, government and industry to deliver BNF's aims, vision and charitable activities.
- 2 Deliver and widely communicate high quality profile-raising information, resources and activities for the ultimate benefit of public health.
- 3 Ensure a sound infrastructure (staff, facilities, governance and funding) to facilitate and support BNF's activities.

Core activities

Education

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

Nutrition science

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.

Supported by

People and facilities

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

Funding and finance

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



information. Accordingly, in our new strategy we have focused our core purpose on making nutrition science accessible to all. The new strategy concentrates on what we do well in the fields of nutrition science and education, and on areas for which we have a strong or growing reputation. It builds on our already highly regarded use of IT and novel communication channels (e.g. eSeminars, podcasts, streaming of conference lectures, e-books). It builds on our reputation for successful partnership working and protects time and resource to ensure the websites and BNF-branded activities receive the attention they deserve. In order to support the Foundation's wider strategic aims, the strategy restructures the way we work, to focus on effective income generation, cross-team working and efficient delivery, and incorporates further development of management tools linked to staff performance and remuneration.

The strategy incorporates a thematic approach to delivering the Nutrition Science and Education programmes, which is reflected in the Future Plans section that can be found on page 21.

Themes during 2012/13

The themes for the past year were nutrition in early development, 'back to basics with healthy eating', strategies to facilitate behaviour change and the Foundation's *Food – a Fact of Life* programme for schools. Our focus on a sustainable food supply and sustainable nutrition (the need to feed the world adequately and sustainably) has also continued through articles published in Nutrition Bulletin, my contribution to IGD's work in this area, activities associated with my membership of the Government Office of Science's Food Research Partnership (now chaired by the government's new Chief Scientific Adviser Sir Mark Walport), and my involvement with the UK's Global Food Security Programme, championed by Professor Tim Benton and funded by the UK's main public funders of food-related research.

Building and strengthening strategic partnerships

Key organisations in the world of UK nutrition have a history of collaboration – Sara Stanner and

I have in the past both held Nutrition Society offices (I was Honorary Secretary) and I am currently a Trustee of the Association for Nutrition. But during the year, I and my fellow Chief Executives from the Nutrition Society, Association for Nutrition (AfN), British Dietetic Association (BDA) and the Institute of Food Science and Technology (IFST) decided to strengthen our working relationship and to meet informally on a regular basis to discuss and work together on areas of common interest. Between us, over the decades, we have been fostering high quality education and training in nutrition in the UK; setting standards and safeguards; and advancing research, practice and the provision of nutrition information. As five influential organisations working towards common goals, we hope that by working more closely we can provide a more coherent approach and an even more valuable contribution towards the delivery of the nutrition agenda over the next decade. The meetings we have had over the past few months have already identified a number of areas for future collaboration, including driving professional standards, provision of information on careers opportunities for young people at the start of their careers and provision of opportunities for continued professional development.

BNF has also continued to embed its working relationship with organisations representing the health care professions, such as the Royal College of Midwives, and to consolidate interactions with officials in the Department for Education, Department of Health, Public Health England, the Food Standards Agency, Defra and the Government Office for Science. We have also been keeping track of developments with the various nutrition- and health-related agendas across the devolved governments in the UK and, through our four education working groups, have kept pace with the different curricula used in schools education across the UK and also engaged directly with work on the new curriculum for England. We have also continued to engage at a European level via our involvement in several EU-funded projects and through working relationships with other European organisations, including the network of European Nutrition Foundations for which we provide the secretariat.

During the year we have reviewed the membership opportunities we provide, in discussion with members and other stakeholders. We are keen to ensure that BNF membership remains a relevant and cost effective way for companies to work towards their nutrition goals, and of course through their donations they support the important work we do with schools, health professionals and the general public. Roy Ballam is leading on the development of a programme of activities designed to enhance membership benefits, which we shall be rolling out during the coming year. Plans for 2013/14 include the launch of an online facility for members, providing topical nutrition information and resources. This initiative will bring together in one place the outputs of BNF's forums, the emerging issues and research updates we produce, and will also provide links to BNF podcasts and other resources, and to specially developed resources on topical aspects of nutrition.

