

THE BRITISH NUTRITION FOUNDATION

England & Wales · Charity number 251681

Details

Other names	B N F
Status	Registered
Legal form	Charitable company
Company number	00898651
Registered	1967-03-07
Register	View on the Charity Commission register

Contact

Address	X & Why Elizabeth House 4-7 Fulwood Place London WC1V 6HG
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Activities

Objects: 1) TO ADVANCE THE EDUCATION OF THE PUBLIC, AND THOSE INVOLVED IN THE TRAINING AND EDUCATION OF OTHERS, IN NUTRITION; AND 2) TO ADVANCE THE STUDY OF AND RESEARCH INTO NUTRITION FOR THE PUBLIC BENEFIT, AND TO DISSEMINATE AND PUBLISH THE USEFUL RESULTS OF SUCH RESEARCH.

Activities: The British Nutrition Foundation promotes the wellbeing of society through the impartial interpretation and effective dissemination of scientifically based knowledge and advice on the relationship between diet, physical activity and health.

Classification

- **How:** Makes Grants To Individuals, Provides Advocacy/advice/information
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives
- **Who:** The General Public/mankind

Geography

- Northern Ireland
- Scotland
- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2025-05-31	£1,777,284	£1,722,741	£1,576,318	19
2024-05-31	£1,608,237	£1,652,994	£1,509,600	18
2023-05-31	£1,533,026	£1,615,638	£1,477,056	20
2022-05-31	£1,352,671	£1,335,379	£1,579,604	19
2021-05-31	£1,311,214	£1,276,754	£1,572,913	16

Trustees

Name	Role	Appointed
Professor John Cummings Mathers	Chair	2014-06-01
Alisdair Wotherspoon		2019-12-13
Alyson Greenhalgh-Ball		2019-12-13
Claire Hughes		2025-06-01
Louise Redmond		2020-06-23
Mark Fairweather		2025-06-01
Martin Ellis		2025-08-01
Paul Wheeler		2023-01-01
Professor Jennifer Bernadette Moore PhD		2022-01-01
Rosalie Forde		2024-04-01
Samantha Fulton		2023-01-01

THE BRITISH NUTRITION FOUNDATION

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Accounts

Annual Trustees'

Report & Accounts

2024-2025

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



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Welcome

from the Chairs

We are delighted to present our **Annual Report as Chair and Immediate Past Chair of the Board of Trustees** and to thank our fellow Trustees for their continued support of the **British Nutrition Foundation**. We also wish to express our sincere appreciation to our **Advisory Committee, chaired by Professor Janet Cade**, and to our **Chief Executive, Elaine Hindal**, and her team for their dedication to delivering the Foundation's mission over the past year.

This past year has seen significant developments in the public health landscape, particularly with the growing availability and uptake of GLP-1 receptor agonists, a class of drugs originally used to manage type 2 diabetes but now widely recognised for their impact on weight loss. These medications have offered new hope for individuals living with obesity, especially where lifestyle interventions have proven difficult to sustain. However, they also raise important questions about the role of nutrition in long-term weight management, and about how we can ensure these treatments are supported by sustained dietary improvements and health literacy.

At the British Nutrition Foundation, we recognise that no single solution, pharmaceutical or otherwise, can address the complex and multifactorial causes of poor diet and ill health. While obesity medications may help some individuals reduce their weight, long-term health and wellbeing will always depend on access to healthy food, supportive

environments, and a strong understanding of nutrition. Our role in providing evidence-based guidance remains as important as ever.

One of our highlights this year was partnering with the UK retailer Tesco on their Fruit & Veg for schools project, which provided £4million worth of fruit and vegetables to schools in areas of need. Over 10 million portions of fruit and vegetables were provided to participating schools, representing approximately 79 portions for each child involved over the school year.

We also expanded our educational impact through partnerships with the Oak National Academy and the Design and Technology Association, helping shape new curriculum materials on cooking and nutrition. And our peer-reviewed scientific journal *Nutrition Bulletin* continues to go from strength to strength, attracting high quality research and review papers, read by a growing global readership.

These achievements reflect the Foundation's ability to apply rigorous science in a practical, real-world context, whether in classrooms, communities, or national policy.

While the rise of new medical treatments may change how we approach obesity and related conditions, our mission remains rooted in the belief that good nutrition, grounded in evidence and supported through education, is essential for public health. We look forward to seeing the Foundation continue its important work in the year ahead.



Alyson Greenhalgh Ball
Chair, Board of Trustees



Professor John Mathers
Immediate Past Chair,
Board of Trustees

This year has marked a significant and exciting chapter in the British Nutrition Foundation's evolution. We have taken important steps to rearticulate our purpose in a way that reflects both the urgency and complexity of today's nutritional landscape:

The British Nutrition Foundation exists to promote health and wellbeing and prevent diet-related ill health through evidence-based nutrition science.

This simple yet powerful statement sits at the heart of everything we do. Our work continues to be grounded in the principles of scientific integrity, impartiality, and accessibility. But our renewed purpose goes further, emphasising the critical role we hope to play in helping people, organisations, and institutions navigate a world of conflicting information, rising health inequalities, and environmental pressures.

We see ourselves as a bridge between nutrition science, government, industry, education, and people. We also aim to be a conduit to a healthier, more sustainable food environment for all, grounded in trust, transparency, and collaboration.

To bring this to life, we have identified four overarching themes that will guide our work over the coming years:

Vulnerable Groups - Diet-related health outcomes continue to mirror social and economic inequalities.

For example, children from disadvantaged backgrounds are more likely to skip meals, have lower-quality diets, and face a higher risk of obesity and micronutrient deficiencies. We will continue to develop targeted resources, policy input, and educational partnerships to ensure that those most in need are not left behind.

Healthy Weight - The increased use of GLP-1 receptor agonists such as semaglutide (e.g., Ozempic and Wegovy) has transformed the public conversation around weight management. While these drugs offer hope for individuals living with obesity, they also highlight the importance of nutrition in sustaining long-term health outcomes. Our role is to ensure the public, health professionals, and policymakers understand the broader nutritional context, and that pharmacological tools do not overshadow the role of healthy eating and lifestyle behaviours.

Food processing and health - Public concern around food processing is high, yet the science remains complex. We believe the conversation must move beyond simplified labels toward better understanding of how food processing, nutrient quality, eating behaviours and dietary patterns intersect. This year, we have been actively engaging with stakeholders across academia, government, and industry to support informed, evidence-based dialogue that empowers people to make healthier choices.

Sustainable Diets - In the face of climate change, achieving healthy, sustainable diets is one of the defining challenges of our time. We are deepening our work on sustainable eating by embedding environmental considerations into our educational materials, public guidance, and partnerships, helping people understand how the foods they choose affect not just their own health, but the health of the planet.

As we look ahead, I am proud of how the British Nutrition Foundation continues to evolve, remaining a trusted source of expertise, collaboration, and practical support in an increasingly complex world. Together with our Trustees, Advisory Committees, partners, and an expert staff team, we are committed to delivering on our purpose and supporting better health for all.

Elaine Hindal



Elaine Hindal
Chief Executive

Welcome

from the Chief Executive



We have taken important steps to rearticulate our purpose in a way that reflects both the urgency and complexity of today's nutritional landscape: *The British Nutrition Foundation exists to promote health and wellbeing and prevent diet-related ill health through evidence-based nutrition science.* This simple yet powerful statement sits at the heart of everything we do.

Elaine Hindal, Chief Executive,
British Nutrition Foundation

At the British Nutrition Foundation, we want a future where everyone can access a healthy, sustainable diet. Tackling diet-related ill health remains one of society's most pressing challenges, and it requires joined-up action across government, industry, education and communities. As a charity, we are committed to playing our part, using evidence-based nutrition science to improve diets and support better health and wellbeing for all.

Our ambition remains to extend our reach and evidence our contribution to healthier, more sustainable diets, demonstrating clear impact both on the food environment and on people's knowledge, confidence, and skills around food.

Our 2023–2028 strategy focuses on three core levers for change, now underpinned by four priority themes:

Advocating science and building consensus

Our work is grounded in scientific integrity, and we continue to convene academics, policy makers, and practitioners to address key challenges on areas including sustainable diets and food processing.

In the past year, we have hosted roundtables, contributed to parliamentary inquiries, and continued to publish key papers on nutrition science in our journal *Nutrition Bulletin*. We also recognise excellence in the field through our awards, including the Annual BNF Prize and the Drummond Early Career Scientist Award.

The evidence-base underpins our work to improve diet-related ill-health. We use our expertise to bring clarity to complex nutrition issues, champion evidence-based science, and build consensus across sectors.

Sara Stanner
Science Director



Our vision, mission & strategy

Changing the food environment

This year, we have continued to develop our expertise in applying nutritional criteria to inform menu and product development, ranging and marketing of healthier options, supporting a major retailer to develop a range of healthier options, and a UK-wide contract caterer to review its sandwich and salad range.

We work with corporate partners and civil society to help shape a food environment that makes healthier, more sustainable choices easier and more accessible. Our corporate partners include leading food retailers and manufacturers who play a central role in influencing food availability and affordability.

Alan Black
Director, Food Systems Transformation



Educating and empowering people

The nutrition.org.uk website continues to target consumers with a strong interest in nutrition science, using search insights to target key concerns. Our *Food – a fact of life* website provides a range of resources to support schools and teachers to teach about food and embed food and healthy eating into a whole school approach. As with many websites, traffic to our site has been impacted by Google's changing algorithms and increasing use of AI summaries, but engagement and dwell time are strengthening, suggesting greater connection with our content.



In an era of information overload, misinformation, and growing confusion about what constitutes a healthy diet, we aim to be a trusted source of practical, accurate advice. We provide evidence-based information to develop knowledge, confidence and skills, helping people to make healthier food choices

Claire Theobald
Education Services Manager



Enablers: How we deliver impact

Being a great place to work — and to work with

In 2024-25, we reshaped the organisation to better align with our strategic goals, investing in team growth and development. Our commitment to **equity, diversity and inclusion (EDI)** is being embedded through improved recruitment processes, blind applications, and inclusive practices. Trustee Rosalie Forde now serves as our EDI Champion, working alongside internal lead Ayela Spiro to further this agenda.

Sustaining our organisation

We achieved modest income growth this year and welcomed new corporate members. We also grew our income through partnerships with like-minded charities and education providers, including the Oak National Academy, and the All-Saints Education Trust. Diversifying income remains a key priority as we continue to grow our reach and impact.

Our values

Our values shape the way we work, internally and externally.

- **Purpose** – We are mission-driven and focused on continuous learning and improvement.
- **Integrity** – We are science-led and transparent about our work and funding.
- **Confidence** – We speak out to address the barriers to healthy, sustainable diets.
- **Connection** – We collaborate widely to maximise our impact.
- **Openness** – We foster an inclusive, supportive culture and welcome diverse perspectives.

We are working actively to embed these values into our day-to-day operations, partnerships, and communications.





Impact & reach

Our vision is that everyone has a healthy, sustainable diet. A key part of our strategy in moving towards this goal is to double our reach by 2028, providing more evidence-based information on diet, health and sustainability to a wider audience of nutritionists, health professionals, policymakers, the food industry, educators, and the public.

This year we achieved:

- over a million users and 3.7 million page views across our websites, nutrition.org.uk and foodafactoflife.org.uk.
- over 2 million resource downloads from the *Food – a fact of life* website
- over 2,400 media mentions
- over 500,000 social media impressions from our channels, with a total following of over 70,000
- a reach of 1.6 million people through our Healthy Eating Week, in more than 5,000 schools, local authority groups and workplaces.
- 2,000 people attended British Nutrition Foundation webinars or training.

The following case studies provide a picture of our impact over the year.

Advocating science & building consensus



Exploring the impact of community dining

The Foundation was commissioned by community dining charity FoodCycle to develop the *Your Place at the Table*, report - a rapid review and survey. The project explored the nutritional, social, and environmental impact of community-based meals, using FoodCycle's nationwide network as a central case study. The report highlighted that poor diet is linked to around 13% of deaths in the UK, only a small fraction of the population follow healthy eating recommendations, and food insecurity affects more than 7 million people. At the same time, food production is a major contributor to greenhouse gas emissions.

The report combines evidence from existing literature with insights from surveys of FoodCycle guests, volunteers, and stakeholders. The research found that 71% of FoodCycle guests had tried or bought fruit or vegetables that they wouldn't normally eat and had increased the variety of these

choices. 70% of FoodCycle guests reported positively changing their eating habits since attending the community meals and two-thirds were thinking more about eating in a way that is better for the planet. Over 50% of FoodCycle guests reported eating more plant sources of protein, including pulses like kidney beans, chickpeas and lentils and around half were eating less sweets/sugary foods (49%).

The findings show that community meals can play an important role in improving diet, reducing inequalities, and strengthening community resilience, offering a practical and holistic response to some of the most pressing challenges in public health.



Ayela Spiro
Nutrition Science Manager

Nutrition Bulletin

As the official journal of the British Nutrition Foundation, *Nutrition Bulletin* is an international, peer-reviewed journal publishing concise and informative articles about recent developments in current thinking in human nutrition science. The journal provides an interface between stakeholders in universities, industry, governments, research, healthcare, education and the media.

With a broad global readership, the scientific quality of *Nutrition Bulletin* is maintained through a rigorous editorial policy and through submission of all articles to a peer-review process, overseen by our expert international Editorial Advisory Board.

This year the journal received 295 submissions, an increase of 11% on the previous year and over 350 thousand full-text views from a global readership including the US, India, Brazil and China.

The Diet and Health Open Innovation Research Club

The Foundation continues to coordinate the Diet and Health Open Innovation Research Club (OIRC), funded by the Biotechnology and Biological Sciences Research Council (BBSRC) and others, to help UK businesses and researchers work together on real-world solutions to major diet and health challenges.

Working with the OIRC hubs, Steering Group, and BBSRC, the Foundation helps enable research that supports a healthier and more sustainable food environment. With its long history of collaboration, the British Nutrition Foundation is well placed to connect experts from different fields, strengthen research, and bring in voices from beyond academia.

Through its work with the Hubs, the Foundation helps to track progress, share findings, and assess the impact of the OIRC programme. These activities are growing the OIRC community, building networks, sparking conversations, and creating new opportunities.



Changing the food environment

Free fruit and vegetables for schools

Fruit and vegetables are a key part of a healthy balanced diet, but only 9% of 11–18-year-olds meet the 5 A DAY recommendation and research suggests that the most deprived children eat almost one less portion of fruits and vegetables a day compared to the least deprived.

We worked in partnership with Tesco on their Fruit & Veg for Schools scheme during the 2024-25 academic year. Tesco provided £4million worth of fruit and vegetables to schools with a higher-than-average proportion of children and young people receiving free school meals.

The project provided funds to 411 schools across the UK with a reach of approximately 140,000 pupils. The project has delivered over 10.8 million portions, an average of approximately 79 portions per pupil. 103 different types of fruit and vegetables were purchased, offering the opportunity for pupils to try a wide range that they may not have had the opportunity to eat before.

Schools used the fruit and vegetables in a variety of different ways to support the needs of their children, including creative sessions with SEND pupils, exploring a 'fruit of the day' each day and running cooking sessions to make vegetable-rich dishes like soup or stew.



We were delighted to support this project in helping children and young people eat more fruit and vegetables and that Tesco is continuing its commitment to this programme for the 2025-26 academic year

Frances Meek
Education Services Manager



Increasing consumption of beans and pulses in communities

The Foundation worked with Birmingham City Council on a project entitled Full of Beans, which aimed to increase consumption of beans and pulses in schools, with families and in food businesses. The project was aligned with the Birmingham Food Revolution initiative, which aims to create a fair, healthy, and sustainable food system for the city by 2030. The Foundation explored the current evidence and business case to develop resources to support food businesses to integrate and adopt beans and pulses into their menus.

The work identified that the local community was consuming a significant proportion of their diet from the out of home sector and that there was a real opportunity for businesses to make a difference to the diets of local people. A set of recommendations including a dissemination strategy and stakeholder mapping exercise along with guidance on training and support were developed for the Council.

Educating and empowering people

Guidance on portion sizes for children

Childhood obesity is worryingly high in the UK with one in three children leaving primary school overweight or obese. Controlling portion size is one strategy to reduce calorie intake, and the Foundation highlighted this issue in a campaign aimed at parents and carers.

Drawing on a published analysis and modelling of children's diets, suggested portion sizes for school-



aged children were developed, along with practical measures using children's hands as a guideline. A survey of parents was also conducted to gather insights on parents' views and behaviours in relation to portion size.

The campaign gained widespread media attention, featuring on BBC breakfast and BBC News and across the national press with 725 pieces of coverage in total. In social media, graphics of the hand measures and vox pops with the public brought the issue to life, reaching 260,000 people across Facebook and Instagram.

Working with Oak National Academy

The Oak National Academy is an independent public body, sponsored by the Department for Education in England, that provides free, adaptable curriculum resources, including lessons and teaching materials, for teachers to use in their classrooms. This year, The

Foundation partnered with the Design & Technology Association and Oak National Academy to develop a comprehensive Cooking and Nutrition curriculum for National Curriculum Key Stages 1 to 3.

This collaboration provides teachers with high-quality, free resources to support food education, covering topics like cooking skills, nutrition principles, food origins and making informed food choices. The content developed for the teacher platform has had over 3,000 lesson downloads and more than 15,000 lessons have been started from the pupil platform.

To support the launch, resources to help teachers engage with the curriculum and lessons, and CPD are being provided by the British Nutrition Foundation.

The Foundation is continuing to work with Oak National Academy to create new practical food skills videos, which will be under Open Government Licence, significantly increasing their reach and impact.

School Education Awards

Rewards excellent work in food and nutrition by students throughout the UK.

GCSE AND NATIONAL 5

AQA - Megan Louise Treliving and teacher Lesley Madden, The Grammar School at Leeds

Eduqas - Aliyah Darjo and teacher Penny Novak, Preston School Academy

Eduqas - Izel Bakbak and teacher Milly Bell, Greenshaw High School

WJEC - Alicia Wong, Archbishop McGrath High School

OCR - Isabelle Louise Clark and teacher Lauri Graham, Liverpool Blue Coat School

SQA - Abby Slack and teacher Craig Thomson, Mearns Castle High School

ADVANCED HIGHER AND LEVEL 3

WJEC - Mari Portion and teacher Clair Shipway, Alcester Grammar School

WJEC - Esha Ali and teachers Chloe Graves-Smith and Vikki Keyte, Ribston Hall High School

WJEC - Anran Cai and teachers Sally Rowe and Natalie Revell, Berkhamsted School

SQA - Esme Lee and teacher Amy Grigor, Balwearie High School



Education Award winners

Awards

As part of our goal to champion nutrition science and scientists, each year the British Nutrition Foundation makes a number of awards.

In 2024 the winners in each category were:

The BNF Prize

Awarded annually to a person for their outstanding achievement in an area of nutrition over a number of years.

Professor Glenn Gibson,
Professor of Food Microbiology
at the University of Reading

Professor Gibson was nominated for *"his contributions to the field of pre- and probiotics and his continued leadership in the field of human gut bacteriology."*



Early Career Scientist Award

Recognising early career nutrition scientists who show great potential to be future leaders in the field.

Dr Kathryn Dalrymple,
Lecturer in Nutritional Sciences, King's College London, who's research focusses on the developmental origins of health.

Pump Priming Award

Providing a grant of £5000 to a lecturer or postdoctoral researcher to undertake the pilot work needed to generate data that can be used as the basis of a more substantial grant application.

Dr Victoria Norton,
Postdoctoral Research Associate, University of Reading, for her research project SCREEN IT: developing a quick dietary fibre screening tool for the UK population.

Community Award

Recognises an individual or a group that has undertaken a community initiative to support healthier eating in an underserved group(s) in the UK.

Food Cycle

For their work to reach vulnerable groups with fresh, nutritious communal meals across the nation, aiming to simultaneously tackle isolation and food waste and equip a small army of volunteers to mobilise communities and empower guests, team members and food networks to actively improve local food security.



Trustees' Annual Report & Accounts

Legal and administrative information

DIRECTORS AND TRUSTEES

For the purposes of charity law, the directors of the charitable company (the charity) are its Trustees:

- Alyson Greenhalgh-Ball
(Chair from 1st January 2025)
- Professor John Mathers
(Immediate Past Chair from 1st January 2025)
- Louise Redmond
(Deputy Chair)
- Professor Colin Dennis CBE, DL
(retired 31st December 2024)
- Martin Ellis (Treasurer)
(appointed 1st August 2025)
- Mark Fairweather
(appointed 1st June 2025)
- Rosalie Forde
- Samantha Fulton
- Claire Hughes
(appointed 1st June 2025)
- Professor Susan Lanham-New
- Professor Bernadette Moore
- Luke Stockill
(retired 31st December 2024)
- Paul Wheeler
- Alisdair Wotherspoon

OUR PATRON

Her Royal Highness,
The Princess Royal

HONORARY PRESIDENT

Judith Batchelar OBE

KEY MANAGEMENT PERSONNEL

Elaine Hindal, Chief Executive
Sara Stanner, Science Director
Alan Black, Director,
Food Systems Transformation

Company registered number:
00898651

**Registered charity number
England and Wales:** 251681

**Registered charity number
Scotland:** SC040061

Registered office: X + Why, 4
Fulwood Place, London WC1V 6HG
(from 1st August 2024)

PROFESSIONAL ADVISORS

Accountants

TC Group, Star House, Star Hill,
Rochester, Kent, ME1 1UX

Auditor

Moore Kingston Smith, 9 Appold
Street, London EC2A 2AP

Banker

Barclays Bank, Barclays Business,
1st Floor, 27 Soho Square, London,
W1D 3QR

Investment Management

Charles Stanley, 25 Luke Street,
London, EC2A 4AR

Solicitor

Reed Smith LLP, Beaufort House,
15 St Botolph Street, London,
EC3A 7EE

Governance

The British Nutrition Foundation is a company limited by guarantee (company number: 0089651), governed by its Memorandum and Articles of Association. It is registered as a charity with The Charity Commission (charity number: 251681) and the Scottish Charity Regulator (charity number: SC040061). Its Trustees are also the sole members of the company.

Charitable objects

The British Nutrition Foundation delivers evidence-based information on food and nutrition to benefit public health. Its objects are:

- to advance the education of the public, and those involved in training and the education of others, in nutrition; and
- to advance the study of and research into nutrition for the public benefit and disseminate and publish the useful results of such research.

Governing document

The Charity Governance Code stresses the importance of board effectiveness, and we follow the recommended practices that the Code sets out, for example:

The Chair and Deputy Chair, working with the Chief Executive, plan the Board's programme of work and its meetings.

The Board has a Deputy Chair to provide a sounding board for the Chair and additional support for the Chief Executive. The Deputy Chair also chairs the charity's HR & Remuneration Committee.

Trustees 'buddy up' to connect with each other between Board and Committee meetings.

Two trustees (Rosalie Forde and Louise Redmond) also take a special interest in and provide oversight of the charity's Education Programme.

The Board regularly considers the mix of skills, knowledge and experience it needs to govern, lead and deliver the charity's purposes effectively. This year, the Board, with the support of the Nominations Committee, completed a Skills Audit to inform trustee recruitment.

Under its Memorandum and Articles of Association, the Board may comprise no more than 12 Trustees. Trustee appointments are led by an independent Nominations Committee, chaired by Professor Christine Williams, through a formal, rigorous and transparent recruitment process which includes advertising vacancies widely. Trustee appointments made solely on merit against objective criteria and an agreed person specification.

Trustee appointments are recommended to the Board by the Nominations Committee. Trustees are appointed by the Board and serve for a term of three years, with each trustee able to serve for a maximum of nine years. The Board has the power to co-opt members to its sub-Committees to fill specialist roles or to provide independent expert advice.

The British Nutrition Foundation has a formal procedure for inducting Trustees and provides key reference documents to ensure that newly appointed Trustees are fully aware of the Foundations strategy, activities, and their responsibilities. Additional training is provided at the request of Trustees.

The Board reviews its own performance and that of individual trustees annually, through an annual appraisal process conducted by the Chair and Deputy Chair.

The composition of the Board is weighted towards those from the scientific academic community. Two board sub-committees cover Finance, Audit & Risk, chaired by the Treasurer (currently Martin Ellis) and HR & Remuneration, chaired by a Trustee (currently Louise Redmond).

The Board and senior leadership team are supported by an independent Advisory Committee, chaired by Professor Janet Cade of Leeds University. In addition, independent scrutiny of our scientific agenda and workplan is provided by the Scientific Committee, chaired by Science Director, Sara Stanner.

The Chief Executive is appointed by the Board of Trustees to manage the day-to-day operations of the Foundation. The Chief Executive has delegated authority for operational matters in line with the policies that have been approved by the Board of Trustees. She is appraised annually by the Chair and the Board of Trustees.





As a member of the Academy of Nutrition Sciences, we continue to champion EDI across the nutrition profession and in nutrition research. The Board has appointed trustee Rosalie Forde as its EDI Champion, working closely with Ayela Spiro from our staff team to drive this agenda forward.

Equity, diversity and inclusion

At the British Nutrition Foundation, we are deeply committed to advancing equity, diversity and inclusion (EDI), in alignment with the principles outlined in the Charity Governance Code. As a leading voice in UK nutrition, we understand that promoting health and well-being goes beyond the science of food. This requires a steadfast dedication to fairness, representation, and opportunity for all.

Inclusion is at the heart of our mission to provide accessible, evidence-based information and advice and educational resources. We know that our work is stronger and more impactful when it reflects a wide range of perspectives, experiences and skills. We actively seek input from internal and external stakeholders, advisors, partners, our members, and the public. Yet we also acknowledge that both our organisation and the field of nutrition science have historically fallen short in representing the full diversity of the audiences we aim to serve. This limits our reach

and effectiveness, and we are determined to change that.

Over the past year, we have taken meaningful steps to embed EDI more deeply into our operations. We now routinely collect data to better understand the diversity of applicants for staff, trustee and advisory roles, and this has already informed changes to our recruitment practices, including the adoption of blind CVs, more informal assessment approaches, and a re-evaluation of 'essential' role criteria to widen our candidate pool.

We now apply an EDI lens to content creation, ensuring that our materials are accessible, relevant, and representative of the communities we serve, although balancing this with an authoritative science 'voice' is an ongoing challenge. In our education programme, we go beyond protected characteristics by incorporating data on pupil premium and free school meal eligibility when we can. Our regular updates of *Food – a fact of life* ensures that ingredients, recipes, and lesson plans reflect the diverse dietary needs and preferences of children and are suitable for all skill levels.

Through our events, publications and partnerships, we strive to create inclusive platforms for sharing scientific evidence and fostering dialogue. By bringing together diverse voices, we aim to build consensus on key issues and shape a more equitable future for nutrition in the UK.

Related parties and cooperation with other organisations

Trustees and members of the Advisory Committee, Scientific Committee and Nominations Committee do not receive any remuneration or other benefit from their work with the British Nutrition Foundation.

Any connection between Trustees, members of Committees, or senior managers with any member, supplier or partner of the British Nutrition Foundation must be declared in accordance with the Foundation's Conflict of Interest Policy and included in the Register of Interests.

Declarations of interest are required to be given at each Board meeting and at all meetings of the Foundation's Committees.

Principal risks and uncertainties

Identifying and managing the risks that the charity may face is a key part of our governance.

By managing risk effectively, trustees can help ensure that:

- significant risks are known and monitored, enabling trustees to make informed decisions and take timely action;
- the charity makes the most of opportunities and develops them with the confidence that any risks will be managed;
- forward and strategic planning are improved, and
- the charity's aims are achieved more successfully.

In line with the Charity Commission's Guidance on 'Charities and Risk Management', the Board of Trustees operates a risk management approach which involves review of the principal risks facing the Foundation and the controls and actions in place to mitigate them.

A risk register is maintained and reviewed at each meeting by both the Finance, Audit & Risk Committee and the HR & Remuneration Committee, the Chairs of which report any changes to the Board at each meeting. The Board considers any significant changes to the risk register as they arise and reviews the risk register in full on an annual basis.

The Trustees consider the following to be the principal risks currently facing the Foundation:

Managing conflicts of interest and perceived risk of bias

The Charity Governance Code sets out the importance of public trust and confidence in the work of charities. As a charity that receives

both membership subscriptions and corporate donations from supermarkets, food manufacturers, contract caterers and other food-related organisations, we recognise the risk to reputation from critics who would argue – without evidence – that the British Nutrition Foundation is biased in favour of the food industry in its interpretation of science and evidence, or that the charity advocates for regulatory changes that solely favour industry.

This is a growing issue for all – including Government, researchers and NGOs – who believe that working with food industry organisations is essential for the translation of evidence in nutrition science to products and services, and if we are to achieve significant improvement in the food environment. This year, the Board also noted the publication of additional advice from the World Health Organisation regarding managing conflicts of interest in nutrition policy, and took steps, such as the declaration of interests at every meeting, to ensure conflicts of interest are managed appropriately.

The Charity Governance Code stresses the importance of integrity, and that charity Boards make objective decisions without undue influence by special or personal interests. The British Nutrition Foundation has in place a

Code of Conduct for Trustees, Advisors and Staff members setting out expected standards of behaviour and the importance of identifying, dealing with and recording conflicts of interest. Recognising the importance of safeguarding our independence, this year the Board of Trustees has:

- considered several actions to increase transparency, recommended by a subset of Board members acting in a Task and Finish Group,
- approved the appointment of an external communications agency to strengthen our messaging and expand our network of journalists,
- continued to ensure that our position statements on potentially controversial topics in nutrition, such as sweeteners and the use of weight-loss drugs, are scrutinised and approved by our external Scientific Committee, and
- directed the organisation to invest more resources in responding to policy consultations, and urged that our responses are openly published on the charity's website.



The Board of Trustees continues to monitor the reputation of the Foundation through regular assessments of stakeholder perceptions and trust in the independence of the information we provide. This year, the Board of Trustees reviewed the results of a stakeholder survey from a broad range of stakeholders including the charity's corporate members but also considering views from charities in the health and education fields, academics and research bodies.

Trustees also sought expert advice on reputation from an external consultant.

Financial sustainability and diversification of income streams

Income certainty and diversification continue to present a significant risk for the organisation, particularly in light of ongoing challenges in securing research funding, corporate charitable contributions, and support from government, trusts, and foundations. Commercial pressures also remain high, exacerbated by changes to the UK Minimum Wage and Employers' National Insurance, alongside sustained inflation in the food sector.

Despite these pressures, we successfully implemented inflationary adjustments to our membership subscription fees during this year's annual review. We maintain rigorous oversight of our income pipeline, with monthly reviews and meetings between budget holders and the finance team to monitor income opportunities and tightly manage expenditure.

As part of our cost-efficiency strategy, we transitioned to a shared office arrangement this year, enabled by the continued hybrid working model. This move has delivered substantial savings on overheads while providing staff with a modern and welcoming workspace. Additionally, careful management of other cost areas—such as insurance and employee benefits—has helped keep overheads within inflationary limits.

In 2024–25, 50% of our income was generated from sources beyond membership subscriptions and corporate donations, representing a change of +6% compared to 2023–24. We continue to actively pursue growth opportunities through academic partnerships, government funding, trusts and foundations, and collaborations with other non-profit organisations.

The Board, supported by the Finance, Audit & Risk Committee, maintains close oversight of the organisation's financial health and is confident that robust financial controls are in place.

People and culture

Oversight of all people-related matters is provided by the HR & Remuneration Committee.

As a science-led organisation, attracting and retaining skilled and experienced staff is vital to our success. While we are confident in the strength of our people-related risk management, we remain committed to investing in our team through learning and development, and we actively seek opportunities to promote from within wherever possible.

The increased adoption of digital tools—including Microsoft's Employee Experience platform, Power BI, and Monday.com—has enhanced our productivity and enabled more flexible, sustainable remote working. Recognising the need to continue building digital capability, we invested this year in training across digital working practices, as well as in Equality, Diversity & Inclusion (EDI), Project Management, and Sexual Harassment in the workplace.

Our supported internship programme with corporate members McDonald's and Marks & Spencer continued successfully this year, with both partners confirming their commitment to extend the initiative into 2025–26.

In 2025, we conducted a comprehensive staff survey and are implementing several changes based on feedback and recommendations from our staff wellbeing group. Annual appraisals and objective setting are supported by our HR consultants, Best Start HR, and we completed a full review of organisational policies in March 2025.

We also expanded our employee benefits this year by introducing "Get Your Birthday Off" as an additional perk. This complements our existing suite of benefits, which includes an Employee Assistance Programme, Perkbox, Group Life Insurance, Group Income Protection, and optional benefits such as private medical insurance and a cycle-to-work scheme.





Financial Review

The statement of the British Nutrition Foundation's financial activities for the year is set out on page 24 of the Annual Report.

Total income for 2024-25 was £1.777m (2024: £1.636m). Voluntary income for the year was £895,008 (2024: £920,546). Investment income for the year was £30,881 (2024: £30,898).

Funding

Of the income received of £1.777m in 2024-25, the British Nutrition Foundation received £210,586 from membership subscriptions (2024: £207,613) and a further £684,422 in donations from corporate members (2024: £712,933). All voluntary income is unrestricted.

In addition, the British Nutrition Foundation generated £812,131 (2024: £650,832) from consultancy projects from several corporate members, non-member commercial food organisations and Trusts and Foundations.

The British Nutrition Foundation raised £39,264 (2024: £34,561) from publications, largely due to its journal *Nutrition Bulletin*.

Fundraising

As a charity, we follow the Charity's Commissions guidance (CC20) on fundraising and comply with fundraising regulations. British

Nutrition Foundation is registered with the Fundraising Regulator and is committed to following the Code of Fundraising Practice and the Fundraising Promise. Details of our registration can be found on the Fundraising Regulator's website.

During 2024-25, the British Nutrition Foundation did not carry out any public fundraising activities, either directly or through other parties, and has no plans to do so in the immediate future. Consequently, the British Nutrition Foundation is not subject to any undertaking to be bound by any voluntary scheme for regulating fundraising. The British Nutrition Foundation received no complaints in the year regarding fundraising activities.

Expenditure on charitable activities

Charitable expenditure for the year was £1.578m (2024: £1.533m).

Staffing costs

A large proportion of our expenditure is in staffing costs, which were £1.20m in 2025, +7% ahead of 2024.

Expenditure on staffing costs for the year was £1.20m (2024: £1.13m).

Expenditure on raising funds

Support costs are allocated to the cost of raising funds and charitable activities based on staff time.

Expenditure on raising funds for the year was £144,640 (2024: £119,532).

Net assets

The total net assets of the Foundation were £1.576m at 31 May 2025 (2024: £1.510m).

Investment policy

This year, the Trustees considered the Foundation's investment policy and continue to take the view that the preservation of capital with a low-medium risk approach is appropriate in the current climate. Our investment strategy remains conservative and, in line with our charitable objects and purpose as a health-related charity, we do not permit investments in armaments, tobacco and alcohol. The Board reviews its investment policy annually and takes advice from the charity's investment managers on ethical investments.

The invested funds held on deposit for the Foundation (excluding those held in the Foundation's current account) achieved income of £30,881 (2024: £30,898) for the year.

The British Nutrition Foundation held total cash and investments of £1.404m as at 31 May 2025 (2024: £1.550m).



Reserves policy and going concern

It is the intention of the Trustees to maintain sufficient reserves to ensure the ongoing viability of the Foundation notwithstanding a significant shortfall in funding or other unexpected events.

The Foundation's Reserves Policy is reviewed annually by the Board of Trustees. The Board agree that a general reserve level should be maintained at a minimum of £750,000 to allow cover for the cost of closure and limited running for six months, and that an amount should be designated for future strategic development and investment in our websites.

General reserves at 31 May 2025 were £1.453m (31 May 2024: £1.343m).

Based on the continued uncertainty of charitable income and further investment during 2025, at the time of approving the accounts, the Trustees have continued to review in detail three-year projections for income and expenditure and have a reasonable expectation that the Foundation has adequate resources to continue in operational existence for the foreseeable future. Thus, the Trustees continue to adopt the going concern basis of accounting in preparing the accounts.

Designated funds

The British Nutrition Foundation continues to manage the Drummond Memorial Fund.

In 2024-25, incoming resources into the fund were nil and outgoing expenditure was £12,817. The value of the Fund at 31 May 2025 was £96,969 (2024: £109,786).

Internal controls

Day-to-day financial management of the British Nutrition Foundation

is supported by an independent accountancy firm with considerable experience in the non-profit sector.

The Finance, Audit & Risk Committee receives full management accounts each month and reviews them in detail at every Committee meeting. A report of the Committee's proceedings is a standing item on the full Board agenda, ensuring any issues can be raised and addressed promptly.

The Foundation's Financial Policy outlines robust internal controls to mitigate the risk of fraudulent or inappropriate use of funds. In 2025, we updated our Travel Expenses Policy in addition to our existing suite of policies, including Procurement Policy and a Serious Incidents Reporting Policy & Procedure, reinforcing the importance of timely reporting to reduce the risk of fraud or other serious incidents.

All budget holders receive annual training on our financial policies to ensure consistent understanding and compliance. Detailed annual budgets are prepared for review by the Finance, Audit & Risk Committee and approved by the Board of Trustees. Quarterly forecasts for income, expenditure, and cash flow are also prepared and reviewed in detail.

In 2025, an updated three-year financial plan was presented to and approved by the Board of Trustees, providing strategic context for the 2024-25 budget and the period to 2027.

To better align our planning cycles with those of our key funders, we are changing our financial year from 1st January 2026. This adjustment will support more effective coordination of funding applications, reporting, and strategic planning.

Outlook

Looking ahead, the government's new Food Strategy and new 10 Year NHS Plan are important factors for public health. In this evolving context, our commitment to providing evidence-based information and sound advice remains both timely and essential.

Our priorities for 2025-26 are shaped by a detailed forecast of income, cash flow, and expenditure, and are focused on delivering across all areas of our Strategy:

Advocating science and building consensus

We continue to champion science through the publication of *Nutrition Bulletin*, our Annual Conference, events, and thought-leadership content designed to make scientific insights more accessible to a wider audience.

The British Nutrition Foundation will remain the OIRC coordinator in 2025-26, and our work on ultra-processed foods (UPF) will progress through a programme of work on Food Processing and Health. In addition, we have identified Sustainable Diets, Healthy Weight, and Nutritionally-Vulnerable Groups as cross-cutting themes for the next three years, and are focussing corporate member engagement and policy work in these areas. In addition, we are actively seeking partnerships with sustainability experts to explore and communicate the impact of climate change on food and nutrition.

We will also continue to promote *Nutrition Bulletin* and the British Nutrition Foundation Drummond Awards programme, recognising excellence in nutrition science.

Note: To better align our planning cycles with those of our key funders, we are changing our financial

year. This strategic adjustment will support more effective coordination of funding applications, reporting, and long-term planning.

Changing the food environment

Working with our corporate members to change the food environment remains a key priority, and in 2025-26, we will continue to focus on fewer, larger-scale projects that can deliver meaningful impact. Our emphasis on the Out of Home (OOH) sector is growing, and we are pleased to welcome **BaxterStorey** as a new member—reflecting increased engagement and momentum in this area.

Our **OOH Member Forum** has proven to be a successful platform for collaboration, enabling us to bring together sector leaders to share insights, shape best practices, and contribute to public health improvement. We will continue to develop this forum in the coming year, using it as a springboard for joint initiatives and knowledge exchange.

We regularly engage our corporate members through dedicated member forums, which provide valuable opportunities to align on shared goals and showcase how their involvement supports our mission to improve public health through better nutrition.

As in previous years, we anticipate a diverse portfolio of member-led projects, ranging from nutrition strategy development and implementation, to modelling the impact of dietary changes, stakeholder consultations, training, and expert advice. We plan to continue to build upon our new training platform and have planned shared member projects on relevant topics including fibre and obesity medications.

Educating people

In response to valuable feedback from teachers, we are pleased to announce the relaunch of the *Food – a fact of life* website in February 2026. This refreshed platform will offer updated curriculum resources to support high-quality food education in schools. Leveraging our nutrition expertise, we are integrating more nutrition-focused content into our education programme, and are pleased to confirm continued support from the **Agriculture and Horticulture Development Board** in the year ahead.

We are also delighted to be funded by the **All Saints Educational Trust** to deliver training that complements these new resources, helping educators embed food education more effectively in their teaching.

Our education programme will also maintain its delivery of the **Oak National Academy's curriculum and lesson programme**, in partnership with the Design & Technology Association. We will continue to advocate for the importance of food education in schools and its role in improving public health and look forward to an announcement of the results of the Government's curriculum review expected in autumn 2025.

In 2025-26, we will continue to develop the range of content for consumer on nutrition.org.uk, with plans to expand our website user panel and build upon our growing social media following. All content development will be guided by **Equality, Diversity & Inclusion (EDI)** principles and informed by **SEO insights** to ensure reach and impact.





Trustees' Report

for the year ended 31 May 2025

Statement of Trustees' Responsibilities

The Trustees, who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 May 2025.

The Trustees have adopted the provisions of the Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland issued in July 2014.

The Trustees are responsible for preparing the financial statements in accordance with applicable law regulations. The Trustees have elected to prepare the financial statements in accordance with United Kingdom Generally Accepted Accounting Practice (United Kingdom Accounting Standards).

Company law requires the Trustees to prepare financial statements for each financial period that gives a true and fair view of the state-of-affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period.

In preparing those financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- comply with applicable accounting standards, including FRS 102, subject to any material departures disclosed and explained in the financial statements;
- state whether a Statement of Recommended Practice (SORP) applies and has been followed, subject to any material departures which are explained in the financial statements;
- make judgments and estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis, unless it is inappropriate to presume that the company will continue in business.

The Trustees are responsible for keeping proper accounting records that disclose, with reasonable accuracy at any time, the financial position of the charitable company; and to enable them to ensure that the financial statements comply with the Companies Act 2006, the Charities and Trustee Investment (Scotland) Act 2005, and the Charities Accounts (Scotland) Regulations 2006 as amended by The Charities Accounts (Scotland) Amendment (No. 2) Regulations 2014.

They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

In so far as the Trustees are aware:

- there is no relevant audit information of which the charitable company's auditor is unaware;
- the Trustees have taken all steps that they ought to have taken to make themselves aware of any relevant audit information and to establish that the auditor is aware of that information.

Auditors Moore Kingston Smith have expressed their willingness to remain in office as auditors of the charitable company. These accounts have been prepared in accordance with the provisions of Part 15 of the Companies Act 2006 relating to small companies.

This report was approved by the Board of Trustees on 21/10/2025 and signed on its behalf by:

Alyson Greenhalgh-Ball
Chair, Board of Trustees
Date: 21/10/2025





Independent Auditor's Report to the Members and Trustees of the British Nutrition Foundation

Opinion

We have audited the financial statements of The British Nutrition Foundation for the year ended 31 May 2025 which comprise the Statement of Financial Activities, the Balance Sheet, the Cash Flow Statement and notes to the financial statements, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102 The Financial Reporting Standard applicable in the UK and Republic of Ireland (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31 May 2025 and of the incoming resources and application of resources, including its income and expenditure, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the Companies Act 2006, the Charities and Trustee Investment (Scotland) Act 2005 (as amended), regulations 6 and 8 of the Charities Accounts (Scotland) Regulations 2006 (as amended) and the Charities Act 2011.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs(UK)) and applicable law. Our responsibilities under those standards are further described in the Auditor's Responsibilities for the audit of the financial statements section of our report. We are independent of the charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charitable company's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

Other information

The other information comprises the information included in the annual report, other than the financial statements and our auditor's report thereon. The trustees are responsible for the other information. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether there is a material misstatement in the financial statements or a material misstatement of the other information. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

Opinions on other matters prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of the audit:

- the information given in the trustees' annual report for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the trustees' annual report has been prepared in accordance with applicable legal requirements.

Matters on which we are required to report by exception

In the light of the knowledge and understanding of the charitable company and its environment obtained in the course of the audit, we have not identified material misstatements in the trustees' annual report.

We have nothing to report in respect of the following matters where the Companies Act 2006, the Charities Accounts (Scotland) Regulations 2006 (as amended) and the Charities Act 2011 require us to report to you if, in our opinion:

- the charitable company has not kept adequate and sufficient accounting records, or returns adequate for our audit have not been received from branches not visited by us; or
- the charitable company's financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of trustees' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit; or
- the trustees were not entitled to prepare the financial statements in accordance with

the small companies regime and take advantage of the small companies exemption in preparing the Trustees' Annual Report and from preparing a strategic report.

Responsibilities of trustees

As explained more fully in the trustees' responsibilities statement, the trustees (who are also the directors of the charitable company for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the trustees are responsible for assessing the charitable company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

Auditor's responsibilities for the audit of the financial statements

We have been appointed as auditor under Section 44(1)(c) of the Charities and Trustee Investment (Scotland) Act 2005, the Companies Act 2006 and Section 151 of the Charities Act 2011 and report to you in accordance with regulations made under those Acts.

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance

is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists.

Misstatements can arise from fraud or error and are considered material if, individually or in aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The extent to which our procedures are capable of detecting irregularities, including fraud is detailed below.

Explanation as to what extent the audit was considered capable of detecting irregularities, including fraud

The objectives of our audit in respect of fraud, are; to identify and assess the risks of material misstatement of the financial statements due to fraud; to obtain sufficient appropriate audit evidence regarding the assessed risks of material misstatement due to fraud, through designing and implementing appropriate responses to those assessed risks; and to respond appropriately to instances of fraud or suspected fraud identified during the audit. However, the primary responsibility for the prevention and detection of fraud rests with both management and those charged with governance of the charitable company.

Our approach was as follows:

- We obtained an understanding of the legal and regulatory requirements applicable to the charitable company and considered that the most



significant are the Companies Act 2006, the Charities and Trustee Investment (Scotland) Act 2005 (as amended), regulations 6 and 8 of the Charities Accounts (Scotland) Regulations 2006 (as amended), the Charities Act 2011, the Charity SORP, and UK financial reporting standards as issued by the Financial Reporting Council.

- We obtained an understanding of how the charitable company complies with these requirements by discussions with management.
- We assessed the risk of material misstatement of the financial statements, including the risk of material misstatement due to fraud and how it might occur, by holding discussions with management.
- We inquired of management and those charged with governance as to any known instances of non-compliance or suspected non-compliance with laws and regulations.
- Based on this understanding, we designed specific appropriate audit procedures to identify instances of non-compliance with laws and regulations. This included making enquiries of management and obtaining additional corroborative evidence as required.

As part of an audit in accordance with ISAs (UK) we exercise professional judgement and maintain professional scepticism throughout the audit. We also:

- Identify and assess the risks of material misstatement of the financial statements, whether due to fraud or error, design and perform audit procedures responsive to those risks, and obtain audit evidence that is sufficient and appropriate to provide a basis for our opinion. The risk of not detecting a

material misstatement resulting from fraud is higher than for one resulting from error, as fraud may involve collusion, forgery, intentional omissions, misrepresentations, or the override of internal control.

