

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.

Healthy Eating Week



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.

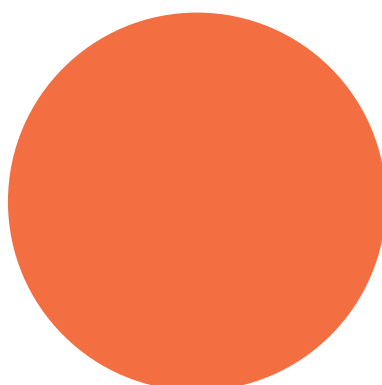
Feedback included:

“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 Fennelow, 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

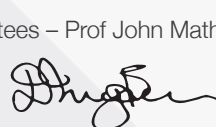
for the year ended 31 May 2023

	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

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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
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WCRF International

Dr Caoileann Murphy
University College Dublin

Dr Anne Nugent
Queens University Belfast, UK and University College Dublin, Ireland

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Xi'an Jiaotong University

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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

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Washingborough Academy

Ms Susanne Parker-Morris
Worcester University

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PE Specialist

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Mairead Davidson
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www.foodafactoflife.org.uk

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