The Drummond Memorial Fund

Also during the year we have been engaged in a number of activities funded by the Drummond Memorial Fund that we acquired in 2012. There have been three BNF Drummond internships – Robert Benjamin, Holly Butt and Sarah Alderton; we awarded BNF Drummond pump priming awards (for academics recently appointed to university lectureships) to Dr Mario Siervo from Newcastle University and Dr Andrew Murton from University of Nottingham (see page 19 for details); and we established new BNF Drummond awards that focus on excellence in nutrition science communication for: final year nutrition students (on AfN accredited courses); trainee teachers; and practising dietitians (in collaboration with the BDA). The winners of these new awards will be announced later in 2013.

Looking forward to 2013/14

In terms of projects, plans include continuation of *Healthy Eating Week* as a key feature of our *Food – a Fact of Life* programme, and work to support teachers in delivery of the food and nutrition elements of the new school curriculum in England. In August we shall be commencing work on a new Task Force report on cardiovascular disease chaired by Professor Keith Frayn, which will this time include representation from the USA. We shall also be launching new online nutrition training courses, following good feedback on the course launched during 2012. The existing course, *An introduction to healthy eating and nutrition*, is directly available to the general public but in addition a number of food businesses have been purchasing multiple access codes as a cost effective means of delivering in-house training.

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





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

A focus on maternal health

It is now well recognised that the seeds of many adult diseases are sown in the womb. A mother's diet and lifestyle habits, even pre-pregnancy, can impact on her offspring's health in both early and later life. There are also intergenerational effects: the risk of some chronic diseases in later life is likely to be influenced by the diet and lifestyle of a child's grandparents because of the impact this has on the development of the mother.

In May, we published an in-depth review of this topic in the form of a report from a Task Force chaired by Professor Tom Sanders. *Nutrition and Development: Short- and Long-Term Consequences for Health* was compiled by a panel of eminent academic experts and explored the impact of diet and nutrition in early life and its effects in adulthood on bone health and risk of diseases such as heart disease, cancer, diabetes and obesity. In particular, this report highlighted concern about the increasing prevalence of obesity among pregnant women; in the UK around a fifth of pregnant women are obese. In addition to all the short-term complications of obesity during pregnancy for both mother and child, maternal obesity increases the risk of a child becoming obese and suffering from related conditions such as type 2 diabetes, in later life. As well as holding a successful conference to launch the report in London, we have developed a range of website resources to disseminate the key findings of the Task Force report to both health professionals and consumers. We have written a number of articles for scientific journals and our media related activities led to mainstream broadcast coverage, including ITV's Daybreak programme, as well as coverage in national and regional media. The combined circulation of the coverage was over 145 million.

As many health professionals, including midwives, lack the skills and confidence needed to appropriately and effectively address sensitive weight issues with pregnant women, we are delighted that our focus in this area has strengthened our links with the Royal College of Midwives (RCM). Last year we developed an online training module in nutrition for RCM members as part of their CPD programme and the RCM has worked with us to disseminate our key messages from the Task Force via its magazine, Midwives.

Identifying strategies to promote long-term lifestyle behaviour change

Health problems associated with being overweight or obese are already costing the NHS more than £5 billion every year. The estimate that over half

of the UK population could be obese by 2050 underlines the need to understand how best to encourage long-term diet and lifestyle behaviour change. In June 2012, we held a conference on this topic to explore the evidence for effective behaviour change, in particular for weight loss, improving diet quality and increasing levels of physical activity, and to describe case studies that have successfully modified behaviour to improve health. Unsurprisingly this topic attracted considerable media attention and we supported our communications activities by developing website-based examples of how to put strategies to control energy balance into practice when trying to lose weight; this received coverage in the Daily Mail and on several websites. Following the conference, we also published a themed issue of our journal, *Nutrition Bulletin*, on this topic, including articles by conference speakers and others in the field. This was guest edited by Professor Ashley Adamson from Newcastle University. This special issue is free to download at <http://onlinelibrary.wiley.com/doi/10.1111/nbu.2013.38.issue-1/issuetoc>

Considering the role of specific foods in the diet

In recent years we have reviewed the contribution of various foods to nutrient intakes in the UK and evaluated their effects on health. This year, in the June issue of *Nutrition Bulletin*, we published a review on the role of seafood in the diet. This describes current fish intakes and the contribution of fish to the population's nutrient intakes, as well as considering the links between fish consumption and key health outcomes such as heart disease, cancer, asthma, eczema and cognitive function. This review highlighted that recent studies have not supported the hypothesis that long-chain omega-3 fatty acid supplements are beneficial in secondary prevention of cardiovascular disease, suggesting that the benefits may be 'masked' by modern treatments such as statins. However, there remains good evidence for the nutritional and health benefits of eating fish.