- Obtain an understanding of internal control relevant to the audit in order to design audit procedures that are appropriate in the circumstances, but not for the purposes of expressing an opinion on the effectiveness of the charitable company's internal control.
- Evaluate the appropriateness of accounting policies used and the reasonableness of accounting estimates and related disclosures made by the trustees.
- Conclude on the appropriateness of the trustees' use of the going concern basis of accounting and, based on the audit evidence obtained, whether a material uncertainty exists related to events or conditions that may cast significant doubt on the charitable company's ability to continue as a going concern. If we conclude that a material uncertainty exists, we are required to draw attention in our auditor's report to the related disclosures in the financial statements or, if such disclosures are inadequate, to modify our opinion. Our conclusions are based on the audit evidence obtained up to the date of our auditor's report. However, future events or conditions may cause the charitable company to cease to continue as a going concern.
- Evaluate the overall presentation, structure and content of the financial statements, including the disclosures, and whether the financial statements represent the underlying transactions and events in a manner that achieves fair presentation.

We communicate with those charged with governance regarding, among other matters, the planned scope and timing of the audit and significant audit findings, including any significant deficiencies in internal control that we identify during our audit.

Use of our report

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006; and to the charity's trustees, as a body, in accordance with Section 44(1)(c) of the Charities and Trustee Investment (Scotland) Act 2005, and in accordance with Chapter 3 of Part 8 of the Charities Act 2011. Our audit work has been undertaken so that we might state to the charitable company's members and trustees those matters which we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to any party other than the charitable company, the charitable company's members, as a body, and the charity's trustees, as a body for our audit work, for this report, or for the opinion we have formed.

Moore Kingston Smith LLP

Luke Holt

(Senior Statutory Auditor)
for and on behalf of Moore Kingston Smith LLP, Statutory Auditor

Date: 24/11/2025

9 Appold Street,
London, EC2A 2AP

Moore Kingston Smith LLP is eligible to act as auditor in terms of Section 1212 of the Companies Act 2006.



Statement of Financial Activities

for the year ended 31 May 2025

	Note	Unrestricted Fund £	Restricted Fund £	Total 2025 £	Total 2024 £
Income					
<i>Income from:</i>					
Voluntary income	2	895,008	-	895,008	920,546
Investment income	3	30,881	-	30,881	30,898
Charitable activities	4	851,395	-	851,395	685,393
Total Income		1,777,284	-	1,777,284	1,636,837
Expenditure					
<i>Expenditure on:</i>					
Raising funds	5	144,640	-	144,640	119,532
Charitable activities		1,547,746	30,355	1,578,101	1,533,462
Total expenditure		1,692,386	30,355	1,722,741	1,652,994
Unrealised gain / (losses) on investments	9	9,288	-	9,288	48,809
Realised gains on investments		2,874	-	2,874	744
Net income		97,060	(30,355)	66,705	33,396
Other gains / (losses) on foreign exchange		13	-	13	(852)
Net movement in funds		97,073	(30,355)	66,718	32,544
Funds as at 1st June 2024	15	1,472,925	36,675	1,509,600	1,477,056
Funds as at 31st May 2025	15	1,569,998	6,320	1,576,318	1,509,600

The notes on pages 28 to 29 form part of these financial statements.
All of the operations of the Foundation are continuing.



Balance Sheet

for the year ended 31 May 2025

	Note	2025 £	2025 £	2024 £	2024 £
Fixed Assets					
Intangible Assets	7		58,134		91,354
Tangible Assets	8		12,152		10,340
Investments	9		770,879		743,581
			841,165		845,275
Current Assets					
Debtors	10	324,528		137,712	
Cash at bank and in hand		633,444		806,620	
		957,972		944,332	
Creditors: Amounts falling due within one year	11	222,819		280,007	
Net Current Assets			735,153		664,325
Total Net Assets			1,576,318		1,509,600
Funds					
Restricted funds	13		6,320		36,675
Unrestricted funds:					
Designated funds	14		116,632		129,449
General funds	15		1,453,366		1,343,476
			1,576,318		1,509,600

These accounts have been prepared in accordance with the provisions of Part 15 of the Companies Act 2006, relating to small companies. The financial statements on pages 24 to 29 were approved and authorised for issue by the Board of Trustees on 21 October 2025 and signed on its behalf by:

Chairman of the Board of Trustees – Alyson Greenhalgh-Ball

Treasurer – Martin Ellis

Companies House No. 898651



Statement of Cashflows

for the year ended 31 May 2025

	Note	2025 £	2024 £
Cash flow from operating activities			
Net cash provided (used in)/by operating activities	(i)	(178,954)	(18,471)
Cash flow from investing activities			
Bank interest received		9,794	9,669
Investment income		21,087	21,229
Acquisition of fixed asset investments		(75,222)	(7,471)
Proceeds from disposal of fixed asset investments		85,603	8,316
Profit / (Loss) on Forex		13	(852)
Purchase of intangible assets		-	(20,464)
Purchase of tangible fixed assets		(9,980)	(9,863)
Net cash (used in)/provided by investing activities		31,295	564
Change in cash and cash equivalents		(147,659)	(17,907)
Cash and cash equivalents at the beginning of the year		883,237	901,144
Cash and cash equivalents at the end of the year	(ii)	735,578	883,237
Analysis of changes in net debt			
	As at 01 June 2024	Cash Flows	As at 31 May 2025
	£	£	£
Cash at bank and in hand	461,621	(188,366)	273,255
Cash held on deposits	344,994	15,191	360,185
Cash held in investments	76,622	25,516	102,138
	883,237	(147,659)	735,578



Statement of Cashflows

for the year ended 31 May 2025

	2025 £	2024 £
(i) Reconciliation of net income to net cash flow from operating activities		
Net income	66,718	32,544
Adjustments for:		
Depreciation charge	8,168	6,310
Amortisation charge	33,220	14,556
Bank interest received	(9,794)	(9,669)
Investment income	(21,087)	(21,229)
(Profit) / Loss on Forex differences	(13)	852
(Profit) on sale of investments	(2,874)	(744)
Loss on disposal of Fixed Assets	-	2,083
Revaluation of investments	(9,288)	(48,809)
Decrease / (Increase) in debtors	(186,816)	(37,697)
Increase / (Decrease) in creditors	(57,188)	43,332
Net cash provided by / (used in) operating activities	(178,954)	(18,471)
(ii) Analysis of Cash and cash equivalents	As at 31 May 2025 £	As at 1 June 2024 £
Cash at bank and in hand	273,255	461,621
Cash held on deposits	360,185	344,994
Cash held in investments	102,138	76,622
	735,578	883,237



Notes to the Financial Statements

for the year ended 31 May 2025

1 Principal accounting policies

(a) Basis of preparation

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006. The British Nutrition Foundation meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note(s).

The trustees have assessed whether the use of the going concern basis is appropriate and have considered possible events or conditions that might cast significant doubt on the ability of the charitable company to continue as a going concern. The Trustees have made this assessment for a period of at least one year from the date of approval of the financial statements. After making enquiries the Trustees have concluded that there is a reasonable expectation that the charitable company has adequate resources to continue in operational existence for the foreseeable future based on a significant level of reserves and liquid assets in the form of investments which are readily available to convert into cash. For this reason the Trustees continue to adopt the going concern basis in preparing the financial statements.

The financial statements are prepared in sterling, which is the functional currency of the company. Monetary amounts in these financial statements are rounded to the nearest pound.

The British Nutrition Foundation is a private company, limited by guarantee, registered in England and Wales, registration number 898651. The registered office is x+why, The Fulwood, 4 Fulwood Place, London, WC1V 6HG. The company is a registered charity, registered in England and Wales, registration number 251681 and in Scotland, registration number SC040061.

(b) Income

Income from member companies (including annual subscriptions) is accounted for on a receivable basis, but on a received basis in the case of donations. Government grants are accounted for on a receivable basis.

Investment income is recognised on a receivable basis.

Interest income is recognised on a receivable basis.

(c) Expenditure allocation

The directors have allocated office costs and governance costs on the basis of the amount of time spent by each member of staff in each of the six areas of activity of the Foundation. Staff costs have been similarly apportioned.

(d) Cash and cash equivalents

Cash and cash equivalents includes cash in hand and current and fixed term deposits with bank, with a maturity date of less than 90 days.

(e) Governance costs

Governance costs relate to the direct costs associated with the constitutional and statutory requirements of the Foundation and include the costs of external audit, secretariat and other constitutional related costs.



Notes to the Financial Statements

for the year ended 31 May 2025

(f) Depreciation of tangible fixed assets

Depreciation is provided on fixed assets on the straight line method at the following rates:

Fixtures and fittings	20% p.a.
Computers and ancillary equipment	33.33% p.a.

Items of expenditure which provide enduring benefit to the Foundation are capitalised as assets if the cost (net of VAT) is more than £500. Expenditure of less than this amount is expensed through the Statement of Financial Activities.

At the end of each reporting period, the residual values and useful lives of assets are reviewed and adjusted if necessary.

(g) Employee benefits

The costs of short-term employee benefits are recognised as a liability and an expense. The costs of any material unused holiday entitlement is recognised in the period in which the employee's services are received. Termination benefits are recognised immediately as an expense when the company is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

(h) Intangible fixed assets

Intangible fixed assets comprise of an online training platform and new website. Intangible fixed assets are recognised at cost and are subsequently measured at cost less accumulated amortisation and accumulated impairment losses. Amortisation is recognised so as to write off the cost or valuation of the assets less their residual values over their useful lives on the following bases:

The capitalisation threshold for intangible fixed assets is £500.

(i) Gifts in kind

Gifts in kind and donated services and facilities are recognised within incoming resources and expenditure at an estimate of the value to the charity of the donated services or goods.

(j) Impairment of fixed assets

At each reporting end date, the charity reviews the carrying amounts of its tangible and intangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any).

(k) Operating leases

Rentals payable under operating leases are charged to the Statement of Financial Activities as incurred over the term of the lease.

(l) Publications

It is the Foundation's policy not to include as stock the by-products from projects as the use of these is uncertain. When sales are made they are included in the SOFA on a receipts basis. The costs of the Foundation's publications and education material are written off in the year in which they are incurred.



Notes to the Financial Statements

for the year ended 31 May 2025

(m) Prizes

Prizes are accounted for when paid.

(n) Pension scheme arrangements

The Foundation provides a percentage of employees' salaries which is paid into personal pension plans on behalf of employees. The percentage paid ranges from 4% to 12% of basic salary and is accounted for on an accruals basis.

(o) Funds

Unrestricted Funds - These are donations and other incoming resources receivable or generated for the objects of the charity without further specified purpose and are available as general funds.

Designated Funds – These form part of unrestricted funds and represent amounts set aside by the trustees for particular purposes. These funds may be returned to the general unrestricted funds at the trustees' discretion.

Restricted Funds - These are funds which are to be used for specific purposes as laid down by the donor.

(p) Foreign Currencies

Transactions in foreign currencies are recognised at the rate of exchange at the date of the transaction. Monetary assets and liabilities are translated into sterling at the exchange rate on the balance sheet date. Exchange differences are recognized through the statement of financial activities.

(q) Financial instruments

The company has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments. Financial instruments are recognised in the company's balance sheet when the company becomes party to the contractual provisions of the instrument. Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

With the exceptions of prepayments and deferred income all other debtor and creditor balances are considered to be basic financial instruments under FRS 102. See notes 10 and 11 for the debtor and creditor notes. Other financial assets include investments (note 9) which are initially measured at fair value.

(r) Critical accounting estimates and areas of judgement

In the application of the company's accounting policies, the directors are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

The most significant estimates and assumptions which affect the carrying amount of assets and liabilities in the accounts relate to:

The annual depreciation and amortisation charge for fixed assets are sensitive to change in the estimated useful economic lives and residual value of assets. These are reassessed annually and amended where necessary to reflect current circumstances.



Notes to the Financial Statements

for the year ended 31 May 2025

2 Voluntary income

	Total 2025 £	Total 2024 £
Donations	684,422	712,933
Subscriptions	210,586	207,613
	895,008	920,546

All voluntary income received in 2024 and 2023 is unrestricted income.

3 Investment income

	Total 2025 £	Total 2024 £
Bank interest	9,794	9,669
Investment income	21,087	21,229
	30,881	30,898

All investment income received in 2024 and 2023 is unrestricted income.

4 Income from charitable activities

	Total 2025 Unrestricted £	Total 2025 Restricted £	Total 2024 Unrestricted £	Total 2024 Restricted £
Projects	812,131	-	622,232	28,600
Publications	39,264	-	34,561	-
	851,395	-	656,793	28,600

All charitable activities income received in 2025 was unrestricted income.

Within Project Income for 2024 was £28,600 of restricted monies from the ASET Fund.



Notes to the Financial Statements

for the year ended 31 May 2025

5 Total resources expended

	Unrestricted		Restricted		Total	Total
	Cost of raising funds	Charitable activities	Cost of raising funds	Charitable activities	2025	2024
	£	£	£	£	£	£
Charitable direct costs						
Projects	-	103,211	-	3,669	106,880	74,477
Science and Education services	-	13,082	-	-	13,082	11,115
Publications	-	-	-	-	-	307
Prizes and Awards	-	9,817	-	-	9,817	10,080
	-	126,110	-	3,669	129,779	95,979
Fundraising direct costs						
Publications	5,999	-	-	-	5,999	5,951
Investment management fees	4,959	-	-	-	4,959	5,118
Other fundraising costs	20,719	-	-	-	20,719	5,039
	31,677	-	-	-	31,677	16,108
Support costs						
Staff costs	77,573	1,047,830	-	26,686	1,152,089	1,050,285
General office costs	11,261	256,335	-	-	267,596	235,099
Depreciation	327	7,841	-	-	8,168	6,309
Amortisation	1,329	31,891	-	-	33,220	14,555
Bad debt	-	2,880	-	-	2,880	-
Profit / (Loss) on disposals	-	-	-	-	-	2,083
	90,490	1,346,777	-	26,686	1,463,953	1,308,331
Governance costs						
Salaries and office costs	-	56,823	-	-	56,823	82,017
Annual conference	22,473	-	-	-	22,473	21,621
Legal and professional	-	(3,239)	-	-	(3,239)	84,093
Auditor's fees - current year audit	-	11,732	-	-	11,732	10,000
Auditor's fees - other	-	-	-	-	-	-
VAT Provision	-	-	-	-	-	24,289
Committee Expenses	-	9,543	-	-	9,543	10,556
	22,473	74,859	-	-	97,332	232,576
Total resources expended	144,640	1,547,746	-	30,355	1,722,741	1,652,994

Support costs are allocated to the cost of raising funds and charitable activities on the basis of staff time.

For a breakdown of the prior year comparative please see the next page.



Notes to the Financial Statements

for the year ended 31 May 2025

5 Total resources expended (continued)

	Unrestricted		Restricted		
	Cost of raising funds	Charitable activities	Cost of raising funds	Charitable activities	2024
	£	£	£	£	£
Charitable direct costs					
Projects	-	68,065	-	6,412	74,477
Science and Education services	-	11,115	-	-	11,115
Publications	-	307	-	-	307
Prizes and Awards	-	10,080	-	-	10,080
	-	89,567	-	6,412	95,979
Fundraising direct costs					
Publications	5,951	-	-	-	5,951
Investment management fees	5,118	-	-	-	5,118
Other fundraising costs	5,039	-	-	-	5,039
	16,108	-	-	-	16,108
Support costs					
Staff costs	70,860	959,687	-	19,738.00	1,050,285
General office costs	10,026	225,073	-	-	235,099
Depreciation	252	6,057	-	-	6,309
Amortisation	582	13,973	-	-	14,555
Profit / (Loss) on disposals	83	2,000	-	-	2,083
	81,803	1,206,790	-	19,738.00	1,308,331
Governance costs					
Salaries and office costs	-	82,017	-	-	82,017
Annual General Meeting	21,621	-	-	-	21,621
Legal and professional	-	84,093	-	-	84,093
Auditor's fees - current year audit	-	10,000	-	-	10,000
Auditor's fees - other	-	-	-	-	-
VAT Provision	-	24,289	-	-	24,289
Committee Expenses	-	10,556	-	-	10,556
	21,621	210,955	-	-	232,576
Total resources expended	119,532	1,507,312	-	26,150	1,652,994



Notes to the Financial Statements

for the year ended 31 May 2025

6 Staff costs

	Total 2025 £	Total 2024 £
Wages and salaries	877,300	842,812
Employers NI contributions	105,995	89,197
Pension costs	161,999	116,373
Other costs	59,647	53,304
	1,204,941	1,101,686

This includes the remuneration of interns of £Nil (2024: £14,223) and employer’s NI of £Nil (2024: £1,080).

The average number of persons employed by the Foundation during the the year was 19 (2024: 18).
This includes no intern (2024:Nil).

Average headcount expressed as a full time equivalent during the year was 18 (2024: 16).

The number of employees whose emoluments exceeded £60,000 were:

	2025 No.	2024 No.
£60,000 - £70,000	3	3
£70,001 - £80,000	1	1
£90,001 - £100,000	1	-
£120,001 - £130,000	-	1
£130,001 - £140,000	1	-

Pension contributions to the above individuals amounted to £125,718 (2024: £81,501).

Trustees and key management personnel

The trustees received remuneration during the year of £Nil (2024: £Nil). During the year 4 (2024: 6) trustees received reimbursement of travel expenses of £1,833 (2024: £3,790).

The charity incurred professional indemnity insurance of £845 during the year (2024: £845).

Key management personnel consist of the Chief Executive, the Science Director, the Director of Member Engagement, the Nutrition Science Manager, the Nutrition Communication Manager, the and the Education Service Managers. The total employee benefits of the charity’s key management personnel were £636,278 (2024: £582,783).



Notes to the Financial Statements

for the year ended 31 May 2025

7 Intangible fixed assets

	Online Training Platform £	New Website £	Total 2025 £
Cost			
At 1st June 2024	-	99,660	99,660
Additions	-	-	-
Disposals	-	-	-
At 31st May 2025	-	99,660	99,660
Amortisation			
At 1st June 2024	-	8,306	8,306
Charge for the year	-	33,220	33,220
Disposals	-	-	-
At 31st May 2025	-	41,526	41,526
Net Book Value			
At 31st May 2025	-	58,134	58,134
At 31st May 2024	-	91,354	91,354

8 Tangible fixed assets

	Furniture and Fittings £	Computers and ancillary Equipment £	Total 2025 £
Cost			
At 1st June 2024	6,331	45,143	51,474
Additions	-	9,980	9,980
Disposals	(6,331)	(22,614)	(28,945)
At 31st May 2025	-	32,509	32,509
Depreciation			
At 1st June 2024	6,331	34,803	41,134
Charge for the year	-	8,168	8,168
Disposals	(6,331)	(22,614)	(28,945)
At 31st May 2025	-	20,357	20,357
Net Book Value			
At 31st May 2025	-	12,152	12,152
At 31st May 2024	-	10,340	10,340



Notes to the Financial Statements

for the year ended 31 May 2025

9 Fixed asset investments

The movements during the year were as follows:-

	Total 2025	Total 2024
	£	£
Balance at the beginning of the year	666,959	618,252
Additions at cost	75,222	7,471
Disposals at open market value (Proceeds £8,315 (2023 £15,573), gain on disposal £744 (2023: £2,681))	(82,729)	(7,573)
Add: Cash balances included in investments	102,138	76,622
	761,591	694,772
Unrealised Gain / (Loss) on valuation	9,288	48,809
Market value as at 31st May 2025	770,879	743,581

9(b) Analysis of listed investments

	Total 2025	Total 2024
	£	£
UK Equities	319,077	258,384
Overseas Equities	212,721	217,649
Global Fixed Interest	136,942	190,926
Cash	102,138	76,622
	770,879	743,581

9(c) As at 31 May 2025 no investment represented more than 5% of the total investments portfolio -
(2024: no investment represented more than 5% of the total investments portfolio).

10 Debtors

	Total 2025	Total 2024
	£	£
Prepayments and accrued income	76,181	58,611
Other debtors	235,347	79,101
Rent deposit	13,000	-
	324,528	137,712



Notes to the Financial Statements

for the year ended 31 May 2025

11 Creditors

	Total 2025 £	Total 2024 £
PAYE & VAT payables	40,002	35,107
Accruals and deferred income (note 12)	93,633	180,396
Pensions & Other creditors	39,905	15,225
VAT Provision	49,279	49,279
	222,819	280,007

The VAT provision is based on the historical VAT treatment of some previous transactions with members.

12 Deferred income

	Total 2025 £	Total 2024 £
Deferred income at 1st June	111,344	76,110
Project Income received in advance of completion of work	67,909	111,344
Amounts released to the accounts	(111,344)	(76,110)
Deferred income at 31st May	67,909	111,344
Accruals	25,724	69,052
	93,633	180,396

13 Restricted funds

	Balance as at 1st June 2024 £	Incoming Resources £	Outgoing Resources £	Transfer from/(to) Unrestricted £	Balance as at 31st May 2025 £
A-Level Fd Tech prize	362	-	-	-	362
BNF GCSE Fund	5,958	-	-	-	5,958
ASET Fund	30,355	-	(30,355)	-	-
	36,675	-	(30,355)	-	6,320

	Balance as at 1st June 2023 £	Incoming Resources £	Outgoing Resources £	Transfer from/(to) Unrestricted £	Balance as at 31st May 2024 £
A-Level Fd Tech prize	362	-	-	-	362
BNF GCSE Fund	5,958	-	-	-	5,958
ASET Fund	27,905	28,600	(26,150)	-	30,355
	34,225	28,600	(26,150)	-	36,675

The restricted funds consists of prize schemes (A Level Fd Tech prize and BNF GCSE Fund) and The ASET fund.

The ASET fund is a grant awarded from the All Saints Education Trust for work to be completed over the next 1-2 years. The remaining funds have all been expended during 2025.



Notes to the Financial Statements

for the year ended 31 May 2025

14 Designated funds

	Balance as at 1st June 2024 £	Incoming Resources £	Outgoing Resources £	Transfer from/(to) General Unrestricted Funds £	Balance as at 31st May 2025 £
Strategic contingency fund	19,663	-	-	-	19,663
IT Strategic fund	-	-	-	-	-
Drummond fund	109,786	-	(12,817)	-	96,969
	129,449	-	(12,817)	-	116,632

	Balance as at 1st June 2023 £	Incoming Resources £	Outgoing Resources £	Transfer from/(to) General Unrestricted Funds £	Balance as at 31st May 2024 £
Strategic contingency fund	19,663	-	-	-	19,663
IT Strategic fund	-	-	-	-	-
Drummond fund	122,866	-	(13,080)	-	109,786
	142,529	-	(13,080)	-	129,449

The Strategic contingency fund is for the CEO to access for use on carefully considered projects, such as those that would help the Foundation increase its impact, profile or capacity. The intention is that the fund will be used, when needed, over the next 1-3 years to support the BNF Business Plan and strategy.

The Foundation continues with the management of the Drummond Memorial Fund which will be utilised to extend the reach of current BNF activities: to support and encourage young people in their career development in nutrition and to add value to our existing work: GCSE and A-Level awards, Internships, nutrition related on-line training etc and profile.



Notes to the Financial Statements

for the year ended 31 May 2025

15 Analysis of net assets between funds

		Fixed Assets £	Investments £	Current Assets £	Total 2024 £
Restricted funds	Note 13	-	-	6,320	6,320
Unrestricted funds:					
<i>Designated funds</i>	Note 14	-	-	116,632	116,632
<i>General funds</i>		70,286	770,879	612,201	1,453,366
		70,286	770,879	735,153	1,576,318

		Fixed Assets £	Investments £	Current Assets £	Total 2023 £
Restricted funds		-	-	36,675	36,675
Unrestricted funds:					
<i>Designated funds</i>		-	-	129,449	129,449
<i>General funds</i>		101,694	743,581	498,201	1,343,476
		101,694	743,581	664,325	1,509,600

16 Taxation

The entity is a registered charity and does not undertake non-charitable activities and are entitled to tax exemption by the H M Revenue and Customs.

17 Capital

The Foundation is limited by guarantee. In the event of a winding up of the Foundation the members' liability is restricted to contributing an amount not exceeding £5 each. As at 31st May 2025 there were 48 members (2024: 49 members).

18 Operating leases

At the reporting end date the charity had the following future minimum lease payments under non-cancellable operating leases which fall due as follows:

	2025 Land and Buildings	Other	2024 Land and Buildings	Other
Within 1 year	79,950	-	65,000	-
1 to 5 years	13,390	-	13,000	-
	93,340	-	78,000	-

19 Related party transactions

No related party transactions were made during 2025 (2024: £Nil).



Appendix 1

Corporate Members

Sustaining Corporate Members

Agriculture and Horticulture
Development Board
Associated British Foods
Asda Stores Ltd
Coca-Cola Britain and Ireland
Kellanova Europe Trading Ltd
Marks and Spencer plc
Mondelez International
Nestle UK Ltd
PepsiCo UK Ltd
Tate & Lyle plc
Tesco plc

Corporate Members

Ajinomoto PLC
(new from March 2025)
Aldi Stores Limited
Arla Foods UK
BaxterStorey
(new from January 2025)
British Sugar plc
Cargill R&D Centre Europe
Costa
Danone Ltd
Ferrero
General Mills
Greggs plc
Innocent Drinks
IFF (International Flavors
& Fragrances Inc.)
J Sainsbury plc
Kerry Foods Ltd
KP Snacks Limited
Lidl GB
Mars UK Ltd
McDonald's Restaurants Ltd
Mitchells & Butlers
National Farmers Union
Trust Company Ltd
Nomad Foods Ltd
Ocado
Pladis
Premier Foods
Quorn
Slimming World
Sodexo Subway UK & Ireland
TATA Consumer Products
The Co-operative Group plc
Uber Eats
UK Flour Millers
Waitrose & Partners
Weetabix Ltd
Whitbread
Whitworths
WM Morrison Supermarkets plc
Yakult





Appendix 2

Support for key activities in 2024-25

Open Innovation and Research Clubs Coordination

Biotechnology and Biological Sciences Research Council

Raising The Pulse

University of Reading

Ultra Processed Foods Workstream 2024-25

Associated British Foods Grain Products Ltd

Nomad Foods Europe

Beverage Services Ltd (Coca-Cola)

The Cooperative Group Ltd

Danone Ltd

Ferrero UK Ltd

Greggs plc

Kellogg Europe Trading Ltd

Marks & Spencer plc

Mars UK Ltd

PepsiCo UK Ltd

Pladis UK Ltd

Report on optimising nutritional profile of fried chicken

KFC Ltd

Nutrition & Health Claims Training

Arla Foods Ltd

Fruit & Veg for Schools Project

Tesco plc

Food Cycle Evaluation and Impact Report

Food Cycle

Teacher Training Days

The Oaks Collegiate Academy

Xaverian College

Safeguarding against Nutritional Vulnerability

Quadram Institute Bioscience

Food a Fact of Life Partnership

Agriculture & Horticulture Development Board

Full of Beans Project

Birmingham City Council

Baby Aisle Scorecard

Tesco plc

Teaching Primary Food and Nutrition

All Saints Educational Trust

Food Sequel

University of Sussex

Healthier Products Project

Sainsbury's Supermarkets Ltd

Healthy Eating Week 2024

Lidl Great Britain Ltd

John Lewis plc

Fibre February Webinar

UK Flour Millers

Roundtable & report write up

Whitworths Ltd

Parliamentary Event Agriculture & Horticulture

Development Board

Oak National Academy

Design & Technology Association

Oats Booklet

PepsiCo International Ltd

Nourishing Futures Project

Tesco plc

Meat Consumption Projects

Agriculture & Horticulture Development Board

Supported Internships

Marks & Spencer plc

McDonalds Marketing

Cooperative Ltd

AHDB Roundtable

Agriculture & Horticulture Development Board

Practical Workshops

Livestock & Meat Commission



Appendix 3

Honorary Members, Governors Emeritus and Committee Members

As of 31 May 2025

HONORARY MEMBERS

Michael Collyer
Anne Heughan
Professor Robert Pickard
Professor Brian Wharton
Professor John Blundell
Professor Martin Wiseman
Professor Tom Sanders

GOVERNORS EMERITUS

Iain Ferguson CBE
Paul Hebblethwaite
The Baroness Gloria Hopper
Professor Anne de Looy
Dr WT Little CBE
R McRobert OBE
David A Tate
Professor Roger G Whitehead CBE

FINANCE, AUDIT & RISK COMMITTEE

Desiree Irving-Brown (Chair), *Trustee*
(June 2024 – April 2025)
Martin Ellis (Chair), *Trustee* (August 2025)
Mark Fairweather, *Trustee* (1st June 2025)
Sam Fulton, *Trustee*
Alyson Greenhalgh-Ball, *Trustee*
Professor John Mathers, *Trustee*

HR & REMUNERATION COMMITTEE

Louise Redmond, *Trustee* (Chair)
Alyson Greenhalgh-Ball, *Trustee*
Claire Hughes, *Trustee* (1st June 2025)
Professor John Mathers, *Trustee*
Alisdair Wotherspoon, *Trustee*
Paul Wheeler, *Trustee*

ADVISORY COMMITTEE

Professor Janet Cade,
*Professor of Nutritional Epidemiology and
Public Health, University of Leeds* (Chair)

Kate Platts,
*Head of Research and Innovation,
Westfield Health* (Deputy Chair)

Judith Batchelar OBE,
Director, Food Matter International

Mandy Davies,
*Consultant AHP for Nutrition
and Hydration, East Lancashire
Hospitals NHS Trust*

Professor Gary Frost,
*Chair in Nutrition and Dietetics,
Imperial College London*

Dr Susan Gatenby,
*Senior Director, Nutrition Europe,
PepsiCo UK Ltd*

Glynis Henderson,
Education consultant

Claire Hughes,
Consultant (until 31st May 2025)

Professor Kevin Whelan,
*Professor of Dietetics,
King's College London*

NOMINATIONS COMMITTEE

Professor Christine Williams,
*Director, Food Agriculture and Health,
University of Reading* (Chair)

Professor John Mathers,
*Professor of Human Nutrition, University
of Newcastle* (Chair of the Board of
Trustees until 31st December 2024)

Alyson Greenhalgh-Ball,
Consultant (Chair of the Board of
Trustees from 1st January 2025)

SCIENTIFIC COMMITTEE

Mrs Barbara Bray MBE,
Food safety consultant

Dr Adrian Brown,
University College London

Dr Susanne Bryngelsson,
RISE/Kristianstad University

Dr Eirini Dimidi,
King's College London

Mrs Laura Farrell,
Tesco plc (maternity leave)

Mrs Nicky Gillett,
Allied Bakeries

Dr Kavita Karnick,
Tate & Lyle

Dr Gunter Kuhnle,
University of Reading

Dr Amelia Lake,
Teeside University

Professor Jennie Macdiarmid,
University of Aberdeen

Dr Duane Mellor,
Aston University

Professor Lisa Methven,
University of Reading

Mrs Barbara Monks,
Food education consultant

Professor Peter Rogers,
University of Bristol

Professor David Stensel,
University of Loughborough

Professor Emma Stevenson,
University of Newcastle

Dr James Stewart,
University Hospitals of Leicester

Dr Lisa Wilson,
Richmond and Wandsworth Councils

Ms Zoe Ellis,
*Head of Nutrition and Science
Communication, Danone UK & Ireland*
(maternity leave)

NUTRITION BULLETIN EDITORIAL ADVISORY BOARD

Michael Adams,
Campden BRI

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Ashwell Associates

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Registered charity number England and Wales: 251681
Registered charity number Scotland: SC040061
Publication date: November 2022

www.nutrition.org.uk

www.foodafactoflife.org.uk

Designed and produced by Ingenious Design

Accounts

Annual Trustees'

Report & Accounts

2023-2024

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

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I am delighted to present our Annual Report as Chair of the Board of Trustees and to thank my fellow Trustees for their continued support for the British Nutrition Foundation. I also extend my thanks to our Advisory Committee, chaired by Professor Janet Cade, and to our Chief Executive, Elaine Hindal and her team, for their commitment to furthering the aims and mission of the Foundation over the past year.

In my career as Professor of Human Nutrition, much of my research has focussed on the importance of nutrition in healthy ageing and reducing the risk of diet-related disease. The evidence shows that healthy dietary patterns can play a pivotal role in increasing healthy life expectancy. Looking at the health of the UK population, it is clear that we have much to do to ensure that people do not spend a significant proportion of their later life in poor health. While someone who is 65 years old today can expect to live to 85, those in the most deprived circumstances can expect to spend 20 fewer years in good health than those who are better off. Improving diet quality throughout the life course must be part of the solution.

Although diet and health are high on the agenda, it is a topic that divides opinion and generates misleading and conflicting messages. Therefore, it is crucial that that evidence-based

information and advice cuts through the noise. The British Nutrition Foundation, with its staff of trained nutrition scientists and educators, with support from experts within our Trustees and Committees is well placed to do just that.

For example, this year, the team worked with the charity Magic Breakfast to publish a narrative review on the importance of breakfast for health and educational attainment in school-aged children. The review took an in-depth look at the evidence, setting out key issues such as prevalence of breakfast skipping and low nutrient intakes as well as the potential for school breakfast provision to support children's health, especially of the most vulnerable. The findings of the report, along with a roundtable discussion with key stakeholders, have been translated into practical recommendations for schools and policy makers and a simple 'Good Breakfast Guide' for schools and parents, with key facts about healthy breakfasts.

The Foundation's scientific underpinning and educational expertise have generated important partnerships this year. The Oak National Academy has begun work to develop new curriculum resources for schools on Design and Technology, and, in partnership with the Design and Technology Association, the Foundation was

appointed to develop resources on cooking and nutrition. This year the Foundation was also approached by the BBC's online study support resource, BBC Bitesize. We developed pupil facing resources on healthy eating, nutrients and energy, demonstrating the breadth of the Foundation's work from complex science to accessible information for young children.

We face many challenges in reducing diet-related ill health for which there are no easy fixes. However, the British Nutrition Foundation is making an important contribution to improving health and wellbeing by continuing to bring nutrition science to the fore and ensuring that interventions are evidence-based.

I look forward to the British Nutrition Foundation making further contributions to improving public health in the years ahead.

John Mathers



Professor John Mathers
Chair, Board of Trustees

Welcome

from the Chair



Welcome

from the Chief Executive

With the publication of a new organisational strategy last year, a key focus this year has been how we evaluate our impact. That is, we have moved from looking at how we work, to what we will do and, more importantly, why.

Our vision that everyone has a healthy and sustainable diet can seem remote in the current climate. But, by developing our theory of change, we have identified those long-term outcomes that indicate progress towards this goal. These outcomes are focussed on creating engagement, raising awareness, building confidence, improving competence and skills development – the foundations of lasting behaviour change.

Several case studies demonstrating our impact this year are included later in this report, and our ambition is to build on these in the year to come. This will allow us, not only to demonstrate better the difference we can make as a small charity, but to ensure that we allocate our resources to greatest effect.

One of the long-term outcomes in our theory of change is that 'healthy and sustainable food and drink options are the easiest choice'. Our current food environment does not support people to make healthy and sustainable choices, particularly those on the lowest incomes.

Partnerships with the food industry can be controversial and, quite rightly, subject to scrutiny. We have a series of safeguards in

place to protect our impartiality, including our Board of Trustees and Committees, which are weighted towards the scientific community, and transparency about the funding we receive.

Through our work with food industry members, we are uniquely positioned to support the changes needed for a healthier food environment. For example, this year we have been working with a group of companies in the out of home sector, representing some of the UK's most popular café and restaurant brands, to determine how the sector can contribute to making healthier choices easier. With an estimated 25% of our calorie intake from foods bought and eaten outside the home, changes in this sector have the potential to make a significant difference to dietary intakes for the whole population.

This year, we have also seen a major campaign from a UK retailer to promote their healthy eating range. The Foundation supported the development of evidence-based nutrition criteria for this range, and it is encouraging to see the development and promotion of healthier products is now a key part of that company's strategy.

Alongside our work with the food industry, we continue our initiatives with schools.

We aim to help improve children's health and wellbeing by making sure they get the best food education possible. The cost

of ingredients is a major barrier to practical cookery lessons in schools. This year, we coordinated a pilot project providing ingredients for cooking sessions in schools, along with recipes and guidance. This was well received by teachers with 90% agreeing that the activity increased students' knowledge, skills and confidence.

It is more important than ever to promote health, wellbeing and sustainability with information founded on the best available evidence. While we, as a small charity, do not have all the answers, we are passionate about making a difference to people's lives and I'm excited about what the British Nutrition Foundation team, with the incredible support of our expert trustees and advisors, can achieve in the year ahead.

Elaine Hindal



Elaine Hindal
Chief Executive



As a leading UK voice in nutrition, we recognise that promoting health and well-being extends beyond the science of food and requires a commitment to ensuring fair access, representation, and opportunities for all.



Our vision, mission & strategy

We want a future where everyone has a healthy, sustainable diet. Tackling diet-related ill health needs action across our society. As a charity, we want to play our part in improving diets so that people can live healthier lives.

Our ambition is that by 2028, we will have doubled our reach and evidenced our contribution to healthier, more sustainable diets by demonstrating both our impact on the food environment and on consumer knowledge, skills and confidence around food.

Our strategy for 2023-2028 focusses on three levers for change:

Advocating Science and Building Consensus

Using thought leadership and our wide network across the field to champion evidence-based nutrition science.

Our work is anchored in scientific expertise and an ability to translate nutrition science for a range of audiences. Everything we do is underpinned by a strong foundation of scientific evidence. We use this expertise to provide science-led insights into important issues in public health nutrition.

Our connections in the field of nutrition science are a key strength, allowing us to bring people together to build consensus and thought leadership. Tackling major issues, such as sustainable diets, healthy ageing and health inequalities, is complex and we are working to convene those who can help us make an impact.

We also recognise and champion those working in the field of nutrition science. Our awards, made possible by the Drummond Memorial Fund, span scientific careers, from our Early Career Award, given to those who show the potential to be future leaders, to the BNF Prize, which is awarded each year to an individual who has demonstrated outstanding contribution to nutrition over the longer term.

Changing the food environment

Working with the food industry and others to advocate for an environment that makes healthier choices easier.

Where we live and what we eat radically shape the options available to us in terms of food and activity. Access to a healthy, sustainable diet is impacted by what we can afford, our social networks and community, and by the food environment we experience. For many people, this puts healthy eating out of reach.

Our corporate members represent a significant proportion of those who make and sell our food and are well placed to deliver change

at pace and at scale. We work with our members, providing science-led insights and advice, helping to drive change that makes healthier choices easier for consumers. For example, we supported a major UK food retailer with evidence-based criteria for an on-pack healthy choice logo, which has been used to drive new product development and to set targets for increasing the sales of healthier products.

We collaborate with stakeholders and organisations across society, including schools, local authorities, charities and policy makers, to support efforts to shape a healthier food environment.

Educating people

Providing information to develop knowledge and skills that inspire people, in a challenging environment, to make healthier choices.

As an evidence-based organisation, we are concerned by the volume of conflicting, poor-quality information and advice that is available on diet and health. We have the expertise to make nutrition science accessible to a wide audience, providing the facts behind the headlines.

This year, our website was relaunched for a 'consumer' audience, using insights from search engine data to identify issues most frequently searched and on which the Foundation could provide evidence-based information. Dwell time on the site has improved, suggesting users are connecting with the information and reading through our content. Further development of our website remains a key priority for 2024-25.

We commissioned a 'deep dive' on Education this year, to critically review Food – a fact of life, our programme of resources for teachers in primary and secondary schools – and identify future challenges and opportunities. With Food a fact of life in almost half of UK secondary schools, we continue to listen to feedback from teachers and schools.



Our strategy is supported by two enablers:

Being a great place to work, and work with

In the past year, we have restructured the organisation better to align with our strategy, which has led to significant change. We have invested in people to expand our capacity, and this process is ongoing. We seek input from our team through team surveys, the results of which are reviewed by our HR & Remuneration Committee, and we support all employees to have Personal Development Plans in place.

Our commitment to equity, diversity and inclusion (EDI) is now being felt more widely in the organisation, as we have begun to collect data on protected characteristics and make some changes to our processes, for example, using 'blind' applications in recruitment and accessible interview methods to attract candidates who might not otherwise apply.

The Board has appointed an EDI Champion, trustee Rosalie Forde, who will work alongside our team EDI Champion, Ayela Spiro, to further this important agenda.

Sustaining our organisation

In the past year, we have achieved modest income growth and welcomed two new corporate members. Diversifying our income remains a key priority, and this year, we were pleased to grow income working in partnership with other charitable organisations, including Magic Breakfast, the All Saints Educational Trust and the Design & Technology Association.

Values

Our strategy defines what we want to achieve, and our values describe how we do it. Our values encompass the beliefs, attitudes and behaviours that are fundamental to the British Nutrition Foundation and our organisational culture.

Our Values are:

- **Purpose** – we are focussed on delivering our mission and constantly aiming to learn and improve.
- **Integrity** - we are science-led and authentic in our commitment to improve health and wellbeing. We are honest and transparent about our work and how it is funded.
- **Confidence** – we aspire to make our voice heard in order make a difference. We respond to the challenges that get in the way of everyone being able to eat healthily and sustainably.
- **Connection** – we work collaboratively with a range of stakeholders to deliver our charitable aims and amplify our impact.
- **Openness** – we are welcoming and want everybody to feel valued and supported. We communicate honestly and are open to others.

We updated our values this year and have been working to embed them into our practices and culture as an organisation.

Impact & reach

Our vision is that **everyone has a healthy, sustainable diet. A key part of our strategy in moving towards this goal is to double our reach by 2028, providing more evidence-based information on diet, health and sustainability to a wider audience of nutritionists, health professionals, policymakers, the food industry, educators, and the public.**

This year we achieved:

- over a million users and 3.5 million page views across our websites, nutrition.org.uk and foodfactoflife.org.uk.
- over 2,500 media mentions
- over 1 million social media impressions from our channels, with a total following of over 73,000
- a reach of about 2 million people through Healthy Eating Week, in more than 7,600 schools, local authority groups and workplaces.
- 1,746 people attended British Nutrition Foundation webinars or training.

Impact case studies

This year, we have made significant progress in defining our impact, and the short-, medium- and long-term outcomes that help us evaluate our work. This work is ongoing and will inform our Impact & Evaluation Framework in 2024-25.

The following sections provide case studies of how we have made an impact against each of our strategic priorities this year.



Advocating Science and Building Consensus

Our work as a charity is to translate nutrition science into practical, evidence-based guidance that addresses the complex relationship between diet and health. We are proud of our longstanding reputation for fostering partnerships, uniting stakeholders from diverse sectors who share a common interest in food and nutrition.

Sara Stanner Science Director



Bringing together science and industry for innovative health solutions

This year, the British Nutrition Foundation was appointed to coordinate the Diet and Health Open Innovation Research Club (OIRC) initiative, a programme of investment in collaboration between research and industry in the food and drink sector. The programme seeks to promote a greater application of leading-edge research to healthier, more sustainable food and drink products, ultimately to improve the nutrition and health of the nation.

The role of the British Nutrition Foundation is to support six innovation hubs, encouraging dissemination and networking across the full breadth of OIRC. This project is perfectly placed to represent the Foundation's approach of bringing science and industry together to deliver real-world benefits to society.

The Foundation launched a microsite to provide a central hub for information about the initiative, oirc.org.uk, which had 1171 users from March to May 2024. Two impact workshops have been run with hub leaders and the Foundation has promoted the activities of the hubs through our social media channels.

This project is funded by the Biotechnology and Biological Sciences Research Council with support from the Department for Environment, Food & Rural Affairs, Innovate UK and the Medical Research Council.

The importance of breakfast for school-aged children

This year, charity Magic Breakfast commissioned the British Nutrition Foundation to write a narrative review on the importance of breakfast for the health, educational attainment and wellbeing of school-aged children and young people.

Our review looked at the contribution of breakfast to nutrient intakes and diet quality in school-aged children aged 4-18 years. It also considered the effect of breakfast consumption on obesity and other markers of health as well as cognitive function, behaviour, and educational performance, with a focus on low socio-economic status households.

The review was published in November 2023, has been downloaded 2,636 times and achieved an Altmetric score of 9, putting the paper in the top 25% of research outputs scored. In December 2023 the paper was also referenced in a Parliamentary question to then Health Minister Maria Caulfield on breakfast provision.

Alongside the review, the Foundation organised a roundtable discussion with Magic Breakfast, to explore the findings and gather views from a range of stakeholders with insight and interest in children's health inequalities and nutritional intakes.

Based on this, a set of recommendations was developed for educators, school food providers and policymakers. This was accompanied by our 'Good Breakfast Guide', a resource providing information on the importance of healthy breakfasts and suggestions for breakfast foods.

This project was funded by Magic Breakfast.

Nutrition Bulletin

As the official journal of the British Nutrition Foundation, *Nutrition Bulletin* is an international, peer-reviewed journal publishing concise and informative articles about recent developments in human nutrition science. We provide an interface between stakeholders in universities, industry, government, research, healthcare, education and media.

With a broad global readership, the scientific quality of *Nutrition Bulletin* is maintained through a rigorous editorial policy and through submission of all articles to a peer-review process, overseen by our international Editorial Board.

This year, the journal had an impact factor of 3.3 (with scores above 3 considered good in most fields) and had 389,750 downloads with over 80% of readers from outside the UK. The average attention score (measuring the amount of attention journal articles receive) for Nutrition Bulletin articles measured by Altmetric is 21.6 which is in the top 5% of all research outputs tracked.

During the year, we published Spotlights on food insecurity, ultra-processed foods and diet and mental health as well as a Virtual Issue on changing the retail food environment. We also appointed five Associate Editors to increase editorial capacity.

Celebrating nutrition science

Through the Drummond Memorial Fund, we celebrate those working in nutrition science and related fields at different stages of their career.

The winners in 2023 were:

Early Career Scientist Award

Recognising early career excellence in nutrition science.



WINNER

Dr Helena Fisk
Southampton University, in recognition for her work in inflammation and immunity with a focus on obesity and ageing, and the immunomodulatory actions of nutrients.

RUNNERS UP

Rosie Cooper
Nuffield Department of Primary Care Health Sciences, University of Oxford for her work on how the NHS can use digital health technologies to provide much needed follow-up healthcare to people with coeliac disease.

Dr Indira Paz-Graniel
Centre for Biomedical Research Network in Obesity and Nutrition, Madrid for her work on how nutrition could modulate the risk of cardiovascular disease and the relationship between lifestyle factors and mental health.

Pump Priming Award

Providing a grant of £5000 to a researcher to undertake pilot work that enables a more substantial grant application.



WINNER

Dr Noshin Daud
The Rowett Institute, University of Aberdeen [image Dr Daud receiving award] for her research to investigate whether β -glucans derived from barley and oats can improve tumour and normal tissue responses to radiotherapy.

The BNF Prize

Awarded annually to a person for their outstanding achievement in an area of nutrition over a number of years.

WINNER

Professor Sir Michael Marmot CH
Professor, UCL Department of Epidemiology and Public Health and Director, UCL Institute of Health Equity, for his substantial contributions over a number of years, to reduce health inequalities and for recognising that to tackle obesity, we will need to tackle the wider determinants of obesity and ill-health.

Working with members for a healthier out of home food environment

The food and drink we buy and consume from the out of home environment tends to be less healthy and is estimated to make up 25% of the calories we consume on average. Working with members from the out of home sector, we convened a forum to discuss how the sector could contribute to making healthier options easier.

Members of British Nutrition Foundation represent some of the most popular out of home brands such as Greggs, Costa and McDonalds, large food service companies such as Sodexo, and meal delivery apps including Uber Eats. While the work of the forum is at an early stage, the scale of the companies involved represents a significant opportunity to encourage the provision of healthier options for consumers.