Communicating our key messages about diet and health

As part of our continued engagement with the media, a member of the science team is available during working hours to provide advice to journalists to help them to report accurately about diet and health, and we continue to promote our key messages directly to a range of audiences, including the general public. This approach has ensured widespread coverage of our publications and activities this year.





I continue to contribute to the Life section of the Sunday Telegraph, which has a readership of over 1.3 million, Bridget Benelam is part of the expert panel for *Healthy Food Guide* magazine, which has a circulation of 28,000, and our Director General, Professor Judy Buttriss, writes a column for Food Manufacture, which has a print circulation of 15,000 (its website has 80,000 unique users).

Our website (www.nutrition.org.uk) continues to be our central tool for communicating our messages widely. This has achieved the Information Standard Certification, a scheme supported by the Department of Health to provide a quality mark for evidence-based food and nutrition information, in the context of health and lifestyle, to improve the health and wellbeing of the population. We regularly review the content, structure and function of the website, as well as refresh and expand the content. We have recently set up a user panel to give feedback on the clarity and user-friendliness of the information we provide. This year, we have added a number of new resources for consumers. In February 2013, we launched a podcast on the topic of low calorie sweeteners which by June 2013 had been viewed over 7,500 times. We also developed a Healthy Hydration Guide for children aged 4-13 years to help parents, teachers and carers choose a balance of drinks for this age group. We continue to highlight our dedicated section on nutrition and pregnancy (www.nutrition4baby.co.uk) via social media activities (e.g. weekly twitter tips to over 750 followers).

Readership of our quarterly, peer-reviewed journal, *Nutrition Bulletin*, has continued to grow, with over 86,000 papers being downloaded in 2012. Our readership in areas such as China and the US has

risen considerably over the last year (by 5% and 14% respectively), and contributions from international authors is rising steadily.

The Science Team and the Director General have given a range of talks and/or chaired sessions at key events for health professionals and food industry personnel, including at *Nutrition and Health Live*, *NutraFormulate*, BNF Task Force launch, and events organised by the Guild of Health Writers, BBSRC, the Royal Society of Medicine and Nutritionists in Industry.

Working with our members and other stakeholders

To help our members keep up-to-date with nutritional issues and policy developments, we publish 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 research across Europe and beyond that has the potential to influence UK nutritional policy and related legislation.

As part of our strategic theme of 'back to basics with healthy eating', we held a forum for members in February 2013 that discussed how the Eatwell plate is used in different settings, and whether the potential exists to develop further support and resources. This theme will continue to be an area of activity for us in the coming year.

The Science Team works with BNF's members in a variety of ways – for example, reviewing the scientific evidence on topical nutritional issues (for publication or internal use) and communicating the findings to external audiences; providing comment on recent studies or media headlines; checking the accuracy





of website materials, articles or leaflets; providing recipe analysis or giving talks, updates or training.

Examples of recent projects include:

- With the help of a steering group and input from health professional and consumer focus groups, we have been developing a food-based resource focusing on the diets of 1-3 year olds for use by parents or by health professionals with their clients (a project supported by Danone).
- We advise on the production of Sainsbury's 'Live Well for Less' recipes and tip cards.
- We are developing an online training module on fibre and digestive health (supported by Kellogg's).

BNF continues to play a role in dissemination and stakeholder engagement in work funded by the Department of Health to update and extend the official UK data on the composition of foods (UK FoodComp). We published a paper in the December issue of *Nutrition Bulletin* on the release of new data on the nutrient content of eggs, highlighting key changes and their public health relevance, which led to media coverage. The project is now in the final stages and data is being collated ahead of the publication of the 7th edition of McCance and Widdowson's *The Composition of Foods*. The revised edition will include the new analytical data already published on *trans* fatty acids, eggs, fruit, vegetables and fish.

Working in Europe

Our long-standing involvement with projects funded by the European Commission (EC) enables us to promote our activities to stakeholders across Europe and beyond, to develop our network of contacts and showcase our skills in the dissemination of nutrition

information to a wider audience. For example, since 2005 BNF has been involved in the EuroFIR project (European Food Information Resource). This Framework Programme 6 project (2005-10) and its FP7 extension EuroFIR Nexus (2011-13) has successfully developed and exploited an electronic (internet) portal that provides a single, authoritative source of information on the nutrients and plant bioactives found in foods and drinks. FoodEXplorer allows users to search simultaneously more than 25 food composition databases, including those used by most European member states, the US, Australia and Canada. FoodEXplorer also includes the tool FoodBasket that allows users to calculate the nutrient content of composite foods and recipes. BNF led on the dissemination workpackage for this project.

Another EU-funded project, *ProSafeBeef*, finished in December 2012. Through research and innovation, its aim was to advance beef safety, quality and product innovation across Europe. BNF had a supporting role in dissemination for this 5-year project, producing regular newsletters and updating the *ProSafeBeef* website.

In January 2012, together with 4 other partners, BNF began work on a new EU project known as CommNet. This project aims to support the communication activities of other EU-funded research projects in the areas of food, agriculture, fisheries and biotechnology (under the sixth and seventh European Framework Programmes of Research). The project runs until the end of 2014 and provides a range of free services to support the communication of research results from these project including media training, audio-visual production and dissemination aimed at different audiences, including



the general public, young people and policy makers. The project involves staff across the Foundation but BNF's main input, led by Roy Ballam, is to inform young people about developments and research in the areas covered by the projects in the CommNet network via an education toolkit.

Finally, we have recently begun our involvement in the BACCHUS project. This is a four-year FP7-funded Collaborative (Research) Project, coordinated by the Institute of Food Research, which started in October 2012. The BACCHUS consortium consists of SMEs directly involved in developing food products and pursuing health claims, experts in health claims legislation and the EFSA review process, and academic partners who provide high quality food and health research that can underpin health claims. The aim of the project is to provide evidence on 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 workpackage 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.

Plans for the future

As usual, we have several exciting plans in place for the coming year. We shall be producing a second edition of our popular Task Force report on *Cardiovascular Disease: Diet, Nutrition and Emerging Risk Factors*, which will once again be chaired by Professor Keith Frayn, Emeritus Professor at the University of Oxford. We are also planning a number of half-day mini-conferences on topical nutritional issues. The first of these, which will be held in October 2013 and chaired by Professor John

Blundell from the University of Leeds, focuses on the controversial issue of food addiction. We are also planning an online virtual issue of *Nutrition Bulletin* on hydration, pulling together recent papers published in the journal focusing on various aspects of this topic, including: the fluid needs of different groups, the current recommendations and guidelines for healthy hydration, the impact of the consumption of different drinks on nutrient intakes and health, and the role of specific drinks in improving exercise performance and supporting rehydration.

Finally, as well as launching a second modular course on food, health and nutrition on our online training platform, we have plans to develop additional online training courses for a variety of audiences.



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.

An advocate for food education

Since 1991, BNF has delivered an education programme that has strived to support and encourage better food and nutrition education in schools throughout the UK. During this time the education programme, *Food – a fact of life*, has become more than a collection of resources, a campaign or yet another school food initiative – it has become one of the longest running education programmes in the UK. From June 2012 to May 2013 the website received a total of 1,526,966 visits, up 12% compared to the previous year.

During the past year new resources have been added to *Food – a fact of life*, further supporting the needs of educators in schools, as well as those in different settings. These included:

- six new computer activities for nursery-aged children focusing on healthy eating, cooking and where food comes from. The activities involve simple matching, ordering and sorting tasks to reinforce important food related messages for young children in a fun and interactive way;
- a selection of materials to support food, farming, cooking and healthy eating in primary schools, including videos, worksheets and games;
- a translation of *The farm visit* story into Scottish Gaelic, including supporting cross-curricular/interdisciplinary worksheets and teacher guidance;
- a new *Learn with story* for primary schools, *The seaside adventure*, highlighting where fish comes from and healthy eating messages – supported by Seafish;
- two video podcasts for primary and secondary schools focusing on where food comes from, featuring school pupils investigating different aspects of food – supported by DairyCo;
- 16 PowerPoint presentations focusing on energy and nutrients for secondary schools available at two different levels to support differentiation, including note sheets for pupils to complete and multiple-choice questions embedded into each presentation;
- a new *Cooking* area for secondary schools, based on the resources developed for the *Licence to Cook* programme.

In addition, the Education Group has been developing the following resources for the start of the 2013 academic year:

- a set of new pre-school food sessions focusing on making a sandwich, bringing in elements of food

hygiene and food group learning; two new food safety and hygiene units for primary schools; a workbook about visiting a poultry farm that complements the existing dairy farm visit booklet created last year – supported by the British Poultry Council;

- an online nutritional calculator for secondary school students – supported by the All Saints Educational Trust.