Contributing to evidence-based criteria for the M&S Eat Well Flower

Research suggests that 70% of M&S customers want to be healthy but 46% don't know how to do so. The Eat Well Flower logo criteria were developed in order to provide a simple signpost for consumers to identify healthier choices. These evidence-based criteria were developed by M&S nutritionists in consultation with the British Nutrition Foundation and were based on government guidelines and recommendations on nutrition and health. The criteria include limits on nutrients of concern such as salt, saturated fat and sugar as well as targets for nutrients and ingredients such as fibre, vegetables and wholegrains, which have established health benefits.



The Eat Well sunflower is the cornerstone of health at M&S. It's crucial the criteria is evidence-based and evolves as new research emerges.

The British Nutrition Foundation's involvement has been pivotal in ensuring independent credibility of the criteria and how it resonates with customers.

Grace Ricotti Head of Health, Nutrition and Sustainable Diets, M&S

This year, M&S have undertaken national promotional campaigns to raise awareness of the Eat Well logo and have reported that 42% of sales in 2022-23 have been from Eat Well products, a 6% increase on the previous year. There has also been a drive development of new healthier products, with 222 new Eat Well products launched during 2022-23.

Support from the British Nutrition Foundation in developing the criteria provided an important sounding board and sense check for the nutrition team at M&S and the subsequent expansion and promotion of the range contributes to making healthier choices easier for their customers.

This began with a review exploring the crucial role of nutrition in optimising the performance and health of military personnel, who undergo elite, physically demanding training. The review highlighted several priority areas for example musculoskeletal health, where adequate intake of protein, vitamin D, and calcium can prevent injuries and support bone health.

Nutrition scientists at the Foundation worked with Sodexo to optimise the nutritional balance of packed lunches provided to paratroopers at Colchester Barracks in the UK, as well as reviewing the composition of food provided across a variety of on-site catering. The Foundation also convened and facilitated advisory groups comprising leading experts in the field.

The project helped to amplify the role of nutrition in operational readiness across the UK military, and generated tangible impact through food trials with serving members of the armed forces.

Supporting better nutrition for military personnel

The Foundation partnered with Sodexo to help navigate the nutritional challenges of food provision for the UK military.

Changing the food environment



Our food system needs substantial change, and we have a responsibility to work together across the food environment to make it better. Significant improvements can be achieved when executed in concert with organisations and institutions well placed to deliver change at scale and the British Nutrition Foundation is perfectly placed to work with members to support the change we want to see.

Alan Black Food Systems Transformation

Supported Internships

In collaboration with our corporate members Marks & Spencer and McDonalds we supported two year-long internships for nutrition graduates, helping them gain valuable work experience while being supported by our experienced nutrition science teams.



This internship has significantly enhanced my nutrition knowledge and equipped me with essential skills that I will be able to apply in future roles. Getting experience in both a commercial and non-profit environment has been a great insight into different ways of working

Olivia Stevens Junior Nutritionist, British Nutrition Foundation



"My experience at the British Nutrition Foundation has given me fantastic opportunities and projects which have developed my skills and knowledge in nutrition - it's the best start to my nutrition career!"

Jessica Foster Junior Nutritionist, British Nutrition Foundation



Educating people



Much of our work in educating people is to provide evidence-based information to help develop knowledge and skills that inspire children and young people, in a challenging food environment, to make healthier, more sustainable food choices.

Claire Theobald
Education Services Manager



Comments from teachers and pupils included:

The recipe is lovely and was really easy to follow. It tasted amazing!

Year 9 pupil Bristol

...they liked doing a new recipe and enjoyed the food they made. A lot of them said they would make it again at home, that is our ultimate goal/measure of success with the students, so it was a really successful aspect for us!

Teacher



As a qualified food teacher, I understand the challenges that many teachers face in delivering food lessons in schools. The aim of the work we do is to help schools integrate comprehensive food and nutrition education into their curriculum, providing accessible resources to support busy teachers to deliver high quality food lessons.

Frances Meek
Education Services Manager



Ingredients into schools

Learning cooking skills at school is a key part of food education, but the cost of ingredients can be a barrier to accessing practical lessons in schools.



Our *Ingredients into Schools* pilot programme provided free ingredients for schools together with recipes and classroom resources, along with guidance on how to cook with the ingredients. Specific attention was paid to inclusion and recipes designed to ensure that all children were able to participate.

15 schools and 2,583 students participated in the pilot programme, and 90% of teachers involved agreed that the activity increased students' knowledge, skills and confidence to cook with the ingredients. 27% of schools reported a positive effect on student attendance levels, underscoring the program's broader benefits.

Ingredients into Schools was funded by the Agriculture and Horticulture Development Board (AHDB) with additional support from Lidl GB and UK Flour Millers.



BBC Bitesize

BBC Bitesize is the BBC's free online study support resource for school-age pupils in the UK. Around 1.5 million children per week use BBC Bitesize and it is used by over 60% of primary school children.

In 2023, BBC Bitesize identified a need for new educational resources in Cooking and Nutrition, to address a gap in its Design & Technology offering for Key Stage 1 and Key Stage 2 children.

BBC Bitesize was keen to work with experts to align with best practice in the field and approached the British Nutrition Foundation to develop content on healthy eating and nutrition.

This content, covering healthy eating, nutrients and energy, was launched in April 2024. Designed to be used by primary school pupils, the articles are simple, visual and engaging with key facts and quizzes to consolidate learning.

pHood Futures

In collaboration with the Royal Society of Chemistry, the pHood Futures project used food science to engage Key Stage 3 pupils in chemistry. Using a Theory of Change as the basis, the British Nutrition Foundation Education Team designed the project to focus on:

- a better knowledge of chemistry through food,
- more positive attitudes towards chemistry and the science of food,
- greater self-identification with chemistry, and
- an improved ability to discuss chemistry-related job opportunities.

The project reached 1,464 students in Years 7, 8 and 9, in schools with a higher-than-average eligibility for Pupil Premium funding. Teachers responded positively to the project, citing the quality of resources and the fit with Key Stage 3.

Comments from teachers included:



[Resources] were almost oven-baked... perfectly laid out, easy to follow.

[It] allowed us to expand students' knowledge of different ingredients but most important it's helped with their engagement and interest.

pHood Futures was funded by the Royal Society of Chemistry

Recognising support in communities

Since 2022, we have recognised individuals supporting vulnerable people to eat more healthily in our communities with the British Nutrition Foundation Drummond Community Award.

Our winner this year was the team at Be Enriched, a charity providing free meals for anyone who is lonely or in need in the Lambeth, Southwark and Wandsworth areas of London, using surplus food. Be Enriched also has a greengrocer bus and a Kids Club.

The runner up was chef and food educator Jo Ingleby, Director of The Children's Kitchen, a project working with 16 early years settings in deprived areas of Bristol and Nottinghamshire to deliver cookery demonstrations and hands-on workshops for children and their families.



British Nutrition Foundation Education Awards

The Drummond Fund also allows us to recognise the achievements of young people who have received the highest grades in a food-related subject at GCSE/National 5 and Advanced Higher /Level 3. The winners and their teachers this year were:

GCSE and National 5

AQA – Zainab Aluzri and Caroline Carter, Heckmondwike Grammar School, Heckmondwike

AQA – Abbey Bonnet and Isabel Garrett, The Castle School, Thornbury

Eduqas – Hannah Brewer and Emma Bader, Reigate Grammar School

WJEC – Beth Johnstone and Gwenan Owen, Ysgol Syr Hugh Owen, Caernarfon

WJEC – Harriet Edwards and Kathryn Malloys, Cowbridge Comprehensive School

OCR – Amelie Driver and Sarah Rees, Chesham Grammar School

SQA – Katie Morrison and Craig Thomson, Mearns Castle High School, Glasgow

Advanced Higher and Level 3

WJEC – Charlotte Rysiecki and Tabby Willis, St John's, Marlborough

SQA – Lauren Smith and Laura Cooper, Bishopbriggs Academy, Bishopbriggs



We want a future where everyone has a healthy, sustainable diet. Tackling diet-related ill health needs action across our society.





Trustees’ Annual Report & Accounts

Legal and administrative information

DIRECTORS AND TRUSTEES

For the purposes of charity law, the directors of the charitable company (the charity) are its Trustees:

- Professor John Mathers (Chair)
- Alyson Greenhalgh-Ball (Vice-Chair)
- Professor Colin Dennis CBE, DL
- Rosalie Forde (appointed 1st April 2024)
- Samantha Fulton
- Desiree Irving-Brown (Treasurer)
- Graeme Findlay (retired 31st December 2023)
- Professor Susan Lanham-New
- Professor Bernadette Moore
- Louise Redmond
- Luke Stockill
- Paul Wheeler
- Alisdair Wotherspoon

OUR PATRON

Her Royal Highness, The Princess Royal

HONORARY PRESIDENT

Judith Batchelar OBE

KEY MANAGEMENT PERSONNEL

Elaine Hindal, Chief Executive
Sara Stanner, Science Director
Alan Black, Director, Food Systems Transformation

Company registered number: 00898651

Registered charity number England and Wales: 251681

Registered charity number Scotland: SC040061

Registered office: X + Why, 4 Fulwood Place, London WC1V 6HG (from 1st August 2024).

PROFESSIONAL ADVISORS

Accountants
TC Group (formerly Crossley Third Sector), Star House, Star Hill, Rochester, Kent, ME1 1UX

Auditor
Moore Kingston Smith, 9 Appold Street, London EC2A 2AP

Banker
Barclays Bank, Barclays Business, 1st Floor, 27 Soho Square, London, W1D 3QR

Investment Management
Charles Stanley, 25 Luke Street, London, EC2A 4AR

Solicitor
Reed Smith LLP, Beaufort House, 15 St Botolph Street, London, EC3A 7EE

Governance

The British Nutrition Foundation is a company limited by guarantee (company number: 0089651), governed by its Memorandum and Articles of Association. It is registered as a charity with The Charity Commission (charity number: 251681) and the Scottish Charity Regulator (charity number: SC040061). Its Trustees are also the sole members of the company.

Purpose

The British Nutrition Foundation delivers evidence-based information on food and nutrition to benefit public health. Its objects are:

- to advance the education of the public, and those involved in training and the education of others, in nutrition; and
- to advance the study of and research into nutrition for the public benefit and disseminate and publish the useful results of such research.

Governing document

The Charity Governance Code stresses the importance of board effectiveness, and we follow the recommended practices that the Code sets out, for example:

- The Chair, working with the Chief Executive, plans the Board’s programme of work and its meetings.
- The Board has a Vice-Chair to provide a sounding board for the Chair and additional coaching support for the Chief Executive.
- Trustees discuss their motivations and communications styles, using the DISC model. Trustees ‘buddy up’ to connect with each other between Board and Committee meetings.
- This year, the Board has sought specialist, independent advice on VAT and investment policy.

- The Board regularly considers the mix of skills, knowledge and experience it needs to govern, lead and deliver the charity’s purposes effectively.

Under its Memorandum and Articles of Association, the Board may comprise no more than 12 Trustees. Trustee appointments are led by an independent Nominations Committee, chaired by Professor Christine Williams, through a formal, rigorous and transparent recruitment process which includes advertising vacancies widely. Trustee recruitment is informed by a regular skills audit, and appointments made solely on merit against objective criteria.

Trustee appointments are recommended to the Board by the Nominations Committee. Trustees are appointed by the Board and serve for a term of three years, with each trustee able to serve for a maximum of nine years. The Board has the power to co-opt members to its sub-Committees to fill specialist roles or to provide independent expert advice.

The British Nutrition Foundation has a formal procedure for inducting Trustees and provides key reference documents to ensure that newly appointed Trustees are fully aware of the Foundations strategy, activities, and their responsibilities. Additional training is provided at the request of Trustees.

The Board reviews its own performance and that of individual trustees annually, through a confidential survey and one to one interviews with the Chair and Vice Chair.

The composition of the Board is weighted towards those from the scientific academic community.

Two board sub-committees cover Finance, Audit & Risk, chaired by the Treasurer (currently Desiree Irving-Brown) and HR & Remuneration, chaired by a Trustee (currently Louise Redmond).

The Board and senior leadership are supported by an independent Advisory Committee, chaired by Professor Janet Cade of Leeds University. In addition, independent scrutiny of our scientific agenda and workplan is provided by the Scientific Committee, chaired by Science Director, Sara Stanner.

The Chief Executive is appointed by the Board of Trustees to manage the day-to-day operations of the Foundation. The Chief Executive has delegated authority for operational matters in line with the policies that have been approved by the Board of Trustees. They are appraised annually by the Chair and the Board of Trustees.

Related parties and cooperation with other organisations

Trustees and members of the Advisory Committee, Scientific Committee and Nominations Committee do not receive any remuneration or other benefit from their work with the British Nutrition Foundation.

Any connection between Trustees, members of Committees, or senior managers with any member, supplier or partner of the British Nutrition Foundation must be declared in accordance with the Foundation’s Conflict of Interest Policy and included in the Register of Interests.

Declarations of interest are required to be given at each Board meeting and at all meetings of the Foundation’s Committees.

Equity, diversity and inclusion

At the British Nutrition Foundation, we recognise the importance of equity, diversity and inclusion (EDI) as set out in the Charity Governance Code. As a leading UK voice in nutrition, we recognise that promoting health and well-being extends beyond the science of food and requires a commitment to ensuring fair access, representation, and opportunities for all.

Inclusion is the cornerstone of our efforts to foster a welcoming and supportive community.

We are more effective when we reflect different perspectives, experiences and skills, and seek views from internal and external stakeholders, our advisors and partners, members of the British Nutrition Foundation and the public. However, we recognise that as an organisation and in nutrition science more broadly, we do not represent fully the range of audiences we need to and are less effective and impactful as a result.

We have made a significant commitment to EDI in the past year, and for the first time, are gathering data to understand the diversity of our staff team and governance. Based on this, we have made changes to our recruitment processes, such as using ‘blind’ CVs and more informal assessment methods, as well as re-thinking our ‘essential’ criteria for roles to broaden our pool of candidates.

All content creation now has an ‘EDI’ lens, a commitment to ensuring content is accessible, relevant and representative in all we do.

In addition to protected characteristics, we use data on pupil premium and free school meals eligibility to inform our education programme, and our annual refresh of Food a fact of life educational content helps ensure that ingredients, recipes and lesson plans reflect the range of children’s dietary needs and preferences and are accessible to all skill levels.

As a member of the Academy of Nutrition Sciences, we have raised the importance of EDI in nutrition and in nutrition research more broadly and we will continue to seek opportunities to raise the importance of EDI in the wider profession. The Board has appointed trustee Rosalie Forde as its EDI Champion, working alongside Ayela Spiro in the staff team, to help drive this important agenda.

Through our events, publications, and partnerships, we aim to create opportunities to share scientific evidence and, bringing together diverse views, build consensus on topical issues from a broad representation in nutrition.

By amplifying diverse voices and perspectives, we aim to drive positive change that reflects the needs and aspirations of everyone, and a more equitable and nourished future for generations to come.



Principal risks and uncertainties

Identifying and managing the risks that the charity may face is a key part of our governance. By managing risk effectively, trustees can help ensure that:

- significant risks are known and monitored, enabling trustees to make informed decisions and take timely action;
- the charity makes the most of opportunities and develops them with the confidence that any risks will be managed;
- forward and strategic planning are improved, and
- the charity’s aims are achieved more successfully.

In line with the Charity Commission’s Guidance on ‘Charities and Risk Management’, the Board of Trustees operates a risk management approach which involves review of the principal risks facing the Foundation and the controls and actions in place to mitigate them.

A risk register is maintained and reviewed at each meeting by both the Finance, Audit & Risk Committee and the HR & Remuneration Committee, the Chairs of which report any changes to the Board at each meeting. The Board considers any significant changes to the risk register as they arise and reviews the risk register in full on an annual basis.

The Trustees consider the following to be the principal risks currently facing the Foundation:

Reputation

The Charity Governance Code sets out the importance of public trust and confidence in the work of charities. As a charity that receives both membership subscriptions and corporate donations from supermarkets, food manufacturers, contract caterers and other food-related organisations, we recognise the risk to reputation from critics

who would argue – without evidence - that the British Nutrition Foundation is biased in favour of the food industry in its interpretation of science and evidence, or that the charity advocates for regulatory changes that solely favour industry.

This is a growing issue for all – including Government, researchers and NGOs – who believe that working with food industry organisations is essential for the translation of evidence in nutrition science to products and services, and if we are to achieve significant improvement in the food environment.

The Charity Governance Code stresses the importance of integrity, and that charity Boards make objective decisions without undue influence by special or personal interests. The British Nutrition Foundation has in place a Code of Conduct setting out expected standards of behaviour and the importance of identifying, dealing with and recording conflicts of interest. Recognising the importance of safeguarding our independence, this year we have:

- strengthened our Conflicts of Interest Policy and put in place a new Transparency Policy;
- revised our Ethical Policy, to which all corporate members are required to adhere. Our Transparency Policy and Ethical Policy are published on our website;
- expanded the Editorial Advisory Board of our journal *Nutrition Bulletin*. The Board comprises more than 30 members, drawn from a range of academic specialisms in nutrition science and represent institutions in the UK, Europe, China, North America and South America;
- continued to invest in the Patient Information Forum (PIF) TICK, the UK quality mark for trustworthy

health information, and followed the processes recommended by PIF for content creation;

- proactively met with journalists and other media commentators, to inform them about our work and the safeguards we have in place to protect our impartiality. We are carefully mapping our key stakeholders and have a stakeholder contact strategy in place, and
- ensured that our position statements on potentially controversial topics in nutrition, such as ultra-processed foods and the use of weight-loss drugs, are scrutinised and approved by our external Scientific Committee.

In addition, this year, the Board asked trustee Professor Colin Dennis to chair a sub-group of trustees and Committee members to consider the issue of reputational risk in some detail. The work of this Task and Finish group is ongoing and will inform recommendations to the Board of Trustees.

The Board of Trustees continues to monitor the reputation of the Foundation through regular assessments of stakeholder perceptions and trust in the independence of the information we provide.

Financial sustainability

Income certainty and diversity remains a key risk for the organisation, given the continued pressure on research funding, corporate charitable donations, and funding from government, trusts and foundations.

We pay particular attention to our income pipeline through monthly Managers Meetings, and each of the budget holders meet with our financial team monthly to monitor income opportunities and carefully control expenditure. This year, we introduced a new Procurement Policy to provide guidance to budget holders on expenditure.

We have also paid careful attention to our pricing strategy for corporate membership this year, to ensure that unavoidable inflationary increases are recovered by an annual review of subscription levels and other commercial fees.

In 2023-24, 44% of our income was from sources other than membership subscriptions and corporate donations, a change of +3% on 2022-23, and we continuing to explore opportunities for growth from academic partnerships, government, trusts and foundations and partnerships with other non-profit organisations.

We are hopeful that the UK's re-entry into the Horizon Europe research programme will present opportunities for the British Nutrition Foundation to work with researchers and universities to a greater degree than we have been able to since leaving the EU.

The Board, supported by the Finance, Audit & Risk Committee, continues to monitor in detail its financial position and is content that appropriate financial controls are in place.

People

This year, we restructured the organisation better to align with our strategy, and to provide time and capacity for our Science Team to explore new partnerships and sources of impact and growth.

As we embed a new set of values for the organisation, we are encouraging cultural change towards more agile, proactive ways of working without compromising our focus on science and our commitment to being evidence-based, and a more inclusive culture to allow everyone to have a say. This culture will be facilitated by an office move in August 2024, to a space more conducive to collaborative working.

Whilst we believe our 'people' risks are well managed and have reduced somewhat in 2023-24, we remain committed to supporting our people through learning and development and to seek opportunities to promote from within where we can.

The HR & Remuneration Committee has oversight of all people issues within the Foundation and receives reports on staff survey feedback and training needs arising from annual performance appraisals.



Financial Review

The statement of the British Nutrition Foundation's financial activities for the year is set out on page 32 of the Annual Report.

Total income for 2023-24 was £1.637m (2023: £1.533m). Voluntary income for the year was £920,546 (2023: £911,184). Investment income for the year was £30,898 (2023: £23,240).

2023-24 was agreed to be a further investment year by the Trustees, enabling the Charity to explore new opportunities. However, the planned deficit was offset by savings in staffing and other items over the course of the year and better than anticipated investment returns resulting in a small surplus of £30k.

Funding

Of the income received of £1.637m in 2023-24, the British Nutrition Foundation received £207,613 from membership subscriptions (2023: £196,149) and a further £712,933 in donations from corporate members (2023: £715,035). All voluntary income is unrestricted.

In addition, the British Nutrition Foundation generated £650,832 (2023: £569,826) from consultancy projects from several corporate members, non-member commercial food organisations and Trusts and Foundations.

The British Nutrition Foundation raised £34,561 (2023: £28,776) from publications, largely due to its journal *Nutrition Bulletin*.

Fundraising

As a charity, we follow the Charity's Commissions guidance (CC20) on fundraising and comply with fundraising regulations. British Nutrition Foundation is registered with the Fundraising Regulator and is committed to following the Code of Fundraising Practice and the Fundraising Promise. Details of our registration can be found on the Fundraising Regulator's website.

During 2024-25, the British Nutrition Foundation did not carry out any public fundraising activities, either directly or through other parties, and has no plans to do so in the immediate future. Consequently, the British Nutrition Foundation is not subject to any undertaking to be bound by any voluntary scheme for regulating fundraising. The British Nutrition Foundation received no complaints in the year regarding fundraising activities.

Expenditure on charitable activities

Charitable expenditure for the year was £1.533m (2023: £1.502m).

Staffing costs

A focus of our expenditure in 2023-24 has been to increase staff capacity in the year, with staffing costs +6% ahead of 2023.

Expenditure on staffing costs for the year was £1.13m (2023: £1.070m). This increase is due to the average number of persons employed by The British Nutrition Foundation increasing during the year.

Expenditure on raising funds

Support costs are allocated to the cost of raising funds and charitable activities based on staff time.

Expenditure on raising funds for the year was £119,532 (2023: £113,565).

Net assets

The total net assets of the Foundation were £1.510m at 31 May 2024 (2023: £1.477m).

Investment policy

This year, the Trustees considered the Foundation's investment policy and continue to take the view that the preservation of capital with a low-medium risk approach is appropriate in the current climate. Our investment strategy remains conservative and, in line with our charitable objects and purpose as a health-related charity, we do not permit investments in armaments, tobacco and alcohol. The Board reviews its investment policy annually and takes advice from the charity's investment managers on ethical investments.

The invested funds held on deposit for the Foundation (excluding those held in the Foundation's current account) achieved income of £30,898 (2023: £23,240) for the year.

The British Nutrition Foundation held total cash and investments of £743,581 as at 31 May 2024 (2023: £678,940).

Reserves policy and going concern

It is the intention of the Trustees to maintain sufficient reserves to ensure the ongoing viability of the Foundation notwithstanding a significant shortfall in funding or other unexpected events.

The Foundation's Reserves Policy is reviewed annually by the Board of Trustees. The Board agree that a general reserve level should be maintained at a minimum of £650,000 to allow cover for the cost of closure and limited running for six months, and that an amount should be designated for future strategic development and investment in our websites.

General reserves at 31 May 2024 were £1.343m (31 May 2023: £1.300m).

Based on continued uncertainty of charitable income (largely due to increased competition for trusts and foundations income, research grants and commercial pressures on corporate donations) and further investment during 2024, at the time of approving the accounts, the Trustees have continued to review in detail three-year projections for income and expenditure and have a reasonable expectation that the Foundation has adequate resources to continue in operational existence for the foreseeable future. Thus, the Trustees continue to adopt the going concern basis of accounting in preparing the accounts.

Designated funds

The British Nutrition Foundation continues to manage the Drummond Memorial Fund. In 2023-24, incoming resources into the fund were nil and outgoing expenditure was £13,080. The value of the Fund at 31 May 2024 was £109,786 (2023: £122,866).

Internal controls

Day-to-day financial management of the British Nutrition Foundation is supported by an independent accountancy firm with considerable experience in the non-profit sector.

The Finance, Audit & Risk Committee receive the management accounts in full each month and review them in detail at each Committee meeting. A report of the Committee proceedings is a standing item on the full Board agenda, allowing for any issues to be raised.

The Foundation's Financial Policy sets out internal controls to counter the risk of fraudulent or inappropriate use of funds. This year, we updated the Travel Expenses Policy, and introduced a Procurement Policy and a Serious Incidents Reporting Policy & Procedure, highlighting the importance of reporting serious incidents promptly to reduce the risk of fraud or other serious incidents.

Training on our financial Policies is provided annually to all budget holders.

Detailed annual budgets are prepared each year for review by the Finance, Audit & Risk Committee and approval by the Board of Trustees. Quarterly forecasts for income, expenditure and cash flow are prepared for the Committee and reviewed in detail.

In 2024, an updated 3-year financial plan was presented to and approved by Trustees to provide context for the 2024-25 Budget.

Outlook

Looking ahead, a new government may present opportunities for a fresh look at the UK's National Food Strategy and the growing demands on our national health service due to increasing levels of diet-related ill health. In this context, taking an evidence-based approach and providing sound information and advice is timely and important.

Our priorities for 2024-25 are based on a detailed forecast of income, cash flow and expenditure and focus on delivering in each area of our Strategy:

Advocating science and building consensus:

Our work to advocate science spans the publication of our journal *Nutrition Bulletin*, our Annual Conference, events, and thought-leadership content to make scientific information accessible to a wider audience.

The British Nutrition Foundation will continue as OIRC coordinator in 2024-25, and our work on ultra-processed foods (UPF) continues with 'UPF2' – a programme of horizon scanning, a food technology roundtable event and a series of webinars to share findings as global research on UPF continues to emerge.

We will continue to promote our journal, *Nutrition Bulletin*, and the British Nutrition Foundation Drummond Awards programme.

Our supported internships with Marks & Spencer and McDonalds are expected to continue in 2024-25.

In 2024-25, we plan a 'Science deep dive', a detailed review of our research partnerships and standing, to inform more proactive marketing of the British Nutrition Foundation as a partner to researchers in research engagement, dissemination and the translation of science to industry, community and other stakeholder audiences.

In addition, we shall be seeking opportunities to work in partnership with experts in sustainability and provide expertise on the impact on food and nutrition of our changing climate.

Changing the food environment

Working with our corporate members remains a priority and we will seek to focus on fewer, bigger projects that can deliver impact at scale, and our focus on the out of home (OOH) sector will continue in 2024-25, as we further develop our OOH Member Forum.

As this year, we expect a diverse range of member projects, from supporting nutrition strategy development and implementation, to modelling the impact of dietary changes, stakeholder consultations, training and advice.

Following the change in government in the UK, we shall seek to engage with a new range of stakeholders, at a national and local level. Where

opportunities arise, we will support appropriate campaigns by others that seek to improve the food environment, particularly for the most vulnerable.

Educating people

In 2024-25, we will build on our new website, nutrition.org.uk, and plan to expand our website user panel, allowing us to test content for understanding and accessibility. All of our content development will be informed by EDI considerations and SEO insights.

In our education programme, we will continue to deliver the Oak National Academy's curriculum and lesson programme in partnership with the Design & Technology Association, and with a new government in place, continue to advocate for the importance of food education in schools.

Building on our nutrition expertise, we are bringing more nutrition information into our education programme with a planned review of recipes and online tools to allow recipes to be adjusted for dietary needs and preferences. Work to relaunch the Food, a fact of life website in May 2025 is in hand, and, building on our pilot in 2023-24, we hope to expand our Ingredients into Schools programme in 2024-25 with the support again of the Agriculture and Horticulture Development Board.





Trustees' Report

for the year ended 31 May 2024

Statement of Trustees' Responsibilities

The Trustees, who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 May 2023.

The Trustees have adopted the provisions of the Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland issued in July 2014.

The Trustees are responsible for preparing the financial statements in accordance with applicable law regulations. The Trustees have elected to prepare the financial statements in accordance with United Kingdom Generally Accepted Accounting Practice (United Kingdom Accounting Standards).

Company law requires the Trustees to prepare financial statements for each financial period that gives a true and fair view of the state-of-affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period.

In preparing those financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- comply with applicable accounting standards, including FRS 102, subject to any material departures disclosed and explained in the financial statements;
- state whether a Statement of Recommended Practice (SORP) applies and has been followed, subject to any material departures which are explained in the financial statements;
- make judgments and estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis, unless it is inappropriate to presume that the company will continue in business.

The Trustees are responsible for keeping proper accounting records that disclose, with reasonable accuracy at any time, the financial position of the charitable company; and to enable them to ensure that the financial statements comply with the Companies Act 2006, the Charities and Trustee Investment (Scotland) Act 2005, and the Charities Accounts (Scotland) Regulations 2006 as amended by The Charities Accounts (Scotland) Amendment (No. 2) Regulations 2014.

They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

In so far as the Trustees are aware:

- there is no relevant audit information of which the charitable company's auditor is unaware;
- the Trustees have taken all steps that they ought to have taken to make themselves aware of any relevant audit information and to establish that the auditor is aware of that information.

Auditors Moore Kingston Smith have expressed their willingness to remain in office as auditors of the charitable company. These accounts have been prepared in accordance with the provisions of Part 15 of the Companies Act 2006 relating to small companies.

This report was approved by the Board of Trustees on 15th October 2024 and signed on its behalf by:

Professor John Mathers
Chair, Board of Trustees
Date: 15th October 2024



Looking at the health of the UK population, it is clear that we have much to do to ensure that people do not spend a significant proportion of their later life in poor health.





Independent Auditor’s Report to the Members and Trustees of the British Nutrition Foundation

Opinion

We have audited the financial statements of The British Nutrition Foundation for the year ended 31 May 2024 which comprise the Statement of Financial Activities, the Balance Sheet, the Cash Flow Statement and notes to the financial statements, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102 The Financial Reporting Standard applicable in the UK and Republic of Ireland (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31 May 2024 and of the incoming resources and application of resources, including its income and expenditure, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the Companies Act 2006, the Charities and Trustee Investment (Scotland) Act 2005 (as amended), regulations 6 and 8 of the Charities Accounts (Scotland) Regulations 2006 (as amended) and the Charities Act 2011.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs(UK)) and applicable law. Our responsibilities under those standards are further described in the Auditor's Responsibilities for the audit of the financial statements section of our report. We are independent of the charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charitable company's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

Other information

The other information comprises the information included in the annual report, other than the financial statements and our auditor's report thereon. The trustees are responsible for the other information. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether there is a material misstatement in the financial statements or a material misstatement of the other information. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

Opinions on other matters prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of the audit:

- the information given in the trustees' annual report for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the trustees' annual report has been prepared in accordance with applicable legal requirements.

Matters on which we are required to report by exception

In the light of the knowledge and understanding of the charitable company and its environment obtained in the course of the audit, we have not identified material misstatements in the trustees' annual report.

We have nothing to report in respect of the following matters where the Companies Act 2006, the Charities Accounts (Scotland) Regulations 2006 (as amended) and the Charities Act 2011 require us to report to you if, in our opinion:

- the charitable company has not kept adequate and sufficient accounting records, or returns adequate for our audit have not been received from branches not visited by us; or
- the charitable company's financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of trustees' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit; or

- the trustees were not entitled to prepare the financial statements in accordance with the small companies regime and take advantage of the small companies exemption in preparing the Trustees' Annual Report and from preparing a strategic report.

Responsibilities of trustees

As explained more fully in the trustees' responsibilities statement, the trustees (who are also the directors of the charitable company for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the trustees are responsible for assessing the charitable company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

Auditor's responsibilities for the audit of the financial statements

We have been appointed as auditor under Section 44(1)(c) of the Charities and Trustee Investment (Scotland) Act 2005, the Companies Act 2006 and Section 151 of the Charities Act 2011 and report to you in accordance with regulations made under those Acts.

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an

auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The extent to which our procedures are capable of detecting irregularities, including fraud is detailed below.

Explanation as to what extent the audit was considered capable of detecting irregularities, including fraud

The objectives of our audit in respect of fraud, are; to identify and assess the risks of material misstatement of the financial statements due to fraud; to obtain sufficient appropriate audit evidence regarding the assessed risks of material misstatement due to fraud, through designing and implementing appropriate responses to those assessed risks; and to respond appropriately to instances of fraud or suspected fraud identified during the audit. However, the primary responsibility for the prevention and detection of fraud rests with both management and those charged with governance of the charitable company.

Our approach was as follows:

- We obtained an understanding of the legal and regulatory requirements applicable to

the charitable company and considered that the most significant are the Companies Act 2006, the Charities and Trustee Investment (Scotland) Act 2005 (as amended), regulations 6 and 8 of the Charities Accounts (Scotland) Regulations 2006 (as amended), the Charities Act 2011, the Charity SORP, and UK financial reporting standards as issued by the Financial Reporting Council.

- We obtained an understanding of how the charitable company complies with these requirements by discussions with management.
- We assessed the risk of material misstatement of the financial statements, including the risk of material misstatement due to fraud and how it might occur, by holding discussions with management.
- We inquired of management and those charged with governance as to any known instances of non-compliance or suspected non-compliance with laws and regulations.
- Based on this understanding, we designed specific appropriate audit procedures to identify instances of non-compliance with laws and regulations. This included making enquiries of management and obtaining additional corroborative evidence as required.

As part of an audit in accordance with ISAs (UK) we exercise professional judgement and maintain professional scepticism throughout the audit. We also:

- Identify and assess the risks of material misstatement of the financial statements, whether due to fraud or error, design and perform audit procedures responsive to those risks, and obtain audit evidence that is sufficient and appropriate to provide a basis for our opinion.

The risk of not detecting a material misstatement resulting from fraud is higher than for one resulting from error, as fraud may involve collusion, forgery, intentional omissions, misrepresentations, or the override of internal control.

- Obtain an understanding of internal control relevant to the audit in order to design audit procedures that are appropriate in the circumstances, but not for the purposes of expressing an opinion on the effectiveness of the charitable company's internal control.
- Evaluate the appropriateness of accounting policies used and the reasonableness of accounting estimates and related disclosures made by the trustees.
- Conclude on the appropriateness of the trustees' use of the going concern basis of accounting and, based on the audit evidence obtained, whether a material uncertainty exists related to events or conditions that may cast significant doubt on the charitable company's ability to continue as a going concern. If we conclude that a material uncertainty exists, we are required to draw attention in our auditor's report to the related disclosures in the financial statements or, if such disclosures are inadequate, to modify our opinion. Our conclusions are based on the audit evidence obtained up to the date of our auditor's report. However, future events or conditions may cause the charitable company to cease to continue as a going concern.
- Evaluate the overall presentation, structure and content of the financial statements, including the disclosures, and whether the financial statements represent the underlying transactions and events in a manner that achieves fair presentation.

We communicate with those charged with governance regarding, among other matters, the planned scope and timing of the audit and significant audit findings, including any significant deficiencies in internal control that we identify during our audit.

Use of our report

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006; and to the charity's trustees, as a body, in accordance with Section 44(1)(c) of the Charities and Trustee Investment (Scotland) Act 2005, and in accordance with Chapter 3 of Part 8 of the Charities Act 2011. Our audit work has been undertaken so that we might state to the charitable company's members and trustees those matters which we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to any party other than the charitable company, the charitable company's members, as a body, and the charity's trustees, as a body for our audit work, for this report, or for the opinion we have formed.

Moore Kingston Smith LLP

Luke Holt
(Senior Statutory Auditor)
for and on behalf of Moore Kingston Smith LLP, Statutory Auditor

Date: 12/12/2024

9 Appold Street,
London, EC2A 2AP

Moore Kingston Smith LLP is eligible to act as auditor in terms of Section 1212 of the Companies Act 2006.



Statement of Financial Activities

for the year ended 31 May 2024

	Note	Unrestricted Fund £	Restricted Fund £	Total 2024 £	Total 2023 £
Income					
<i>Income from:</i>					
Voluntary income	2	920,546	-	920,546	911,184
Investment income	3	30,898	-	30,898	23,240
Charitable activities	4	656,793	28,600	685,393	598,602
Total Income		1,608,237	28,600	1,636,837	1,533,026
Expenditure					
<i>Expenditure on:</i>					
Raising funds	5	119,532	-	119,532	113,565
Charitable activities		1,507,312	26,150	1,533,462	1,502,073
Total expenditure		1,626,844	26,150	1,652,994	1,615,638
Unrealised gain / (losses) on investments	9	48,809	-	48,809	(23,837)
Realised gains on investments		744	-	744	2,681
Net income		30,946	2,450	33,396	(103,768)
Other gains / (losses) on foreign exchange		(852)	-	(852)	1,220
Net movement in funds		30,094	2,450	32,544	(102,548)
Funds as at 1st June 2023	15	1,442,831	34,225	1,477,056	1,579,604
Funds as at 31st May 2024		1,472,925	36,675	1,509,600	1,477,056

The notes on pages 36 to 47 form part of these financial statements.
All of the operations of the Foundation are continuing.

Balance Sheet

for the year ended 31 May 2024

	Note	2024 £	2024 £	2023 £	2023 £
Fixed Assets					
Intangible Assets	7		91,354		87,530
Tangible Assets	8		10,340		6,787
Investments	9		743,581		678,940
			845,275	773,257	
Current Assets					
Debtors	10	137,712		100,015	
Cash at bank and in hand		806,620		840,459	
			944,332	940,474	
Creditors: Amounts falling due within one year					
	11	280,007		236,675	
Net Current Assets			664,325	703,799	
Total Net Assets			1,509,600	1,477,056	
Funds					
Restricted funds	13		36,675		34,225
Unrestricted funds:					
Designated funds	14		129,449		142,529
General funds	15		1,343,476		1,300,302
			1,509,600	1,477,056	

These accounts have been prepared in accordance with the provisions of Part 15 of the Companies Act 2006, relating to small companies. The financial statements on pages 32 to 47 were approved and authorised for issue by the Board of Trustees on 15 October 2024 and signed on its behalf by:

Chairman of the Board of Trustees – Prof John Mathers

Trustee – Ms D Irving-Brown

Companies House No. 898651

Statement of Cash Flows

for the year ended 31 May 2024

	Note	2024 £	2023 £
Cash flow from operating activities			
Net cash provided (used in)/by operating activities	(i)	(18,471)	(86,800)
Cash flow from investing activities			
Bank interest received		9,669	4,956
Investment income		21,229	18,284
Acquisition of fixed asset investments		(7,471)	(4,000)
Proceeds from disposal of fixed asset investments		8,316	15,573
Profit / (Loss) on Forex		(852)	1,220
Purchase of intangible assets		(20,464)	(79,196)
Purchase of tangible fixed assets		(9,863)	(5,531)
Net cash (used in)/provided by investing activities		564	(48,696)
Change in cash and cash equivalents		(17,907)	(135,496)
Cash and cash equivalents at the beginning of the year		901,144	1,036,640
Cash and cash equivalents at the end of the year	(ii)	883,237	901,144
Analysis of changes in net debt			
	As at 01 June 2023 £	Cash Flows £	As at 31 May 2024 £
Cash at bank and in hand	473,199	(11,578)	461,621
Cash held on deposits and investments	427,945	(6,329)	421,616
	901,144	(17,907)	883,237

Statement of Cash Flows

for the year ended 31 May 2024

	2024 £	2023 £
(i) Reconciliation of net income to net cash flow from operating activities		
Net income	32,544	(102,548)
Adjustments for:		
Depreciation charge	6,310	4,553
Amortisation charge	14,556	10,302
Bank interest received	(9,669)	(4,956)
Investment income	(21,229)	(18,284)
(Profit) / Loss on Forex differences	852	(1,220)
(Profit) on sale of investments	(744)	(2,681)
Loss on disposal of Fixed Assets	2,083	–
Revaluation of investments	(48,809)	23,837
Decrease / (Increase) in debtors	(37,697)	26,383
Increase / (Decrease) in creditors	43,332	(22,186)
Net cash provided by / (used in) operating activities	(18,471)	(86,800)
(ii) Analysis of Cash and cash equivalents		
	As at 31 May 2024 £	As at 1 June 2023 £
Cash at bank and in hand	461,621	473,199
Cash held on deposits and investments	421,616	427,945
	883,237	901,144



Notes to the Financial Statements

for the year ended 31 May 2024

1 Principal Accounting Policies

(a) Basis of preparation

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006. The British Nutrition Foundation meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note(s).

The trustees have assessed whether the use of the going concern basis is appropriate and have considered possible events or conditions that might cast significant doubt on the ability of the charitable company to continue as a going concern. The Trustees have made this assessment for a period of at least one year from the date of approval of the financial statements. After making enquiries the Trustees have concluded that there is a reasonable expectation that the charitable company has adequate resources to continue in operational existence for the foreseeable future based on a significant level of reserves and liquid assets in the form of investments which are readily available to convert into cash. For this reason the Trustees continue to adopt the going concern basis in preparing the financial statements.

The financial statements are prepared in sterling, which is the functional currency of the company. Monetary amounts in these financial statements are rounded to the nearest pound.

The British Nutrition Foundation is a private company, limited by guarantee, registered in England and Wales, registration number 898651. The registered office is New Derwent House, 69 - 73 Theobalds Road, London WC1X 8TA. The company is a registered charity, registered in England and Wales, registration number 251681 and in Scotland, registration number SC040061.

(b) Income

Income from member companies (including annual subscriptions) is accounted for on a receivable basis, but on a received basis in the case of donations. Government grants are accounted for on a receivable basis.

Investment income is recognised on a receivable basis.

Interest income is recognised on a receivable basis.

(c) Expenditure Allocation

The directors have allocated office costs and governance costs on the basis of the amount of time spent by each member of staff in each of the six areas of activity of the Foundation. Staff costs have been similarly apportioned.

(d) Cash and cash equivalents

Cash and cash equivalents includes cash in hand and current and fixed term deposits with bank, with a maturity date of less than 90 days.

(e) Governance Costs

Governance costs relate to the direct costs associated with the constitutional and statutory requirements of the Foundation and include the costs of external audit, secretariat and other constitutional related costs.



Notes to the Financial Statements

for the year ended 31 May 2024

(f) Depreciation of Tangible Fixed Assets

Depreciation is provided on fixed assets on the straight line method at the following rates::

Fixtures and fittings	20% p.a.
Computers and ancillary equipment	33.33% p.a.

Items of expenditure which provide enduring benefit to the Foundation are capitalised as assets if the cost (net of VAT) is more than £500. Expenditure of less than this amount is expensed through the Statement of Financial Activities.

At the end of each reporting period, the residual values and useful lives of assets are reviewed and adjusted if necessary.

(g) Employee Benefits

The costs of short-term employee benefits are recognised as a liability and an expense. The costs of any material unused holiday entitlement is recognised in the period in which the employee's services are received. Termination benefits are recognised immediately as an expense when the company is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

(h) Intangible Fixed Assets

Intangible fixed assets comprise of an online training platform and new website. Intangible fixed assets are recognised at cost and are subsequently measured at cost less accumulated amortisation and accumulated impairment losses. Amortisation is recognised so as to write off the cost or valuation of the assets less their residual values over their useful lives on the following bases:

Online training platform	33.33% p.a.
New Website	33.33% p.a.

The capitalisation threshold for intangible fixed assets is £500.

(i) Gifts in Kind

Gifts in kind and donated services and facilities are recognised within incoming resources and expenditure at an estimate of the value to the charity of the donated services or goods.

(j) Impairment of Fixed Assets

At each reporting end date, the charity reviews the carrying amounts of its tangible and intangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any).

(k) Operating Leases

Rentals payable under operating leases are charged to the Statement of Financial Activities as incurred over the term of the lease.

(l) Publications

It is the Foundation's policy not to include as stock the by-products from projects as the use of these is uncertain. When sales are made they are included in the SOFA on a receipts basis. The costs of the Foundation's publications and education material are written off in the year in which they are incurred.



Notes to the Financial Statements

for the year ended 31 May 2024

(m) Prizes

Prizes are accounted for when paid.

(n) Pension Scheme Arrangements

The Foundation provides a percentage of employees’ salaries which is paid into personal pension plans on behalf of employees. The percentage paid ranges from 4% to 12% of basic salary and is accounted for on an accruals basis.

(o) Funds

Unrestricted Funds - These are donations and other incoming resources receivable or generated for the objects of the charity without further specified purpose and are available as general funds.

Designated Funds – These form part of unrestricted funds and represent amounts set aside by the trustees for particular purposes. These funds may be returned to the general unrestricted funds at the trustees’ discretion.

Restricted Funds - These are funds which are to be used for specific purposes as laid down by the donor.

(p) Foreign Currencies

Transactions in foreign currencies are recognised at the rate of exchange at the date of the transaction. Monetary assets and liabilities are translated into sterling at the exchange rate on the balance sheet date. Exchange differences are recognized through the statement of financial activities.

(q) Financial instruments

The company has elected to apply the provisions of Section 11 ‘Basic Financial Instruments’ and Section 12 ‘Other Financial Instruments Issues’ of FRS 102 to all of its financial instruments. Financial instruments are recognised in the company’s balance sheet when the company becomes party to the contractual provisions of the instrument. Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

With the exceptions of prepayments and deferred income all other debtor and creditor balances are considered to be basic financial instruments under FRS 102. See notes 10 and 11 for the debtor and creditor notes. Other financial assets include investments (note 9) which are initially measured at fair value.

(r) Critical accounting estimates and areas of judgement

In the application of the company’s accounting policies, the directors are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

The most significant estimates and assumptions which affect the carrying amount of assets and liabilities in the accounts relate to:

The annual depreciation and amortisation charge for fixed assets are sensitive to change in the estimated useful economic lives and residual value of assets. These are reassessed annually and amended were necessary to reflect current circumstances.



Notes to the Financial Statements

for the year ended 31 May 2024

2 Voluntary income

	Total 2024 £	Total 2023 £
Donations	712,933	715,035
Subscriptions	207,613	196,149
	920,546	911,184

All voluntary income received in 2024 and 2023 is unrestricted income.

3 Investment income

	Total 2024 £	Total 2023 £
Bank interest	9,669	4,956
Investment income	21,229	18,284
	30,898	23,240

All investment income received in 2024 and 2023 is unrestricted income.

4 Income from charitable activities

	Total 2024 Unrestricted £	Total 2024 Restricted £	Total 2024 Unrestricted £	Total 2023 Restricted £
Projects	622,232	28,600	527,926	41,900
Publications	34,561	-	28,776	-
	656,793	28,600	556,702	41,900

Within Project Income for 2024 is £28,600 of restricted monies from the ASET Fund.

All income from charitable activities received in 2024 was unrestricted income.

Notes to the Financial Statements

for the year ended 31 May 2024

5 Total resources expended

	Unrestricted		Restricted		Total	Total
	Cost of raising funds	Charitable activities	Cost of raising funds	Charitable activities	2024	2023
	£	£	£	£	£	£
Charitable direct costs						
Projects	-	68,065	-	6,412	74,477	95,585
Science and Education services	-	11,115	-	-	11,115	8,115
Publications	-	307	-	-	307	455
Prizes and Awards	-	10,080	-	-	10,080	10,158
	-	89,567	-	6,412	95,979	114,313
Fundraising direct costs						
Publications	5,951	-	-	-	5,951	6,219
Investment management fees	5,118	-	-	-	5,118	5,061
Other fundraising costs	5,039	-	-	-	5,039	8,257
	16,108	-	-	-	16,108	19,537
Support costs						
Staff costs	70,860	959,687	-	19,738	1,050,285	1,024,563
General office costs	10,026	225,073	-	-	235,099	247,156
Depreciation	252	6,057	-	-	6,309	4,553
Amortisation	582	13,973	-	-	14,555	10,302
Profit / (Loss) on disposals	83	2,000	-	-	2,083	-
	81,803	1,206,790	-	19,738	1,308,331	1,286,575
Governance costs						
Salaries and office costs	-	82,017	-	-	82,017	53,057
Annual General Meeting	21,621	-	-	-	21,621	29,970
Legal and professional	-	84,093	-	-	84,093	52,668
Auditor's fees - current year audit	-	10,000	-	-	10,000	9,714
Auditor's fees - other	-	-	-	-	-	1,750
VAT Provision	-	24,289	-	-	24,289	36,249
Committee Expenses	-	10,556	-	-	10,556	11,806
	21,621	210,955	-	-	232,576	195,214
Total resources expended	119,532	1,507,312	-	26,150	1,652,994	1,615,638

Support costs are allocated to the cost of raising funds and charitable activities on the basis of staff time.

For a breakdown of the prior year comparative please see the next page.

Notes to the Financial Statements

for the year ended 31 May 2024

5 Total resources expended (continued)

	Unrestricted		Restricted		2023
	Cost of raising funds	Charitable activities	Cost of raising funds	Charitable activities	
	£	£	£	£	£
Charitable direct costs					
Projects	-	81,590	-	13,995	95,585
Science and Education services	-	8,115	-	-	8,115
Publications	-	455	-	-	455
Prizes and Awards	-	10,158	-	-	10,158
	-	100,318	-	13,995	114,313
Fundraising direct costs					
Publications	6,219	-	-	-	6,219
Investment management fees	5,061	-	-	-	5,061
Other fundraising costs	8,257	-	-	-	8,257
	19,537	-	-	-	19,537
Support costs					
Staff costs	52,812	971,751	-	-	1,024,563
General office costs	10,652	236,504	-	-	247,156
Depreciation	182	4,371	-	-	4,553
Amortisation	412	9,890	-	-	10,302
	64,059	1,222,516	-	-	1,286,575
Governance costs					
Salaries and office costs	-	53,057	-	-	53,057
Annual General Meeting	29,970	-	-	-	29,970
Legal and professional	-	52,668	-	-	52,668
Auditor's fees - current year audit	-	9,714	-	-	9,714
Auditor's fees - other	-	1,750	-	-	1,750
VAT Provision	-	36,249	-	-	36,249
Committee Expenses	-	11,806	-	-	11,806
	29,970	165,244	-	-	195,214
Total resources expended	113,565	1,488,078	-	13,995	1,615,638

Notes to the Financial Statements

for the year ended 31 May 2024

6 Staff costs

	Total 2024 £	Total 2023 £
Wages and salaries	842,812	819,981
Employers NI contributions	89,197	87,910
Pension costs	116,373	96,515
Other costs	53,304	47,394
	1,101,686	1,051,800

This includes the remuneration of interns of £Nil (2023: £14,223) and employer's NI of £Nil (2023: £1,080).

The average number of persons employed by the Foundation during the the year was 18 (2023: 20).
This includes no intern (2023: 1).

Average headcount expressed as a full time equivalent during the year was 16 (2023: 17).

The number of employees whose emoluments exceeded £60,000 were:

	2024 No.	2023 No.
£60,000 - £70,000	3	1
£70,001 - £80,000	-	-
£90,001 - £100,000	1	1
£120,001 - £130,000	1	1

Pension contributions to the above individuals amounted to £81,501 (2023: £44,530).

Trustees and Key Management Personnel

The trustees received remuneration during the year of £Nil (2023: £Nil). During the year 6 (2023: 5) trustees received reimbursement of travel expenses of £3,790 (2023: £1,804).

The charity incurred professional indemnity insurance of £845 during the year (2023: £825).

Key management personnel consist of the Chief Executive, the Science Director, the Director of Member Engagement, the Nutrition Science Manager, the Nutrition Communication Manager, the and the Education Service Managers. The total employee benefits of the charity's key management personnel were £582,783 (2023: £405,487).

Notes to the Financial Statements

for the year ended 31 May 2024

7 Intangible fixed assets

	Online Training Platform £	New Website £	Total 2024 £
Cost			
At 1st June 2023	122,754	104,196	226,950
Additions	-	20,464	20,464
Disposals	(122,754)	(25,000)	(147,754)
At 31st May 2024	-	99,660	99,660
Amortisation			
At 1st June 2023	122,753	16,668	139,420
Charge for the year	1	14,555	14,556
Disposals	(122,754)	(22,917)	(145,671)
At 31st May 2024	-	8,306	8,306
Net Book Value			
At 31st May 2024	-	91,354	91,354
At 31st May 2023	1	87,529	87,530

8 Tangible fixed assets

	Furniture and Fittings £	Computers and ancilliary Equipment £	Total 2024 £
Cost			
At 1st June 2023	6,331	35,280	41,611
Additions	-	9,863	9,863
At 31st May 2024	6,331	45,143	51,474
Depreciation			
At 1st June 2023	6,331	28,493	34,824
Charge for the year	-	6,310	6,310
At 31st May 2024	6,331	34,803	41,134
Net Book Value			
At 31st May 2024	-	10,340	10,340
At 31st May 2023	-	6,787	6,787

Notes to the Financial Statements

for the year ended 31 May 2024

9 Fixed asset investments

The movements during the year were as follows:-	Total 2024	Total 2023
	£	£
Balance at the beginning of the year	618,252	650,981
Additions at cost	7,471	4,000
Disposals at open market value (Proceeds £8,315 (2023 £15,573), gain on disposal £744 (2023: £2,681))	(7,573)	(12,892)
Add: Cash balances included in investments	76,622	60,688
	694,772	702,777
Unrealised Gain / (Loss) on valuation	48,809	(23,837)
Market value as at 31st May 2024	743,581	678,940

9(b) Analysis of listed investments

	Total 2024	Total 2023
	£	£
UK Equities	258,384	273,190
Overseas Equities	217,649	156,457
Global Fixed Interest	190,926	188,605
Cash	76,622	60,688
	743,581	678,940

9(c) As at 31 May 2024 no investment represented more than 5% of the total invstmnts portfolio -
(2023: no investment represented more than 5% of the total investments portfolio)

10 Debtors

	Total 2024	Total 2023
	£	£
Prepayments and accrued income	58,611	37,038
Other debtors	79,101	62,977
	137,712	100,015

Notes to the Financial Statements

for the year ended 31 May 2024

11 Creditors

	Total 2024	Total 2023
	£	£
PAYE & VAT payables	35,107	33,589
Accruals and deferred income (note 12)	180,396	151,827
Pensions & Other creditors	15,225	15,010
VAT Provision	49,279	36,249
	280,007	236,675

The VAT provision is based on the historical VAT treatment of some previous transactions with members, that is part of an ongoing dialogue with HMRC

12 Deferred income

	Total 2024	Total 2023
	£	£
Deferred income at 1st June	76,110	102,713
Project Income received in advance of completion of work	111,344	76,110
Amounts released to the accounts	(76,110)	(102,713)
Deferred income at 31st May	111,344	76,110
Accruals	69,052	75,717
	180,396	151,827

13 Restricted Funds

	Balance as at 1st June 2023	Incoming Resources	Outgoing Resources	Transfer from/(to) Unrestricted	Balance as at 31st May 2024
	£	£	£	£	£
A-Level Fd Tech prize	362	-	-	-	362
BNF GCSE Fund	5,958	-	-	-	5,958
ASET Fund	27,905	28,600	(26,150)	-	30,355
	34,225	28,600	(26,150)	-	36,675

	Balance as at 1st June 2022	Incoming Resources	Outgoing Resources	Transfer from/(to) Unrestricted	Balance as at 31st May 2023
	£	£	£	£	£
A-Level Fd Tech prize	362	-	-	-	362
BNF GCSE Fund	5,958	-	-	-	5,958
ASET Fund	-	41,900	(13,995)	-	27,905
	6,320	41,900	(13,995)	-	34,225

The restricted funds consists of prize schemes (A Level Fd Tech prize and BNF GCSE Fund) and The ASET fund.

The ASET fund is a grant awarded from the All Saints Education Trust for work to be complete over the next 1-2 years. The remaining funds at the end of May 2024 are being held in restricted funds for use next financial year.



Notes to the Financial Statements

for the year ended 31 May 2024

14 Designated Funds

	Balance as at 1st June 2023 £	Incoming Resources £	Outgoing Resources £	Transfer from/(to) General Unrestricted Funds £	Balance as at 31st May 2024 £
Strategic contingency fund	19,663	-	-	-	19,663
IT Strategic fund	-	-	-	-	-
Drummond fund	122,866	-	(13,080)	-	109,786
	142,529	-	(13,080)	-	129,449

	Balance as at 1st June 2022 £	Incoming Resources £	Outgoing Resources £	Transfer from/(to) General Unrestricted Funds £	Balance as at 31st May 2023 £
Strategic contingency fund	19,663	-	-	-	19,663
IT Strategic fund	6,241	-	(6,241)	-	-
Drummond fund	151,327	-	(28,461)	-	122,866
	177,231	-	(34,702)	-	142,529

The Strategic contingency fund is for the CEO to access for use on carefully considered projects, such as those that would help the Foundation increase its impact, profile or capacity.The intention is that the fund will be used, when needed, over the next 1-3 years to support the BNF Business Plan and the new strategy.

The IT Strategic Fund has been used to complete external IT work, specifically enhancing the consumer engagement element of the BNF website (www.nutrition.org.uk).

The Foundation continues with the management of the Drummond Memorial Fund which will be utilised to extend the reach of current BNF activities: to support and encourage young people in their career development in nutrition and to add value to our existing work: GCSE and A-Level awards, Internships, nutrition related on-line training etc and profile.



Notes to the Financial Statements

for the year ended 31 May 2024

15 Analysis of Net Assets between funds

		Fixed Assets £	Investments £	Current Assets £	Total 2024 £
Restricted funds	Note 13	-	-	36,675	36,675
Unrestricted funds:					
Designated funds	Note 14	-	-	129,449	129,449
General funds		101,694	743,581	498,201	1,343,476
		101,694	743,581	664,325	1,509,600

		Fixed Assets £	Investments £	Current Assets £	Total 2023 £
Restricted funds		-	-	34,225	34,225
Unrestricted funds:					
Designated funds		-	-	142,529	142,529
General funds		94,317	678,940	527,046	1,300,303
		94,317	678,940	703,799	1,477,056

16 Taxation

The entity is a registered charity and does not undertake non-charitable activities and are entitled to tax exemption by the H M Revenue and Customs.

17 Capital

The Foundation is limited by guarantee. In the event of a winding up of the Foundation the members' liability is restricted to contributing an amount not exceeding £5 each. As at 31st May 2024 there were 49 members (2023: 49 members).

18 Operating Leases

At the reporting end date the charity had the following future minimum lease payments under non-cancellable operating leases which fall due as follows:

	2024		2023	
	Land and Buildings	Other	Land and Buildings	Other
Within 1 year	13,000	-	112,372	7,800
1 to 5 years	65,000	-	46,942	5,200
	78,000	-	159,314	13,000

19 Related party transactions

No related party transactions were made during 2024 (2023: £Nil).



Appendix 1

Corporate Members

Sustaining Corporate Members

Agriculture and Horticulture Development Board
Associated British Foods
Asda Stores Ltd
Coca-Cola Britain and Ireland
IFF (International Flavors & Fragrances Inc.)
Kellanova Europe Trading Ltd
Marks & Spencer plc
Nestle UK Ltd
PepsiCo UK Ltd
Mondelez International
Tate & Lyle plc
Tesco plc

Corporate Members

Aldi Stores Limited
Arla Foods UK
British Sugar plc
Cargill R&D Centre Europe
Costa
Danone Ltd
Ferrero
General Mills
Greggs plc
Innocent Drinks
J Sainsbury plc
Kerry Foods Ltd
KP Snacks Limited
Lidl GB
Mars UK Ltd
McDonald's Restaurants Ltd
Mitchells & Butlers
National Farmers Union Trust Company Ltd
Nestle Nutrition UK & Ireland
Nomad Foods Ltd
Ocado – new from September 2023
Pladis
Premier Foods
Quorn
Slimming World
Sodexo
Subway UK & Ireland
TATA Consumer Products
The Co-operative Group plc
Uber Eats
UK Flour Millers
Waitrose & Partners
Weetabix Ltd
Whitbread
Whitworths – new from January 2024
WM Morrison Supermarkets plc
Yakult



Appendix 2

Support for key activities in 2023-24

Open Innovation and Research Clubs Coordination

Biotechnology and Biological Sciences Research Council

Raising The Pulse

University of Reading

Sodexo Defence Project

Sodexo UK

Healthy Sustainable Diets

Agriculture & Horticulture Development Board
Arla Foods UK
The Cooperative Group Ltd
Danone Ltd
General Mills
Innocent Drinks
Kellogg Europe Trading Ltd
PepsiCo UK Ltd
Quorn Foods
Sainsbury Plc
Sodexo
Mars UK Ltd

Ultra Processed Foods Workstream 2023-24

Associated British Foods
Grain Products Ltd
Nomad Foods Europe
Beverage Services Ltd (Coca-Cola)
The Cooperative Group Ltd
Danone Ltd
Ferrero UK Ltd
Greggs plc
Kellogg Europe Trading Ltd
Marks & Spencer plc
Mars UK Ltd
PepsiCo UK Ltd
Pladis UK Ltd

Seafood Nutrition Report

World Wide Fund for Nature (WWF)

The Talking Point

Tate & Lyle plc

Breakfast Partnership Project

Magic Breakfast

Food Cycle Evaluation and Impact Report

Food Cycle

Safeguarding against Nutritional Vulnerability

Quadram Institute

Food a fact of life Partnership

Agriculture & Horticulture Development Board

pHood futures

Royal College of Chemistry

Practical workshops

UK Flour Millers

Teaching Primary Food and Nutrition

All Saints Educational Trust

Healthy Eating Week 2023

Beverage Services Ltd (Coca-Cola)
General Mills
Kellogg Europe Trading Ltd
Lidl Great Britain Ltd
Ocado Retail
Marlow Foods Ltd
Sodexo
Tesco
UK Flour Millers
Waitrose Ltd

Practical Cookery Workshops

The Livestock and Meat Commission for Northern Ireland

Food Training for Teachers

Design & Technology Association

Ingredients into schools

Agriculture & Horticulture Development Board
Lidl Great Britain Ltd
UK Flour Millers

Oak National Academy

Design & Technology Association

Holiday Activity and Food Provision Workshop

Mayor's Fund for London (Kitchen Social)

Healthy Sustainable Diets

Tesco plc

Nutrition Criteria

The Cooperative Group (Projects 2023-24)

Supported Internships

Marks & Spencer plc
McDonalds Marketing
Cooperative Ltd

AHDB Projects 2023-24

Agriculture & Horticulture Development Board

Lidl Projects 2023-24

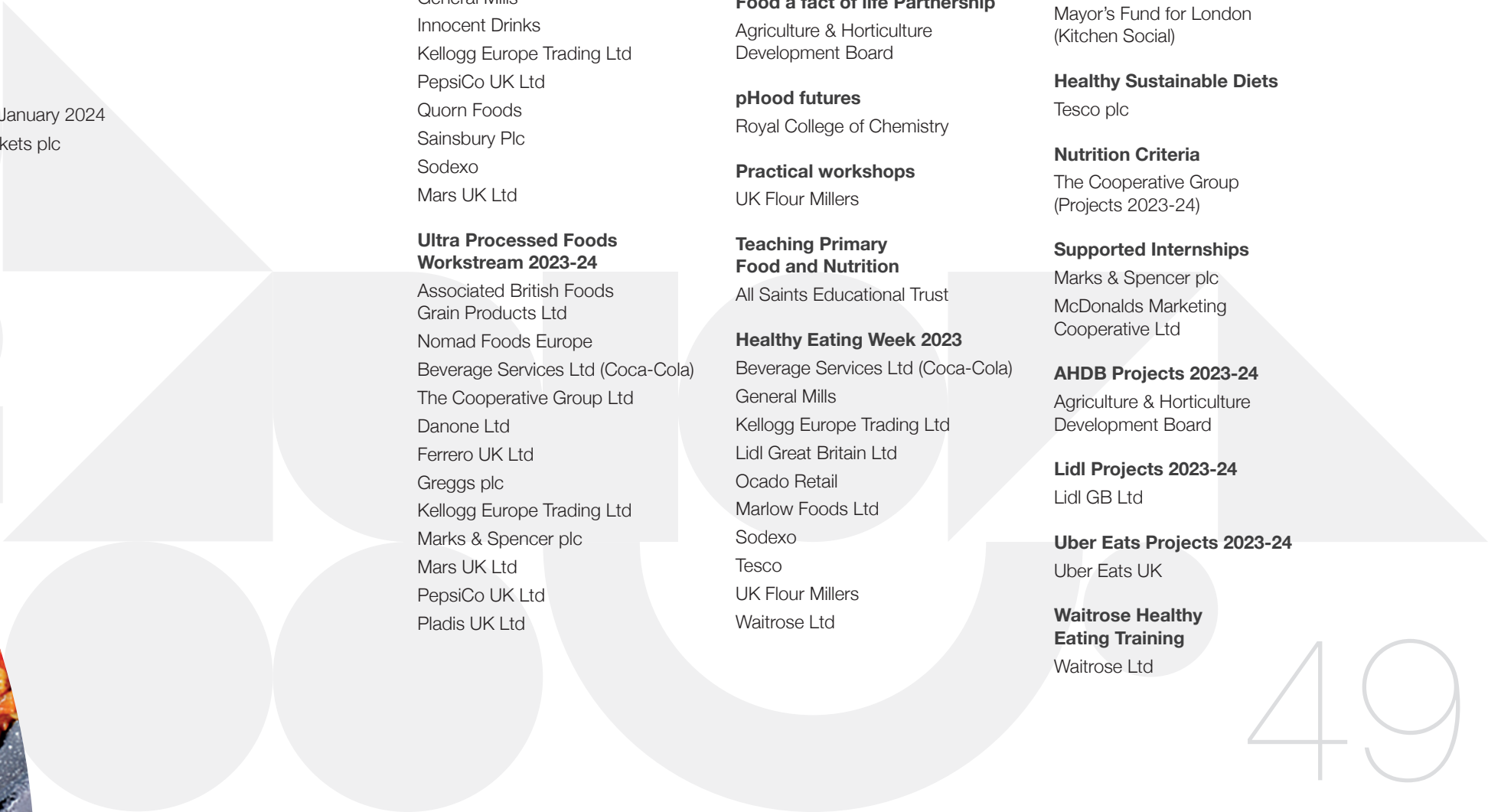
Lidl GB Ltd

Uber Eats Projects 2023-24

Uber Eats UK

Waitrose Healthy Eating Training

Waitrose Ltd





Appendix 3

Honorary members, Governors Emeritus and Committee Members

As of 31 May 2024

HONORARY MEMBERS

Michael Collyer
Anne Heughan
Professor Robert Pickard
Professor Brian Wharton

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Professor Roger G Whitehead CBE

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Graeme Findlay, *Trustee (retired 31st December 2023)*
Professor John Mathers, *Trustee*
Luke Stockill, *Trustee*
Sam Fulton, *Trustee*

HR & REMUNERATION COMMITTEE

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Alyson Greenhalgh-Ball, *Trustee*
Professor John Mathers, *Trustee*
Alisdair Wotherspoon, *Trustee*
Paul Wheeler, *Trustee*

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Kate Platts, *Head of Research and Innovation, Westfield Health (Deputy Chair)*
Judith Batchelar OBE, *Director, Food Matter International*

Professor John Blundell, *Chair of Psychobiology, University of Leeds*

Mandy Davies, *Consultant AHP for Nutrition and Hydration, East Lancashire Hospitals NHS Trust*

Professor Gary Frost, *Chair in Nutrition and Dietetics, Imperial College London*

Dr Susan Gatenby, *Senior Director, Nutrition Europe, PepsiCo UK Ltd*

Glynis Henderson, *Education consultant*

Claire Hughes, *Director of Own Brand Product & Innovation, Sainsbury's*

Professor Kevin Whelan, *Professor of Dietetics, King's College London*

Professor Martin Wiseman, *Visiting Professor in Human Nutrition, University of Southampton (retired March 2024)*

NOMINATIONS COMMITTEE

Professor Christine Williams, *Director, Food Agriculture and Health, University of Reading (Chair)*

Professor John Mathers, *Professor of Human Nutrition, University of Newcastle (Chair of the Board of Trustees)*

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Dr Adrian Brown, *University College London*

Dr Susanne Bryngelsson, *RiSE/Kristianstad University*

Dr Eirini Dimidi, *King's College London*

Mrs Laura Farrell, *Tesco plc*

Mrs Nicky Gillett, *Allied Bakeries*

Dr Kavita Karnick, *Tate & Lyle*

Dr Gunter Kuhnle, *University of Reading*

Dr Amelia Lake, *Teeside University*

Professor Jennie Macdiarmid, *University of Aberdeen*

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Tracey Goodyere, *Birmingham City University*

Helen Grundy, *Health for Life Programme Manager*

Anita Hardy, *OCR*

Andrew Hartshorn, *Finham Park 2, Coventry*

Kevin McGuinness, *Mossley Hollins school, Ashton-under-Lyne*

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Dave Parry, *D&T Adviser, CLEAPSS*

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Mairead Davidson, *University of Ulster*

Shirley Davidson, *Omagh Academy*

Glynis Henderson, *Education Consultant*

Heather Kettle, *Enniskillen Royal Grammar School*

Jennifer McGonagle, *Food Standards Agency Northern Ireland*

Amanda McGarry, *North Coast Integrated School Coleraine*

Jennifer McGonagle, *Food Standards Agency Northern Ireland*

Laura McGreevy, *St Columbanus' College*

Joanne O'Neill, *Magherafelt High School*

Steven Park, *University of Ulster*

Hannah Somerville, *McKinney Primary School*

Dorothee Wagner, *CCEA*

Michelle Young, *Food Standards Agency Northern Ireland*

Liz Simpson, *CAFRE*

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Carla Bell, *Alloa Academy*

Emma Creaney, *Carluke High School*

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Isla Porteous, *St Joseph's College*

WALES

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Kathryn Mallows, *Cowbridge Comprehensive School*

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Meg Taylor, *Ysgol Calon Cymru*

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Aranwen Morgans-Thomas, *Estyn*



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Company registered number: 00898651
Registered charity number England and Wales: 251681
Registered charity number Scotland: SC040061
Publication date: November 2022

www.nutrition.org.uk

www.foodafactoflife.org.uk

Designed and produced by Ingenious Design

THE BRITISH NUTRITION FOUNDATION

England & Wales - Charity number 251681

Accounts

Annual Trustees'

Report &

2022-2023

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

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Welcome from Professor John Mathers



I am again delighted to present our Annual Report as Chair of the Board of Trustees. I thank my fellow Trustees for their continued support and commitment to the British Nutrition Foundation and I thank our Chief Executive, Elaine Hindal and her team for their excellent work during this year. My appreciation is particularly heartfelt, given the ongoing pressure on access to good nutrition in the UK. Last year I noted the beginning of a cost-of-living crisis that has accelerated beyond all expectations and pushed more people into food poverty. In this context the team have redoubled their efforts to provide clear, practical, evidence-based information and advice that challenges the increasing volume of misinformation in this space, and supports the more vulnerable in our society.

The past twelve months have highlighted the fragile nature of our food system and emphasised the central importance of food for the economy and for our health and wellbeing. Be it global interconnectivity shocks from the conflict in Ukraine or the impact of climate change, it is becoming increasingly apparent that we cannot take for granted that we will all continue to enjoy unlimited access to nutritious food. As a nutrition charity, we are keen to amplify our impact, by working with partner organisations, and playing an increased role in addressing this growing crisis. Consistent with this priority, our Annual Conference programme this year will focus on *A fragile food system and increasing inequality. Emerging policy, practice & plans to address an existential threat.*

The British Nutrition Foundation is proud of our convening power within policy, academia and industry, and we are using this power to achieve the objectives of our new strategy (details later in this report). We are delighted to continue showcasing the importance of healthy, sustainable diets through our flagship event, Healthy Eating Week. In 2022, we saw 6,428 registrations for the event, representing participation from 1.8 million people. I am pleased to share that our Healthy Eating Week resources were downloaded over 100,000 times.

I also had the privilege of attending an inspiring British Nutrition Foundation education conference in Edinburgh with an excellent panel of committed and ambitious speakers. The wonderful turnout of teachers on a Saturday morning in January was a testament to the importance of British Nutrition Foundation's education work and brought home to me how this area of our work is helping to address major societal issues. This was not just emphasising the central importance of food for health but also contributing to training and career development, raising the bar for education, skills, innovation and entrepreneurship and, very importantly, tackling head-on problems that are rooted deep in poverty and inequality.

John Mathers

Professor John Mathers
Chair, Board of Trustees

Welcome from Elaine Hindal



It is perhaps unsurprising but nonetheless disappointing, that this year my introductory remarks remain focused on the fragile availability of food and good nutrition in communities across this country. The intensifying cost-of-living crisis, in combination with conflict, environmental pressures, and political instability has directly impacted shopping baskets and the quality and quantity of food purchased and consumed in the UK. One of our recent surveys assessing the impact of the cost-of-living crisis on food choices highlighted that almost a third of Britons are concerned about not getting enough nutrients in their diet.

However, having been in role now for a full financial year, I am confident we are building the resources and approach needed to support citizens and stakeholders with the evidence-based information required to navigate this crisis.

Specifically, we are providing information, advice and guidance rooted in the best available science. Increasingly we find through research that diet and nutrition trends gather momentum via compelling social media content. Unfortunately, it is often the case that misinformation available online can cause confusion and encourage unhealthy behaviours. Therefore, we are focused on developing and deploying tools that strengthen our digital and communications capability. Together with our strong science expertise, this will equip us to amplify evidence-based and practical nutritional information.

Despite the continued pressures on the food environment, 2023 has brought significant highlights at the Foundation, and I was particularly pleased with the work done by our Science and Communications teams in relation to our position statement on ultra-processed foods (UPF). UPF, which have become a high profile and controversial aspect of nutrition and diet, regularly hit

the headlines in the UK this year. Leveraging our strength in nutrition science, we produced a balanced, progressive position statement and used it to provide practical information and advice to help the public navigate this complex issue. Through our strengthened Communications team we amplified our position statement and took a practical, evidence-based approach in the context of the cost-of-living crisis.

With this in mind, I am also pleased that our new strategy is taking root and that the key pillar 'Educating People' will play an increased role this year and for the foreseeable future. The team and I remain fully focused on deploying practical, evidence-based information that has significant impact. It is therefore critical that we raise awareness of our impact and I am delighted to highlight some examples in this Annual Report. Measuring our impact is a key focus for 2023-24 and in the coming months, we will provide further evidence of this.

None of this work would be possible without the support of our members and of course my team who, not only have supported me in my first year in role, but have demonstrated great resilience and creativity in some of the most challenging times for advocating for a healthy sustainable diet. I remain ever grateful for the guidance, advice and creative spirit of our Board, our supporting organisations and of course my team, and look forward to another year of making an impact.

A handwritten signature in black ink, reading 'Elaine Hindal'.

Elaine Hindal
Chief Executive

Our Values

Our strategy defines what we want to achieve, and our values describe how we do it. Our values encompass the beliefs, attitudes and behaviours that are fundamental to the British Nutrition Foundation and our organisational culture.

A working group of people from across the Foundation updated our values to align with our 2023-28 strategy. Our new values are:

- **Purpose** – we are focused on delivering our mission and constantly aiming to learn and improve.
- **Integrity** – we are science-led and authentic in our commitment to improve health and wellbeing. We are honest and transparent about our work and how it is funded.
- **Confidence** – we aspire to make our voice heard in order to make a difference. We respond to the challenges that get in the way of everyone being able to eat healthily and sustainably.
- **Connection** – we work collaboratively with a range of stakeholders to deliver our charitable aims and amplify our impact.
- **Openness** – we are welcoming and want everybody to feel valued and supported. We communicate honestly and are open to criticism.

We will be working to embed these values into everything we do, using them in appraisals, team meetings, awaydays, recruitment and inductions. We are determined that these are not just words on a page but are a living, tangible part of our identity as a charity.



Introducing our New Strategy

As a nutrition charity, we want a future where everyone has a healthy, sustainable diet. That means navigating complex issues – the affordability of food, the availability of more sustainable options, and awareness of the importance of healthy eating. With our new 2023-28 strategy, we plan to double our reach by 2028 and evidence our contribution to healthier, more sustainable diets. We will demonstrate our impact on the food environment, on consumer knowledge, skills and motivation, and so contribute to changing behaviour.

Our strategy has three pillars:



Changing the food environment

It is well evidenced that information and advice alone cannot change eating behaviours when the foods available – and affordable – are calorie dense, nutrient poor and high in fat, salt and sugar. Our first pillar is therefore changing the food environment. To do that, we work with organisations across the food sector (from food manufacturers to meal delivery apps) to help them innovate, reformulate, or reduce portion sizes.

Some of our corporate members produce or retail foods that are high in fat, salt and sugar, and we support corporate nutrition teams to make the business case for change.

In addition, we advocate for change in schools, highlighting the importance of nutrition and supporting campaigns to widen access to food education and free school meals.



Educating people

Whilst we know education alone is not the answer to solving our obesity crisis, it is unacceptable that children do not know where food comes from or why a balanced diet is essential for health – so our second pillar is educating people.

Today, most of our work in this area is with schools – not only supporting teachers to deliver great food education but also helping them to promote a whole school approach to food that engages the entire school community in promoting consistent messages about healthy diets throughout the school day.

We plan to build on our relationships with schools to help them offer support, advice and information to parents and the wider community, recognising the barriers to accessing affordable, healthier and more sustainable options.

Working collaboratively with others, and building partnerships that focus on vulnerable groups, we have identified core audiences at greatest risk of poor nutrition. In 2022-23, these are low-income families and children; young adults 15-25, women around the menopause and older adults, living independently or in care settings.



Advocating science and building consensus

Our third pillar is advocating science and building consensus. We do this by publishing thought leadership pieces, evidence reviews, convening stakeholders and building consensus on topical issues or issues of concern. We also work in partnership with universities, innovation hubs and other bodies to support and disseminate important research in nutrition science. Our journal, *Nutrition Bulletin*, is available in more than 14,000 institutions worldwide and we continue to celebrate excellence in the study of nutrition science through the British Nutrition Foundation Drummond Awards Programme.



Our strategic enablers are:

Being a great place to work, and work with

We are committed to being a great place to work and work with, investing in our people, living our values and working in partnership with those who share our commitment to evidence-based information. We are committed to equity, diversity and inclusion within the organisation and in our external activities. We recognise that more needs to be done to attract a more diverse range of people into food-related roles and to ensure that everyone can access healthy and sustainable diets.

Sustaining our organisation

To sustain and develop our organisation, we need to grow and diversify income.

Short-term opportunities for income growth will prioritise growing membership in the UK and internationally (with a transparent member offer and a commitment to excellent client service). We will continue to diversify our income streams for example, through research grant funding; support from charitable trusts and foundations and working in collaboration with others on shared funding opportunities. We will not invest in public-facing fundraising.

Impact and Reach

It is vitally important that charities identify and communicate the specific needs they meet and demonstrate the impact they have. Over the past year, we have made progress towards this goal, but with more to do.

Our websites, nutrition.org.uk and foodfactoflife.org.uk are an important pillar of our information dissemination. In 2022-23, we had over 1 million users and 4.5 million page views across our sites. We engaged with the UK press and secured over 1,083 media mentions, representing a 63% growth in visibility from last year. We communicated with our audiences through social media channels with over 1.5 million impressions via LinkedIn and X (formerly known as Twitter) where we have over 58,000 followers combined.

We collect feedback on the work we do, to assess the user experience and how our work is being used. Examples of our impact case studies are given on page 10. Over the next year, we will develop our theory of change and set out our Impact Framework, to enable donors, members and grant-making bodies to see the difference their contributions are making.



Recognising those who are helping change the food environment

British Nutrition Foundation Drummond Community Award

The Drummond Memorial Fund was established in 1954 in memory of Sir Jack Drummond to support scientific research in nutrition and to promote food education. It celebrates and encourages the study of nutrition science through a series of awards detailed later in this report. In 2022-23, we also launched a new award – The British Nutrition Foundation Drummond Community Award. It recognises an individual or a group community initiative that supports healthier eating in vulnerable groups.

Two winners and two runners up were recognised as recipients of the award.

2022-23 Winners

- **Amanda Barbanel, Give.Help. Share:** In 2021, Amanda co-founded the charity Give.Help. Share to provide nutritious food to vulnerable children.
- **Melissa Mogor, World Cancer Research Fund (pictured receiving her award below):** Identifying unmet nutritional needs in people living with cancer, Melissa created a cook-along programme to empower participants with knowledge and skills.

Runners up

- **Lucy Antal, Feedback Global:** Lucy started the Alchemic Kitchen to repurpose surplus fresh food, working directly with local communities. It enabled people in an area of Merseyside with low access to fresh food to utilise a veg van, take cookery classes and obtain free slow cookers to help produce nourishing meals using low amounts of energy.
- **Hannah Style, FEAST With Us (FEAST):** Hannah's food aid charity FEAST, provides community meals made from surplus food, as well as nutrition education and skills for people experiencing food poverty across four London boroughs.



Impact and Reach

How have we educated people?

Healthy Eating Week

Our 10th Healthy Eating Week focused on the theme 'Eat well for you and the planet!'

Our survey of more than 2,000 adults and 4,000 school students told us that people are confused about healthy eating. They are unsure what foods count as one of 'five a day' and have limited knowledge about what foods contain which nutrients.

By reaching out to schools and other organisations, we provided free resources on eating healthily and sustainably.

Our advice focused on 5 key areas – fibre, five a day, protein, hydration and food waste. The resources were downloaded more than 100,000 times and 6,428 registrants joined the week which represents participation of 1.8 million people. To increase visibility, Healthy Eating Week was promoted in media outlets, including BBC Radio, with a total reach of 140 million.



Social and media engagement

We continue to engage with stakeholders and the public. In 2022-23, we secured 1,083 pieces of coverage in national and trade media, an increase of 63% over the previous year, and our social media following grew by 18% to 58,000.

Fibre Calculator

Despite strong evidence supporting the health benefits of dietary fibre, intake across all ages continues to be low. Only 9% of UK adults meet the 30g/day government recommendation. Initiatives to raise public awareness of the health benefits of high fibre intakes and to offer accessible ways to increase consumption of fibre-rich foods therefore remain important. To raise awareness about consumption of fibre, the British Nutrition Foundation worked with Tate & Lyle to create an online Fibre Calculator to help consumers estimate their fibre intake, compare it with the 30g/day recommendation, and identify their personal 'fibre gap'.

The Calculator assessed consumption of key fibre providing foods (fruit, vegetables and potatoes, grains, nuts, seeds and legumes), to provide personalised advice to increase fibre consumption.

The Calculator was supported by an online course, Fibre Matters, for health and food professionals. From launch in September 2022 to June 2023, the Fibre Calculator was viewed over 16,900 times, with a significant average time spent on the page of seven and a half minutes.



Training and webinars

In 2022-23, we provided training to 2,500 healthcare professionals, teachers and people interested in nutrition via 32 webinars and in-person events.

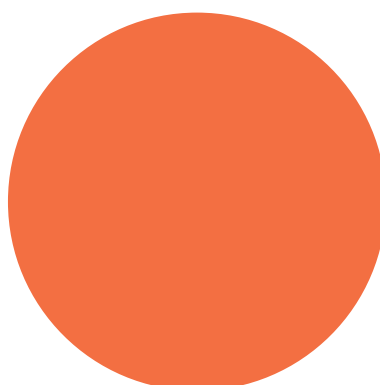
Feedback included:

“Very informative and topical session, thanks to all the excellent speakers.”

“Thought it was brilliant, it’s very exciting to hear of these new flours from beans and peas making their way into the food chain. Great for sustainability as well as everyone’s gut microbiome. It has made me think about planning new lessons for my primary class to teach the children about their gut microbiome and have more emphasis on pulses.”

“I thought the sessions were very interesting and relevant on global and national priorities, and we think this was very effectively covered. Thank you.”

In addition, our Education Team worked with the University of Essex to educate Residential Assistants (RAs) and students on eating well, keeping safe in the kitchen, and making simple, affordable recipes. Feedback revealed that 9 out of 10 RAs felt more confident to talk about food to students in halls of residence as a consequence of the session and 88% of respondents stated that they would like more training like this, to help in their role as an RA.



Teaching Primary Food and Nutrition

In November 2022 we launched Teaching Primary Food and Nutrition (TPFN) – with the aim of inspiring primary teachers and teaching assistants to champion a whole school approach and to equip them with the knowledge and practical skills required. The programme, which is free to participants, was made possible by a grant from The All Saints Educational Trust.

TPFN is delivered through INSET packages and online learning, and each participant receives a personal portfolio providing information, advice and ideas as well as tools to audit, evaluate, and reflect upon their teaching.

The programme covers topics from practical guidance on food safety and hygiene to knife skills, healthy eating, and helping children understand the farm to fork journey of their food.

From launch to end May 2023, more than 400 teachers registered.

- 99% of teachers who completed a training evaluation agreed that they felt more informed.
- The net promoter score, a commonly used metric to gauge whether participants would recommend the course to others, was 91 (out of 100).



Feedback on the training sessions included:

"I haven't really taught much food tech in a primary school, therefore my confidence is quite fragile. As usual, Food – a fact of life (FFL) always makes me feel confident when delivering such lessons to young people. I have recommended FFL to a few friends and colleagues. I am always grateful for the training and resources carried out."

"This session was incredibly helpful. I feel like I have more confidence and direction on teaching cooking to primary children and how to lay this out, ensure safety, and ensure the children have the best experience."

Working in partnership with the Diverse Nutrition Association

Although the impact of malnutrition on healthy ageing is well documented, research in ageing and risk of malnutrition in minority ethnic populations remains limited. Together with the Diverse Nutrition Association, we will highlight the need for representation and inclusion when designing health and nutrition interventions for older adults. We will also focus on understanding different factors affecting the dietary habits of minority ethnic groups.

The project will involve:

- a comprehensive literature review;
- workshops with older adults from minority groups;
- organising roundtables to discuss dietary interventions that reduce risk of malnutrition in minority groups;
- Creation and dissemination of a formal report to relevant stakeholders.



"We are delighted to be working collaboratively with the Diverse Nutrition Association in this important area. Listening to those with lived-experience within the community, we will be looking at the cultural suitability and applicability of public health nutrition messaging around healthy ageing. We hope our work will open up opportunities for further research funding to develop partnerships which will have a far reaching impact in nutrition and health policies and practices."

Sara Stanner,
Science Director

Impact and Reach

How have we advocated for science-based information and advice?

Ultra-processed foods (UPF)

The concept of UPF and its use in policy and consumer messaging is widely debated amongst academics and the media. Exploring the concept of UPF, we consulted with stakeholders from academia, public health, retail, consumer groups, and health professionals, to establish areas of consensus and disagreement, and to identify topics for further research.

Supported by our independent Scientific Committee, we developed a position statement on UPF, to provide guidance to media, health professionals and others seeking the science behind this much debated issue.

Our position statement had over 5000 views in the first month of publication, and was cited by the Scientific Advisory Committee on Nutrition in its statement on processed foods and health.

We promoted our statement in the media, highlighting that some processed foods such as baked beans and wholemeal bread, can, when eaten in moderation, play a part in a healthy diet. Our statement featured in more than 300 media pieces, with a combined readership of over 2 million and more than 200,000 social media impressions. Prominent titles included The Sun, Daily Mail, The Times, Independent, BBC Radio, Channel 5 and ITV This Morning.

The future of food systems

We hosted an in-person panel discussion with keynote speaker, Henry Dimbleby MBE, former lead non-executive board member at Department for Environment, Food and Rural Affairs, and author of the National Food Strategy. He was joined by Barbara Bray MBE, Food Safety & Nutrition Consultant, Emma Revie, CEO of The Trussell Trust and Tanya Steele CBE, CEO of WWF-UK. The panel discussion focused on how to overcome key barriers to creating a food environment that promotes healthier, more sustainable dietary patterns. The event was live streamed and was joined in person by 200 people.



Menopause evidence review

Our YouGov survey, conducted in September-October 2022, revealed that 40% of people experiencing menopause take herbal supplements to alleviate symptoms. However, more studies are needed to confirm the safety and efficacy of these products. Our paper, 'The role of diet in managing menopausal symptoms: A narrative review' confirmed that following healthy diet and lifestyle, can help in managing menopause symptoms. The review was published in Nutrition Bulletin and has been downloaded 3,350 times.

We promoted the review findings via social and media outreach. As a result, the revised menopause section on our website received more than 14,500 views. We also collaborated with the British Menopause Society to share nutrition information in their film 'Menopause: Misinformation and management'. This was launched on World Menopause Day 2022 and has been viewed 3,900 times on YouTube since 18 October 2022.

Nutrition Bulletin

In 2022, our journal, Nutrition Bulletin, was included in the database of the US National Library of Medicine which operates a rigorous selection process.

In addition to regular online editions, our Nutrition Bulletin 'Spotlights' focused on key issues including Nutrition in older adults, Transforming food systems and the Centenary of the discovery of vitamin D and its connection with sunlight. Globally, 404,800 Nutrition Bulletin papers were downloaded in 2022-23. 80% of these readers were from outside the UK demonstrating our international reach.

Annual Conference

We believe that everybody should have access to good nutrition, regardless of their social, cultural or economic background.

The theme for our 2022 Annual Conference was 'Balancing the Scales on Diet Inequality'. The core focus was understanding how we meet the dietary needs of the UK's most nutritionally vulnerable young people. Highlighting health inequalities, we focused on the importance of a balanced diet for those at greatest risk of poor nutrition whilst discussing innovative and effective actions to improve dietary quality at community levels throughout the nation. The event was also live streamed and 1,502 people joined us online.



The British Nutrition Foundation Drummond Memorial Fund:

The Drummond Memorial Fund enables us to support scientific research in nutrition and to promote food education. From supporting the study of Nutrition – to helping build careers, we celebrate and encourage the study of nutrition science through a series of awards.

The winners of 2022 were:

- **The British Nutrition Foundation Drummond Pump Priming Award:** Dr Aygul Dagbasi, Post-doctoral Researcher at Imperial College London who was awarded a grant of £5,000 to undertake a project titled 'Understanding the impact of food structures on ileal metabolites and gut hormone release.'
- **The BNF Prize:** Professor Julie Lovegrove, Professor of Human Nutrition and Director of the Hugh Sinclair Unit of Human Nutrition, University of Reading was awarded the BNF Prize for her research into the role of nutrition on cardiovascular diseases, focusing on the metabolic impact of dietary fats, nutrient-gene interactions and personalised nutrition.
- **The British Nutrition Foundation Drummond School Education Awards:** Students who received the highest grades from their respective examination boards in the food and nutrition courses were awarded at our Annual Conference.

GCSE and National 5 Prize Winners

- **AQA** – Millicent Figueira, Wallington High School for Girls
- **AQA** – Daisy Fennel, The Nobel School
- **Eduqas** – Hannah Shibli, Invicta Grammar School
- **Eduqas** – Aimee Coling, Gillingham School
- **OCR** – Raghav Relhan, King Edward VI Grammar School
- **SQA** – Lucy McKay, Balwearie High School
- **WJEC** – Frances Davies-Walsh, Radyr Comprehensive School

Advanced Higher and Level 3

- **SQA** – Anna Woodhead, Perth High School
- **WJEC** – Ashni Modi, Loughborough High School

Internships

In collaboration with our corporate members Marks & Spencer and McDonalds, we supported year-long internships for two nutrition students, helping them gain valuable work experience.



'My experience at the British Nutrition Foundation has enabled me to work with a group of intelligent, like-minded nutritionists to inform and educate the public with evidence-based nutrition advice.'

Leah Corper,
Junior Nutritionist



'The 12-month placement at the British Nutrition Foundation has been the perfect kickstart to my career as a nutritionist in industry, allowing me to have a positive impact on the health of the public.'

Alessandra Marchi,
Junior Nutritionist

Trustees' Report

for the year ended 31 May 2023

Legal and administrative information

Directors and Trustees

For the purposes of charity law, the directors of the charitable company (the charity) are its Trustees:

Professor John Mathers
(Chair)

Alyson Greenhalgh-Ball
(Vice-Chair)

Professor Colin Dennis CBE

Samantha Fulton
(appointed 1 January 2023)

Desiree Irving-Brown
(Treasurer)

Michael Bond
(retired 31 December 2022)

Graeme Findlay

Gill Fine
(retired 31 December 2022)

Professor Susan Lanham-New

Professor Bernadette Moore

Louise Redmond

Luke Stockill
(appointed 1 January 2023)

David Webster
(retired 31 December 2022)

Paul Wheeler
(appointed 1 January 2023)

Alisdair Wotherspoon

Our Patron

Her Royal Highness,
The Princess Royal

President

Professor Emeritus Alan Shenkin
(retired 31 December 2022)

Judith Batchelar OBE
(appointed 1 January 2023)

Key Management Personnel

Elaine Hindal, Chief Executive
Sara Stanner, Science Director

Company registered number
00898651

Registered charity number
England and Wales 251681

Registered charity number
Scotland SC040061

Registered office
New Derwent House,
69-73 Theobalds Road,
London, WC1X 8TA

Professional Advisors

Accountants

Crossley Third Sector, Star House,
Star Hill, Rochester, Kent, ME1 1UX

Auditor

Moore Kingston Smith, 9 Appold
Street, London EC2A 2AP

Banker

Barclays Bank, Barclays Business,
1st Floor, 27 Soho Square,
London, W1D 3QR

Investment Management

Charles Stanley, 25 Luke Street,
London, EC2A 4AR

Solicitor

Reed Smith LLP, Beaufort House,
15 St Botolph Street,
London, EC3A 7EE

Governance

The British Nutrition Foundation is a company limited by guarantee (company number: 0089651), governed by its Memorandum and Articles of Association. It is registered as a charity with The Charity Commission (charity number: 251681) and the Scottish Charity Regulator (charity number: SC040061) and its Trustees are also the members of the company.

Purpose

The British Nutrition Foundation delivers evidence-based information on food and nutrition to benefit public health. Its objects are:

- to advance the education of the public, and those involved in training and the education of others, in nutrition; and
- to advance the study of and research into nutrition for the public benefit and disseminate and publish the useful results of such research.

Governing document

Under its Memorandum and Articles of Association, the Board may comprise no more than 12 Trustees. Trustees are nominated by the Nominations Committee after an independent recruitment process based solely on applicants' abilities to meet the needs of the Foundation.

Trustees are appointed by the Board and serve for a term of three years, with each trustee able to serve for a maximum of nine years. The Board has the power to co-opt members to its sub-Committees of the Board to fill specialist roles or to provide independent expert advice.

The Foundation has a formal procedure for inducting Trustees and provides key reference documents to ensure that newly appointed Trustees are fully aware of the Foundations strategy, activities, and their responsibilities. Training is provided at the request of Trustees.

The composition of the Board is weighted towards those from the scientific academic community. The sub-Committees of the Board cover Finance, Audit & Risk, chaired by the Treasurer (currently Desiree Irving-Brown) and HR & Remuneration, chaired by a Trustee (currently Louise Redmond). The Board and senior leadership are supported by an external Advisory Board, chaired by Professor Janet Cade, Professor of Nutritional Epidemiology at the University of Leeds.