Food – a fact of life continues to evolve, supporting more settings and schools with a greater variety of free, curriculum compliant, up-to-date and accurate resources appropriate for the needs of different learners.

Touch the future

Continuing our push to explore new aspects of pedagogy and technology, we piloted two interactive iPad textbooks in 40 schools in June-July 2012. The pilot revealed that there is interest in this type of resource in school. In light of the responses from the pilot, which welcomed the interactive textbooks, and the research literature, we are keen to continue work in this area as it would help to consolidate our position in education and innovation in food and nutrition education, as well as support good teaching and learning principles. This work was supported by DairyCo.

Healthy Eating Week

Throughout the year, we were working hard preparing for our inaugural *Healthy Eating Week* for schools. While the week itself was held in the first week of June 2013, so outside the period of this Annual Report, it was the realisation of many months of planning and preparation. We are delighted that 3,249 schools registered to participate, representing 1.3 million children and young people – a fantastic response for its first year. The Week was officially launched by our Patron, HRH The Princess Royal, at Brimscombe Church of England School, Stroud. Children at the school gave Her Royal Highness a tour, which featured looking at their vegetable garden, cooking demonstrations, healthy eating activities and the school goats! BNF was thrilled that HRH made time to attend the event and support the Week.

To facilitate the development of ideas and resources to support the Week, BNF undertook an online *National Pupil Survey* with children and young people (from 15 to 26 April 2013) to ascertain their





knowledge, behaviour and opinions about healthy eating, cooking and where food comes from. In total, 27,504 children and young people aged between 5 to 16 years completed the survey.

The *Week* and the *National Pupil Survey* generated a great deal of media interest – notable coverage included live and recorded segments on BBC Breakfast TV throughout the morning; interviews on ITV West's breakfast show; BBC Radio 4's Today Programme; CBBC Newsround; BBC Radio 5 Live; BBC World News; features in The Times, The Daily Mail, Daily Telegraph, Evening Standard, Times Educational Supplement, MSN, Netmums and the Huffington Post. Media activity associated with Healthy Eating Week achieved a combined circulation of over 340 million.

At a school level, activities included assemblies and lessons around healthy eating (some with local health professionals or businesses), many cooking activities and food experiences (trying new fruit and vegetables) and some trips to local farms. Schools sent emails, photographs and videos to BNF to showcase their achievements, with some also using social media to publicise their work (such as their involvement with BNF's cook-a-long). Lastly, two members of BNF staff visited primary schools to work with teachers to deliver lessons around healthy eating, helping to put the new resources through their paces. *Healthy Eating Week* was supported by AHDB (DairyCo, BPEX, EBLEX and Potato Council), Seafish and the British Poultry Council, with initial planning support from the Garfield Weston Foundation.

Evaluation among participating schools revealed that they welcomed the *Week*, praised the educational materials available and would be willing to participate in 2014. *Healthy Eating Week* 2014 will be held from 2-6 June.



Engagement

To engage with a range of teachers from different disciplines, BNF attended a number of events to showcase *Food – a fact of life*, as well as to talk to teachers and learn about how we could better support their needs. Events included:

- Association of Physical Education's annual conference in July 2012 (Oxford);
- TES Resources Show in October 2012 (London);
- Scottish Learning Festival in September 2012 (Glasgow);
- Association of Science Education conference in January 2013 (Reading);
- Education Show in March 2013 (NEC, Birmingham).

In addition, BNF supported a summer school (August 2012) for teachers and a teacher training session (November 2012), both in Northern Ireland. We also hosted two one-day BNF conferences in November 2012 (Inverness and Glasgow) attended by 164 secondary school Home Economics teachers. To support teachers who could not attend events, the Education Group hosted 20 live eSeminars, which have subsequently been viewed 2,775 times. The *Food – a fact of life* website now has a resource bank of 63 presentations available as 'catch-up', which have been viewed on 28,170 occasions. BNF continues to communicate with over 15,000 educators via its free monthly email newsletter; the printed *BNF Education News* newsletter is circulated to over 7,000 schools and social media channels are used to inform users on a more immediate basis (Twitter, Facebook and YouTube).

During the year, we met with our four regional Education Working Groups across the UK. These Groups continue to contribute to the constructive development of the education programme and its reputation for independence, trustworthiness and quality. We value their input that ensures that we stay focused on the curriculum, take note of change,



understand the issues faced in the classroom and help children learn.