The Chief Executive is appointed by the Board of Trustees to manage the day-to-day operations of the Foundation. The Chief Executive has delegated authority for operational matters in line with the policies that have been approved by the Board of Trustees. They are appraised annually by the Chair and the Board of Trustees.

Related parties and cooperation with other organisations

No Trustees receive remuneration or other benefit from their work with the Foundation. Any connection between Trustees or members of the Advisory Committee or senior managers with any member, supplier or partner of the Foundation must be disclosed to the full Board of Trustees and included in the register of interests.

Declarations of interest are required to be given at each Board meeting and all meetings of the Foundation's Committees.

Principal risks and uncertainties

In line with the Charity Commission's Guidance on 'Charities and Risk Management', the Board of Trustees has in place a risk management approach which involves review of the principal risks facing the Foundation and the controls and actions in place to mitigate them.

A risk register is maintained and reviewed at each meeting by both the Finance, Audit & Risk Committee and the HR & Remuneration Committee. The Board reviews the risk register in full on an annual basis and considers any significant changes.

The Trustees consider the following to be the principal risks currently facing the Foundation:

People

In the Chartered Institute of Personnel and Development reported in its Spring 2023 labour market outlook at 42% of employers have hard to fill vacancies; this figure rises to 60% in education and 55% in healthcare. The British Nutrition Foundation recognises recruitment and retention of staff, as our most significant risk.

As a charity, we cannot match salary increases that are more commonplace in the commercial sector, but we recognise that learning, development and progression are key to staff retention and engagement. The British Nutrition Foundation has a commitment in our 2023-28 Strategy to be 'a great place to work and work with'.

The Board has tasked the Chief Executive, with the advice of the HR & Remuneration Committee, with promoting a learning culture and has approved investment in professional development for all staff.

The Board has also invested in training in diversity and inclusion and has set out a commitment to Equity, Diversity and Inclusion (EDI) in our Strategy. Our approach to EDI considers inclusion in all aspects of our work, as well as how the British Nutrition Foundation can help attract people from under-represented groups to study and work across the breadth of the food industry and in the field of nutrition science. This year, all employees are required to have a personal objective relating to EDI.

Trustees' Report

for the year ended
31 May 2023

Reputation

As a charity funded by corporate donations from organisations operating in the food industry, the Board of Trustees is profoundly aware of the importance of protecting the Foundation from undue industry influence, and the reputational risk of failing to maintain our independence.

We safeguard our independence in a number of ways:

- The Board of Trustees is supported by an Advisory Committee, the composition of which is weighted towards academics. The Advisory Committee meets twice annually and is chaired by Professor Janet Cade, Professor of Nutritional Epidemiology and Public Health, University of Leeds.
- Our Science workplan is informed by an independent Scientific Committee, whose members are primarily people in academia, public health and education. The Scientific Committee is chaired by Science Director, Sara Stanner.
- Specialised scientific support is provided by the Editorial Advisory Board of our journal Nutrition Bulletin. The Board comprises more than 30 members, drawn from a range of academic specialisms in nutrition science and from institutions in the UK, Europe, China, North America and South America.
- The Foundation's work in schools is scrutinised by four Education Working Groups, representing teachers in primary and secondary schools in England, Wales, Scotland and Northern Ireland. The groups meet annually and are chaired by Education Services Manager, Claire Theobald.
- The British Nutrition Foundation has robust procedures in place to ensure the quality and clarity of its public information, including the Patient Information Forum TICK, the UK quality mark for trustworthy health information.
- The British Nutrition Foundation does not lobby, does not endorse any products or engage in food advertising campaigns in support of brands.
- All corporate members are required to abide by the terms of our Ethical Policy, which clearly states they cannot advocate for or seek to influence the position of the British Nutrition Foundation in relation to any aspect of food policy and regulation.

The Board of Trustees continue to monitor the reputation of the Foundation through regular surveys of stakeholder perceptions and trust in the independence of the information we provide.

Income diversity

Income certainty and diversity remain a key risk for the organisation.

In 2022-23, 41% of our income was from sources other than membership subscriptions and corporate donations, a change of 4% on 2021-22, and we are pleased that we continue to diversify with growing income from academic partnerships, trusts and foundations and partnerships with other charities and non-profit organisations.

The Board, supported by the Finance, Audit & Risk Committee, continues to monitor in detail its financial position and is content that appropriate financial controls are in place.



Trustees' Report

for the year ended
31 May 2023

Financial Review

The statement of the British Nutrition Foundation's financial activities for the year is set out on page 28 of the Annual Report. Total income for 2022-23 was £1.533m (2022: £1.352m). Voluntary income for the year was £911,184 (2022: £849,911). Investment income for the year was £23,240 (2022: £18,432).

2022-23 was an investment year funded by reserves as agreed by the Trustees to enable the Charity to structurally grow resulting in a deficit of £102,548 (2022: Surplus £6,691).

Funding

Of the income received of £1.533m in 2022-23, the British Nutrition Foundation received £196,149

from membership subscriptions (2022: £171,851) and a further £715,035 in donations from corporate members (2022: £678,060). All voluntary income is unrestricted.

In addition, the British Nutrition Foundation generated £569,826 (2022: £453,010) from consultancy projects from a number of corporate members, non-member commercial food organisations and Trusts and Foundations.

The British Nutrition Foundation raised £28,776 (2022: £31,318) from publications, largely due to its journal Nutrition Bulletin.

Fundraising

During 2022-23, the British Nutrition Foundation did not carry out any public fundraising activities, either directly or through other parties, and has no plans to do so in the immediate future. Consequently, the British Nutrition Foundation is not subject to any undertaking to be bound by any voluntary scheme for regulating fundraising.

The British Nutrition Foundation received no complaints in the year regarding fundraising activities. As a charity, however, the British Nutrition Foundation is registered with the Fundraising Regulator and is committed to follow the Code

of Fundraising Practice and the Fundraising Promise. Details of our registration can be found on the Fundraising Regulator's website.

Expenditure on charitable activities

Charitable expenditure for the year was £1.502m (2022: £1.235m). A focus of our expenditure in 2022-23 has been the refresh of our nutrition.org.uk website, which will, in the long term, allow the organisation to reach a greater number of people online. In addition, we continued to invest in our *Food – a fact of life* programme to support teachers and food education in schools, and in Nutrition Bulletin

Staffing costs

Expenditure on staffing costs for the year was £1.070m (2022: £941,918). This increase is due to the average number of persons employed by The British Nutrition Foundation increasing during the year including an internship position funded by our designated funds.

Expenditure on raising funds

Support costs are allocated to the cost of raising funds and charitable activities on the basis of staff time. Expenditure on raising funds for the year was £113,565 (2022: £100,460).

Net assets

The total net assets of the Foundation were £1.477m at 31 May 2023 (2022: £1.580m).

Investment policy

In considering the Foundation's investment policy, the Trustees continue to take the view that the preservation of capital is of primary importance in the current climate and our investment strategy remains conservative.

The invested funds held on deposit for the Foundation (excluding those held in the Foundation's current account) achieved income of £23,240 (2022: £18,432) for the year. The British Nutrition Foundation held total cash and investments of £678,940 as at 31 May 2023 (2022: £687,886).

Reserves policy and going concern

It is the intention of the Trustees to maintain sufficient reserves to ensure the ongoing viability of the Foundation notwithstanding a significant shortfall in funding or other unexpected events.

The Foundation's Reserves Policy was reviewed by the Board of Trustees in July 2023. It was agreed that a general reserve level should

be maintained at a minimum of £600,000 to allow cover for the cost of closure and limited running for six months, and that an amount should be designated for future strategic development and investment in digital.

General reserves at 31 May 2023 were £1.3m (31 May 2022: £1.396m). Based on the continued uncertainty of charitable income and further investment during 2023, at the time of approving the accounts, the Trustees have continued to review in detail future projections for Income and Expenditure and have a reasonable expectation that the Foundation has adequate resources to continue in operational existence for the foreseeable future. Thus the Trustees continue to adopt the going concern basis of accounting in preparing the accounts.

Designated funds

The British Nutrition Foundation continues to manage the Drummond Memorial Fund. In 2022-23, incoming resources into the fund were nil and outgoing expenditure was £28,461. The value of the Fund at 31 May 2023 was £122,866 (2022: £151,327). In addition, the British Nutrition Foundation has the Strategic Contingency Fund to help the foundation increase its impact.

Internal controls

Day-to-day financial management of the British Nutrition Foundation is supported by an independent accountancy firm with considerable experience in the non-profit sector. The Finance, Audit & Risk Committee receive the management accounts in full each month and review them in detail at each Committee meeting. A report of the Committee proceedings is a standing item on the full Board agenda allowing for any issues to be raised.

The Foundation's Financial Policy sets out internal controls to counter the risk of fraudulent or inappropriate use of funds. Training on the Financial Policy is provided annually to managers and directors. Detailed annual budgets are prepared each year for review by the Finance, Audit & Risk Committee and approval by the Board of Trustees. Quarterly forecasts for income, expenditure and cash flow are prepared for the Committee and reviewed in detail. In 2023, an updated 3-year financial plan was developed and approved.

Trustees' Report

for the year ended
31 May 2023

Outlook

Looking ahead, the impact of the cost-of-living crisis on UK citizens continues to be a significant concern. Nine million adults (17% of UK households) experienced food insecurity in June 2023, and three million adults (5.9% of households) reported not eating for a whole day because they could not afford or access food. (The Food Foundation, Food Insecurity Tracker, June 2023).

Our focus on changing the food environment, to ensure that healthy, sustainable food is accessible to all, is critically important and we will continue to work with corporate members across the food system to help make positive changes to their products and practices.

Our priorities for 2023-24 are based on a detailed forecast of income, cash flow and expenditure and focus on delivering in each area of our Strategy:

Changing the food environment

The Access to Nutrition Initiative published its first report on the out-of-home sector (OOH) in November 2022, noting that around a quarter of energy intake, and one-third of UK food expenditure comes from food eaten out of the home. Meals in the OOH sector tend to be associated with higher sugar, fat and salt intake, and there is a greater density of fast-food outlets in areas of higher deprivation.

For these reasons, we are focussing on OOH in 2023-24, setting up a member OOH Forum and beginning to develop a workplan to address these issues with our OOH members.

We are committed to evidencing our impact through case studies, supported by the Advisory Committee, and plan to publish the charity's first impact framework in autumn 2023.

Our healthy, sustainable diets workstream will continue, with a focus on consumer messaging and engagement.

Working with members remains a priority, and we will seek to focus on fewer, bigger projects that warrant our expertise. Project expenditure will be tightly controlled however to increase profitability and ensure benefit to the charity.

We will develop our Public Affairs Strategy in-house, based on a stakeholder mapping exercise, and develop closer working relationships with others. Where opportunities arise, we will support appropriate campaigns by others that seek to improve the food environment, particularly for the most vulnerable.

Educating people

Educating people is a new area for the British Nutrition Foundation and we have taken a cautious approach with modest expenditure in 2023-24. Continued investment in our website is treated as an exceptional item funded by reserves.

Our priority consumer audiences are the focus for Communications activity in 2023-24, along with teachers, stakeholders, and the food industry.

To drive our reach and engagement, we will:

- refresh our website;
- launch the British Nutrition Foundation on Facebook and Instagram;

- develop our Customer Relationship Management strategy, building on our new CRM system and increasing our subscriber base;
- develop a content and communications strategy spanning Education and Science, informed by equality, diversity and inclusion considerations and insights from search data and an expanded user panel. We will retain PIF TICK accreditation;
- refresh the *Food – a fact of life* brand and begin to align it more closely with the British Nutrition Foundation in design terms and on the respective websites; and deliver a programme of teacher training, including Teaching Primary Food & Nutrition Year 2, throughout 2023-24.

Advocating Science and Building Consensus:

Our work to advocate science spans the publication of our journal Nutrition Bulletin, our Annual Conference, events, and thought-leadership content to make scientific information accessible to a wider audience. In 2023-24, we will:

- develop more university collaborations, building on our work coordinating the innovation hubs that are part of the BBSRC-funded Diet and Health Open Innovation Research Clubs;
- continue our collaboration with the Diverse Nutrition Association (Food4Years);
- build upon our position statement on ultra-processed foods, through member and stakeholder engagement;
- continue to promote Nutrition Bulletin and the British Nutrition Foundation Drummond Awards programme.

Statement of Trustees' Responsibilities

The Trustees, who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 May 2023. The Trustees have adopted the provisions of the Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland issued in July 2014.

The Trustees are responsible for preparing the financial statements in accordance with applicable law regulations. The Trustees have elected to prepare the financial statements in accordance with United Kingdom Generally Accepted Accounting Practice (United Kingdom Accounting Standards). Company law requires the Trustees to prepare financial statements for each financial period that gives a true and fair view of the state-of-affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period.

In preparing those financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- comply with applicable accounting standards, including FRS 102, subject to any material departures disclosed and explained in the financial statements;
- state whether a Statement of Recommended Practice (SORP) applies and has been followed, subject to any material departures which are explained in the financial statements;
- make judgments and estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the company will continue in business.

The Trustees are responsible for keeping proper accounting records that disclose, with reasonable accuracy at any time, the financial position of the charitable company; and to enable them to ensure that the financial statements comply with the Companies Act 2006, the Charities and Trustee Investment (Scotland) Act 2005, and the Charities Accounts (Scotland) Regulations 2006 as amended by The Charities Accounts (Scotland) Amendment (No. 2) Regulations 2014.

They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

In so far as the Trustees are aware:

- there is no relevant audit information of which the charitable company's auditor is unaware;
- the Trustees have taken all steps that they ought to have taken to make themselves aware of any relevant audit information and to establish that the auditor is aware of that information.

Auditor Moore Kingston Smith have expressed their willingness to remain in office as auditors of the charitable company. These accounts have been prepared in accordance with the provisions of Part 15 of the Companies Act 2006 relating to small companies.

This report was approved by the Board of Trustees on 26 October 2023 and signed on its behalf by:



Professor John Mathers
Chair, Board of Trustees
Date: 26 October 2023

Independent Auditor's Report

to the Members and Trustees of the British Nutrition Foundation

Opinion

We have audited the financial statements of The British Nutrition Foundation for the year ended 31 May 2023 which comprise the Statement of Financial Activities, the Balance Sheet, the Cash Flow Statement and notes to the financial statements, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102 The Financial Reporting Standard applicable in the UK and Republic of Ireland (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31 May 2023 and of the incoming resources and application of resources, including its income and expenditure, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the Companies Act 2006, the Charities and Trustee Investment (Scotland) Act 2005 (as amended), regulations 6 and 8 of the Charities Accounts (Scotland) Regulations 2006 (as amended) and the Charities Act 2011.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs(UK)) and applicable law. Our responsibilities under those standards are further described in the Auditor's Responsibilities for the audit of the financial statements section of our report. We are independent of the charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charitable company's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

Other information

The other information comprises the information included in the annual report, other than the financial statements and our auditor's report thereon. The trustees are responsible for the other information. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether there is a material misstatement in the financial statements or a material misstatement of the other information. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

Opinions on other matters prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of the audit:

- the information given in the trustees' annual report for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the trustees' annual report has been prepared in accordance with applicable legal requirements.

Matters on which we are required to report by exception

In light of the knowledge and understanding of the charitable company and its environment obtained in the course of the audit, we have not identified material misstatements in the trustees' annual report.

We have nothing to report in respect of the following matters where the Companies Act 2006, the Charities Accounts (Scotland) Regulations 2006 (as amended) and the Charities Act 2011 require us to report to you if, in our opinion:

- the charitable company has not kept adequate and sufficient accounting records, or returns adequate for our audit have not been received from branches not visited by us; or
- the charitable company's financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of trustees' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit; or
- the trustees were not entitled to prepare the financial statements in accordance with the small companies regime and take advantage of the small companies exemption in preparing the Trustees' Annual Report and from preparing a strategic report.

Responsibilities of trustees

As explained more fully in the trustees' responsibilities statement, the trustees (who are also the directors of the charitable company for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the trustees are responsible for assessing the charitable company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

Auditor's responsibilities for the audit of the financial statements

We have been appointed as auditor under Section 44(1)(c) of the Charities and Trustee Investment (Scotland) Act 2005, the Companies Act 2006 and Section 151 of the Charities Act 2011 and report to you in accordance with regulations made under those Acts.

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The extent to which our procedures are capable of detecting irregularities, including fraud is detailed below.

Explanation as to what extent the audit was considered capable of detecting irregularities, including fraud

The objectives of our audit in respect of fraud, are; to identify and assess the risks of material misstatement of the financial statements due to fraud; to obtain sufficient appropriate audit evidence regarding the assessed risks of material misstatement due to fraud, through designing and implementing appropriate responses to those assessed risks; and to respond appropriately to instances of fraud or suspected fraud identified during the audit. However, the primary responsibility for the prevention and detection of fraud rests with both management and those charged with governance of the charitable company.

Our approach was as follows:

- we obtained an understanding of the legal and regulatory requirements applicable to the charitable company and considered that the most significant are the Companies Act 2006, the Charities and Trustee Investment (Scotland) Act 2005 (as amended), regulations 6 and 8 of the Charities Accounts (Scotland) Regulations 2006 (as amended), the Charities Act 2011, the Charity SORP, and UK financial reporting standards as issued by the Financial Reporting Council;
- we obtained an understanding of how the charitable company complies with these requirements by discussions with management;

Independent Auditor's Report

to the Members and Trustees of the British Nutrition Foundation

- we assessed the risk of material misstatement of the financial statements, including the risk of material misstatement due to fraud and how it might occur, by holding discussions with management;
 - we inquired of management and those charged with governance as to any known instances of non-compliance or suspected non-compliance with laws and regulations;
 - based on this understanding, we designed specific appropriate audit procedures to identify instances of non-compliance with laws and regulations. This included making enquiries of management and obtaining additional corroborative evidence as required.
- As part of an audit in accordance with ISAs (UK) we exercise professional judgement and maintain professional scepticism throughout the audit. We also:
- identify and assess the risks of material misstatement of the financial statements, whether due to fraud or error, design and perform audit procedures responsive to those risks, and obtain audit evidence that is sufficient and appropriate to provide a basis for our opinion. The risk of not detecting a material misstatement resulting from fraud is higher than for one resulting from error, as fraud may involve collusion, forgery, intentional omissions, misrepresentations, or the override of internal control;
 - obtain an understanding of internal control relevant to the audit in order to design audit procedures that are appropriate in the circumstances, but not for the purposes of expressing an opinion on the effectiveness of the charitable company's internal control;
 - evaluate the appropriateness of accounting policies used and the reasonableness of accounting estimates and related disclosures made by the trustees;
 - conclude on the appropriateness of the trustees' use of the going concern basis of accounting and, based on the audit evidence obtained, whether a material uncertainty exists related to events or conditions that may cast significant doubt on the charitable company's ability to continue as a going concern. If we conclude that a material uncertainty exists, we are required to draw attention in our auditor's report to the related disclosures in the financial statements or, if such disclosures are inadequate, to modify our opinion. Our conclusions are based on the audit evidence obtained up to the date of our auditor's report. However, future events or conditions may cause the charitable company to cease to continue as a going concern;
 - evaluate the overall presentation, structure and content of the financial statements, including the disclosures, and whether the financial statements represent the underlying transactions and events in a manner that achieves fair presentation.

We communicate with those charged with governance regarding, among other matters, the planned scope and timing of the audit and significant audit findings, including any significant deficiencies in internal control that we identify during our audit.

Use of our report

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006; and to the charity's trustees, as a body, in accordance with Section 44(1)(c) of the Charities and Trustee Investment (Scotland) Act 2005, and in accordance with Chapter 3 of Part 8 of the Charities Act 2011. Our audit work has been undertaken so that we might state to the charitable company's members and trustees those matters which we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to any party other than the charitable company, the charitable company's members, as a body, and the charity's trustees, as a body for our audit work, for this report, or for the opinion we have formed.

Moore Kingston Smith LLP

Luke Holt

(Senior Statutory Auditor)
for and on behalf of Moore Kingston Smith LLP, Statutory Auditor

9 Appold Street
London EC2A 2AP

Date: **19 February 2024**

Moore Kingston Smith LLP is eligible to act as auditor in terms of Section 1212 of the Companies Act 2006.



Statement of Financial Activities

for the year ended 31 May 2023

	Note	Unrestricted Fund £	Restricted Fund £	Total 2023 £	Total 2022
Income					
<i>Income from:</i>					
Voluntary income	2	911,184	-	911,184	849,911
Investment income	3	23,240	-	23,240	18,432
Charitable activities	4	556,702	41,900	598,602	484,328
Total Income		1,491,126	41,900	1,533,026	1,352,671
Expenditure					
<i>Expenditure on:</i>					
Raising funds	5	113,565	-	113,565	100,460
Charitable activities		1,488,078	13,995	1,502,073	1,234,919
Total expenditure		1,601,643	13,995	1,615,638	1,335,379
Unrealised (losses) / gain on investments	9	(23,837)	-	(23,837)	(13,073)
Realised gains on investments		2,681	-	2,681	3,343
Net income		(131,673)	27,905	(103,768)	7,562
Other (losses) on foreign exchange		1,220	-	1,220	(871)
Net movement in funds		(130,453)	27,905	(102,548)	6,691
Funds as at 1st June 2021	15	1,573,284	6,320	1,579,604	1,572,913
Funds as at 31st May 2023	15	1,442,831	34,225	1,477,056	1,579,604

The notes on pages 32 to 43 form part of these financial statements.
All of the operations of the Foundation are continuing.

Balance Sheet

for the year ended 31 May 2023

	Note	2023 £	2023 £	2022 £	2022 £
Fixed Assets					
Intangible Assets	7		87,530		18,636
Tangible Assets	8		6,787		5,808
Investments	9		678,940		687,886
			773,257		712,330
Current Assets					
Debtors	10	100,015		126,398	
Cash at bank and in hand		840,459		999,737	
		940,474		1,126,135	
Creditors: Amounts falling due within one year	11	236,675		258,861	
Net Current Assets			703,799		867,274
Total Net Assets			1,477,056		1,579,604
Funds					
Restricted funds	13		34,225		6,320
Unrestricted funds:					
Designated funds	14		142,529		177,231
General funds	15		1,300,302		1,396,053
			1,477,056		1,579,604

These accounts have been prepared in accordance with the provisions of Part 15 of the Companies Act 2006, relating to small companies. The financial statements on pages 28 to 43 were approved and authorised for issue by the Board of Trustees on

Chairman of the Board of Trustees – Prof John Mathers

Trustee – Ms D Irving-Brown

John Mathers
Date: 26 October 2023

Companies House No. 898651

Statement of Cash Flows

for the year ended 31 May 2023

	Note	2023 £	2022 £
Cash flow from operating activities			
Net cash provided (used in)/by operating activities	(i)	(86,800)	234,544
Cash flow from investing activities			
Bank interest received		4,956	1,176
Investment income		18,284	17,256
Acquisition of fixed asset investments		(4,000)	(36,160)
Proceeds from disposal of fixed asset investments		15,573	35,829
Profit / (Loss) on Forex		1,220	(871)
Purchase of intangible assets		(79,196)	(3,000)
Purchase of tangible fixed assets		(5,531)	(2,170)
Net cash (used in)/provided by investing activities		(48,696)	12,060
Change in cash and cash equivalents		(135,496)	246,604
Cash and cash equivalents at the beginning of the year		1,036,640	790,036
Cash and cash equivalents at the end of the year	(ii)	901,144	1,036,640
Analysis of changes in net debt			
	As at 01 June 2022	Cash Flows	As at 31 May 2023
	£	£	£
Cash at bank and in hand	644,710	(171,511)	473,199
Cash held on deposits and investments	391,930	36,015	427,945
	1,036,640	(135,496)	901,144

Statement of Cash Flows

for the year ended 31 May 2023

	2023 £	2022 £
(i) Reconciliation of net income to net cash flow from operating activities		
Net income	(102,548)	6,691
Adjustments for:		
Depreciation charge	4,553	7,527
Amortisation charge	10,302	14,673
Bank interest received	(4,956)	(1,176)
Investment income	(18,284)	(17,256)
(Profit) / Loss on Forex differences	(1,220)	871
(Profit) on sale of investments	(2,681)	(3,343)
Revaluation of investments	23,837	13,073
Decrease / (Increase) in debtors	26,383	109,333
Increase / (Decrease) in creditors	(22,186)	104,151
Net cash provided by / (used in) operating activities	(86,800)	234,544
Analysis of changes in net debt	As at 01 June 2022 £	As at 31 May 2023 £
Cash at bank and in hand	473,199	644,710
Cash held on deposits and investments	427,945	391,930
	901,144	1,036,640

Notes to the Financial Statements

for the year ended 31 May 2023

1 Principal Accounting Policies

(a) Basis of preparation

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006. The British Nutrition Foundation meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note(s).

The trustees have assessed whether the use of the going concern basis is appropriate and have considered possible events or conditions that might cast significant doubt on the ability of the charitable company to continue as a going concern. The Trustees have made this assessment for a period of at least one year from the date of approval of the financial statements. After making enquiries the Trustees have concluded that there is a reasonable expectation that the charitable company has adequate resources to continue in operational existence for the foreseeable future based on a significant level of reserves and liquid assets in the form of investments which are readily available to convert into cash. For this reason the Trustees continue to adopt the going concern basis in preparing the financial statements.

The financial statements are prepared in sterling, which is the functional currency of the company. Monetary amounts in these financial statements are rounded to the nearest pound.

The British Nutrition Foundation is a private company, limited by guarantee, registered in England and Wales, registration number 898651. The registered office is New Derwent House, 69 - 73 Theobalds Road, London WC1X 8TA. The company is a registered charity, registered in England and Wales, registration number 251681 and in Scotland, registration number SC040061.

(b) Income

Income from member companies (including annual subscriptions) is accounted for on a receivable basis, but on a received basis in the case of donations. Government grants are accounted for on a receivable basis.

Investment income is recognised on a receivable basis.

Interest income is recognised on a receivable basis.

(c) Expenditure Allocation

The directors have allocated office costs and governance costs on the basis of the amount of time spent by each member of staff in each of the six areas of activity of the Foundation. Staff costs have been similarly apportioned.

(d) Cash and cash equivalents

Cash and cash equivalents includes cash in hand and current and fixed term deposits with bank, with a maturity date of less than 90 days.

(e) Governance Costs

Governance costs relate to the direct costs associated with the constitutional and statutory requirements of the Foundation and include the costs of external audit, secretariat and other constitutional related costs.

Notes to the Financial Statements

for the year ended 31 May 2023

(f) Depreciation of Tangible Fixed Assets

Depreciation is provided on fixed assets on the straight line method at the following rates:

Fixtures and fittings	20% p.a.
Computers and ancillary equipment	33.33% p.a.

Items of expenditure which provide enduring benefit to the Foundation are capitalised as assets if the cost (net of VAT) is more than £500. Expenditure of less than this amount is expensed through the Statement of Financial Activities.

At the end of each reporting period, the residual values and useful lives of assets are reviewed and adjusted if necessary.

(g) Employee Benefits

The costs of short-term employee benefits are recognised as a liability and an expense. The costs of any material unused holiday entitlement is recognised in the period in which the employee's services are received. Termination benefits are recognised immediately as an expense when the company is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

(h) Intangible Fixed Assets

Intangible fixed assets comprise of an online training platform and new website. Intangible fixed assets are recognised at cost and are subsequently measured at cost less accumulated amortisation and accumulated impairment losses. Amortisation is recognised so as to write off the cost or valuation of the assets less their residual values over their useful lives on the following bases:

Online training platform	33.33% p.a.
New Website	33.33% p.a.

The capitalisation threshold for intangible fixed assets is £500.

(i) Gifts in Kind

Gifts in kind and donated services and facilities are recognised within incoming resources and expenditure at an estimate of the value to the charity of the donated services or goods.

(j) Impairment of Fixed Assets

At each reporting end date, the charity reviews the carrying amounts of its tangible and intangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any).

(k) Operating Leases

Rentals payable under operating leases are charged to the Statement of Financial Activities as incurred over the term of the lease.

(l) Publications

It is the Foundation's policy not to include as stock the by-products from projects as the use of these is uncertain. When sales are made they are included in the SOFA on a receipts basis. The costs of the Foundation's publications and education material are written off in the year in which they are incurred. When sales are made they are included in the SOFA on a receipts basis. The costs of the Foundation's publications and education material are written off in the year in which they are incurred.

Notes to the Financial Statements

for the year ended 31 May 2023

(m) Prizes

Prizes are accounted for when paid.

(n) Pension Scheme Arrangements

The Foundation provides a percentage of employees' salaries which is paid into personal pension plans on behalf of employees. The percentage paid ranges from 4% to 12% of basic salary and is accounted for on an accruals basis.

(o) Funds

Unrestricted Funds - These are donations and other incoming resources receivable or generated for the objects of the charity without further specified purpose and are available as general funds.

Designated Funds – These form part of unrestricted funds and represent amounts set aside by the trustees for particular purposes. These funds may be returned to the general unrestricted funds at the trustees' discretion.

Restricted Funds - These are funds which are to be used for specific purposes as laid down by the donor.

(p) Foreign Currencies

Transactions in foreign currencies are recognised at the rate of exchange at the date of the transaction. Monetary assets and liabilities are translated into sterling at the exchange rate on the balance sheet date. Exchange differences are recognized through the statement of financial activities.

(q) Financial instruments

The company has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments. Financial instruments are recognised in the company's balance sheet when the company becomes party to the contractual provisions of the instrument. Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

With the exceptions of prepayments and deferred income all other debtor and creditor balances are considered to be basic financial instruments under FRS 102. See notes 10 and 11 for the debtor and creditor notes. Other financial assets include investments (note 9) which are initially measured at fair value.

(r) Critical accounting estimates and areas of judgement

In the application of the company's accounting policies, the directors are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

The most significant estimates and assumptions which affect the carrying amount of assets and liabilities in the accounts relate to:

The annual depreciation and amortisation charge for fixed assets are sensitive to change in the estimated useful economic lives and residual value of assets. These are reassessed annually and amended where necessary to reflect current circumstances.

Notes to the Financial Statements

for the year ended 31 May 2023

2 Voluntary income

	Total 2023	Total 2022
	£	£
Donations	715,035	678,060
Subscriptions	196,149	171,851
	911,184	849,911

All voluntary income received in 2022 and 2021 is unrestricted income.

3 Investment income

	Total 2023	Total 2022
	£	£
Bank interest	4,956	1,176
Investment income	18,284	17,256
	23,240	18,432

All investment income received in 2022 and 2021 is unrestricted income.

4 Income from charitable activities

	Total 2023 Unrestricted	Total 2023 Restricted	Total 2022
	£	£	- £
Projects	527,926	41,900	453,010
Publications	28,776	-	31,318
	556,702	41,900	484,328

Within Project Income for 2023 is £41,900 of restricted monies from the ASET Fund. All other income from charitable activities is unrestricted.

All income from charitable activities received in 2022 was unrestricted income.

Notes to the Financial Statements

for the year ended 31 May 2023

5 Total resources expended

	Unrestricted		Restricted		Total	Total
	Cost of raising funds	Charitable activities	Cost of raising funds	Charitable activities	2023	2022
	£	£	£	£	£	£
Charitable direct costs						
Projects	-	81,590	-	13,995	95,585	39,549
Science and Education services	-	8,115	-	-	8,115	3,775
Publications	-	455	-	-	455	75
Prizes and Awards	-	10,158	-	-	10,158	3,184
	-	100,318	-	13,995	114,313	46,583
Fundraising direct costs						
Publications	6,219	-	-	-	6,219	5,905
Investment management fees	5,061	-	-	-	5,061	5,399
Other fundraising costs	8,257	-	-	-	8,257	5,788
	19,537	-	-	-	19,537	17,092
Support costs						
Staff costs	52,812	971,751	-	-	1,024,563	904,168
General office costs	10,652	236,504	-	-	247,156	233,017
Depreciation	182	4,371	-	-	4,553	7,527
Amortisation	412	9,890	-	-	10,302	14,673
	64,059	1,222,516	-	-	1,286,575	1,159,385
Governance costs						
Salaries and office costs	-	53,057	-	-	53,057	45,241
Annual General Meeting	29,970	-	-	-	29,970	17,957
Legal and professional	-	52,668	-	-	52,668	33,950
Auditor's fees - current year audit	-	9,714	-	-	9,714	6,764
Auditor's fees - other	-	1,750	-	-	1,750	1,436
VAT Provision	-	36,249	-	-	-	-
Committee Expenses	-	11,806	-	-	11,806	6,971
	29,970	165,244	-	-	158,964	112,319
Total resources expended	113,565	1,488,078	-	13,995	1,579,389	1,335,379

Support costs are allocated to the cost of raising funds and charitable activities on the basis of staff time.

For a breakdown of the prior year comparative please see the next page.

Notes to the Financial Statements

for the year ended 31 May 2023

5 Total resources expended (continued)

	Unrestricted		Restricted		
	Cost of raising funds	Charitable activities	Cost of raising funds	Charitable activities	2022
	£	£	£	£	£
Charitable direct costs					
Projects	-	39,549	-	-	39,549
Science and Education services	-	3,775	-	-	3,775
Publications	-	75	-	-	75
Prizes and Awards	-	3,184	-	-	3,184
	-	46,583	-	-	46,583
Fundraising direct costs					
Publications	5,905	-	-	-	5,905
Investment management fees	5,399	-	-	-	5,399
Other fundraising costs	5,788	-	-	-	5,788
	17,092	-	-	-	17,092
Support costs					
Staff costs	55,052	849,116	-	-	904,168
General office costs	9,471	223,546	-	-	233,017
Depreciation	301	7,226	-	-	7,527
Amortisation	587	14,086	-	-	14,673
	65,411	1,093,974	-	-	1,159,385
Governance costs					
Salaries and office costs	-	45,241	-	-	45,241
Annual General Meeting	17,957	-	-	-	17,957
Legal and professional	-	33,950	-	-	33,950
Auditor's fees - current year audit	-	6,764	-	-	6,764
Auditor's fees - other	-	1,436	-	-	1,436
Rebranding	-	6,971	-	-	6,971
	17,957	94,362	-	-	112,319
Total resources expended	100,460	1,234,919	-	-	1,335,379

Notes to the Financial Statements

for the year ended 31 May 2023

6 Staff costs

	Total 2023 £	Total 2022 £
Wages and salaries	819,981	769,241
Employers NI contributions	87,910	80,692
Pension costs	96,515	81,305
Other costs	47,394	10,680
	1,051,800	941,918

This includes the remuneration of interns of £14,223 (2022: £13,468) and employer's NI of £1,080 (2022: £1,020).

The average number of persons employed by the Foundation during the the year was 20 (2022: 19)

This includes 1 intern (2022:1).

Average headcount expressed as a full time equivalent during the year was 17 (2022: 17).

The number of employees whose emoluments exceeded £60,000 were:

	2023 No.	2022 No.
£60,000 - £70,000	1	-
£70,001 - £80,000	-	1
£90,001 - £100,000	1	-
£120,001 - £130,000	1	-

Pension contributions to the above individuals amounted to £44,530 (2022: £17,747).

Trustees and Key Management Personnel

The trustees received remuneration during the year of £Nil (2022: £Nil). During the year 5 (2022: 4) trustees received reimbursement of travel expenses of £1,804 (2022: £1,228).

The charity incurred professional indemnity insurance of £825 during the year (2022: £809).

Key management personnel consist of the Chief Executive, the Managing Director, the Science Director, the Nutrition Science Manager, the Nutrition Communication Manager and the Education Service Manager. The total employee benefits of the charity's key management personnel were £405,487 (2022: £473,156).

Notes to the Financial Statements

for the year ended 31 May 2023

7 Intangible fixed assets

	Online Training Platform £	New Website £	Total 2023 £
Cost			
At 1st June 2022	122,754	25,000	147,754
Additions	-	79,196	79,196
At 31st May 2023	122,754	104,196	226,950
Amortisation			
At 1st June 2022	120,784	8,334	129,118
Charge for the year	1,969	8,333	10,302
At 31st May 2023	122,753	16,667	139,420
Net Book Value			
At 31st May 2023	1	87,529	87,530
At 31st May 2022	1,970	16,666	18,636

8 Tangible fixed assets

	Furniture and Fittings £	Computers and ancillary Equipment £	Total 2023 £
Cost			
At 1st June 2022	6,331	29,749	36,080
Additions	-	5,531	5,531
At 31st May 2023	6,331	35,280	41,611
Depreciation			
At 1st June 2022	6,331	23,941	30,272
Charge for the year	-	4,552	4,552
At 31st May 2023	6,331	28,493	34,824
Net Book Value			
At 31st May 2023	-	6,787	6,787
At 31st May 2022	-	5,808	5,808

Notes to the Financial Statements

for the year ended 31 May 2023

9 Fixed asset investments

The movements during the year were as follows:-

	Total 2023 £	Total 2022 £
Balance at the beginning of the year	650,981	660,380
Additions at cost	4,000	36,160
Disposals at open market value (Proceeds £15,573 (2022 £35,829), gain on disposal £2,681 (2022: £3,343))	(12,892)	(32,486)
Add: Cash balances included in investments	60,688	36,905
	702,777	700,959
Unrealised loss on valuation	(23,837)	(13,073)
Market value as at 31st May 2023	678,940	687,886

9(b) Analysis of listed investments

	Total 2023 £	Total 2022 £
UK Equities	273,190	298,480
Overseas Equities	156,457	150,748
Global Fixed Interest	188,605	201,754
Cash	60,688	36,904
	678,940	687,886

9(c) As at 31 May 2023 No investment represented more than 5% of the total investments portfolio -
(2022: no investment represented more than 5% of the total investments portfolio)

10 Debtors

	Total 2023 £	Total 2022 £
Prepayments and accrued income	37,038	42,662
Other debtors	62,977	83,736
	100,015	126,398

Notes to the Financial Statements

for the year ended 31 May 2023

11 Creditors

	Total 2023	Total 2022
	£	£
PAYE & VAT payables	33,589	63,020
Accruals and deferred income (note 12)	151,827	194,148
Pensions & Other creditors	15,010	1,693
VAT Provision	36,249	-
	236,675	258,861

12 Deferred income

	Total 2023	Total 2022
	£	£
Deferred income at 1st June	102,713	41,089
Project Income received in advance of completion of work	76,110	102,713
Amounts released to the accounts	(102,713)	(41,089)
Deferred income at 31st May	76,110	102,713
Accruals	75,717	91,435
	151,827	194,148

13 Restricted Funds

	Balance as at 1st June 2022	Incoming Resources	Outgoing Resources	Transfer from/(to) Unrestricted	Balance as at 31st May 2023
	£	£	£	£	£
A-Level Fd Tech prize	362	-	-	-	362
BNF GCSE Fund	5,958	-	-	-	5,958
ASET Fund	-	41,900	(13,995)	-	27,905
	6,320	41,900	(13,995)	-	34,225

	Balance as at 1st June 2021	Incoming Resources	Outgoing Resources	Transfer from/(to) Unrestricted	Balance as at 31st May 2022
	£	£	£	£	£
A-Level Fd Tech prize	362	-	-	-	362
BNF GCSE Fund	5,958	-	-	-	5,958
	6,320	-	-	-	6,320

The restricted funds consists of prize schemes (A Level Fd Tech prize and BNF GCSE Fund) and The ASET fund.

The ASET fund is a grant awarded from the All Saints Education Trust for work to be completed over the next 1-2 years. The remaining funds at the end of May 2023 are being held in designated funds for use next financial year.

Notes to the Financial Statements

for the year ended 31 May 2023

14 Designated Funds

	Balance as at 1st June 2022 £	Incoming Resources £	Outgoing Resources £	Transfer from/(to) Unrestricted £	Balance as at 31st May 2023 £
Strategic contingency fund	19,663	-	-	-	19,663
IT Strategic fund	6,241	-	(6,241)	-	-
Drummond fund	151,327	-	(28,461)	-	122,866
	177,231	-	(34,702)	-	142,529

	Balance as at 1st June 2021 £	Incoming Resources £	Outgoing Resources £	Transfer from/(to) Unrestricted £	Balance as at 31st May 2022 £
Strategic contingency fund	19,663	-	-	-	19,663
IT Strategic fund	20,913	-	(14,672)	-	6,241
Drummond fund	171,999	-	(20,672)	-	151,327
	212,575	-	(35,344)	-	177,231

The Strategic contingency fund is for the CEO to access for use on carefully considered projects, such as those that would help the Foundation increase its impact, profile or capacity. The intention is that the fund will be used, when needed, over the next 1-3 years to support the BNF Business Plan and the new strategy.

The IT Strategic Fund has been used to complete external IT work, specifically enhancing the consumer engagement element of the BNF website (www.nutrition.org.uk).

The Foundation continues with the management of the Drummond Memorial Fund which will be utilised to extend the reach of current BNF activities: to support and encourage young people in their career development in nutrition and to add value to our existing work: GCSE and A-Level awards, Internships, nutrition related on-line training etc and profile.

Notes to the Financial Statements

for the year ended 31 May 2023

15 Analysis of Net Assets between funds

		Fixed Assets £	Investments £	Current Assets £	Total 2023 £
Restricted funds	Note 13	-	-	34,225	34,225
Unrestricted funds:					
<i>Designated funds</i>	Note 14	-	-	142,529	142,529
<i>General funds</i>		94,317	678,940	527,045	1,300,302
		94,317	678,940	703,799	1,477,056

		Fixed Assets £	Investments £	Current Assets £	Total 2023 £
Restricted funds		-	-	6,320	6,320
Unrestricted funds:					
<i>Designated funds</i>		-	-	177,231	177,231
<i>General funds</i>		24,443	687,886	683,724	1,396,053
		24,443	687,886	867,275	1,579,604

16 Taxation

The entity is a registered charity and does not undertake non-charitable activities and are entitled to tax exemption by the HM Revenue and Customs.

17 Capital

The Foundation is limited by guarantee. In the event of a winding up of the Foundation the members' liability is restricted to contributing an amount not exceeding £5 each. As at 31st May 2023 there were 49 members (2022: 46 members).

18 Operating Leases

At the reporting end date the charity had the following future minimum lease payments under non-cancellable operating leases which fall due as follows:

	2023 Land and Buildings	Other	2022 Land and Buildings	Other
Within 1 year	112,372	7,800	112,372	7,800
1 to 5 years	46,942	5,200	159,315	13,000
	159,315	13,000	271,687	20,800

19 Related party transactions

No related party transactions were made during 2023 (2022: £Nil)

Appendix

Corporate Members

as of 31 May 2023

Sustaining Corporate Members

Sustaining members provide a donation to the British Nutrition Foundation for at least three years to support our work focussing on consumer education and engagement with the media, government, schools and health professionals.

Agriculture and Horticulture Development Board (AHDB)
 Associated British Foods
 Asda Stores Ltd
 Coca-Cola Great Britain and Ireland
 Danone Ltd
 International Flavours & Fragrances Inc (IFF)
 J Sainsbury plc
 Kellogg Europe Trading Ltd
 Marks and Spencer plc
 Mondelez International
 Nestlé UK Ltd/ Nestlé Charitable Trust
 PepsiCo UK Ltd
 Tate & Lyle plc
 Tesco plc

Corporate Members

Aldi stores Ltd
 Arla Foods UK
 British Sugar plc
 Cargill R&D Centre Europe
 Costa
 Ferrero
 General Mills
 Greggs plc
 Innocent Drinks
 Kerry Foods Ltd
 KP Snacks Ltd
 Lidl GB
 LoSalt
 Mars UK Ltd
 McDonalds Restaurants Ltd
 Mitchells & Butlers
 National Farmers Union Trust Company Ltd
 Nestlé Nutrition UK & Ireland
 Nomad Foods Ltd
 Pladis (United Biscuits)
 Premier Foods
 Quorn (Marlow Foods Ltd)
 Slimming World Ltd
 Sodexo
 Starbucks
 Subway UK & Ireland
 Tata Consumer Products
 The Co-operative Group plc
 Uber Eats
 UK Flour Millers
 Waitrose & Partners
 Weetabix Ltd
 Whitbread
 Wm Morrison Supermarkets plc
 Yakult

Appendix

Financial Support for Activities in 2022-23

as of 31 May 2023

During the year, the following organisations provided financial support for specific activities:

Food – a fact of life

Agriculture and Horticulture Development Board (AHDB)

Teaching Primary Food and Nutrition

All Saints Educational Trust

pHood futures

Royal College of Chemistry

Practical workshops

UK Flour Millers

Farm to Table

Spinneys (UAE)

Farm in a Box

Warburtons

Healthy Eating Week

Tesco

Quorn Foods

Sodexo

AB Mauri UK & Ireland

Agriculture & Horticulture Development Board (AHDB)

FDF Action on Fibre

General Mills

Innocent drinks

Marks and Spencer plc

UK Flour Millers

Waitrose & Partners

Tate & Lyle: Considering Claims

Tate and Lyle

M&S Joint Placement

Marks & Spencer plc

Healthy, Sustainable Diets

Agriculture and Horticulture Development Board (AHDB)

Arla Foods UK

The Co-operative Group

Danone Ltd

General Mills

Innocent Drinks

Kellogg Europe Trading Ltd

PepsiCo UK Ltd

Quorn Foods

J Sainsbury plc

Sodexo

Mars UK Ltd

McDonald's Joint Placement

McDonald's Marketing Co-Operative Limited

AHDB - We Eat Balanced

Agriculture and Horticulture Development Board

EIT Portion Size

Innovate UK

How We Eat Podcast

Mondelez Global LLC

Responsive Feeding & More Webinar

Nestlé UK Ltd

Learning Event: Immunity in Early Years

Nestlé UK Ltd

Tate & Lyle – The Talking Point

Tate and Lyle

Oral Health Webinar

Mars Incorporated

Pulse Webinar

Sunny Side Up

Breakfast Partnership Project

Magic Breakfast

Uber Eats Project Work 2022-23

Uber Eats

LIDL 2023 Project Work 2022-23

Lidl Great Britain Limited

Food4Years Video Project

Food4Years Network

DNA – Food4Years

University of Reading

Waitrose Healthy Eating Training

Waitrose Ltd

Raising the Pulse

University of Reading

Appendix

Honorary Members, Governors Emeritus and Committees

as of 31 May 2023

Honorary Members

Michael Collyer
Anne Heughan
Professor Robert S Pickard
Professor Brian Wharton

Governors Emeritus

Iain Ferguson CBE
Paul Hebblethwaite
The Baroness Gloria Hopper
Professor Anne de Looy
Dr WT Little CBE
R McRobert OBE
Professor Tom Sanders
David A Tate
Professor Roger G Whitehead CBE

Finance, Audit & Risk Committee

Desiree Irving-Brown, *Trustee (Chair)*
Graeme Findlay, *Trustee*
Professor John Mathers, *Trustee*
Luke Stockill, *Trustee*
Sam Fulton, *Trustee*

HR & Remuneration Committee

Louise Redmond, *Trustee (Chair)*
Alyson Greenhalgh-Ball, *Trustee*
Professor John Mathers, *Trustee*
Alisdair Wotherspoon, *Trustee*
Paul Wheeler, *Trustee*

Advisory Committee

Professor Janet Cade
Professor of Nutritional Epidemiology and Public Health, University of Leeds (Chair)
Kate Platts
Head of Research and Innovation, Westfield Health (Deputy Chair)
Judith Batchelar OBE
Director, Food Matter International
Professor John Blundell
Chair of Psychobiology, University of Leeds
Professor Gary Frost
Chair in Nutrition and Dietetics, Imperial College London
Dr Susan Gatenby
Senior Director, Nutrition Europe, PepsiCo UK Ltd

Glynis Henderson
Education Consultant

Professor Kevin Whelan
Professor of Dietetics, King's College London

Professor Martin Wiseman
Visiting Professor in Human Nutrition, University of Southampton

Nominations Committee

Iain Ferguson CBE
Chair of Council at Cranfield University (Retired December 2022)

Professor Christine Williams
Director, Food Agriculture and Health, University of Reading (Chair)

Professor John Mathers
Professor of Human Nutrition, University of Newcastle (Chair of the Board of Trustees)

Scientific Committee

Mrs Barbara Bray MBE
Independent Registered Nutritionist and Food Safety consultant

Dr Adrian Brown
University College London

Dr Susanne Bryngelsson
RISE/Kristianstad University

Dr Eirini Dimidi
King's College London

Mrs Laura Farrell
Tesco

Mrs Nicky Gillett
Allied Bakeries

Ms Emily Jesper-Mir
Wellcome Trust/Sense about science

Dr Kavita Karnick
Tate & Lyle

Dr Gunter Kuhnle
University of Reading

Dr Amelia Lake
Teeside University

Professor Jennie Macdiarmid
University of Aberdeen

Dr Duane Mellor
Aston University

Professor Lisa Methven
University of Reading

Mrs Barbara Monks
Food education consultant

Professor Eric Robinson
University of Liverpool

Professor Peter Rogers
University of Bristol

Professor Tom Sanders
King's College London

Professor David Stensel
University of Loughborough

Professor Emma Stevenson
University of Newcastle

Dr James Stewart
University Hospitals of Leicester

Ms Laura Street
Marks & Spencer

Mr Matt Towner
Impact on Urban Health

Dr Lisa Wilson
Richmond and Wandsworth Councils

Editorial Advisory Board

Michael Adams
Campden BRI

Dr Aisling Aherne
Kerry Group

Dr Margaret Ashwell
Ashwell Associates

Professor James Betts
University of Bath

Professor John Blundell
University of Leeds

Dr Brigitte Brands
Ludwig-Maximilians-University of Munich

Dr Veronique Chachay
University of Queensland

Dr Caroline Childs
University of Southampton

Dr Laura Fernandez-Celemin
EFIC

Professor Ciaran Forde
Wageningen University & Research

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University of Sydney

Professor Alison Gallagher
University of Ulster

Professor Marcela Gonzalez-Gross
Technical University of Madrid

Professor Bruce Griffin
University of Surrey

Dr Wendy Hall
King's College London

Dr Kirsty Hassall
Rothamsted Research

Dr Patrícia de Fragas Hinnig
Federal University of Santa Catarina, Florianópolis

Professor Orla Kennedy
University of Reading

Dr Amelia Lake
Durham University

Dr Clare Leonard
Consultant Nutritionist

Claire MacEvilly
Airfield Estate, Dublin

Dr Christophe Matthys
KU Leuven

Professor Anne-Marie Minihane
Norwich Medical School, Director of Norfolk Institute of Healthy Ageing (NIHA)

Dr Panagiota Mitrou
WCRF International

Dr Caoileann Murphy
University College Dublin

Dr Anne Nugent
Queens University Belfast, UK and University College Dublin, Ireland

Dr Gerda Pot
Louise Bolk Institute/King's College London

Professor Marie Reid
University of Hull

Professor Hettie Schönfeldt
University of Pretoria

Dr Joanne Slavin Professor
University of Minnesota

Professor Gregorio Varela-Moreiras
University of San-Pablo-CEU

Professor Youfa Wang
Xi'an Jiaotong University

Education Working Groups

English Education Working Group

Louise Attwood
AQA

Rosalie Forde
Three Ways School

Tracey Goodyere
Birmingham City University

Helen Grundy
Health for Life Programme Manager

Anita Hardy
OCR

Andrew Hartshorn
Finham Park 2

Zoe Lawrence
Petersfield School

Kevin McGuinness
Bramhall High School

Dr Jason O'Rourke
Washingborough Academy

Ms Susanne Parker-Morris
Worcester University

Brianne Turner
PE Specialist

Elizabeth Tydeman
Public Health England

Northern Ireland Education Working Group

Lynne Anderson
Wellington College Belfast

Mairead Davidson
University of Ulster

Shirley Davidson
Omagh Academy

Judith Hanvey
Education Authority (Belfast)

Glynis Henderson
Education Consultant

Heather Kettle
Enniskillen Royal Grammar School

Jennifer McGonagle
Food Standards Agency Northern Ireland

Amanda McGarry
North Coast Integrated School Coleraine

Jennifer McGonagle
Food Standards Agency Northern Ireland

Laura McGreevy
St Columbanus' College

Joanne O'Neill
Magherafelt High School

Steven Park
University of Ulster

Hannah Somerville
McKinney Primary School

Wendy Strain
Antrim Grammar School

Dorothee Wagner
CCEA

Michelle Young
Food Standards Agency Northern Ireland

Scottish Education Working Group

Shirley Beattie
Education Scotland

Carla Bell
Alloa Academy

Emma Creaney
Carlisle High School

Jen Eddington
Westhill Academy

Graeme Findlay
Scottish Qualification Authority

Ann Floyd
HM Inspector of Education

Elaine Gardiner
University of Strathclyde

Lara Henderson
St Timothy's Primary School

Ruth Higginson
Musselburgh Grammar High School

Megan Johnston
Alexandra Parade Primary

Emma Juskowiak
Strathaven Academy

Isla Porteous
St Joseph's College

Jen Shaw
Food Standards Scotland

Welsh Education Working Group

Amy Bergiers
Nantgaredig Primary School

Mark Campion
Her Majesty's Inspector of Education and Training in Wales

Allison Candy
Welsh Joint Education Committee

Sue Carbis
Cardiff Council

Lloyd Henry
Ysgol Gyfun Gwyr

Mike Lewis
Gowerton Comprehensive

Nerys Lloyd
Pen Y Cwm Special School

Kathryn Mallows
Cowbridge Comprehensive School

Jo Nicholls
Aberdare Community School

Matt Penny
Monmouth Comprehensive School

Meg Taylor
Ysgol Calon Cymru

Nia Rees Williams
Conwy County Borough Council



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Company registered number: 00898651
Registered charity number England and Wales: 251681
Registered charity number Scotland: SC040061
Publication date: November 2022

www.nutrition.org.uk

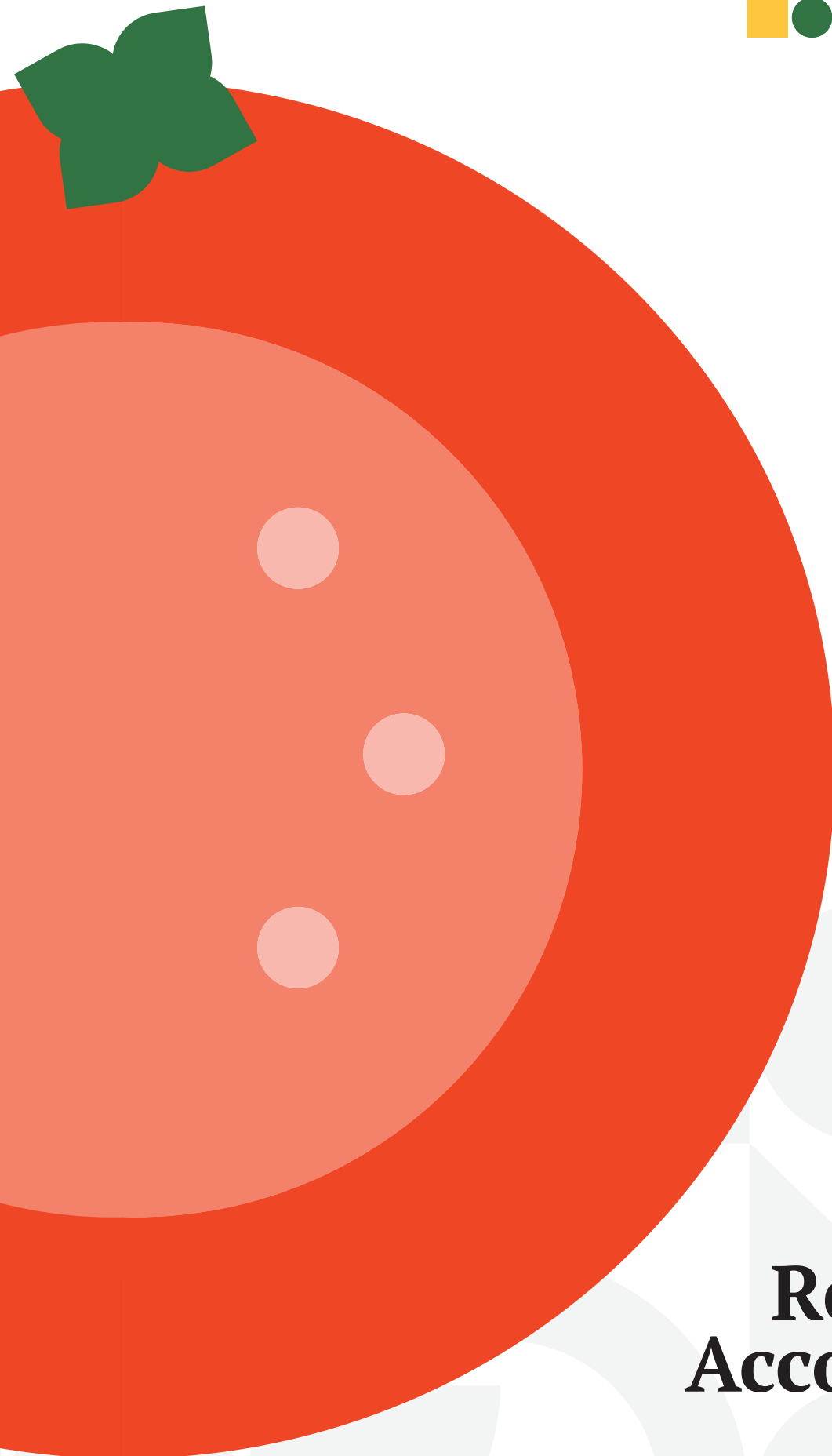
www.foodafactoflife.org.uk

Designed and produced by Ingenious Design

THE BRITISH NUTRITION FOUNDATION

England & Wales - Charity number 251681

Accounts



Annual Trustees'

Report &

2021-2022

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Welcome to the Annual Trustees' Report and Accounts 2021-2022

I am delighted to present our 2021-22 Annual Report and my first as Chair of the Board of Trustees. I would like to thank my predecessor, Professor Colin Dennis, for his time and commitment to the Board and to thank our Vice-Chair, Alyson Greenhalgh-Ball, who is now supporting me in leading the Board of Trustees.

This report covers the return to a new normal following the peaks of the COVID-19 pandemic, as well as new challenges including the ongoing war in Ukraine, rising costs of fuel, utilities and food, and the start of a cost-of-living crisis not seen for a generation.

In what is a period of considerable flux, we have welcomed new colleagues to the Foundation to help lead our new Strategy for the coming five years.

Dr Bernadette Moore, Associate Professor of Obesity, University of Leeds, joined the Board this year and we value her expert contributions to the Scientific Committee as well as to Board discussion and debate. At the beginning of 2022, we welcomed our new Chief Executive Elaine Hindal to the Foundation. Elaine brings a wealth of operational leadership experience from the charity and commercial sectors that will prove invaluable as she continues to help guide the Foundation in its future journey.



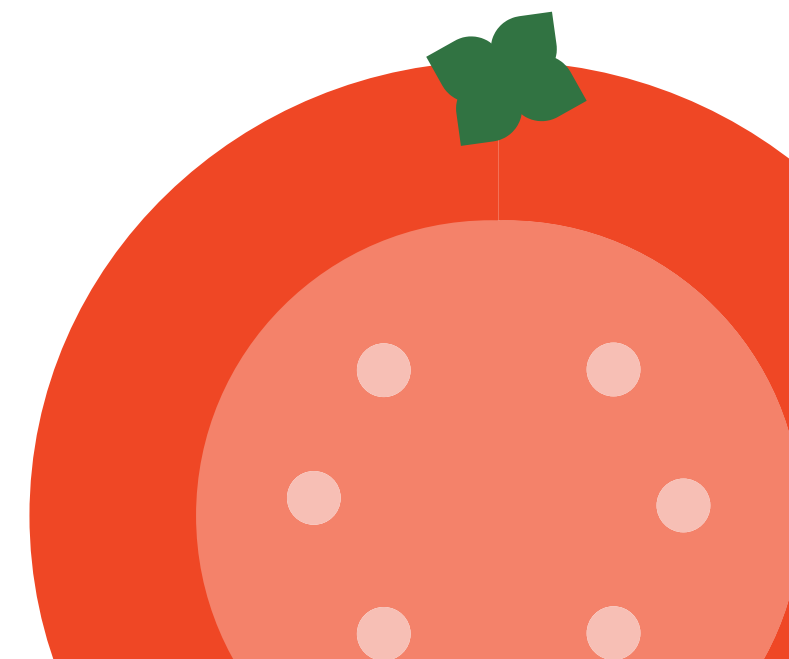
Professor John Mathers
Chair of the Board of Trustees

With sadness, we said farewell to two long-standing pillars of the Leadership Team as Professor Judy Buttriss retired from her role as Director General and Roy Ballam from the Managing Director role, after 23 and 26 years of service respectively. The Trustees and I would like to thank them both for their many years of contribution and commitment to the Foundation. We are particularly grateful to Roy for a comprehensive handover with Elaine and to Judy for introducing Elaine to key stakeholders and for her continued support as Editor in Chief of the *Nutrition Bulletin*.

This year, the British Nutrition Foundation began to implement its new brand and website, beginning a journey towards making nutrition science more engaging and accessible to all through greater digital optimisation. This is something I am particularly keen to see develop in the coming years.

This year has been a year of significant change for the Foundation, but with change comes great opportunity. It is an exciting time to be in the role as Chair and to be working with my fellow Trustees and the whole team at the British Nutrition Foundation to continue to connect people, food and science.

Professor John Mathers
Chair, Board of Trustees



Chief Executive's Introduction



Two of the most pressing challenges we face today are addressing health and social inequality and tackling climate change. Food brings these issues together.

When I joined the British Nutrition Foundation in January 2022, it felt like an important time for accurate, evidence-based public nutrition education following the COVID-19 pandemic.

Little did we know just how critical access to healthy, sustainable food would become for so many as the cost-of-living began to escalate. Sustainability, health and access to nutritious food are at the heart of the work we do at the British Nutrition Foundation, and it is a privilege to be joining the Foundation at such a critical time.

During my first nine months, I have been deeply impressed by the knowledge, expertise and commitment of the British Nutrition Foundation team. It is a great credit to Professor Judy Buttriss and Roy Ballam, and to the whole team, that the Foundation is so well respected for championing nutrition science and food education, and for its ability to convene stakeholders from across sectors to address the issues that matter to us all.



Elaine Hindal
Chief Executive

A particular personal highlight was a visit to a Nottinghamshire primary school in June to see *Healthy Eating Week* in action. It was inspiring to see children engaged in learning about healthy eating using the wealth of resources developed for the classroom. Supporting teachers and helping children learn about food is something we take seriously at the British Nutrition Foundation.

I would like to take this opportunity to thank our supporters and members. We are grateful for their contributions to our work to promote healthy, sustainable diets for all, and for their commitment to changing the food environment towards one that facilitates healthier choices that are better for people and planet. We are honoured to be on the journey with them.

Finally, I would like to offer my thanks to everyone at the British Nutrition Foundation for their warm welcome and support. In the year ahead, facing critical challenges in the cost-of-living and increasing food insecurity, the Board, the team and I are reshaping the Foundation's future as our current strategy period comes to a close. Our 2023-28 Strategy has very solid foundations on which to build, in a future that will be very different from even our recent past.

Elaine Hindal
Chief Executive

Our purpose and values



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

The British Nutrition Foundation is a public-facing charity which exists to give people, educators and organisations access to reliable information on nutrition. Our objects are two-fold:

- (a) to advance the education of the public, and those involved in training and the education of others, in nutrition; and
- (b) to advance the study of and research into nutrition for the public benefit and disseminate and publish the useful results of such research.

Put simply, our vision is that more people eat healthy, sustainable food. Our mission in achieving this is to translate evidence-based nutrition science in engaging and actionable ways - ways that make a difference and can help people make lasting changes.

Our values guide our strategy and behaviours, providing a set of principles that shape our priorities, partnerships and ways of working.

Integrity We are science-led, impartial, open minded, transparent and committed to diversity and sound ethical principles.

Collaboration We amplify our impact via partnership working with a range of stakeholders.

Quality We deliver excellence consistently.

Positivity We are a team of highly qualified experts who care about providing credible nutrition science and are passionate about the positive influence it can have on healthier lives.



2021-22 at a glance



This year has been a year of collaboration, celebration and championing healthy, sustainable diets.

June 2021



Celebrating Healthy Eating Week 2021

With an overarching message to 'Find your healthier you!' our flagship week helped raise awareness of the importance of food to our health and well-being among over 1.5m people, through the almost

6,500

early years settings, schools, universities and workplaces that took part.

"Children found the Be the Chef day the highlight of the week as they were given a chance to be practical and learn a new dish."

2021 participant

August 2021

Advancing nutrition science

Our flagship review, *Healthier and more sustainable diets: what changes are needed in high-income countries?* was published in the British Nutrition Foundation's international peer-reviewed journal, *Nutrition Bulletin*. The review highlights the need to consider the nutritional quality of diet alongside environmental benefits, to achieve sustainable diets that benefit both human and planetary health.



October 2021



Developing the future of food education

Supported by the All Saints Educational Trust, the British Nutrition Foundation held a consensus building event and used insights from qualitative and quantitative research to develop new recipes and school resources to reflect the diversity of young people in the UK. The report sets out

10

 recommendations for the future of UK food education

From practical recommendations on ingredient variety to ensuring food and nutrition education is available to all children, the re-introduction of a food A-Level, and teacher recruitment and training, we urge all food education providers to consider and act upon these recommendations.

November 2021



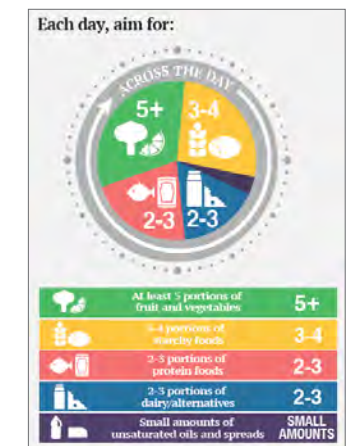
Annual Conference 2021

Our 2021 Annual Conference was attended by the Foundation's Royal Patron, HRH The Princess Royal. The theme of *Healthier people on a healthier planet - the perfect outcome for a transformed food system* proved popular, with over

1,000

 virtual registrants

The conference, with expert presentations and case studies from agricultural, educational/school and food industry settings, set out a compelling case for change towards healthier and more sustainable diets.



Testing and evaluating our resources

As part of work funded by the European Institute of Innovation and Technology (EIT) Food, we evaluated our *Get Portion Wise!* guides with in-home research to explore attitudes and behaviours in relation to the portion size of home-cooked meals.

Our portion size guides have since been revised to improve understanding and use. They remain one of our most downloaded resources.

September 2021

Food – A Fact of Life 30th Anniversary

Launched in 1991, the *Food – A Fact of Life* education programme continues to support excellence in food teaching and learning through online resources to support the curricula and qualifications in England, Scotland, Wales and Northern Ireland.



Career starting opportunities

Our Drummond Internship programme promotes careers in nutrition science, by offering each individual a unique opportunity to gain skills, knowledge and experience as part of our Science Team.



"This internship has given me the opportunity to learn, develop and take on a wide variety of tasks that I would have otherwise not experienced. This has really built up my confidence in my abilities, and I know will prove invaluable in my future career."

Sophie Yelland,
Junior Nutritionist,
Drummond Intern,
Sept 2021-Dec 2022

February 2022

Our flagship projects

We launched two new flagship projects in Feb 2022, each with support from 12 member companies. Our Healthy Sustainable Diets project aims to develop resources to help young people have a healthier and more sustainable diet, and our Ultra-Processed Foods project is bringing together a variety of stakeholders to discuss views on the topic. Both projects will report in 2022-23.

May 2022

Strengthening our toolkit to tackle misinformation



We were pleased to be awarded the Patient Information Forum (PIF) TICK quality mark in May 2022. The PIF TICK is UK's only assessed quality mark for print and online health information and is a quick and easy way for people to be assured that health information is evidence-based, reliable and trustworthy.

The British Nutrition Foundation joins a growing number of NHS organisations and health charities that are certified PIF TICK Members with a commitment to high-quality, clearly communicated, evidence-based information.

Achievements 2021-2022

Public Education

Eat Well Play Well

Marks & Spencer's partnership with the UK Home Nation football teams aims to inspire healthier eating choices through football. The *Eat Well Play Well* campaign, targeted to families with children, promotes positive healthy eating messages in a relatable way. The *Eat Well* health seal of approval signals products that meet evidence-based nutritional criteria developed in consultation with the British Nutrition Foundation. *Eat Well* makes it easier for people to make healthy choices.

Communicating Evidence-Based Nutrition Information

nutrition.org.uk

- More than 1m people used the *nutrition.org.uk* website with almost 4 million page views
- 203,400 resources were downloaded
- Top 5 information pages viewed: Fibre, 7-day meal plan, Protein, Healthy diet recommendations, Healthy Eating Week
- Top 5 most downloaded resources: 7-day meal plan, Fun way to fibre, Portion size guide, Protein in the diet, Vitamins and minerals in our food

In September 2021, our new website, *nutrition.org.uk*, was launched incorporating a fresh new brand identity. This will give the Foundation a platform from which to strengthen our digital presence and increase the accessibility of our consumer information going forward.

Throughout 2021-22, new content was published based on the Eatwell Guide, including the science of healthier and more sustainable diets,

portion size guides and energy density. The website has also featured blogs on topics including sustainable seafood, and nuts as part of a healthy, balanced diet.

A key element of our work is to make evidence-based nutrition science accessible to all. To this end, we work with the media, publish a range of newsletters and develop content to bring nutrition science to life.

Our media reach

- 2.5 million impressions on our social media platforms
- 48,000 social media followers
- 325,000 views of our online video content
- 36,000 e-newsletter registrants
- 666 pieces of broadcast, online and print media coverage

Healthy Eating Week 2021

Our annual *Healthy Eating Week* is a key opportunity for the British Nutrition Foundation to celebrate healthy, sustainable diets and to raise awareness of the importance of food to our health and well-being.

Healthy Eating Week 2021 reached more than 1.5m people, through the almost 6,500 early years settings, schools, universities and workplaces that took part.

Feedback indicates that half of those involved were inspired to change how their organisation provides information about healthy lifestyles, and two-thirds reported that they would continue with a health-related activity that they started during *Healthy Eating Week*.

Powering Performance

The British Nutrition Foundation's partnership with Sodexo in 2021-22 focused on developing the nutritional basis for Sodexo's *Powering Performance* programme. Sodexo employees completed nutrition training, developed and certified by the British Nutrition Foundation, enabling them to bring nutrition science to life across a menu, introduce new ingredients to encourage a varied diet, and share with students the importance of nutrition to physical and mental wellbeing.

More than 100 Sodexo employees completed the training in 2021-22.

Supporting Food Education in Schools

foodafactoflife.org.uk

This year marked the 30th Anniversary of *Food, a Fact of Life*, our free online programme of teaching guidance and curriculum-compliant resources for schools. We were delighted to continue this programme in 2021-22 in partnership with the Agricultural and Horticultural Development Board.

- 384,000 people used the *Food, a Fact of Life* website, with 2.4 million page views
- 1.2m educational resources were downloaded

- Top 5 information pages viewed: Recipes, Nutritional analysis, Healthy eating, Food commodities, Hygiene and safety
- Top 5 most downloaded resources: Eatwell Guide, Eatwell Guide presentation, Eatwell Guide worksheet, Nutritional needs throughout life, Eatwell Quiz
- Almost 5,500 teachers registered for our educators' events, including the *Food, a Fact of Life* 30th Anniversary Conference, webinars and online cooking workshops and masterclasses
- Feedback from our teachers' events is overwhelmingly positive, with more than 90% of attendees feeling 'more informed' and 'confident to teach' food as a result



Achievements 2021-2022

Advancing Nutrition Science

Scientific Publication

The British Nutrition Foundation advances the study of nutrition science through our journal *Nutrition Bulletin* and via online training and webinars. Both allow the Foundation to extend our reach in the UK and internationally.

Nutrition Bulletin was available in 11,884 global institutions, with 385,000 copies of papers downloaded from Wiley Online Library in 2021-22. Key publications included a spotlight on sports nutrition, food labelling, healthier and more sustainable diets, and vitamin D. *Nutrition Bulletin* is indexed in the 2021 Journal of Citation Reports and has an Impact Factor™ of 3.609.

In 2021-22, the Foundation delivered two webinars – *Hungry or Full? Responsive feeding in young children*; and *Reformulating*

for healthy sustainable diets – how could fibre and alternative proteins help? - and 18 online training courses were available.

Our webinars reached a global professional or academic audience of more than 2,600 people, whilst 2,042 people used our online training, where popular topics included workplace nutrition and wellbeing. In addition, the British Nutrition Foundation Student Network continues to thrive and reached over 500 students of nutrition science in 2021-22.

The Importance Of Collaborative Working

The British Nutrition Foundation is a founding member of the Academy of Nutrition Sciences, a joint initiative between us and The Association for Nutrition (AfN), The Nutrition Society and the British Dietetic Association. The Academy's objective is to improve public health and wellbeing by supporting excellence in research, education and associated activities to advance the knowledge and application of evidence-based nutrition science. In 2021-22, the British Nutrition Foundation continued to sponsor the Academy and play an active role in its future development.

In addition, the British Nutrition Foundation extended its expertise to a number of sector-wide initiatives in 2021-22:

- AfN Inter-Professional Working Group on Medical Nutrition Education;
- Medical Research Council (MRC) funded UK Nutrition Research Partnership 'hot-topic' workshops;
- The European Institute of Innovation & Technology (EIT Food) Health Claims Unpacked project;
- EIT Food Portion Size Guide evaluation project;
- UK Research and Innovation (UKRI) Biotechnology and Biological Sciences Research Council (BBSRC) Doctoral Training Partnership, *Raising the Pulse*;
- Associate Partner of the FoodBioSystems Doctoral Training Partnership;
- External Advisory Board for the BBSRC/MRC funded Food4Years Network; and
- UKRI BBSRC and the Nuffield Council on Bioethics public dialogue programme on genome editing in farmed animals.

Junior Nutritionist Placements

The British Nutrition Foundation continued to support students of nutrition science in 2021-22 with a 12-month work placement in partnership with Marks & Spencer. Our placements provide a unique opportunity for graduates to gain experience in non-profit and commercial settings under the mentorship of an experienced Nutrition Science Manager.

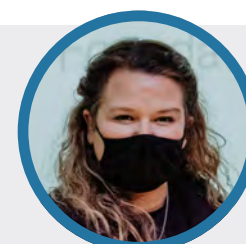


Hannah Molloy
Junior Nutritionist, 2021-22

"My placement at the British Nutrition Foundation gave me invaluable experience of working within the field of nutrition and communicating evidence-based advice to different audiences. Throughout my placement I was provided with numerous opportunities to develop new skills and push myself out of my comfort zone."

British Nutrition Foundation Awards

The British Nutrition Foundation celebrates the study of nutrition science through a series of annual awards and our Drummond Internship Programme. These are made possible by an endowment of the Drummond Memorial Fund, established in memory of distinguished biochemist Sir Jack Drummond (1891-1952).



Rosalie Forde
Three Ways School, Bath



Sarah Fletcher
The Portsmouth Academy, Portsmouth



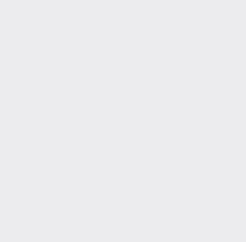
Alison Cavanagh
Willoughby Academy, Lincolnshire



Lloyd Henry
Ysgol Gyfun Gŵyr, Swansea



Haydn Bettles
Armitage CofE Primary School, Manchester



Elizabeth Rothery
The Whitehaven Academy, Cumbria

The British Nutrition Foundation Drummond Education Awards for excellence in food GCSE/National 5 and Post-16 qualifications.

Due to the COVID-19 pandemic, we were unable to present awards for student achievement in GCSE/National 5 and Post-16 qualifications in 2021-22. Instead, six awards were presented to teachers nominated by their peers for excellence in food and nutrition teaching. The award winners are pictured above.



The British Nutrition Foundation Early Career Scientist Award, recognising future leaders in nutrition science.

The 2021 winner was Dr Fiona Lavelle, Institute for Global Food Security, Queen's University Belfast. Dr Lavelle was recognised for outstanding work in the field of Behavioural Nutrition with a particular focus on culinary behaviours in children and how they can impact on children's health and wellbeing.



The British Nutrition Foundation Prize, awarded to a person or group for outstanding achievement in an area of nutrition.

The 2021 British Nutrition Foundation Prize was awarded to Dr Alison Tedstone, former Chief Nutritionist, Office of Health Improvement and Disparities. Dr Tedstone was nominated for her distinguished contribution to public health research and her work for two decades at the highest Government level ensuring that diet, nutrition and obesity were central in nutrition policy making.

The British Nutrition Foundation Drummond Pump Priming Award,

awarded to a newly appointed lecturer or research fellow to undertake the pilot work needed to support a substantial grant application in nutrition science.

The Pump Priming Award was not awarded in 2021, due to restrictions around laboratory and human study-based research as a result of the COVID-19 pandemic. The Drummond Pump Priming Award will resume in 2022.



The need for accessible information to help educate people about healthier, sustainable and more affordable diets will continue to grow.

Trustees' Report

For the year ended 31 May 2022

Legal and administrative information

Directors and Trustees

For the purposes of charity law, the directors of the charitable company (the charity) are its Trustees:

Professor John Mathers (Chair)
 Professor Colin Dennis CBE (Immediate Past Chair)
 Alyson Greenhalgh-Ball (Vice-Chair)
 Desiree Irving-Brown (Treasurer)
 Michael Bond
 Graeme Findlay
 Gill Fine
 Professor Susan Lanham-New
 Dr Bernadette Moore (appointed 2022)
 Louise Redmond
 David Webster
 Professor Christine Williams OBE (resigned 2021)
 Alisdair Wotherspoon

Our Patron

Her Royal Highness
 The Princess Royal

President

Professor Emeritus
 Alan Shenkin

Key Management Personnel

Professor Judy Buttriss, Director General (until December 2021)
 Roy Ballam, Managing Director (until December 2021)
 Elaine Hindal, Chief Executive (from January 2022)
 Sara Stanner, Science Director

Company registered number 00898651

Registered charity number
 England and Wales 251681

Registered charity number
 Scotland SC040061

Registered office

New Derwent House,
 69-73 Theobalds Road,
 London, WC1X 8TA

Professional Advisors

Accountants:

Crossley Third Sector,
 Star House, Star Hill,
 Rochester, Kent, ME1 1UX

Auditor:

Moore Kingston Smith,
 9 Appold Street,
 London EC2A 2AP

Banker:

Barclays Bank, Barclays Business,
 1st Floor, 27 Soho Square,
 London, W1D 3QR

Investment Management:

Charles Stanley, 25 Luke Street,
 London, EC2A 4AR

Solicitor:

Reed Smith LLP,
 Beaufort House,
 15 St Botolph Street,
 London, EC3A 7EE



Trustees' Report



For the year ended
31 May 2022

Governance

The British Nutrition Foundation is a company limited by guarantee (company number: 0089651) governed by its Memorandum and Articles of Association. It is registered as a charity with the Charity Commission (charity number: 251681) and its Trustees are also the members of the company.

Purpose

The British Nutrition Foundation delivers evidence-based information on food and nutrition to benefit public health. Its objects are:

- to advance the education of the public, and those involved in training and the education of others, in nutrition; and
- to advance the study of and research into nutrition for the public benefit and disseminate and publish the useful results of such research.

Governing document

Under its Memorandum and Articles of Association, the Board may comprise no more than 12 Trustees. The Nominations Committee conducts the recruitment of Trustees, making recommendations for acceptance by the Board based solely on applicants' abilities to meet the needs of the Foundation.

Trustees are appointed by the Board and serve for a term of three years, with each Trustee able to serve for a maximum of nine years. The Board has the power should it choose to do so to co-opt members to its sub-Committees of the Board to fill specialist roles or to provide independent expert advice.

The Foundation has a formal procedure for inducting Trustees and provides key reference documents to ensure that newly appointed Trustees are fully aware of the Foundations strategy, activities, and their responsibilities. Training is provided at the request of Trustees.

The composition of the Board is weighted towards those from the scientific academic community.

In 2022, the Board established two sub-Committees covering Finance,

Audit & Risk, chaired by the Treasurer (currently Desiree Irving-Brown) and HR & Remuneration chaired by a Trustee (currently Louise Redmond).

The Chief Executive is appointed by the Board of Trustees to manage the day-to-day operations of the Foundation. The Chief Executive has delegated authority for operational matters including finance, employment, communications and consultancy in line with the policies that have been approved by the Board of Trustees. The Chief Executive is appraised annually by the Chair and the Board of Trustees.

Related parties and cooperation with other organisations

No Trustees receive remuneration or other benefit from their work with the Foundation. Any connection between Trustees or senior managers with any member, supplier or partner of the Foundation must be disclosed to the full Board of Trustees and included in the register of interests.

Declarations of interest are invited at each Board meeting and all meetings of the Foundation's advisory Committees and groups.

Risk Management

The Trustees have established a risk management strategy which involves an annual review of the principal risks that the Foundation faces and the policies, systems and procedures in place to mitigate those risks. A risk register is maintained and reviewed regularly by the Finance, Audit & Risk Committee and the HR & Remuneration Committee respectively. The full Board reviews the risk register on an annual basis and considers any significant changes.

Given the uncertainties discussed earlier in this report, several risks have been at the forefront of the Trustees' consideration.

The Trustees consider the following to be the principal risks currently facing the Foundation:

Income diversity

Despite its healthy reserves, with the loss of EU and research funding in recent years, the British Nutrition Foundation has grown increasingly reliant upon corporate membership income in the form of subscriptions, project work and voluntary donations.

Plans to diversify sources of income are in development, but we recognise that competition for charitable income is considerable and that a broad approach to income generation will be required. The Foundation is considering a range of options for income generation, including building upon our scientific partnerships with academic institutions; project funding through trusts and foundations; working in concert with other charities and non-profit organisations and in the longer-term, developing a small but important commercial income stream through our webinars, training and licensed content.

The Trustees continue to monitor the charity's financial position and are content that appropriate financial controls are in place should income continue to be under pressure.

Competition

With growing consumer interest in food and nutrition, and greater demand for plant based foods and more sustainable ways of eating, the British Nutrition Foundation finds itself competing in a highly contested media market for information and engaging content. Much of this content lacks the solid evidence base of that provided by the British Nutrition Foundation, and it is vital that we respond effectively using social media and digital channels to counter misinformation.

The Trustees also recognised the need to invest in our website and communications strategy. There is a risk that we fail to respond in an agile manner to the information provided by unqualified commentators and others. To this end, Trustees have approved the appointment of additional roles in Communications and Digital to raise the profile of the British Nutrition Foundation with journalists, the media and other providers of online content.

Reputation

As a charity funded by corporate donations from organisations operating in the food industry, the Trustees are profoundly aware of the importance of protecting the Foundation from undue industry influence, and the reputational risk of failing to maintain our independence.

We ensure our integrity and independence in a number of ways:

- Trustees are supported by an Advisory Committee the composition of which is also weighted towards academics based in universities and research institutes. The Advisory Committee meets twice annually and is chaired by Professor Janet Cade, Professor of Human Nutrition at the University of Leeds.
- Our Science work programme is informed by an independent Scientific Committee which enjoys a large membership from those who are active in academic nutrition, nutrition science, public health and education. The Scientific Committee is chaired by Science Director, Sara Stanner.
- Specialised scientific support and review is provided by the Editorial Advisory Board of our journal *Nutrition Bulletin*. The Board comprises more than 30 members, drawn from a range of academic specialisms in nutrition science and represent institutions in the UK, Europe, China, North America and South America.
- The Foundation's work in schools is supported by four Education Working Groups, representing teachers in primary and secondary school settings in England, Wales, Scotland and Northern Ireland. The groups meet quarterly and are chaired by Education Services Manager, Claire Theobald.
- The British Nutrition Foundation has robust procedures in place to sustain the quality and clarity of its public information. In May 2022, the Foundation was awarded the Patient Information Forum TICK, the UK quality mark for trustworthy health information.

- The British Nutrition Foundation does not lobby, does not endorse any products or engage in food advertising campaigns in support of brands.

The Trustees continue to monitor the reputation of the Foundation through regular surveys of stakeholder perceptions and public trust in the independence of the information we provide.

People

Like many organisations in the current climate, the British Nutrition Foundation recognises the importance of developing and retaining our talented staff team.

We are fortunate to have a number of employees in critical roles who have been with the Foundation for many years, but as a small organisation, we cannot offer the opportunities for career advancement that employees earlier in career may be looking for.

The Board has tasked the Chief Executive, with the support of the HR & Remuneration Committee, to develop new ways to support staff retention and has approved investment in professional development for all staff. Given the increased risk of fraud and cyber crime, core training includes cyber security awareness, as well as professional CPD, line management and diversity and inclusion training.

In addition, we recognise the diversity of the British Nutrition Foundation fails to reflect the communities we seek to serve in our governance, advisory groups and staff. This needs to change. The Trustees have invested in training in diversity and inclusion and will be developing an Equity, Diversity and Inclusion (EDI) strategy and plan. Our approach to EDI will also consider our communications strategy as well as how the British Nutrition Foundation can help attract and support people from under-represented groups to study and work across the breadth of the food industry and in the field of nutrition science.

Trustees' Report



For the year ended
31 May 2022

Financial Review

The statement of the British Nutrition Foundation's financial activities for the year is set out on page 26 of the Annual Report. Total income for 2021-22 was £1.352m (2021: £1.311m). Voluntary income for the year was £849,911 (2021: £748,088). Investment income for the year was £18,432 (2021: £16,883).

There was a modest net surplus for the year of £8,691 (2021: £108,918).

Funding

Of the income received of £1.352m in 2021-22, the British Nutrition Foundation received £171,851 from membership subscriptions (2021: £171,665) and a further £687,060 in donations from corporate members (2021: £576,423). All voluntary income is unrestricted.

In addition, the British Nutrition Foundation generated £453,010 (2021: £522,962) from consultancy projects from a number of corporate members, non-member commercial

food organisations and Trusts and Foundations. This income stream remained impacted by the lasting effects of the COVID-19 pandemic and in the latter half of the financial year, by market turmoil arising from the Russia-Ukraine war and the continued pressures on charitable giving by Trusts and Foundations.

The British Nutrition Foundation raised £31,318 (2021: £23,281) from publications, largely due to its journal *Nutrition Bulletin*.

Fundraising

During 2021-22, the British Nutrition Foundation did not carry out any public fundraising activities, either directly or through other parties, and has no plans to do so in the immediate future. Consequently, the British Nutrition Foundation is not subject to any undertaking to be bound by any voluntary scheme for regulating fundraising. The British Nutrition Foundation received no complaints in the year regarding fundraising activities.

As a charity, however, the British Nutrition Foundation is registered with the Fundraising Regulator and is committed to follow the Code of Fundraising Practice and the Fundraising Promise. Details of our registration can be found on the Fundraising Regulator's website.

Expenditure on charitable activities

Charitable expenditure for the year was £1.235m (2021: £1.192m).

A focus of our expenditure in 2021-22 has been the refresh of our nutrition.org.uk website which will, in the long term, allow the organisation to reach a greater number of people online. In addition, we continued to invest in our *Food – a Fact of Life* programme to support teachers and food education in schools, and in *Nutrition Bulletin*.

Staffing costs

Expenditure on staffing costs for the year was £941,918 (2021: £865,885). This increase is due to the average number of persons employed by The British Nutrition

Foundation increasing during the year including an internship position funded by our designated funds.

Expenditure on raising funds

Support costs are allocated to the cost of raising funds and charitable activities on the basis of staff time. Expenditure on raising funds for the year was £100,460 (2021: £84,416).

Net assets

The total net assets of the Foundation were £1.580m at 31 May 2022 (2021: £1.573m).

Investment policy

In considering the Foundation's investment policy, the Trustees continue to take the view that the preservation of capital is of primary importance in the current climate and our investment strategy remains conservative.

The invested funds held on deposit for the Foundation (excluding those held in the Foundation's current account) achieved income of £18,432 (2021: £16,883) for the year. The British Nutrition Foundation held total cash and investments of £687,886 as at 31 May 2022 (2021: £686,840).

Reserves policy and going concern

It is the intention of the Trustees to maintain sufficient reserves to ensure the ongoing viability of the Foundation notwithstanding a significant shortfall in funding or other unexpected events.

The Foundation's Reserves Policy was reviewed by the Board of Trustees in July 2021. It was agreed that a general reserve level should be maintained at a minimum of £600,000 to allow cover for the cost of closure and limited running for six months, and that an amount should be designated for future strategic development and investment in digital.

General reserves at 31 May 2022 were £1.396m (31 May 2021: £1.354m), given the continued uncertainty of charitable income and the development of a new Strategy for the charity in 2022. At the time of approving the

accounts, the Trustees have reviewed in detail three-year projections for Income and Expenditure and have a reasonable expectation that the Foundation has adequate resources to continue in operational existence for the foreseeable future. Thus the Trustees continue to adopt the going concern basis of accounting in preparing the accounts.

Designated funds

The British Nutrition Foundation continues to manage the Drummond Memorial Fund. In 2021-22, incoming resources into the fund were nil and outgoing expenditure was £20,672. The value of the Fund at 31 May 2022 was £151,327 (2021: £171,999). In addition, the British Nutrition Foundation has the Strategic Contingency Fund to help the foundation increase its impact, profile or capacity and the IT Strategic Fund for the enhancement of the website.

Internal controls

Day-to-day financial management of the British Nutrition Foundation is supported by an independent accountancy firm with considerable experience in the non-profit sector. The Finance, Audit & Risk Committee receive the management accounts in full each month and review them in detail at each Committee meeting. A report of the Committee proceedings is a standing item on the full Board agenda allowing for any issues to be raised.

The Foundation's Financial Policy sets out internal controls to counter the risk of fraudulent or inappropriate use of funds. Training on the Financial Policy is provided annually to managers and directors.

Detailed annual budgets are prepared each year for review by the Finance, Audit & Risk Committee and approval by the Board of Trustees. Quarterly forecasts for income, expenditure and cash flow are prepared for the Committee and reviewed in detail. In 2022 a revised 3-year financial plan was developed and approved.



Trustees' Report



For the year ended
31 May 2022

Plans for future periods

UK context

Looking ahead, the impact of the Russia-Ukraine war on the global economy and food supply chains, unprecedented food inflation and rising interest rates, means that the future remains challenging. The UK is now experiencing a cost-of-living crisis not seen for a generation. With soaring food prices and utility bills, many people are living with stark choices about how to feed themselves and their families.

Almost 10 million adults, and one in four UK households with children, experienced food insecurity in September 2022. This represents four million children without access to a healthy diet and in the long-term, at risk of diet related ill health, stunted growth and shorter lives (The Food Foundation, Food Insecurity Tracker, Sept 2022).

For many, rising food prices risk making a healthier, more sustainable diet feel 'a unreachable goal' (Food Standards Agency/Food Standards Scotland 2022) with more than half of UK adults feeling priced out of buying healthy food.

We are also beginning to see some evidence of trading-off between affordability and sustainability when it comes to food shopping, as some consumers deprioritise sustainable food choices for cheaper options. For example, Kantar data (Oct 2022) suggests that the proportion of British shoppers who try to buy products with more environmentally friendly packaging has fallen.

Research indicates that while one in four parents have cut back on food quantity, 28% have also reduced the quality of food they buy in order to afford household essentials (The Food Foundation and National Energy Action, Sept 2022). 58% of food insecure households report buying less fruit, and 48% fewer vegetables, in response to rising prices, despite the essential role of fruit and vegetables in a nutritious diet (The Food Foundation, Food Insecurity Tracker, Sept 2022).

The impact of household food insecurity across the UK is disproportionately felt; families with children, those from minority ethnic communities, people with disabilities and people not in work are particularly vulnerable. The Trussell Trust reports that 40% of people claiming Universal Credit skip meals to survive, yet despite accelerating need, its food banks are faced with having to purchase food to supplement what would usually be provided by donations.

Whilst there has long been a strong social gradient to diet-related ill-health, the disparity between those who can and cannot afford a nutritious diet contributes towards even greater health inequalities.

Our food environment plays an important role in shaping what people buy and eat, and this is influenced by what is available, affordable and accessible. Today, the work of the British Nutrition Foundation has never been more important, and we remain committed in our belief that people deserve not only to be food secure, but food and nutrition secure, with healthy, sustainable diets accessible to all.

It is likely however, that the need for accessible information to help educate people about healthier, sustainable and more affordable diets will continue to grow, and expectations on the UK and international food industry to reformulate, renovate and innovate its products towards healthier and more sustainable products will continue to increase.

Our work with industry, our stakeholder engagement efforts to elevate evidence-based nutrition science in public policy and in the media, and our campaigns in public education and content marketing, have never been more relevant.

In 2022, as the Foundation comes to the end of its current strategy period, it is an opportune time to pause and reflect. Our plans for 2023-28 are based on a detailed income forecast, cashflow and expenditure, and focus on delivering three priorities:

“ We remain committed in our belief that people deserve not only to be food secure, but food and nutrition secure, with healthy, sustainable diets accessible to all. ”



Trustees' Report

For the year ended
31 May 2022



Changing the food environment

- We will work with corporate members to help change the food environment through strategic critique, product reformulation, training and advice, and helping corporate nutritionists to make the case for healthier, more sustainable products.
- In collaboration with others, we will advocate to change the food environment in schools and care settings, promoting the importance of nutrition on school attendance and attainment, campaigning for the most vulnerable to have access to free school meals and holiday clubs, and to appropriate nutrition in care homes and in supported living environments.
- Our key measures of success will be built around case studies demonstrating the difference the British Nutrition Foundation has made to the food environment directly and through key stakeholders including government and government agencies.

Educating People:

- We will educate people directly through digital (web, social, in-app content and content marketing), media and social media; schools (reaching parents, teachers and the wider school community) and through our flagship *Healthy Eating Week* campaign. We will support sector-wide campaigns in collaboration with others, where they are evidence-based. Our key measures of success will be centred on reaching our priority audiences; public engagement; and the impact of our information on consumer knowledge, skills and behavioural intent.

Advocating Science and Building Consensus:

- The reputation of the British Nutrition Foundation is anchored in our scientific expertise and an ability to translate nutrition science for a range of audiences. Our *Educating People and*

Changing the Food Environment pillars are unpinned by a strong foundation of evidence. We will continue to advance the study of and research into nutrition for the public benefit, both in our work with schools and through thought-leading content pieces, rapid evidence reviews, the *Nutrition Bulletin* and our Awards Programme.