We have also engaged with the government in England, being invited to join the Department for Education's (DfE) Design & Technology initial teacher training working group. BNF has also been actively involved in the curriculum review process in England, participating in a series of curriculum meetings with the Design & Technology Association and the Royal Academy of Engineering. In addition, we were invited to a roundtable meeting with Elizabeth Truss MP, Parliamentary Under Secretary of State for Education and Childcare, to discuss the Design & Technology curriculum.

Working collaboratively

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

- producing a breakfast club newsletter for schools (Kellogg's);
- developing school lunch resources for primary and secondary schools (Change4Life);
- creating primary and secondary school materials to support Red Tractor Week (Red Tractor);
- managing the Meat and Education programme (EBLEX/BPEX);
- developing materials, training and impact monitoring for the School Visitor Programme (Warburtons);
- completing the first wave of resources about food, farming, agriculture and biotechnology for children and young people aged 5-16 years throughout Europe (EU-funded CommNet project);
- devising resources for nursery and primary school children to learn about poultry farming (British Poultry Council);
- creating four lesson plans and eight activity sheets for schools, based around bread (nabim);

- completing the educational input and promotional activities for *Eat Like A Champ*, and running a one-day training event for local primary schools in Ealing (Danone);
- facilitating the broadcast and evaluation of seven eSeminars for dietitians throughout Europe (EU-funded DIETS2 project);
- broadcasting a series of eSeminars to support A-level food technology/Advanced Higher teachers and students (Marks and Spencer);
- supporting the judging for the 2012 *Inspire!* competition and developing new resources for schools (Grainchain);
- developing an eight-page A5 workbook for children to take on farm visits, as well as four A2 colour posters in English and Welsh (DairyCo).

This collaborative work ensures that the resulting resource or training has educational integrity and nutritional accuracy – something unique that BNF can provide.

Back to the future

Food and nutrition education in schools has never been so in vogue as it is now. We are on the verge of food education becoming compulsory throughout the UK – a fantastic achievement. However, this creates a real need to ensure that educators are provided with effective and relevant training, and that learners have access to materials that stimulate learning and promote healthy behaviour change now and in the future. This is a challenge for which BNF will continue to be a strong and effective advocate and we shall seek to accelerate delivery of relevant support over the next year.

Food – a fact of life will play a pivotal role in this journey of enhanced support by running training for teachers to update their practice, offering support with curriculum change and providing free and inspiring resources.



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 2012

The Foundation rewards excellent work in food and nutrition by students and their teachers throughout the UK. Annual awards are given to students at GCSE and Standard Grade levels, and at A-level and Advanced Higher. This year's awards were presented to the winners by Her Royal Highness The Princess Royal, the Foundation's patron. Following the Foundation's successful bid to take over administration of the Drummond Memorial Fund in 2012, part of the Fund is now being used to support the education awards.

GCSE/Standard Grade awards

Assessment and Qualifications Authority

Clarissa Price, *Maidstone Grammar School for Girls, Maidstone*

Council for the Curriculum, Examinations and Assessment

Hannah Ruddock, *Banbridge Academy, Banbridge*

Edexcel

Matilda Lowkis, *Lavington School, Devizes*

Oxford, Cambridge and RSA Examinations Group

Lauren McAnallen, *Nottingham Girls' High School, Nottingham*

Scottish Qualifications Authority

Sophie McNally, *St Andrew's and St Bride's High School, East Kilbride*

Welsh Joint Education Committee

Georgia Cowell, *Bramhall High School, Stockport*

A-level/Advanced Higher awards

Assessment and Qualifications Authority

Natasha Patel, *South Wilts Grammar School for Girls, Salisbury*

Council for the Curriculum, Examinations and Assessment

Niamh Morris, *Mount Lourdes Grammar School, Enniskillen*

Edexcel

Jessica Wise, *St Clement Danes School, Chorleywood*

Oxford, Cambridge and RSA Examinations Group

Chloe Newman, *Haberdashers' Monmouth School for Girls, Monmouth*

Scottish Qualifications Authority

Emma Creaney, *Holy Cross High School, Hamilton*

Welsh Joint Education Committee

Ceri Jones, *Llanfyllin High School, Powys*

Pump-priming research grants 2013

The Drummond Memorial Fund also supported the provision of two grants in 2013 to help newly-appointed university lecturers and research fellows, in human nutrition, to undertake pilot work to support a more substantial grant application.