We anticipate some organisational change as we align our people and capacity to the new strategy, both in the staff team and in governance and advisory committees, and we expect to see positive movements in EDI with a new EDI Strategy in place from 2023.

With pressures on income likely to persist for some time, stakeholder engagement will continue to be a critical activity to protect and build relationships with our members and to ensure support from government, research bodies and other financing organisations.

We will explore new sources of income both from industry membership, targeted sectors such as online retailers who have benefited from the growth in direct delivery in recent years, and grants or Foundation income in the fields of health inequalities, food insecurity, and whole school approaches to food.

Statement of Trustees' Responsibilities

The Trustees, who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 May 2022. The Trustees have adopted the provisions of the Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland issued in July 2014.

The Trustees are responsible for preparing the financial statements in accordance with applicable law regulations. The Trustees have elected to prepare the financial

statements in accordance with United Kingdom Generally Accepted Accounting Practice (United Kingdom Accounting Standards).

Company law requires the Trustees to prepare financial statements for each financial period that give a true and fair view of the state-of-affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period.

In preparing those financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently
- comply with applicable accounting standards, including FRS 102, subject to any material departures disclosed and explained in the financial statements
- state whether a Statement of Recommended Practice (SORP) applies and has been followed, subject to any material departures which are explained in the financial statements

- make judgments and estimates that are reasonable and prudent
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the company will continue in business.

The Trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charitable company and to enable them to ensure that the financial statements comply with the Companies Act 2006, the Charities and Trustee Investment (Scotland) Act 2005 and the Charities Accounts (Scotland) Regulations 2006 as amended by The Charities Accounts (Scotland) Amendment (No. 2) Regulations 2014.

They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

In so far as the Trustees are aware:

- there is no relevant audit information of which the charitable company's auditor is unaware;
- the Trustees have taken all steps that they ought to have taken to make themselves aware of any relevant audit information and to establish that the auditor is aware of that information.

Auditor Moore Kingston Smith have expressed their willingness to remain in office as auditors of the charitable company. These accounts have been prepared in accordance with the provisions of Part 15 of the Companies Act 2006 relating to small companies.

This report was approved by the Board of Trustees on 26 January 2023 and signed on its behalf by:

John Mathers

Professor John Mathers
Chair, Board of Trustees

Date: 26 Jan 2023



Independent Auditor's Report

For the year ended 31 May 2022

Opinion

We have audited the financial statements of The British Nutrition Foundation for the year ended 31 May 2022 which comprise the Statement of Financial Activities, the Balance Sheet, the Cash Flow Statement and notes to the financial statements, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102 The Financial Reporting Standard applicable in the UK and Republic of Ireland (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31 May 2022 and of the incoming resources and application of resources, including its income and expenditure, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the Companies Act 2006, the Charities and Trustee Investment (Scotland) Act 2005 (as amended), regulations 6 and 8 of the Charities Accounts (Scotland) Regulations 2006 (as amended) and the Charities Act 2011.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs(UK)) and applicable law. Our responsibilities under those standards are further described in the Auditor's Responsibilities for the audit of the financial statements section of our report. We are independent of the charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the Trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charitable company's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the Trustees with respect to going concern are described in the relevant sections of this report.

Other information

The other information comprises the information included in the annual report, other than the financial statements and our auditor's report thereon. The Trustees are responsible for the other information. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether there is a material misstatement in the financial statements or a material misstatement of the other information. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

Opinions on other matters prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of the audit:

- the information given in the Trustees' annual report for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the Trustees' annual report has been prepared in accordance with applicable legal requirements.

Matters on which we are required to report by exception

In the light of the knowledge and understanding of the charitable company and its environment obtained in the course of the audit, we have not identified material misstatements in the Trustees' Annual Report.

We have nothing to report in respect of the following matters where the Companies Act 2006, the Charities Accounts (Scotland) Regulations 2006 (as amended) and the Charities Act 2011 require us to report to you if, in our opinion:

- the charitable company has not kept adequate and sufficient accounting records, or returns adequate for our audit have not been received from branches not visited by us; or
- the charitable company's financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of Trustees' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit; or

- the Trustees were not entitled to prepare the financial statements in accordance with the small companies regime and take advantage of the small companies exemption in preparing the Trustees' Annual Report and from preparing a strategic report.

Responsibilities of trustees

As explained more fully in the Trustees' responsibilities statement, the Trustees (who are also the directors of the charitable company for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the Trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the Trustees are responsible for assessing the charitable company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the Trustees either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

Auditor's responsibilities for the audit of the financial statements

We have been appointed as auditor under Section 44(1)(c) of the Charities and Trustee Investment (Scotland) Act 2005, the Companies Act 2006 and Section 151 of the Charities Act 2011 and report to you in accordance with regulations made under those Acts. Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material

misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The extent to which our procedures are capable of detecting irregularities, including fraud is detailed below.

Explanation as to what extent the audit was considered capable of detecting irregularities, including fraud

The objectives of our audit in respect of fraud, are; to identify and assess the risks of material misstatement of the financial statements due to fraud; to obtain sufficient appropriate audit evidence regarding the assessed risks of material misstatement due to fraud, through designing and implementing appropriate responses to those assessed risks; and to respond appropriately to instances of fraud or suspected fraud identified during the audit. However, the primary responsibility for the prevention and detection of fraud rests with both management and those charged with governance of the charitable company.



Independent Auditor's Report

For the year ended 31 May 2022

Our approach was as follows:

- We obtained an understanding of the legal and regulatory requirements applicable to the charitable company and considered that the most significant are the Companies Act 2006, the Charities and Trustee Investment (Scotland) Act 2005 (as amended), regulations 6 and 8 of the Charities Accounts (Scotland) Regulations 2006 (as amended), the Charities Act 2011, the Charity SORP, and UK financial reporting standards as issued by the Financial Reporting Council.
- We obtained an understanding of how the charitable company complies with these requirements by discussions with management.
- We assessed the risk of material misstatement of the financial statements, including the risk of material misstatement due to fraud and how it might occur, by holding discussions with management.
- We inquired of management and those charged with governance as to any known instances of non-compliance or suspected non-compliance with laws and regulations.
- Based on this understanding, we designed specific appropriate audit procedures to identify instances of non-compliance with laws and regulations. This included making enquiries of management and obtaining additional corroborative evidence as required.

As part of an audit in accordance with ISAs (UK) we exercise professional judgement and maintain professional scepticism throughout the audit. We also:

- Identify and assess the risks of material misstatement of the financial statements, whether

due to fraud or error, design and perform audit procedures responsive to those risks, and obtain audit evidence that is sufficient and appropriate to provide a basis for our opinion. The risk of not detecting a material misstatement resulting from fraud is higher than for one resulting from error, as fraud may involve collusion, forgery, intentional omissions, misrepresentations, or the override of internal control.

- Obtain an understanding of internal control relevant to the audit in order to design audit procedures that are appropriate in the circumstances, but not for the purposes of expressing an opinion on the effectiveness of the charitable company's internal control.
- Evaluate the appropriateness of accounting policies used and the reasonableness of accounting estimates and related disclosures made by the Trustees.
- Conclude on the appropriateness of the Trustees' use of the going concern basis of accounting and, based on the audit evidence obtained, whether a material uncertainty exists
- to draw attention in our auditor's report to the related disclosures in the financial statements or, if such disclosures are inadequate, to modify our opinion. Our conclusions are based on the audit evidence obtained up to the date of our auditor's report. However, future events or conditions may cause the charitable company to cease to continue as a going concern.
- Evaluate the overall presentation, structure and content of the financial statements, including the disclosures, and whether the financial statements represent the underlying transactions and events in a manner that achieves fair presentation.

We communicate with those charged with governance regarding, among other matters, the planned scope and timing of the audit and significant audit findings, including any significant deficiencies in internal control that we identify during our audit.

Use of our report

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006; and to the charity's Trustees, as a body, in accordance with Section 44(1)(c) of the Charities and Trustee Investment (Scotland) Act 2005, and in accordance with Chapter 3 of Part 8 of the Charities Act 2011. Our audit work has been undertaken so that we might state to the charitable company's members and Trustees those matters which we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to any party other than the charitable company, the charitable company's members, as a body, and the charity's Trustees, as a body for our audit work, for this report, or for the opinion we have formed.

Moore Kingston Smith LLP

Luke Holt

(Senior Statutory Auditor)
for and on behalf of Moore Kingston Smith LLP, Statutory Auditor

9 Appold Street
London EC2A 2AP

Date: 14 February 2023

Moore Kingston Smith LLP is eligible to act as auditor in terms of Section 1212 of the Companies Act 2006.



The British Nutrition Foundation is a public-facing charity which exists to give people, educators and organisations access to reliable information on nutrition.

Annual Accounts 2021-2022



Statement of Financial Activities for the year ended 31 May 2022

	Note	Unrestricted Fund £	Restricted Fund £	Total 2022 £	Total 2021 £
Income					
<i>Income from:</i>					
Voluntary income	2	849,911	-	849,911	748,088
Investment income	3	18,432	-	18,432	16,883
Charitable activities	4	484,328	-	484,328	546,243
Total Income		1,352,671	-	1,352,671	1,311,214
Expenditure					
<i>Expenditure on:</i>					
Raising funds	5	100,460	-	100,460	84,423
Charitable activities		1,234,919	-	1,234,919	1,192,331
Total expenditure		1,335,379	-	1,335,379	1,276,754
Unrealised (losses) / gain on investments	9	(13,073)	-	(13,073)	72,504
Realised gains on investments		3,343	-	3,343	3,147
Net income		7,562	-	7,562	110,111
Other (losses) on foreign exchange		(871)	-	(871)	(1,193)
Net movement in funds		6,691	-	6,691	108,918
Funds as at 1st June 2021	15	1,566,293	6,320	1,572,913	1,463,995
Funds as at 31st May 2022	15	1,573,284	6,320	1,579,604	1,572,913

The notes on pages 30 to 41 form part of these financial statements.
All of the operations of the Foundation are continuing.

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Balance Sheet for the year ended 31 May 2022

	Note	2022 £	2022 £	2021 £	2021 £
Fixed Assets					
Intangible Assets	7		18,636		30,309
Tangible Assets	8		5,808		11,167
Investments	9		687,886		686,840
			712,330		728,316
Current Assets					
Debtors		126,398		235,731	
Cash at bank and in hand	10	999,737		763,577	
		1,126,135		999,308	
Creditors: Amounts falling due within one year					
	11	258,861		154,711	
Net Current Assets			867,274		844,597
Total Net Assets			1,579,604		1,572,913
Funds					
Restricted funds	13		6,320		6,320
<i>Unrestricted funds:</i>					
Designated funds	14		177,231		212,575
General funds	15		1,396,053		1,354,081
			1,579,604		1,572,913

These accounts have been prepared in accordance with the provisions of Part 15 of the Companies Act 2006, relating to small companies. The financial statements on pages 26 to 41 were approved and authorised for issue by the Board of Trustees on

Chairman of the Board of Trustees – Prof John Mathers

John Mathers

Trustee - Ms. D Irving-Brown

D Irving-Brown

Companies House No. 898651

Annual Accounts 2021-2022



Statement of Cash Flows for the year ended 31 May 2022

	Note	2022 £	2021 £
Cash flow from operating activities			
Net cash provided (used in) / by operating activities	(i)	234,544	(103,238)
Cash flow from investing activities			
Bank interest received		1,176	939
Investment income		17,256	15,944
Acquisition of fixed asset investments		(36,160)	(113,095)
Proceeds from disposal of fixed asset investments		35,829	65,460
(Loss)/Profit on Forex		(871)	(1,193)
Purchase of intangible assets		(3,000)	(22,000)
Purchase of tangible fixed assets		(2,170)	(5,902)
Net cash (used in)/provided by investing activities		12,060	(59,847)
Change in cash and cash equivalents		246,604	(163,085)
Cash and cash equivalents at the beginning of the year		790,036	953,121
Cash and cash equivalents at the end of the year	(ii)	1,036,640	790,036
Analysis of changes in net debt		As at 01 June 2021 £	Cash flows £
Cash at bank and in hand		461,927	182,783
Cash held on deposits and investments		328,109	63,821
		790,036	246,604
			As at 31 May 2022 £
			644,710
			391,930
			1,036,640

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Statement of Cash Flows for the year ended 31 May 2022

	2022 £	2021 £
(i) Reconciliation of net income to net cash flow from operating activities		
Net income	6,691	108,918
Adjustments for:		
Depreciation charge	7,527	6,190
Amortisation charge	14,673	15,479
Bank interest received	(1,176)	(939)
Investment income	(17,256)	(15,944)
Loss/(Profit) on Forex differences	871	1,193
(Profit) on sale of investments	(3,343)	(3,147)
Revaluation of investments	13,073	(72,504)
Decrease/(Increase) in debtors	109,333	(84,646)
Increase/(Decrease) in creditors	104,151	(57,838)
Net cash provided by/(used in) operating activities	234,544	(103,238)
(ii) Analysis of Cash and cash equivalents		
	At 31 May 2022 £	At 1 June 2021 £
Cash at bank and in hand	644,710	461,927
Cash held on deposits and investments	391,930	328,109
	1,036,640	790,036

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Notes to the Financial Statements for the year ended 31 May 2022

1 Principal Accounting Policies

(a) Basis of preparation

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006. The British Nutrition Foundation meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note(s).

The Trustees have assessed whether the use of the going concern basis is appropriate and have considered possible events or conditions that might cast significant doubt on the ability of the charitable company to continue as a going concern. The Trustees have made this assessment for a period of at least one year from the date of approval of the financial statements. After making enquiries the Trustees have concluded that there is a reasonable expectation that the charitable company has adequate resources to continue in operational existence for the foreseeable future based on a significant level of reserves and liquid assets in the form of investments which are readily available to convert into cash. For this reason the Trustees continue to adopt the going concern basis in preparing the financial statements.

The financial statements are prepared in sterling, which is the functional currency of the company. Monetary amounts in these financial statements are rounded to the nearest pound.

The British Nutrition Foundation is a private company, limited by guarantee, registered in England and Wales, registration number 898651. The registered office is New Derwent House, 69 - 73 Theobalds Road, London WC1X 8TA. The company is a registered charity, registered in England and Wales, registration number 251681 and in Scotland, registration number SC040061.

(b) Income

Income from member companies (including annual subscriptions) is accounted for on a receivable basis, but on a received basis in the case of donations. Government grants are accounted for on a receivable basis.

Investment income is recognised on a receivable basis.

Interest income is recognised on a receivable basis.

(c) Expenditure Allocation

The directors have allocated office costs and governance costs on the basis of the amount of time spent by each member of staff in each of the six areas of activity of the Foundation. Staff costs have been similarly apportioned.

(d) Cash and cash equivalents

Cash and cash equivalents includes cash in hand and current and fixed term deposits with bank, with a maturity date of less than 90 days.

(e) Governance Costs

Governance costs relate to the direct costs associated with the constitutional and statutory requirements of the Foundation and include the costs of external audit, secretariat and other constitutional related costs.

Annual Accounts 2021-2022



Notes to the Financial Statements for the year ended 31 May 2022

(f) Depreciation of Tangible Fixed Assets

Depreciation is provided on fixed assets on the straight line method at the following rates:

Fixtures and fittings	20% p.a.
Computers and ancillary equipment	33.33% p.a.

Items of expenditure which provide enduring benefit to the Foundation are capitalised as assets if the cost (net of VAT) is more than £500. Expenditure of less than this amount is expensed through the Statement of Financial Activities.

At the end of each reporting period, the residual values and useful lives of assets are reviewed and adjusted if necessary.

(g) Employee Benefits

The costs of short-term employee benefits are recognised as a liability and an expense. The costs of any material unused holiday entitlement is recognised in the period in which the employee's services are received. Termination benefits are recognised immediately as an expense when the company is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

(h) Intangible Fixed Assets

Intangible fixed assets comprise of an online training platform and new website. Intangible fixed assets are recognised at cost and are subsequently measured at cost less accumulated amortisation and accumulated impairment losses. Amortisation is recognised so as to write off the cost or valuation of the assets less their residual values over their useful lives on the following bases:

Online training platform	33.33% p.a.
New Website	33.33% p.a.

The capitalisation threshold for intangible fixed assets is £500.

(i) Gifts in Kind

Gifts in kind and donated services and facilities are recognised within incoming resources and expenditure at an estimate of the value to the charity of the donated services or goods.

(j) Impairment of Fixed Assets

At each reporting end date, the charity reviews the carrying amounts of its tangible and intangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any).

(k) Operating Leases

Rentals payable under operating leases are charged to the Statement of Financial Activities as incurred over the term of the lease.

(l) Publications

It is the Foundation's policy not to include as stock the by-products from projects as the use of these is uncertain. When sales are made they are included in the SOFA on a receipts basis. The costs of the Foundation's publications and education material are written off in the year in which they are incurred.

Annual Accounts 2021-2022



Notes to the Financial Statements for the year ended 31 May 2022

(m) Prizes

Prizes are accounted for when paid.

(n) Pension Scheme Arrangements

The Foundation provides a percentage of employees' salaries which is paid into personal pension plans on behalf of employees. The percentage paid ranges from 4% to 12% of basic salary and is accounted for on an accruals basis.

(o) Funds

Unrestricted Funds – These are donations and other incoming resources receivable or generated for the objects of the charity without further specified purpose and are available as general funds.

Designated Funds – These form part of unrestricted funds and represent amounts set aside by the trustees for particular purposes. These funds may be returned to the general unrestricted funds at the trustees' discretion.

Restricted Funds – These are funds which are to be used for specific purposes as laid down by the donor.

(p) Foreign Currencies

Transactions in foreign currencies are recognised at the rate of exchange at the date of the transaction. Monetary assets and liabilities are translated into sterling at the exchange rate on the balance sheet date. Exchange differences are recognized through the statement of financial activities.

(q) Financial instruments

The company has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments. Financial instruments are recognised in the company's balance sheet when the company becomes party to the contractual provisions of the instrument. Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

With the exceptions of prepayments and deferred income all other debtor and creditor balances are considered to be basic financial instruments under FRS 102. See notes 10 and 11 for the debtor and creditor notes. Other financial assets include investments (note 9) which are initially measured at fair value.

(r) Critical accounting estimates and areas of judgement

In the application of the company's accounting policies, the directors are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

(r) Critical accounting estimates and areas of judgement (continued)

The most significant estimates and assumptions which affect the carrying amount of assets and liabilities in the accounts relate to:

Annual Accounts 2021-2022



Notes to the Financial Statements for the year ended 31 May 2022

The annual depreciation and amortisation charge for fixed assets are sensitive to change in the estimated useful economic lives and residual value of assets. These are reassessed annually and amended where necessary to reflect current circumstances.

2 Voluntary income

	Total 2022 £	Total 2021 £
Donations	678,060	576,423
Subscriptions	171,851	171,665
	849,911	748,088

All voluntary income received in 2022 and 2021 is unrestricted income.

3 Investment income

	Total 2022 £	Total 2021 £
Bank interest	1,176	939
Investment income	17,256	15,944
	18,432	16,883

All investment income received in 2022 and 2021 is unrestricted income.

4 Income from charitable activities

	Total 2022 £	Total 2021 £
Projects	453,010	522,962
Publications	31,318	23,281
	484,328	546,243

All income from charitable activities received in 2022 and 2021 was unrestricted income.

Annual Accounts 2021-2022



Notes to the Financial Statements for the year ended 31 May 2022

5 Total resources expended

	Unrestricted		Restricted		Total	Total
	Cost of raising funds	Charitable activities	Cost of raising funds	Charitable activities	2022	2021
	£	£	£	£	£	£
Charitable direct costs						
Projects	-	39,549	-	-	39,549	50,718
Science and Education services	-	3,775	-	-	3,775	14,345
Publications	-	75	-	-	75	137
Prizes and Awards	-	3,184	-	-	3,184	6,191
	-	46,583	-	-	46,583	71,391
Fundraising direct costs						
Publications	5,905	-	-	-	5,905	4,019
Investment management fees	5,399	-	-	-	5,399	4,648
Other fundraising costs	5,788	-	-	-	5,788	2,109
	17,092	-	-	-	17,092	10,776
Support costs						
Staff costs	55,052	849,116	-	-	904,168	823,419
General office costs	9,471	223,546	-	-	233,017	227,115
Depreciation	301	7,226	-	-	7,527	6,191
Amortisation	587	14,086	-	-	14,673	15,479
	65,411	1,093,974	-	-	1,159,385	1,072,204
Governance costs						
Salaries and office costs	-	45,241	-	-	45,241	50,211
Annual General Meeting	17,957	-	-	-	17,957	2,879
Legal and professional	-	33,950	-	-	33,950	40,557
Auditor's fees - current year audit	-	6,764	-	-	6,764	7,800
Auditor's fees - other	-	1,436	-	-	1,436	1,436
Committee Expenses	-	6,971	-	-	6,971	19,500
	17,957	94,362	-	-	112,319	122,383
Total resources expended	100,460	1,234,919	-	-	1,335,379	1,276,754

Support costs are allocated to the cost of raising funds and charitable activities on the basis of staff time.
For a breakdown of the prior year comparative please see the next page.

Annual Accounts 2021-2022



Notes to the Financial Statements for the year ended 31 May 2022

5 Total resources expended (continued)

	Unrestricted		Restricted		2021
	Cost of raising funds	Charitable activities	Cost of raising funds	Charitable activities	£
	£	£	£	£	£
Charitable direct costs					
Projects	-	50,718	-	-	50,718
Science and Education services	-	14,345	-	-	14,345
Publications	-	137	-	-	137
Prizes and Awards	-	6,191	-	-	6,191
	-	71,391	-	-	71,391
Fundraising direct costs					
Publications	4,019	-	-	-	4,019
Investment management fees	4,648	-	-	-	4,648
Other fundraising costs	2,109	-	-	-	2,109
	10,776	-	-	-	10,776
Support costs					
Staff costs	60,163	763,256	-	-	823,419
General office costs	9,738	217,377	-	-	227,115
Depreciation	248	5,943	-	-	6,191
Amortisation	619	14,860	-	-	15,479
	70,768	1,001,436	-	-	1,072,204
Governance costs					
Salaries and office costs	-	50,211	-	-	50,211
Annual General Meeting	2,879	-	-	-	2,879
Legal and professional	-	40,557	-	-	40,557
Auditor's fees - current year audit	-	7,800	-	-	7,800
Auditor's fees - other	-	1,436	-	-	1,436
Rebranding	-	19,500	-	-	19,500
	2,879	119,504	-	-	122,383
Total resources expended	84,423	1,192,331	-	-	1,276,754

Annual Accounts 2021-2022



Notes to the Financial Statements for the year ended 31 May 2022

6 Staff costs

	Total 2022 £	Total 2021 £
Wages and salaries	769,241	698,539
Employers NI contributions	80,692	69,750
Pension costs	81,305	84,152
Other costs	10,680	13,444
	941,918	865,885

This includes the remuneration of interns of £13,468 (2021: £Nil) and employer's NI of £1,020 (2021: £Nil).

The average number of persons employed by the Foundation during the the year was 19 (2021: 16).
This includes 1 intern (2021:0).

Average headcount expressed as a full time equivalent during the year was 17 (2021: 16).

The number of employees whose emoluments exceeded £60,000 were:

	2022 No.	2021 No.
£60,000 - £70,000	-	1
£70,001 - £80,000	1	-
£80,001 - £90,000	-	1
£90,001 - £100,000	-	1

Pension contributions to the above individuals amounted to £17,747 (2021: £36,372).

Trustees and Key Management Personnel

The trustees received remuneration during the year of £Nil (2021: £Nil). During the year 4 (2021: 0) trustees received reimbursement of travel expenses of £1,228 (2021: £Nil).

The charity incurred professional indemnity insurance of £809 during the year (2021: £599).

Key management personnel consist of the Director General / Chief Executive, the Managing Director, the Science Director, the Nutrition Science Manager, the Nutrition Communication Manager and the Education Service Manager. The total employee benefits of the charity's key management personnel were £473,156 (2021: £518,570).

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Notes to the Financial Statements for the year ended 31 May 2022

7 Intangible fixed assets

Cost

At 1st June 2021
Additions

At 31st May 2022

Amortisation

At 1st June 2021
Charge for the year

At 31st May 2022

Net Book Value

At 31st May 2022

At 31st May 2021

Online Training Platform £	New Website £	Total 2022 £
122,754	22,000	144,754
-	3,000	3,000
122,754	25,000	147,754
114,445	-	114,445
6,339	8,334	14,673
120,784	8,334	129,118
1,970	16,666	18,636
8,309	22,000	30,309

8 Tangible fixed assets

Cost

At 1st June 2021
Additions
Disposals

At 31st May 2022

Depreciation

At 1st June 2021
Charge for the year
Disposals

At 31st May 2022

Net Book Value

At 31st May 2022

At 31st May 2021

Furniture and fittings £	Computers and ancillary equipment £	Total 2022 £
6,332	27,579	33,911
-	2,170	2,170
-	-	-
6,332	29,749	36,081
5,065	17,680	22,745
1,267	6,261	7,528
-	-	-
6,332	23,941	30,273
-	5,808	5,808
1,267	9,899	11,166

Annual Accounts 2021-2022



Notes to the Financial Statements for the year ended 31 May 2022

9(a) Fixed asset investment

The movements during the year were as follows:

	Total 2022 £	Total 2021 £
Balance at the beginning of the year	660,381	537,095
Additions at cost	36,160	113,095
Disposals at open market value (Proceeds £35,829 (2021 £65,460), gain on disposal £3,343 (2021: £3,147))	(32,486)	(62,313)
Add: Cash balances included in investments	36,904	26,459
	<u>700,959</u>	<u>614,336</u>
Unrealised (loss) / gain on valuation	(13,073)	72,504
Market value as at 31st May 2022	<u>687,886</u>	<u>686,840</u>

9(b) Analysis of listed investments

	Total 2022 £	Total 2021 £
UK Equities	298,480	250,158
Overseas Equities	150,748	191,850
Global Fixed Interest	201,754	218,373
Cash	36,904	26,459
	<u>687,886</u>	<u>686,840</u>

9(c) As at 31 May 2022 no investment represented more than 5% of the total investments portfolio

- (2021: One Investment represented more than 5% in Henderson Investment Funds Ltd £37,004)

10 Debtors

	Total 2022 £	Total 2021 £
Prepayments and accrued income	42,662	74,153
Other debtors	83,736	161,578
	<u>126,398</u>	<u>235,731</u>

Annual Accounts 2021-2022



Notes to the Financial Statements for the year ended 31 May 2022

11 Creditors

	Total 2022 £	Total 2021 £
PAYE & VAT payables	63,020	27,803
Accruals and deferred income (note 12)	194,148	81,682
Pensions & Other creditors	1,693	45,226
	<u>258,861</u>	<u>154,711</u>

12 Deferred Income

	Total 2022 £	Total 2021 £
Deferred income at 1st June	41,089	46,407
Project Income received in advance of completion of work	111,045	41,089
Amounts released to the accounts	(41,089)	(46,407)
Deferred income at 31st May	<u>111,045</u>	<u>41,089</u>
Accruals	91,435	40,593
	<u>202,480</u>	<u>81,682</u>

13 Restricted Funds

	Balance as at 1st June 2021 £	Incoming Resources £	Outgoing Resources £	Transfer from/(to) Unrestricted £	Balance as at 31st May 2022 £
A-Level Fd Tech prize	362	-	-	-	362
BNF GCSE Fund	5,958	-	-	-	5,958
	<u>6,320</u>				<u>6,320</u>

	Balance as at 1st June 2020 £	Incoming Resources £	Outgoing Resources £	Transfer from/(to) Unrestricted £	Balance as at 31st May 2021 £
A-Level Fd Tech prize	362	-	-	-	362
BNF GCSE Fund	5,958	-	-	-	5,958
	<u>6,320</u>				<u>6,320</u>

The restricted funds consists of prize schemes (A Level Fd Tech prize and BNF GCSE Fund).

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Notes to the Financial Statements for the year ended 31 May 2022

14 Designated Funds

	Balance as at 1st June 2021 £	Incoming Resources £	Outgoing Resources £	Transfer from/(to) General Unrestricted Funds £	Balance as at 31st May 2022 £
Strategic contingency fund	19,663	-	-	-	19,663
IT Strategic fund	20,913	-	(14,672)	-	6,241
Drummond fund	171,999	-	(20,672)	-	151,327
	212,575	-	(35,344)	-	177,231

	Balance as at 1st June 2020 £	Incoming Resources £	Outgoing Resources £	Transfer from/(to) General Unrestricted Funds £	Balance as at 31st May 2021 £
Strategic contingency fund	39,163	-	(19,500)	-	19,663
IT Strategic fund	20,913	-	-	-	20,913
Drummond Fund	181,190	-	(9,191)	-	171,999
Healthy Eating Week 2020	33,032	-	(17,142)	(15,890)	-
	274,298	-	(45,833)	(15,890)	212,575

The Strategic contingency fund is for the Director General to access for use on carefully considered projects, such as those that would help the Foundation increase its impact, profile or capacity. The intention is that the fund will be used, when needed, over the next 1-3 years to support the British Nutrition Foundation Business Plan and the new strategy.

The IT Strategic Fund will be used to complete Phase 2 of the external IT work, specifically enhancing the consumer engagement element of the British Nutrition Foundation website (www.nutrition.org.uk). This will continue to be spent in the next financial year (22/23).

The Foundation continues with the management of the Drummond Memorial Fund which will be utilised to extend the reach of current British Nutrition Foundation activities: to support and encourage young people in their career development in nutrition and to add value to our existing work: GCSE and A-Level awards, Internships, nutrition related on-line training etc and profile.

Annual Accounts 2021-2022



Notes to the Financial Statements for the year ended 31 May 2022

15 Analysis of Net Assets between funds

		Fixed Assets £	Investments £	Current Assets £	Total 2022 £
Restricted funds	Note 13	-	-	6,320	6,320
Unrestricted funds:					
Designated funds	Note 14	-	-	177,231	177,231
General funds		24,443	687,886	683,724	1,396,053
		24,443	687,886	867,275	1,579,604

		Fixed Assets £	Investments £	Current Assets £	Total 2021 £
Restricted funds		-	-	6,320	6,320
Unrestricted funds:					
Designated funds		-	-	212,575	212,575
General funds		41,475	686,840	625,703	1,354,018
		41,475	686,840	844,598	1,572,913

16 Taxation

The entity is a registered charity and does not undertake non-charitable activities and are entitled to tax exemption by the H M Revenue and Customs.

17 Capital

The Foundation is limited by guarantee. In the event of a winding up of the Foundation the members' liability is restricted to contributing an amount not exceeding £5 each. As at 31st May 2022 there were 46 members (2021: 46 members).

18 Operating Leases

At the reporting end date the charity had the following future minimum lease payments under non-cancellable operating leases which fall due as follows:

	2022 Land and Buildings £	Other £	2021 Land and Buildings £	Other £
Within 1 year	112,372	7,800	112,372	7,800
1 to 5 years	159,315	13,000	271,687	20,800
	271,687	20,800	384,059	28,600

19 Related party transactions

No related party transactions were made during 2022 (2021: £Nil)



“Our food environment plays an important role in shaping what people buy and eat, and this is influenced by what is available, affordable and accessible.”

Appendix Corporate Members



as of 31 May 2022

Sustaining Corporate Members

Sustaining members provide a donation to the British Nutrition Foundation for at least three years to support our work focussing on consumer education and engagement with the media, government, schools and health professionals.

- Agricultural and Horticulture Development Board (AHDB)
- Allied Technical Centre (The ABF Grocery Group/Jordans Ryvita)
- ASDA Stores Ltd
- Coca Cola Great Britain and Ireland
- Danone Ltd
- International Flavors & Fragrances Inc.
- J Sainsbury plc
- Kellogg Europe Trading Ltd
- Marks and Spencer plc
- Mondelez International

- Nestlé UK Ltd/ Nestlé Charitable Trust
- PepsiCo UK Ltd
- Tate & Lyle plc
- Tesco plc

Corporate Members

- Arla Foods Ltd
- British Sugar Plc
- Cargill
- Costa Coffee
- Ferrero
- General Mills
- Greggs Plc
- Innocent Drinks Ltd
- Kerry Foods Ltd
- KP Snacks Limited
- LoSalt
- Mars UK Ltd
- McDonald's Restaurants Ltd
- Mitchells & Butlers

- National Farmers' Union Trust Company Ltd
- Nestlé Nutrition
- Nomad Foods Ltd
- Pladis
- Premier Foods
- Quorn (Marlow Foods Ltd)
- Slimming World Ltd
- Sodexo
- Starbucks
- Tata Consumer Products
- The Co-operative Group Plc
- UK Flour Millers
- Waitrose & Partners
- Warburtons Ltd
- Weetabix Ltd
- Whitbread
- Wm Morrison Supermarkets plc
- Yakult UK Ltd



Appendix Financial Support for Activities in 2021/22



as of 31 May 2022

During the year, the following organisations provided financial support for specific activities:

Food – a fact of life

Agriculture & Horticulture Development Board

A modern paradigm for Food Education

All Saints Educational Trust

Healthy Eating Week 2022

AB Mauri UK & Ireland
Agriculture & Horticulture Development Board
FDF Action on Fibre
General Mills
Innocent Drinks Ltd
Marks and Spencer plc
Quorn Foods
Sodexo
Tesco
UK Flour Millers
Waitrose & Partners

Healthy and Sustainable Diets

Agriculture & Horticulture Development Board
Arla Foods Ltd
Co-operative Group Ltd
Danone Ltd
General Mills
Innocent Drinks Ltd
J Sainsburys Plc
Kellogg Europe Trading Ltd
Mars UK Ltd.
PepsiCo UK Ltd.
Quorn (Marlow Foods Ltd)
Sodexo

Ultra-Processed Foods

Agriculture & Horticulture Development Board
Allied Technical Centre (The ABF Grocery Group/Jordans Ryvita)
Arla Foods Ltd
Coca Cola Great Britain and Ireland
General Mills
Kellogg Europe Trading Ltd
Kerry Foods Ltd
Mars UK Ltd
Nomad Foods Ltd
PepsiCo UK Ltd
Quorn (Marlow Foods Ltd)
Tate & Lyle Plc



Appendix Honorary Members, Governors Emeritus and Committees



as of 31 May 2022

Honorary Members

Michael Collyer
Anne Heughan
Professor Robert S Pickard
Professor Brian Wharton

Governors Emeritus

Iain Ferguson CBE
Paul Hebblethwaite
The Baroness Gloria Hooper
Professor Anne de Looy
Dr WT Little CBE
R McRobert OBE
Professor Tom Sanders
David A Tate
Professor Roger G Whitehead CBE

Finance, Audit & Risk Committee

Desiree Irving-Brown, *Trustee (Chair)*
Michael Bond, *Trustee*
Graeme Findlay, *Trustee*
Prof. John Mathers, *Trustee*
David Webster, *Trustee*

HR & Remuneration Committee

Louise Redmond, *Trustee (Chair)*
Alyson Greenhalgh-Ball, *Trustee*
Gill Fine, *Trustee*
Prof. John Mathers, *Trustee*

Advisory Committee

Prof. Janet Cade
Professor of Nutritional Epidemiology and Public Health, University of Leeds (Chair)
Judith Batchelar OBE
Director, Food Matter International (Vice-Chair)
Prof. John Blundell
Chair of Psychobiology, University of Leeds
Prof. Gary Frost
Chair in Nutrition and Dietetics, Imperial College London
Dr Susan Gatenby
Senior Director, Nutrition Europe, PepsiCo UK Ltd
Glynis Henderson
Education Consultant

Katherine Clifford

Head of Public Affairs, Nestlé UK Ltd

Prof. Kevin Whelan
Professor of Dietetics, King's College London

Prof. Martin Wiseman
Visiting Professor in Human Nutrition, University of Southampton

Kate Platts
Head of Research and Innovation, Westfield Health

Nominations Committee

Iain Ferguson CBE
Chair of Council at Cranfield University
Caroline Drummond
(deceased, May 2022)
Prof. Christine Williams
Director, Food Agriculture and Health, University of Reading
Prof. John Mathers
Professor of Human Nutrition, University of Newcastle (Chair of the Board of Trustees)

Scientific Committee

Barbara Bray MBE
Independent Registered Nutritionist and Food Safety Consultant
Dr Adrian Brown
University College London
Dr Eirini Dimidi
King's College London
Laura Farrell
Tesco
Nicky Gillet
Allied Bakeries
Emily Jesper-Mir
Wellcome Trust/Sense about Science
Dr Kavita Karnick
Tate & Lyle
Dr Gunter Kuhnle
University of Reading
Prof. Jennie MacDiarmid
University of Aberdeen
Dr Duane Mellor
Aston University
Prof. Lisa Methven
University of Reading
Barbara Monks
Food education consultant
Prof. Eric Robinson
University of Liverpool
Prof. Peter Rogers
University of Bristol
Prof. Tom Sanders
Kings College London
Prof. David Stensel
University of Loughborough
Prof. Emma Stevenson
University of Newcastle
Dr James Stewart
University Hospitals of Leicester
Laura Street
Marks & Spencer
Matt Towner
Impact on Urban Health
Dr Lisa Wilson
Richmond and Wandsworth Councils

Editorial Advisory Board

Prof. Alison Gallagher
Ulster University, UK (Chair)
Michael Adams
Campden BRI, UK
Dr Aisling Aherne
Kerry Group, Ireland
Dr Margaret Ashwell
Ashwell Associates, UK
Prof. James Betts
University of Bath, UK
Prof. John Blundell
University of Leeds, UK
Dr Brigitte Brands
Ludwig-Maximilians-University of Munich, Germany
Dr Veronique Chachay
University of Queensland, Australia
Dr Caroline Childs
University of Southampton, UK
Dr Laura Fernandez-Celemin
European Food Information Council (EUFIC), Belgium
Prof. Ciarán Forde
Wageningen University & Research, The Netherlands
Dr Nicholas Fuller
University of Sydney, Australia

Prof. Marcela González Gross
Universidad Politécnica de Madrid, Spain

Prof. Bruce Griffin
University of Surrey, UK

Dr Wendy Hall
King's College London, UK

Dr Kirsty Hassall
Rothamsted Research, UK

Professor Patricia de Fragas Hinnig,
Federal University of Santa Catarina, Brazil

Rachel Johnson
University of Vermont, USA

Prof. Orla Kennedy
University of Reading, UK

Prof. Amelia Lake
Teesside University, UK

Dr Clare Leonard
Consultant Nutritionist, UK

Claire Mac Evilly
Airfield Estate, Ireland

Prof. Christophe Matthys
KU Leuven, Belgium

Prof. Anne-Marie Minihane
University of East Anglia, UK

Dr Panagiota Mitrou
World Cancer Research Fund (WCRF) International, UK

Dr Caoileann Murphy
University College Dublin, Ireland

Dr Anne Nugent
Queens University Belfast, UK and University College Dublin, Ireland

Dr Gerda Pot
Louis Bolk Institute, The Netherlands and King's College London, UK

Prof. Marie Reid
University of Hull, UK

Prof. Hettie Schönfeldt
University of Pretoria, South Africa

Prof. Andrew Sinclair
Deakin University, Australia

Prof. Joanne Slavin, Professor
University of Minnesota, USA

Prof. Gregorio Varela-Moreiras
University of San Pablo-CEU, Spain

Prof. Yingluo Wang
Xi'an Jiaotong University, China

Education Working Groups

England

Louise Attwood
AQA

Haydn Bettles
St Chad's CE Primary and Nursery School

Tracey Goodyere
Birmingham City University

Anita Hardy
OCR

Andrew Hartshorn
Finham Park 2

Zoe Lawrence
Petersfield School

Kevin McGuinness
Bramhall High School

Dr Jason O'Rourke
Washingborough Academy

Ms Susanne Parker-Morris
Worcester University

Emma Schneider
Manchester University NHS Foundation Trust

Brianne Turner
PE Specialist

Elizabeth Tydeman
Public Health England

Northern Ireland

Lynne Anderson
Wellington College Belfast

Mairead Davidson
University of Ulster

Shirley Davidson
Omagh Academy

Judith Hanvey
Education Authority (Belfast)

Glynis Henderson
Consultant

Heather Kettle
Enniskillen Royal Grammar School

Amanda McGarry
North Coast Integrated School Coleraine

Laura McGreevy (née Kelly)
St Columbanus' College

Steven Park
University of Ulster

Hannah Somerville
McKinney Primary School

Wendy Strain
Antrim Grammar School

Dorothee Wagner
CCEA

Scotland

Shirley Beattie
Education Scotland

Emma Creaney
Carlisle High School

Jen Eddington
Westhill Academy

Graeme Findlay
Scottish Qualification Authority

Ann Floyd
HIM Inspector of Education

Elaine Gardiner
University of Strathclyde

Lara Henderson
St Timothy's Primary School

Megan Johnston
Alexandra Parade Primary

Emma Juskowiak
Strathaven Academy

Isla Porteous
St Joseph's College

Wales

Amy Bergiers
Nantgaredig Primary School

Allison Candy
Welsh Joint Education Committee

Mark Campion
Her Majesty's Inspector of Education and Training in Wales

Sue Carbis
Cardiff Council

Lloyd Henry
Ysgol Gyfun Gwyr

Mike Lewis
Gowerton Comprehensive

Nerys Lloyd
Pen Y Cwm Special School

Kathryn Mallows
Cowbridge Comprehensive School

Jo Nicholls
Aberdare Community School

Matt Penny
Monmouth Comprehensive School

Meg Taylor
Ysgol Calon Cymru

Nia Rees Williams
Conwy County Borough Council

This year marked the 30th Anniversary of *Food, a Fact of Life*, our free online programme of teaching guidance and curriculum-compliant resources for schools.





British Nutrition Foundation

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Company registered number: 00898651
Registered charity number England and Wales: 251681
Registered charity number Scotland: SC040061
Publication date: November 2022

www.nutrition.org.uk

www.foodafactoflife.org.uk

Designed and produced by Ingenious Design

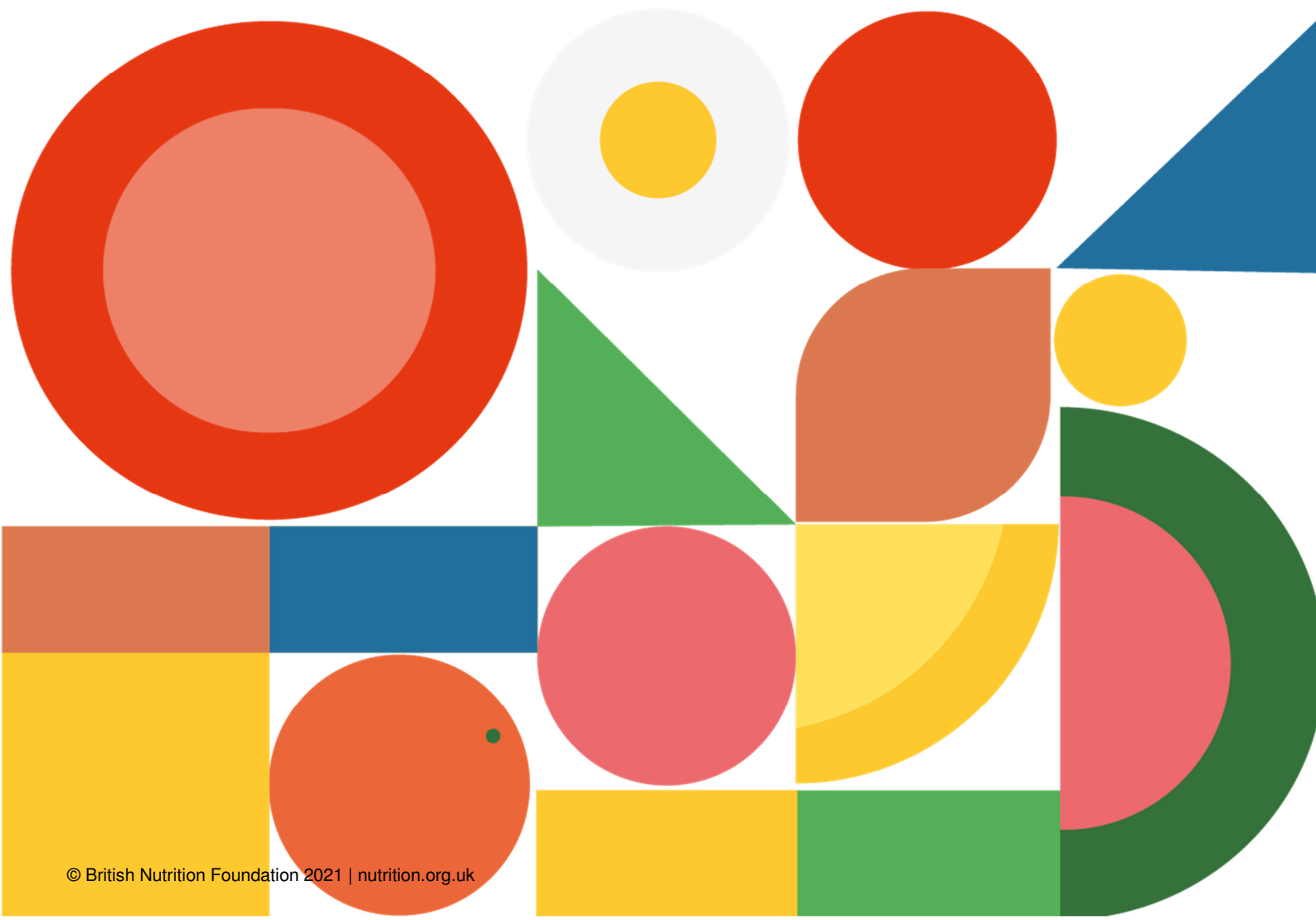
THE BRITISH NUTRITION FOUNDATION

England & Wales - Charity number 251681

Accounts

Report of the Board of Trustees

2020-2021



The British Nutrition Foundation

(Limited by Guarantee)

Company Registration Number 898651

Charity Registration Number 251681

Scottish Charity Number SC040061

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Structure, governance and management

Reference and Administrative Details

Charity Number: 251681

Scottish Charity Number: SC040061

Company Number: 898651

Registered Office

New Derwent House
69-73 Theobalds Road
London
WC1X 8TA

President

Professor A Shenkin BSc PhD FRCP FRCPath

Directors and Trustees

The Directors of the Foundation are its Trustees for the purposes of charity law and throughout this report are collectively referred to as the Trustees.