Grants have been awarded to Dr Andrew Murton, Lecturer in the Division of Nutritional Sciences at the University of Nottingham, for a project examining whether the accumulation of branched-chain amino acids has a negative effect on the ability of consumed protein to stimulate synthesis of new muscle proteins and thereby maintain muscle mass, and Dr Mario Siervo, Lecturer in Nutrition and Ageing at the Human Nutrition Research Centre at Newcastle University, for a project testing for the first time in humans whether vitamin C can improve the effects of inorganic nitrate on blood pressure control. More details can be found at <http://www.nutrition.org.uk/aboutbnf/awards/pumpprimingrecipients>

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 2012 was Professor Sean Strain, Professor of Human Nutrition and Director of the Northern Ireland Centre for Food and Health at Coleraine and President of the Nutrition Society. Professor Strain has agreed to deliver the Annual Lecture at BNF's Annual Day, to be held at the Royal College of Physicians on 19th November 2013.

The BNF Annual Lecture in 2012 was given by Dr Ann Prentice OBE, Director and Head of Nutrition and Bone Health Research at MRC Human Nutrition Research, Cambridge. Her lecture was entitled *Standing on the shoulders of giants: understanding calcium and vitamin D requirements*. The lecture was recorded and will be published in the September 2013 issue of *Nutrition Bulletin*.

BNF Lifetime Achievement Award

To celebrate the Foundation's 45th anniversary, the BNF Council agreed that a Lifetime Achievement Award would be given in recognition of a sustained and substantial contribution to nutrition. The winner of the Lifetime Achievement Award was Professor Martin Wiseman, Visiting Professor in Human Nutrition, University of Southampton and Medical and Scientific Adviser with the World Cancer Research Fund (see the Chairman's Report for more information).



Above: BNF Prize 2012 winner Professor Sean Strain, Professor of Human Nutrition and Director of the Northern Ireland Centre for Food and Health at Coleraine and President of the Nutrition Society.



Professor Martin Wiseman



Future Plans

The foci for the forthcoming year for the strategic areas within BNF's 5-year workplan are summarised below.

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 2013/14: Promote the Task Force report on developmental programming via a programme of communication and dissemination activities; develop activities on the theme of getting back to basics with healthy eating; continue to develop, update and produce new content for the website (www.nutrition.org.uk); engage with advisory committees (SAC/ISC and EAB) to identify important topics for BNF's rolling programme of nutrition science resources and training activities (e.g. mini conferences).

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 2013/14: Continue to develop, update and promote the *Food – a fact of life* website; establish *Healthy Eating Week* as an annual event; engage with regional Education Working Groups to ensure the integrity of BNF's education programme; provide opportunities for teachers to develop their knowledge and teaching; and conduct a survey with teachers about BNF's education programme.

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 2013/14: Undertake a skills audit to ensure that BNF has staff with the necessary skills to progress the strategic objectives. Conduct an audit to ensure the sustainability and resilience of BNF's governance.

Funding and finance

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

Focus for 2013/14: Explore new income streams and continue to seek funds and partnerships that help support BNF's charitable objectives; review and communicate membership benefits, ensuring they remain relevant and engaging; maintain clear financial reporting and procedures, and effective cost control.



Annual Accounts 2012-13

Statement of Financial Activity for the year ended 31st May 2013

	Unrestricted Funds 2013 £	Restricted Funds 2013 £	Total Funds 2013 £	Total Funds 2012 £
Incoming Resources				
Incoming resources from generated funds:				
<i>Voluntary income:</i>				
Donations and subscriptions	727,374	-	727,374	800,674
Legacy received	-	-	-	577,170
<i>Activities for generating funds:</i>				
Investment income	17,922	-	17,922	13,489
Incoming resources from charitable activities:				
Projects	683,717	-	683,717	764,243
Conferences	51,614	-	51,614	34,351
Publications	16,072	-	16,072	17,345
Total Incoming Resources	1,496,699	-	1,496,699	2,207,272
Resources Expended				
Costs of generating funds:				
<i>Costs of generating voluntary income</i>	144,651	-	144,651	138,251
Charitable activities	1,288,483	-	1,288,483	1,366,263
Governance costs	69,996	-	69,996	66,780
Total Resources Expended	1,503,130	-	1,503,130	1,571,294
Net (outgoing)/incoming resources before Transfers	(6,431)	-	(6,431)	635,978
Transfers between funds	-	-	-	-
Net Movement in Funds	(6,431)	-	(6,431)	635,978
Total funds brought forward	1,197,180	14,280	1,211,460	575,482
Total Funds Carried Forward	1,190,749	14,280	1,205,029	1,211,460