The Trustees during the year were:

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

Professor JC Mathers BSc DipNutr PhD (Vice Chair)

Professor CM Williams OBE BSc PhD (Immediate Past Chair)

Ms. D Irving-Brown BCom ACMA/GCMA (Treasurer) (appointed 23 June 2020)

Mr M Bond BSc

Mr G Findlay BA

Miss G Fine MSc

Mrs A Greenhalgh-Ball, BSc SRD

Professor S Lanham-New BA MSc PhD RNutr

Ms Louise Redmond BSc (Hons), MA, MBA, FCIPD (appointed 23 June 2020)

Mr D Webster BA (*stepped down as Treasurer in October 2020*)

Mr A Wotherspoon BSc

Senior Staff

Professor JL Buttriss BSc PhD RNutr DipDiet FAfN, Director General

Mr Roy Ballam BA MA, Managing Director and Head of Education

Ms Sara Stanner BSc MSc RNutr FAfN, Science Director

Professional Advisors

Accountant:

Crossley Third Sector, Star House, Star Hill, Rochester, Kent, ME1 1UX

Auditor:

Moore Kingston Smith, Devonshire House, 60 Goswell Road, London, EC1M 7AD

Banker:

Barclays Bank, Barclays Business, 1st Floor, 27 Soho Square, London, W1D 3QR

Investment Management:

Charles Stanley, 25 Luke Street, London, EC2A 4AR

Solicitor:

Reed Smith LLP, Beaufort House, 15 St Botolph Street, London, EC3A 7EE

Constitution and purpose

Constitution

The British Nutrition Foundation (BNF), founded in 1967, is constituted by the Memorandum and Articles of Association dated 1967, as altered by Special Resolutions in March 1973, November 1978, November 2004, August 2012, January 2014, March 2015 and November 2019.

Purpose

BNF's objective is to deliver evidence-based information on food and nutrition in the context of health and lifestyle. Its objects are:

- To advance the education of the public, and those involved in training and the education of others, in nutrition
- To advance the study of and research into nutrition for the public benefit, and disseminate and publish the useful results of such research.

Governance

The British Nutrition Foundation is governed by a Board of Trustees that takes overall responsibility for the charity, including:

- the long-term direction of the charity, including its objectives or purposes
- implementation of strategy, policies and activities to achieve objectives
- compliance with legal requirements.

The Board of Trustees is supported by an Advisory Committee, a Scientific Committee, an Editorial Advisory Group, Education Working Groups and a Nominations Committee. The composition of the Board and these committees is deliberately weighted towards the scientific 'academic' community, based in universities and research institutes, and those from education, finance, media, communications and HR backgrounds. All those who serve as trustees or on BNF committees do so without remuneration, but are reimbursed their travel expenses.

For further information on BNF's governance, go to: www.nutrition.org.uk

Activities and achievements

The core purpose of the British Nutrition Foundation is translating evidence-based nutrition science in engaging and actionable ways. The day-to-day management of this is the responsibility of the Senior Leadership team and their staff. They consult with the Board of Trustees, Advisory and Scientific Committees, Education Working Groups and the Editorial Advisory Board, and work with an extensive network of contacts across academia, government, education, media, and the food/drink sector (agriculture, manufacturing, retail and food service out of home) in delivering its programmes, especially focused on education in schools and nutrition science communication. Our work continued throughout the pandemic, albeit virtually, delivering our social purpose activities, member services and consultancy work.

With the support from Trustees, the Foundation has continued to invest in its future in business development, communications and nutrition science. This work will be fully realised in the next financial year, helping the British Nutrition Foundation to raise its profile and work through a new communications strategy (including media interaction), support its members further (via enhanced nutrition science capacity), and continue its social purpose. During the year we also undertook an extensive branding review of the Foundation which will be launched in the next financial year.

In relation to external engagement, we continued to contribute to discussions with a variety of stakeholders, including government, UK Research and Innovation, academia, teacher training institutes, the Academy of Nutrition Sciences and European Institute of Innovation and Technology: food. We also continued to work in England, Northern Ireland, Scotland and Wales supporting our charitable objectives on nutrition science, education and training. For example, in addition to ensuring regional representation on our advisory committees, we also ran four successful teacher events across the UK.

Our core activities continue to be:

- communicating 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
- providing educators with up to date, curriculum-compliant resources and training to support the rapidly changing needs of the 21st Century learner
- developing highly trained and motivated staff, and ensuring strong governance and appropriate facilities are in place to support BNF's charitable activities
- sustaining financial security to support and advance BNF's charitable activities.

Key highlights from our last financial year

(1 June 2020 – 31 May 2021)

Providing evidence-based nutrition information

nutrition.org.uk

- 2.3 million users (2,997,566 sessions)
- 12,297,503 page views
- 263,211 copies of our resources downloaded
- Top 5 information pages viewed: Fibre, 7-day meal plan, Ramadan, Protein, A healthy, balanced diet
- Top 5 most downloaded resources: 7-day meal plan, Portion size guide, Nutrition requirements, Healthy hydration for children, Healthy hydration for adults

Supporting food education in schools

foodafactoflife.org.uk

- 515,013 users (783,396 sessions)
- 3,000,550 page views
- 1,512,018 copies of our resources downloaded
- Top 5 information pages viewed: Recipes, Eatwell, Quizzes, Healthy Eating, Hygiene and Safety
- Top 5 most downloaded resources: Eatwell Guide, Eatwell Guide presentation, Eatwell Guide quiz, Eatwell Guide workshop, Nutrients
- 241,595 pupils analysed their diet or recipe using our nutritional analysis tool

Communicating evidence-based nutrition

- 1,118 pieces of media coverage (representing a circulation of 142 million)
- 14,576 institutions globally have *Nutrition Bulletin*, (450,000 paper downloads)
- 3.5 million impressions on Twitter (31,405 followers)
- 700,195 video views
- 211,076 e-newsletters sent out

Delivering nutrition training

- 1,986 primary and secondary teachers registered for online training events
- 3,495 registered for three nutrition science webinars*
- 185 registered for online training courses

**training delivered to health professionals, teachers, government, researchers, graduates, universities, food industry and consumers*

Championing nutrition

- 6,538 schools and workplaces registered for BNF Healthy Eating Week, representing 1.3 million participants
- 2,986 registered for BNF's virtual annual day on nutrition and COVID-19
- BNF championed nutrition through Awards (The BNF Prize, Pump Priming Award, Early Career Scientist Award, Education Awards), and stakeholder engagement activities

UK General Data Protection Regulation

BNF remains vigilant on its UK GDPR compliance and has included training for key staff processing personal data. No requests or complaints were received in the year. A review of all systems and processes in handling data was undertaken, with the aim to further improve procedures and highlight the importance to staff.

Employee involvement

Employees are kept informed through regular team and monthly staff meetings at which the work and operation of the British Nutrition Foundation and future work plans are discussed. These meetings also provide a forum for employees to put forward suggestions for improving the performance of the Foundation and the development and monitoring of work plans. In addition, feedback from employees is received throughout the year through an ongoing performance management process, where training requirements are also formally assessed.

As staff have been working from home since 17 March 2020, regular communications and staff 'catch-ups', via video-conferencing, have been used to keep staff informed and to solicit feedback. This has also included updates from the Chair of Trustees. Two staff surveys were undertaken, one in September 2020 and the other in May 2021. These surveys focused on working from home, employee effectiveness and working improvements, as well as returning to the office.

Public benefit

Through its interactions with government, universities and research institutes, healthcare professionals, educators, the media, the food chain and directly with the general public, the British Nutrition Foundation delivered public benefit and much of the work is ultimately placed in the public domain. The Foundation strives to make complex nutrition science accessible and engaging to diverse audiences.

Public interest in, and awareness of, the interactions between diet, health and lifestyle continue to escalate and this continues in-light-of the coronavirus. The Foundation's staff are experienced in providing balanced advice and impartial scientific interpretation.

In-light-of the ongoing pandemic, we have continued to:

- provide information, guidance and support to the public through our websites and social media channels
- sustained the development and promotion of remote learning resources for schools, parents and children in response to schools closing
- worked with the media to get credible evidence-based information out about immunity, as well as general healthy eating
- offered a free 'healthy eating in lockdown' online course to the public
- worked with academic colleagues on analyses of the evidence to bring clarity to the debate playing out in the media.

In addition, we broadcast a *Nutrition and Covid-19* virtual event in November 2020, which received nearly 3,000 registrations.

The Foundation enjoys the support of eminent scientists, prominent individuals from the educational and medical worlds, as well as from healthcare professionals, the media, and organisations throughout the food and drink sector.

Examples of the Foundation's public benefit activities are given in the highlights for the year (see above), but also include:

- producing a range of publications and materials of interest to a wide spectrum of audiences via our websites
- broadcasting high profile nutrition science webinars to health professionals, teachers, government, researchers, graduates, universities and food industry representatives
- hosting regional workshops and conferences for school-teachers
- providing training to teachers, health care professionals and food industry personnel
- answering calls and emails daily from the general public, providing evidence-based nutrition advice and support.

In shaping our objectives for the year and planning our activities, the trustees have considered the Charity Commission's guidance on public benefit, including the guidance 'public benefit: running a charity (PB2)'. The BNF does not lobby, does not endorse any products or engage in food advertising campaigns.

Fundraising approach

BNF's funding comes from a variety of sources including contracts with national government departments and agencies; universities; sales from conferences, publications and training; members subscriptions (individual and corporate); donations; consultancy funding from food producers and manufacturers, retailers, and food service companies; and, funds from grant-funding bodies, trusts and other charities.

Around 40% of the Foundation's income is raised through third-party consultancy work and grants, and the remainder through membership fees and donations. For the latter, fundraising is predominately through corporate donations rather than contributions from the public. In the 2020/21 financial year, funding was received from the Savoy Educational Trust to support the development of an educational resource to support pupils with Special Educational Needs and Disabilities.

The Foundation continues to be a member of the Fundraising Regulator which holds the Code of Fundraising Practice for the UK. The code sets and maintains standards for charitable fundraising, aiming to ensure that fundraising is respectful, open, honest and accountable to the public. In the past year, no complaints have been received concerning the purposes of fundraising and/or about our fundraising activity.

Risk management

The register of risks covering governance, operational matters and finance are regularly reviewed by the Trustees. Appropriate mitigation steps and control ratings are discussed, agreed and actioned accordingly. Such risks include cybersecurity and data protection, recruitment and retention of appropriately skilled staff, sources of income, especially member subscriptions and donations, investment changes and market changes, including competitive activity.

In the last year, increased emphasis has been given to branding and reputation management, income sources, including the impact of membership renewals and recruitment, and the ongoing risks associated with Covid-19.

Future strategy

The Foundation will continue with its Strategic Plan, focusing attention on key activities to mitigate identified risks and to deliver its charitable objectives. BNF's Vision is 'Everyone can access Healthy and Sustainable Diets' and it is contributing towards this through its Mission 'Translating evidence-based nutrition science in engaging and actionable ways'. This is supported by four Strategic Priorities:

- **Develop** – Produce high quality nutrition resources, information and training
- **Inform and Facilitate** – Disseminate resources, information and training to make healthier choices easier
- **Champion** – Advocate evidenced-based nutrition science
- **Progress** – Advance our mission by ensuring the future growth and sustainability of BNF.

Each of these priorities will be actioned by a series of Strategic Objectives and annual SMART goals, against which, progress is regularly reported by the Senior Leadership Team to the Board of Trustees for revision and renewal, if deemed appropriate.

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

In 2021/22, planned activities include:

- launching the revised British Nutrition Foundation branding, including relaunching our website, www.nutrition.org.uk, to raise our profile and continue to provide evidence-based information on healthy eating and nutrition
- implementing a communications strategy to a variety of audiences ensure a more effective, consistent and co-ordinated approach
- holding discussion with key UK government departments on the importance of food and nutrition education for children, highlighting the work of the BNF in this space, and continuing to advocate for the return of A-level 'food' in schools
- securing, diversifying and expanding our membership and exploring other income streams.

Financial review

General

The total income was affected by the impact of Covid-19, with some work being cancelled and the loss of some Corporate Members.

In the financial year 2020-21 total income for BNF was £1.311m (2020: £1.385m). Voluntary income for the year was £748k. Investment income for the year was £17k and all other income was generated through project work.

Good financial management, together with cost savings on projects affected by the Covid pandemic, resulted in total expenditure being lower than budget at £1.277m (2020: £1.331m). The Foundation's overall result for the year was a surplus of £109k (2020: £33k).

Reserves

The Foundation's Reserves Policy was reviewed by the Trustees in June 2020 and again in July 21 and it was agreed that a general reserve level should be maintained at £600k, to allow cover for the cost of closure and limited running for six months. This fund was not used.

The Foundation's general reserves at 31 May 2021 were £1.354m. The reserves provide support for the Foundation's future activities. This includes enhancement to our website www.nutrition.org.uk (helping to facilitate our charitable activities); and office refurbishment in light of changes in staff hybrid working. The Reserves Policy will next be reviewed by the Trustees in July 2022.

Investment

The Trustees' investment policy is to invest in an appropriate mix of assets to help mitigate risk of volatility of returns. The investment objectives are to maintain the capital value of the Foundation's assets in real terms (measured by the Retail Price Index) over the long term and to obtain a reasonable balance between capital growth and income.

The managers of the portfolios report to the BNF Investment Committee on a regular basis. The BNF held total cash and investments of £687k as at 31 May 2021, an increase of £86k on 2020 due to the changes in the stock market.

Designated funds

For the Drummond Memorial Fund, incoming resources were recorded at nil and outgoing at £9.2k. Outgoing resources of £19.5k on the Strategic Contingency Fund relates to the rebranding of the organisation. There was expenditure of £17.1k in the Healthy Eating Week fund, supporting the development and dissemination of resources for the week. There was no movement in the IT Strategic fund in the Financial Year 2020-21.

Internal Controls

The Board of Trustees reviews the management accounts at each meeting. The Foundation has a written financial policy that sets out internal controls to counter the risk of fraudulent or inappropriate use of funds. BNF's day-to-day accounts are managed by an external accountancy firm. The accounts are audited at the end of the year by registered auditors.

Budgets

Detailed annual budgets are prepared each year and approved by the Board of Trustees. For each meeting of the Board, financial statements are prepared which show the budgeted expenditure against the actual expenditure. Forecasts of the year-end position are prepared on a quarterly basis. In 2020/21, a revised three-year financial plan was developed and approved.

Key management remuneration policy

The Foundation's Remuneration Committee (RC), comprising the Chair, Vice-Chair and Immediate Past-Chair of the Board of Trustees, and the Treasurer, meet in June 2020 to consider remuneration. A report on the outcomes of the annual staff performance was presented, written by the Managing Director. The paper also considered aspects of inflation, reviews of existing pay scales and benchmarks

to comparative positions in other organisations. The RC also reviewed and reported on Performance Related Pay and considered senior staff pay.

The Future Operation of the Foundation

The Foundation has continued to monitor the impact of Covid-19 on its operations and staffing. This has led to exploring new ways of conducting business, as well as providing training and services to those we serve. Staff continued to work from home, and this was monitored via weekly and monthly meetings, as well as staff surveys. In-light-of changes in ways of working, the Foundation is exploring a hybrid working arrangement in the new financial year, balancing business need to staff 'work-life' balance.

During the year, Trustees agreed a new three-year financial plan to invest in BNF's future, especially business development, branding and enhanced communications, and additional senior science capacity. In addition, Trustees agreed to renew the office lease at Theobalds Road for a further four years.

The Trustees, after reviewing the Foundation's finances, by considering the detailed financial monitoring described above, the 3-year financial plan to 2024 and the acquisition on new projects, are confident that the Foundation is able to meet its financial obligations for the foreseeable future. Thus, the financial statements have been prepared on a going concern basis.

Statement of Trustees Responsibilities

The Trustees, who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 May 2021. The Trustees have adopted the provisions of the Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland issued in July 2014.

The Trustees are responsible for preparing the financial statements in accordance with applicable law regulations. The Trustees have elected to prepare the financial statements in accordance with United Kingdom Generally Accepted Accounting Practice (United Kingdom Accounting Standards).

Company law requires the Trustees to prepare financial statements for each financial period that give a true and fair view of the state-of-affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing those financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently
- comply with applicable accounting standards, including FRS 102, subject to any material departures disclosed and explained in the financial statements
- state whether a Statement of Recommended Practice (SORP) applies and has been followed, subject to any material departures which are explained in the financial statements
- make judgments and estimates that are reasonable and prudent
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the company will continue in business.

The Trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charitable company and to enable them to ensure that the financial statements comply with the Companies Act 2006, the Charities and Trustee Investment (Scotland) Act 2005 and the Charities Accounts (Scotland) Regulations 2006 as amended by The Charities Accounts (Scotland) Amendment (No. 2) Regulations 2014.

They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

In so far as the Trustees are aware:

- there is no relevant audit information of which the charitable company's auditor is unaware;
- the Trustees have taken all steps that they ought to have taken to make themselves aware of any relevant audit information and to establish that the auditor is aware of that information.

Auditor Moore Kingston Smith have expressed their willingness to remain in office as auditors of the charitable company. These accounts have been prepared in accordance with the provisions of Part 15 of the Companies Act 2006 relating to small companies.

This report was approved by the Board of Trustees on 28 October 2021 and signed on its behalf by:


C Dennis
Chair

28/10/21
Date



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69-73 Theobalds Road,
London
WC1X 8TA

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nutrition.org.uk

Registered Charity 251681
A Charity Registered in Scotland SC040061

INDEPENDENT AUDITOR'S REPORT TO THE MEMBERS AND TRUSTEES OF THE BRITISH NUTRITION FOUNDATION

Opinion

We have audited the financial statements of The British Nutrition Foundation for the year ended 31 May 2021 which comprise the Statement of Financial Activities, the Balance Sheet, the Cash Flow Statement and notes to the financial statements, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102 The Financial Reporting Standard applicable in the UK and Republic of Ireland (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31 May 2021 and of the incoming resources and application of resources, including its income and expenditure, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the Companies Act 2006, the Charities and Trustee Investment (Scotland) Act 2005 (as amended), regulations 6 and 8 of the Charities Accounts (Scotland) Regulations 2006 (as amended) and the Charities Act 2011.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs(UK)) and applicable law. Our responsibilities under those standards are further described in the Auditor's Responsibilities for the audit of the financial statements section of our report. We are independent of the charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charitable company's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

Other information

The other information comprises the information included in the annual report, other than the financial statements and our auditor's report thereon. The trustees are responsible for the other information. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether there is a material misstatement in the financial statements or a material misstatement of the other information. If, based on the work we have performed, we

conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

Opinions on other matters prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of the audit:

- the information given in the trustees' annual report for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the trustees' annual report has been prepared in accordance with applicable legal requirements.

Matters on which we are required to report by exception

In the light of the knowledge and understanding of the charitable company and its environment obtained in the course of the audit, we have not identified material misstatements in the trustees' annual report.

We have nothing to report in respect of the following matters where the Companies Act 2006, the Charities Accounts (Scotland) Regulations 2006 (as amended) and the Charities Act 2011 require us to report to you if, in our opinion:

- the charitable company has not kept adequate and sufficient accounting records, or returns adequate for our audit have not been received from branches not visited by us; or
- the charitable company's financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of trustees' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit; or
- the trustees were not entitled to prepare the financial statements in accordance with the small companies regime and take advantage of the small companies exemption in preparing the Trustees' Annual Report and from preparing a strategic report.

Responsibilities of trustees

As explained more fully in the trustees' responsibilities statement, the trustees (who are also the directors of the charitable company for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the trustees are responsible for assessing the charitable company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

Auditor's responsibilities for the audit of the financial statements

We have been appointed as auditor under Section 44(1)(c) of the Charities and Trustee Investment (Scotland) Act 2005, the Companies Act 2006 and Section 151 of the Charities Act 2011 and report to you in accordance with regulations made under those Acts.

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The extent to which our procedures are capable of detecting irregularities, including fraud is detailed below.

Explanation as to what extent the audit was considered capable of detecting irregularities, including fraud

The objectives of our audit in respect of fraud, are; to identify and assess the risks of material misstatement of the financial statements due to fraud; to obtain sufficient appropriate audit evidence regarding the assessed risks of material misstatement due to fraud, through designing and implementing appropriate responses to those assessed risks; and to respond appropriately to instances of fraud or suspected fraud identified during the audit. However, the primary responsibility for the prevention and detection of fraud rests with both management and those charged with governance of the charitable company.

Our approach was as follows:

- We obtained an understanding of the legal and regulatory requirements applicable to the charitable company and considered that the most significant are the Companies Act 2006, the Charities and Trustee Investment (Scotland) Act 2005 (as amended), regulations 6 and 8 of the Charities Accounts (Scotland) Regulations 2006 (as amended), the Charities Act 2011, the Charity SORP, and UK financial reporting standards as issued by the Financial Reporting Council.
- We obtained an understanding of how the charitable company complies with these requirements by discussions with management.
- We assessed the risk of material misstatement of the financial statements, including the risk of material misstatement due to fraud and how it might occur, by holding discussions with management.
- We inquired of management and those charged with governance as to any known instances of non-compliance or suspected non-compliance with laws and regulations.
- Based on this understanding, we designed specific appropriate audit procedures to identify instances of non-compliance with laws and regulations. This included making enquiries of management and obtaining additional corroborative evidence as required.

As part of an audit in accordance with ISAs (UK) we exercise professional judgement and maintain professional scepticism throughout the audit. We also:

- Identify and assess the risks of material misstatement of the financial statements, whether due to fraud or error, design and perform audit procedures responsive to those risks, and obtain audit evidence that is sufficient and appropriate to provide a basis for our opinion. The risk of not detecting a material misstatement resulting from fraud is higher than for one resulting from error, as fraud may involve collusion, forgery, intentional omissions, misrepresentations, or the override of internal control.
- Obtain an understanding of internal control relevant to the audit in order to design audit procedures that are appropriate in the circumstances, but not for the purposes of expressing an opinion on the effectiveness of the charitable company's internal control.
- Evaluate the appropriateness of accounting policies used and the reasonableness of accounting estimates and related disclosures made by the trustees.
- Conclude on the appropriateness of the trustees' use of the going concern basis of accounting and, based on the audit evidence obtained, whether a material uncertainty exists

- to draw attention in our auditor's report to the related disclosures in the financial statements or, if such disclosures are inadequate, to modify our opinion. Our conclusions are based on the audit evidence obtained up to the date of our auditor's report. However, future events or conditions may cause the charitable company to cease to continue as a going concern.
- Evaluate the overall presentation, structure and content of the financial statements, including the disclosures, and whether the financial statements represent the underlying transactions and events in a manner that achieves fair presentation.

We communicate with those charged with governance regarding, among other matters, the planned scope and timing of the audit and significant audit findings, including any significant deficiencies in internal control that we identify during our audit.

Use of our report

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006; and to the charity's trustees, as a body, in accordance with Section 44(1)(c) of the Charities and Trustee Investment (Scotland) Act 2005, and in accordance with Chapter 3 of Part 8 of the Charities Act 2011. Our audit work has been undertaken so that we might state to the charitable company's members and trustees those matters which we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to any party other than the charitable company, the charitable company's members, as a body, and the charity's trustees, as a body for our audit work, for this report, or for the opinion we have formed.

Luke Holt (Senior Statutory Auditor)
for and on behalf of Moore Kingston Smith LLP, Statutory Auditor

Devonshire House
60 Goswell Road
London
EC1M 7AD

Date:

Moore Kingston Smith LLP is eligible to act as auditor in terms of Section 1212 of the Companies Act 2006.

The British Nutrition Foundation
Statement of Financial Activities
For the year ended 31st May 2021

	Note	Unrestricted Fund £	Restricted Fund £	Total 2021 £	Total 2020 £
Income					
<i>Income from:</i>					
Voluntary income	2	748,088	-	748,088	837,119
Investment income	3	16,883	-	16,883	17,529
Charitable activities	4	546,243	-	546,243	530,668
Total Income		<u>1,311,214</u>	<u>-</u>	<u>1,311,214</u>	<u>1,385,316</u>
Expenditure					
<i>Expenditure on:</i>	5				
Raising funds		84,423	-	84,423	104,480
Charitable activities		1,192,331	-	1,192,331	1,226,117
Total expenditure		<u>1,276,754</u>	<u>-</u>	<u>1,276,754</u>	<u>1,330,597</u>
Unrealised Gains / (Losses) on investments	9	72,504	-	72,504	(22,882)
Realised Gains on investments		3,147	-	3,147	700
Net income		110,111	-	110,111	32,537
Other (Losses) / Gains on foreign exchange		(1,193)	-	(1,193)	14
Net movement in funds		108,918	-	108,918	32,551
Funds as at 1st June 2020	15	<u>1,457,675</u>	<u>6,320</u>	<u>1,463,995</u>	<u>1,431,444</u>
Funds as at 31st May 2021	15	<u><u>1,566,593</u></u>	<u><u>6,320</u></u>	<u><u>1,572,913</u></u>	<u><u>1,463,995</u></u>

The notes on pages 20 to 29 form part of these financial statements.

All of the operations of the Foundation are continuing.

**The British Nutrition Foundation
Balance Sheet
For the year ended 31st May 2021**

	Note	2021 £	2021 £	2020 £	2020 £
Fixed Assets					
Intangible Assets	7		30,309		23,788
Tangible Assets	8		11,167		11,454
Investments	9		686,840		600,821
			728,316		636,063
Current Assets					
Debtors	10	235,731		151,085	
Cash at bank and in hand		763,577		889,395	
		999,308		1,040,480	
Creditors: Amounts falling due within one year	11	154,711		212,548	
Net Current Assets			844,597		827,932
Total Net Assets			1,572,913		1,463,995
Funds					
Restricted funds	13		6,320		6,320
Unrestricted funds					
Designated funds	14		212,575		274,298
General funds	15		1,354,018		1,183,377
			1,572,913		1,463,995

These accounts have been prepared in accordance with the provisions of Part 15 of the Companies Act 2006, relating to small companies. The financial statements on pages 20 to 29 were approved and authorised for issue by the Board of Trustees on

Chairman of the Board of Trustees - Prof Colin Dennis



Trustee - Ms. D Irving-Brown



COMPANIES HOUSE NO.: 898651

The British Nutrition Foundation
Statement of Cash Flows
For the year ended 31st May 2021

	Note	2021 £	2020 £
Cash flow from operating activities			
Net cash provided (used in)/by operating activities	(i)	<u>(103,238)</u>	<u>84,233</u>
Cash flow from investing activities			
Bank interest received		939	85
Investment income		15,944	17,444
Acquisition of fixed asset investments		(113,095)	(32,974)
Proceeds from disposal of fixed asset investments		65,460	36,270
(Loss) / Profit on Forex		(1,193)	14
Purchase of intangible assets		(22,000)	(14,176)
Purchase of tangible fixed assets		<u>(5,902)</u>	<u>(3,237)</u>
Net cash (used in)/provided by investing activities		<u>(59,847)</u>	<u>3,426</u>
Change in cash and cash equivalents		<u>(163,085)</u>	<u>87,659</u>
Cash and cash equivalents at the beginning of the year		<u>953,121</u>	<u>865,462</u>
Cash and cash equivalents at the end of the year	(ii)	790,036	953,121
Analysis of changes in net debt			
	As at 01 June 2020 £	Cash flows £	As at 31 May 2021 £
Cash at bank and in hand	889,395	(427,468)	461,927
Cash held on deposits and investments	63,726	264,383	328,109
	953,121	(163,085)	790,036

(i) Reconciliation of net income to net cash flow from operating activities			
		2021 £	2020 £
Net income		108,918	32,551
Adjustments for:			
Depreciation charge		6,190	7,952
Amortisation charge		15,479	13,510
Bank interest received		(939)	(85)
Investment income		(15,944)	(17,444)
Loss / (Profit) on Forex differences		1,193	(14)
(Profit) on sale of investments		(3,147)	(700)
Revaluation of investments		(72,504)	22,882
(Increase) / Decrease in debtors		(84,646)	285
(Decrease) / Increase in creditors		<u>(57,838)</u>	<u>25,296</u>
Net cash (used in) / provided by operating activities		<u>(103,238)</u>	<u>84,233</u>
(ii) Analysis of Cash and cash equivalents			
		At 31 May 2021 £	At 1 June 2020 £
Cash at bank and in hand		461,927	889,395
Cash held on deposits and investments		<u>328,109</u>	<u>63,726</u>
		<u>790,036</u>	<u>953,121</u>

The British Nutrition Foundation

Notes to the Financial Statements

For the year ended 31st May 2021

1 Principal Accounting Policies

(a) Basis of preparation

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006. The British Nutrition Foundation meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note(s).

The trustees have assessed whether the use of the going concern basis is appropriate and have considered possible events or conditions that might cast significant doubt on the ability of the charitable company to continue as a going concern. The Trustees have made this assessment for a period of at least one year from the date of approval of the financial statements. In making this assessment the trustees have considered the impact of Covid 19, whilst some income lines are effected they are mitigated by anticipated costs savings. Annual budgets have been revised taking this into account with prudent figures for both income and expenditure. After making enquiries the Trustees have concluded that there is a reasonable expectation that the charitable company has adequate resources to continue in operational existence for the foreseeable future based on a significant level of reserves and liquid assets in the form of investments which are readily available to convert into cash. For this reason the Trustees continue to adopt the going concern basis in preparing the financial statements.

The financial statements are prepared in sterling, which is the functional currency of the company. Monetary amounts in these financial statements are rounded to the nearest pound.

The British Nutrition Foundation is a private company, limited by guarantee, registered in England and Wales, registration number 898651. The registered office is New Derwent House, 69 - 73 Theobalds Road, London WC1X 8TA. The company is a registered charity, registered in England and Wales, registration number 251681 and in Scotland, registration number SC040061.

(b) Income

Income from member companies (including annual subscriptions) is accounted for on a receivable basis, but on a received basis in the case of donations. Government grants are accounted for on a receivable basis.

Investment income is recognised on a receivable basis.

Interest income is recognised on a receivable basis.

(c) Expenditure Allocation

The directors have allocated office costs and governance costs on the basis of the amount of time spent by each member of staff in each of the six areas of activity of the Foundation. Staff costs have been similarly apportioned.

(d) Cash and cash equivalents

Cash and cash equivalents includes cash in hand and current and fixed term deposits with bank, with a maturity date of less than 90 days.

(e) Governance Costs

Governance costs relate to the direct costs associated with the constitutional and statutory requirements of the Foundation and include the costs of external audit, secretariat and other constitutional related costs.

(f) Depreciation of Tangible Fixed Assets

Depreciation is provided on fixed assets on the straight line method at the following rates:

Fixtures and fittings	20% p.a.
Computers and ancillary equipment	33.33% p.a.

Items of expenditure which provide enduring benefit to the Foundation are capitalised as assets if the cost (net of VAT) is more than £500. Expenditure of less than this amount is expensed through the Statement of Financial Activities.

At the end of each reporting period, the residual values and useful lives of assets are reviewed and adjusted if necessary.

(g) Employee Benefits

The costs of short-term employee benefits are recognised as a liability and an expense. The costs of any material unused holiday entitlement is recognised in the period in which the employee's services are received. Termination benefits are recognised immediately as an expense when the company is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

(h) Intangible Fixed Assets

Intangible fixed assets comprise of an online training platform and new website. Intangible fixed assets are recognised at cost and are subsequently measured at cost less accumulated amortisation and accumulated impairment losses. Amortisation is recognised so as to write off the cost or valuation of the assets less their residual values over their useful lives on the following bases:

Online training platform	33.33% p.a.
New Website	33.33% p.a.

The capitalisation threshold for intangible fixed assets is £500.

**The British Nutrition Foundation
Notes to the Financial Statements
For the year ended 31st May 2021**

1 Principal Accounting Policies (continued)

- (i) **Gifts in Kind**
Gifts in kind and donated services and facilities are recognised within incoming resources and expenditure at an estimate of the value to the charity of the donated services or goods.
- (j) **Impairment of Fixed Assets**
At each reporting end date, the charity reviews the carrying amounts of its tangible and intangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any).
- (k) **Operating Leases**
Rentals payable under operating leases are charged to the Statement of Financial Activities as incurred over the term of the lease.
- (l) **Publications**
It is the Foundation's policy not to include as stock the by-products from projects as the use of these is uncertain. When sales are made they are included in the SOFA on a receipts basis. The costs of the Foundation's publications and education material are written off in the year in which they are incurred.
- (m) **Prizes**
Prizes are accounted for when paid.
- (n) **Pension Scheme Arrangements**
The Foundation provides a percentage of employees' salaries which is paid into personal pension plans on behalf of employees. The percentage paid ranges from 4% to 12% of basic salary and is accounted for on an accruals basis.
- (o) **Funds**
Unrestricted Funds - These are donations and other incoming resources receivable or generated for the objects of the charity without further specified purpose and are available as general funds.

Designated Funds – These form part of unrestricted funds and represent amounts set aside by the trustees for particular purposes. These funds may be returned to the general unrestricted funds at the trustees' discretion.

Restricted Funds - These are funds which are to be used for specific purposes as laid down by the donor.
- (p) **Foreign Currencies**
Transactions in foreign currencies are recognised at the rate of exchange at the date of the transaction. Monetary assets and liabilities are translated into sterling at the exchange rate on the balance sheet date. Exchange differences are recognized through the statement of financial activities.
- (q) **Financial instruments**
The company has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments. Financial instruments are recognised in the company's balance sheet when the company becomes party to the contractual provisions of the instrument. Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

With the exceptions of prepayments and deferred income all other debtor and creditor balances are considered to be basic financial instruments under FRS 102. See notes 10 and 11 for the debtor and creditor notes. Other financial assets include investments (note 9) which are initially measured at fair value.
- (r) **Critical accounting estimates and areas of judgement**
In the application of the company's accounting policies, the directors are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

The British Nutrition Foundation
Notes to the Financial Statements
For the year ended 31st May 2021

1 Principal Accounting Policies (continued)

(r) Critical accounting estimates and areas of judgement (continued)

The most significant estimates and assumptions which affect the carrying amount of assets and liabilities in the accounts relate to:

The annual depreciation and amortisation charge for fixed assets are sensitive to change in the estimated useful economic lives and residual value of assets. These are reassessed annually and amended where necessary to reflect current circumstances.

2 Voluntary income

	Total 2021 £	Total 2020 £
Donations	576,423	649,988
Subscriptions	<u>171,665</u>	<u>187,131</u>
	<u><u>748,088</u></u>	<u><u>837,119</u></u>

All voluntary income received in 2021 and 2020 is unrestricted income.

3 Investment income

	Total 2021 £	Total 2020 £
Bank interest	939	85
Investment income	<u>15,944</u>	<u>17,444</u>
	<u><u>16,883</u></u>	<u><u>17,529</u></u>

All investment income received in 2021 and 2020 is unrestricted income.

4 Income from charitable activities

	Unrestricted 2021	Restricted 2021	Total 2021 £	Total 2020 £
Projects	522,962	-	522,962	505,228
Publications	<u>23,281</u>	<u>-</u>	<u>23,281</u>	<u>25,440</u>
	<u><u>546,243</u></u>	<u><u>-</u></u>	<u><u>546,243</u></u>	<u><u>530,668</u></u>

All income from charitable activities received in 2021 and 2020 was unrestricted income.

The British Nutrition Foundation
Notes to the Financial Statements
For the year ended 31st May 2021

5 Total resources expended

	Unrestricted		Restricted		Total	Total
	Cost of raising funds	Charitable activities	Cost of raising funds	Charitable activities	2021	2020
	£	£	£	£	£	£
Charitable direct costs						
Projects	-	50,718	-	-	50,718	54,337
Science and Education services	-	14,345	-	-	14,345	13,756
Publications	-	137	-	-	137	901
Prizes and Awards	-	6,191	-	-	6,191	6,989
	-	71,391	-	-	71,391	75,983
Fundraising direct costs						
Publications	4,019	-	-	-	4,019	4,063
Investment management fees	4,648	-	-	-	4,648	4,580
Other fundraising costs	2,109	-	-	-	2,109	10,384
	10,776	-	-	-	10,776	19,027
Support costs						
Staff costs	60,163	763,256	-	-	823,419	867,174
General office costs	9,738	217,377	-	-	227,115	243,970
Depreciation	248	5,943	-	-	6,191	7,952
Amortisation	619	14,860	-	-	15,479	13,510
	70,768	1,001,436	-	-	1,072,204	1,132,606
Governance costs						
Salaries and office costs	-	50,211	-	-	50,211	50,665
Annual General Meeting	2,879	-	-	-	2,879	14,285
Legal and professional	-	40,557	-	-	40,557	19,094
Auditor's fees - current year audit	-	7,800	-	-	7,800	7,600
Auditor's fees - other	-	1,436	-	-	1,436	500
Rebranding	-	19,500	-	-	19,500	10,837
	2,879	119,504	-	-	122,383	102,981
Total resources expended	84,423	1,192,331	-	-	1,276,754	1,330,597

Support costs are allocated to the cost of raising funds and charitable activities on the basis of staff time.

For a breakdown of the prior year comparative please see the next page.

The British Nutrition Foundation
Notes to the Financial Statements
For the year ended 31st May 2021

5 Total resources expended (continued)

	Unrestricted		Restricted		
	Cost of raising funds	Charitable activities	Cost of raising funds	Charitable activities	2020
	£	£	£	£	£
Charitable direct costs					
Projects	-	54,337	-	-	54,337
Science and Education services	-	13,756	-	-	13,756
Publications	-	901	-	-	901
Prizes and Awards	-	6,989	-	-	6,989
	-	75,983	-	-	75,983
Fundraising direct costs					
Publications	4,063	-	-	-	4,063
Investment management fees	4,580	-	-	-	4,580
Other fundraising costs	10,384	-	-	-	10,384
	19,027	-	-	-	19,027
Support costs					
Staff costs	60,266	797,238	-	9,670	867,174
General office costs	10,044	233,926	-	-	243,970
Depreciation	318	7,634	-	-	7,952
Amortisation	540	12,970	-	-	13,510
	71,168	1,051,768	-	9,670	1,132,606
Governance costs					
Salaries and office costs	-	50,665	-	-	50,665
Annual General Meeting	14,285	-	-	-	14,285
Legal and professional	-	19,094	-	-	19,094
Auditor's fees - current year audit	-	7,600	-	-	7,600
Auditor's fees - other	-	500	-	-	500
Strategic Expenditure	-	10,837	-	-	10,837
	14,285	88,696	-	-	102,981
Total resources expended	104,480	1,216,447	-	9,670	1,330,597

6 Staff costs

	Total 2021 £	Total 2020 £
Wages and salaries	698,539	731,261
Employers NI contributions	69,750	81,277
Pension costs	84,152	81,469
Other costs	13,444	15,759
	865,885	909,766

This includes the remuneration of interns of £Nil (2020: £20,610) and employer's NI of £Nil (2020: £1,526).

The average number of persons employed by the Foundation during the the year was 16 (2020: 17) This includes 0 interns (2020:2).

Average headcount expressed as a full time equivalent during the year was 16 (2020: 16).

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Notes to the Financial Statements
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6 Staff costs (continued)

The number of employees whose emoluments exceeded £60,000 were:

	2021 No.	2020 No.
£60,000 - £70,000	1	1
£80,000 - £90,000	1	-
£90,001 - £100,000	1	1
£100,001 - £110,000	-	1

Pension contributions to the above individuals amounted to £36,372 (2020: £35,464).

Trustees and Key Management Personnel

The trustees received remuneration during the year of £Nil (2020: £nil). During the year 0 (2020: 6) trustees received reimbursement of travel expenses of £Nil (2020: £3,788).

The charity incurred professional indemnity insurance of £599 during the year (2020: £694).

Key management personnel consist of the Director General, the Managing Director, the Science Director, the Nutrition Science Manager, the Nutrition Communication Manager and the Education Service Manager. The total employee benefits of the charity's key management personnel were £518,570 (2020: £517,531) .

7 Intangible fixed assets

	Online Training Platform £	New Website £	Total 2021 £
Cost			
At 1st June 2020	122,754	-	122,754
Additions	-	22,000	22,000
At 31st May 2021	<u>122,754</u>	<u>22,000</u>	<u>144,754</u>
Amortisation			
At 1st June 2020	98,966	-	98,966
Charge for the year	15,479	-	15,479
At 31st May 2021	<u>114,445</u>	<u>-</u>	<u>114,445</u>
Net Book Value			
At 31st May 2021	<u>8,309</u>	<u>22,000</u>	<u>30,309</u>
At 31st May 2020	<u>23,788</u>	<u>-</u>	<u>23,788</u>

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8 Tangible fixed assets

	Furniture and Fittings £	Computers and ancillary Equipment £	Total 2021 £
Cost			
At 1st June 2020	6,332	60,071	66,403
Additions	-	5,902	5,902
Disposals	-	(38,394)	(38,394)
	<u>6,332</u>	<u>27,579</u>	<u>33,911</u>
At 31st May 2021	<u>6,332</u>	<u>27,579</u>	<u>33,911</u>
Depreciation			
At 1st June 2020	3,798	51,150	54,948
Charge for the year	1,266	4,924	6,190
Disposals	-	(38,394)	(38,394)
	<u>5,064</u>	<u>17,680</u>	<u>22,744</u>
At 31st May 2021	<u>5,064</u>	<u>17,680</u>	<u>22,744</u>
Net Book Value			
At 31st May 2021	<u>1,268</u>	<u>9,899</u>	<u>11,167</u>
At 31st May 2020	<u>2,533</u>	<u>8,921</u>	<u>11,454</u>

9 Fixed asset investments

The movements during the year were as follows:-

	Total 2021 £	Total 2020 £
Balance at the beginning of the year	537,095	562,573
Additions at cost	113,095	32,974
Disposals at open market value	(62,313)	(35,570)
(Proceeds £65,460 (2020 £36,270), gain on disposal £3,147 (2020: £700))		
Add: Cash balances included in investments	<u>26,459</u>	<u>63,726</u>
	614,336	623,703
Unrealised gain / (loss) on valuation	72,504	(22,882)
	<u>686,840</u>	<u>600,821</u>
Market value as at 31st May 2021	<u>686,840</u>	<u>600,821</u>

9(b) Analysis of listed investments

	Total 2021 £	Total 2020 £
UK Equities	250,158	180,144
Overseas Equities	191,850	163,761
Global Fixed Interest	218,373	193,190
Cash	<u>26,459</u>	<u>63,726</u>
	<u>686,840</u>	<u>600,821</u>

9(c) As at 31 May 2021 the following investment represented more than 5% of the total investments portfolio - Henderson Investment Funds Ltd - £37,004 (2020: £Nil)

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10 Debtors

	Total 2021 £	Total 2020 £
Prepayments and accrued income	74,153	40,036
Other debtors	161,578	111,049
	<u>235,731</u>	<u>151,085</u>

11 Creditors

	Total 2021 £	Total 2020 £
PAYE & VAT payables	27,803	38,126
Accruals and deferred income (note 12)	81,682	138,458
Pensions & Other creditors	45,226	35,964
	<u>154,711</u>	<u>212,548</u>

12 Deferred income

	Total 2021 £	Total 2020 £
Deferred income at 1st June	46,407	15,200
Project Income received in advance of completion of work	41,089	46,407
Amounts released to the accounts	(46,407)	(15,200)
Deferred income at 31st May	41,089	46,407
Accruals	40,593	92,051
	<u>81,682</u>	<u>138,458</u>

13 Restricted Funds

	Balance as at 1st June 2020 £	Incoming Resources £	Outgoing Resources £	Transfer from/(to) Unrestricted £	Balance as at 31st May 2021 £
A-Level Fd Tech prize	362	-	-	-	362
BNF GCSE Fund	5,958	-	-	-	5,958
	<u>6,320</u>	-	-	-	<u>6,320</u>

	Balance as at 1st June 2019 £	Incoming Resources £	Outgoing Resources £	Transfer from/(to) Unrestricted £	Balance as at 31st May 2020 £
A-Level Fd Tech prize	362	-	-	-	362
BNF GCSE Fund	5,958	-	-	-	5,958
The Morrisons Foundation	9,670	-	(9,670)	-	-
	<u>15,990</u>	-	(9,670)	-	<u>6,320</u>

The restricted funds consists of prize schemes (A Level Fd Tech prize and BNF GCSE Fund) and Online primary teacher food training (The Morrisons Foundation).

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14 Designated Funds

	Balance as at 1st June 2020 £	Incoming Resources £	Outgoing Resources £	Transfer from/(to) General Unrestricted Funds £	Balance as at 31st May 2021 £
Strategic contingency fund	39,163	-	(19,500)	-	19,663
IT Strategic fund	20,913	-	-	-	20,913
Drummond fund	181,190	-	(9,191)	-	171,999
Healthy Eating Week 2020	33,032	-	(17,142)	(15,890)	-
	<u>274,298</u>	<u>-</u>	<u>(45,833)</u>	<u>(15,890)</u>	<u>212,575</u>

	Balance as at 1st June 2019 £	Incoming Resources £	Outgoing Resources £	Transfer from/(to) General Unrestricted Funds £	Balance as at 31st May 2020 £
Conference fund	1,164	-	(1,164)	-	-
Strategic contingency fund	50,000	-	(10,837)	-	39,163
IT Strategic fund	20,913	-	-	-	20,913
Drummond fund	225,563	-	(44,373)	-	181,190
Healthy Eating Week 2020	-	39,000	(5,968)	-	33,032
	<u>297,640</u>	<u>39,000</u>	<u>(62,342)</u>	<u>-</u>	<u>274,298</u>

The Conference Fund represents a surplus from conference activities, to be reinvested in future conferences. This fund will be used in the following financial year.

The Strategic contingency fund is for the Director General to access for use on carefully considered projects, such as those that would help the Foundation increase its impact, profile or capacity. The intention is that the fund will be used, when needed, over the next 1-3 years to support the BNF Business Plan and the new strategy.

The IT Strategic Fund will be used to complete Phase 2 of the external IT work, specifically enhancing the consumer engagement element of the BNF website (www.nutrition.org.uk). This will be spent in the next financial year (21/22).

The Foundation continues with the management of the Drummond Memorial Fund which will be utilised to extend the reach of current BNF activities: to support and encourage young people in their career development in nutrition and to add value to our existing work: GCSE and A-Level awards, Internships, nutrition related on-line training etc and profile.

The Healthy Eating Week 2020 Fund represents the surplus generated during 19/20 in advance of the rescheduled Healthy Eating week that took place in September 2020. This has now been transferred to the General reserve as at 31st May 2021.

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15 Analysis of Net Assets between funds

		Fixed Assets	Investments	Current Assets	Total 2021
		£	£	£	£
Restricted funds	Note 13	-	-	6,320	6,320
Unrestricted funds:					
Designated funds	Note 14	-	-	212,575	212,575
General funds		41,476	686,840	625,702	1,354,018
		<u>41,476</u>	<u>686,840</u>	<u>844,598</u>	<u>1,572,913</u>
		Fixed Assets	Investments	Current Assets	Total 2020
		£	£	£	£
Restricted funds		-	-	6,320	6,320
Unrestricted funds:					
Designated funds		-	-	274,298	274,298
General funds		35,242	600,821	547,314	1,183,377
		<u>35,242</u>	<u>600,821</u>	<u>827,932</u>	<u>1,463,995</u>

16 Taxation

The entity is a registered charity and does not undertake non-charitable activities and are entitled to tax exemption by the HM Revenue and Customs.

17 Capital

The Foundation is limited by guarantee. In the event of a winding up of the Foundation the members' liability is restricted to contributing an amount not exceeding £5 each. As at 31st May 2021 there were 46 members (2020: 50 members).

18 Operating Leases

At the reporting end date the charity had the following future minimum lease payments under non-cancellable operating leases which fall due as follows:

	2021		2020	
	Land and Buildings	Other	Land and Buildings	Other
	£	£	£	£
Within 1 year	112,372	7,800	114,928	7,800
1 to 5 years	271,687	20,800	38,309	28,600
	<u>384,059</u>	<u>28,600</u>	<u>153,237</u>	<u>36,400</u>

19 Related party transactions

No related party transactions were made during 2021 (2020: £298 relating to subscriptions and course payments)
During 19/20 a Trustee was a director at Association for Nutrition.