Annual Accounts 2012-13

Balance Sheet

as at 31st May 2013

	2013 £	2013 £	2012 £	2012 £
Fixed Assets				
Tangible assets		13,162		7,401
Current Assets				
Debtors:				
Prepayments and accrued income	64,255		49,555	
Other debtors	137,307		111,456	
	201,562		161,011	
Cash at bank and in hand	1,318,382		1,398,763	
	1,519,944		1,559,774	
Creditors				
Taxation and social security payable	34,992		29,545	
Accruals and deferred income	238,373		175,630	
Other creditors	54,712		80,539	
	328,077		285,714	
Net Current Assets		1,191,867		1,274,060
Provisions for liabilities & charges				
Dilapidations		-		(70,000)
Net Assets		1,205,029		1,211,460
Capital and Reserves				
Restricted funds		14,280		14,280
Unrestricted funds				
Designated funds		611,565		652,257
General funds		579,184		544,923
Total Funds Carried Forward		1,205,029		1,211,460

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



Member Companies

At 31st May 2013

Agriculture and Horticulture
Development Board*

Alpro UK

Asda Stores Ltd

Birds Eye Iglo Group Ltd

British Sugar plc

Cargill Incorporated (Truvia)

Coca-Cola Great Britain and Ireland*

Danone Waters and Dairies UK Ltd*

Dine Limited

DuPont Nutrition and Health Division*

General Mills

GlaxoSmithKline

Greggs plc

H J Heinz Ltd

Ingredion UK Ltd

J Sainsbury plc*

Kellogg Company of Great Britain Limited*

Kerry Foods Ltd

Marks and Spencer plc

Mars UK Ltd

McDonald's Restaurants Ltd

McNeil Consumer Nutritionals

Mondelez International*

nabim

Nestlé UK Ltd*

PepsiCo UK Ltd*

Seafish

Slimming World

Tate & Lyle*

The ABF Grocery Group*

The Co-operative Group Ltd

Unilever plc*

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Volac

wagamama

Waitrose Ltd

Warburtons

Weetabix Ltd

Wm Morrison Supermarkets plc

* Sustaining members

Companies are listed in their preferred styles

Financial Support for Specific Events and Activities

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

Agriculture and Horticulture
Development Board

Food – a fact of life website

(milk sector organisation, DairyCo)

Healthy Eating Week (EBLEX, BPEX,

Potato Council and DairyCo)

Danone Waters and Dairies UK Limited

Healthy eating resource

Kellogg Company of Great Britain Limited

Fibre resource

PepsiCo UK Ltd

Review on snacking

Seafish

Scottish Education conference

Food – a fact of life website

Fish in the diet review

Slimming World

45th Anniversary Conference *Behaviour change in relation to healthier lifestyles*

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

All Saints Educational Trust

Food – a fact of life website

British Poultry Council

Food – a fact of life website

Healthy Eating Week

The Garfield Weston Foundation

Donation

Red Tractor

Food – a fact of life website

Projects funded by the European

Commission

BACCHUS

CommNet

DIETS 2

EuroFIR NEXUS

ProSafeBeef



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Ms E Fitzpatrick St John's Primary School

Mrs S Freeman Notre Dame High School

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Ms C Hislop NHS Health Scotland

Mr S Moore North Lanarkshire Council

Ms E Nicoll Preston Lodge High School

Wales

Ms A Bergiers Nantgaredig Primary School

Ms H Ellis Hawarden High School

Mr M Everett University of South Wales

Mr L Henry Dyffryn School

Mr S Howells Welsh Joint Education Committee

Mr M Lewis Gowerton Comprehensive

Ms N Rees Williams Appetite for Life Facilitator,
Conwy



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at 31st May 2013

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Visiting Professor, Kings' College London
Trustee, Association for Nutrition (AfN)

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Education Programme Manager
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International Federation of Home Economics

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Nutrition Scientist

BNF Interns during the year

Miss S Alderton *BSc ANutr*

Mr R Benjamin *BSc ANutr*

Miss H Butt *BSc ANutr*



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