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British Nutrition Foundation

British Nutrition Foundation

Annual Trustees' Report & Accounts for the period of June – December 2025

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Welcome from the Chair

It is a pleasure to introduce this British Nutrition Foundation's Annual Report. I would like to thank my fellow Trustees for their continued insight and commitment, alongside our Advisory Committee, chaired by Professor Janet Cade, and our Chief Executive, Elaine Hindal, and her team for their leadership and dedication.

This period has been marked by the continued acceleration in the use of GLP-1 receptor agonists for weight loss. These medicines are reshaping the public health landscape, offering new opportunities for individuals living with obesity and related conditions. Their growing accessibility and visibility have brought important benefits, but also renewed focus on a critical question: how do we ensure that medication is complemented by the nutrition and lifestyle behaviours needed to support long-term health?

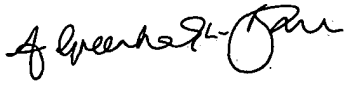
At the British Nutrition Foundation, we have been working to address this question through clear, evidence-based, practical guidance. We have published accessible resources to help individuals understand how dietary quality, protein intake, and overall nutritional adequacy remain essential alongside the use of weight loss medications. This includes guidance on preserving muscle mass, maintaining micronutrient intake, and establishing sustainable eating patterns that endure beyond treatment.

A key highlight has been our thought leadership in this space. We convened a webinar with expert speakers to explore the nutritional implications of GLP-1 medications, bringing together clinicians, researchers and practitioners to discuss emerging evidence and practical considerations. We have also strengthened our role as a trusted public voice, contributing to media discussions and providing expert commentary to help individuals navigate often complex and sometimes conflicting messages around these treatments.

Our work has reinforced an important principle: while medications may support weight loss, they do not replace the need for nutritious diets and healthy lifestyles. Indeed, without this foundation, there is a risk that some individuals may experience unintended consequences, such as loss of muscle mass or inadequate nutrient intake. Supporting people with the knowledge and tools to make informed choices is therefore essential.

The Foundation remains committed to translating science into practical action. Whether through digital resources, professional engagement, or public communication, we continue to ensure that nutrition remains central to conversations about health, including in this rapidly evolving area.

As we look ahead, we will continue to build on this work, supporting individuals, health professionals and policymakers alike. The rise of new medical approaches makes our mission more relevant than ever: to champion evidence-based nutrition as a cornerstone of public health.



Alyson Greenhalgh-Ball
Chair of the Board of Trustees

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Welcome from the Chief Executive

This reporting period has underlined the fundamental importance of diet and nutrition in supporting the health and development of children, from the earliest stages of life through to adolescence. At the British Nutrition Foundation, we remain firmly committed to ensuring that every child benefits from a healthy, balanced diet, underpinned by robust evidence and translated into practical, accessible guidance.

A key highlight of this period has been the publication of our pregnancy briefing paper in Nutrition Bulletin. This important work brings together the latest evidence on maternal nutrition, offering clear guidance on how diet during pregnancy can influence not only the health of women themselves but also the short- and long-term health outcomes of their children. From supporting healthy growth and development to reducing the risk of future diet-related conditions, it reinforces the vital role that good nutrition plays from the very earliest stages of life.

Supporting children's nutrition in practice has also remained a central focus of our partnerships. Our continued collaboration with Tesco through the Fruit & Veg for Schools programme has delivered meaningful impact, helping to increase access to fruit and vegetables for children in areas of greatest need. By supporting schools to provide nutritious foods and encouraging positive eating habits, this initiative plays an important role in shaping healthier preferences and behaviours that can last a lifetime.

Alongside this, we have continued to engage and inform by convening leaders in the field. Our annual conference brought together leading experts from across academia, healthcare, education, and industry to explore the challenges facing children's dietary health, and the role of schools as catalysts for change. The breadth and depth of discussion highlight the importance of collaboration in addressing these complex challenges.

We also continue to engage with teachers and educators through campaigns such as our Snack-tember initiative, which provided practical ideas and insights to support healthier snacking habits, reaching nearly one million young people in 2025.

Across all of this work, a consistent theme emerges: good nutrition is foundational to healthy growth, cognitive development, and long-term wellbeing. Yet achieving this requires joined-up action, from improving access to healthy foods, to strengthening education and building confidence in making healthier choices.

As we look ahead, we will continue to prioritise children's health within our programmes, partnerships, and policy engagement. I am proud of the impact our team and partners have achieved over this period, and grateful for the continued support of our Trustees, Advisory Committees, and stakeholders as we work together to support healthier futures for all children.

Elaine Hindal
Chief Executive

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Our vision, mission and strategy

At the British Nutrition Foundation, our vision is a future where everyone can access a healthy, sustainable diet. Our mission is to promote health and wellbeing, and prevent diet-related ill health, through evidence-based nutrition science.

Our strategy for 2023–2028 focuses on three core levers for change, designed to strengthen our impact on both the food environment and individuals' knowledge, confidence and skills.

Advocating science and building consensus

We champion scientific integrity and act as a trusted convener, bringing together researchers, practitioners and policymakers to address priority issues in nutrition. Our work includes publishing in Nutrition Bulletin, contributing to policy discussions, and recognising excellence through our awards.

Changing the food environment

We apply nutrition science in practical settings, supporting organisations to improve the nutritional quality of foods and menus, and to make healthier options more accessible.

Educating and empowering people

Through our websites and partnerships, we provide accessible, evidence-based information and resources to support learning and behaviour change. We continue to strengthen engagement through our consumer platform and our Food – a fact of life education programme, as well as curriculum partnerships.

Enabling our impact

We are committed to being a great place to work and to sustaining a resilient organisation. This includes investing in our people, embedding equity, diversity and inclusion, and growing and diversifying our income through partnerships and membership.

Our values

Our refreshed values guide how we work and collaborate:

- **One Purpose** – we work together to deliver our mission and maximise our impact.
- **Evidence-Based Integrity** – we are guided by science and committed to transparency.
- **Open & Empowering Culture** – we create an inclusive, supportive environment where people can learn, contribute and thrive.

Together, these principles underpin our commitment to translating nutrition science into practical action to improve health for all.

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Impact and reach

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

This period (June-December 2025) we achieved:

- Nearly 600,000 users and 1.7 million page views across our websites, nutrition.org.uk
- and foodafactoflife.org.uk.
- over 1.3 million resource downloads from the Food – a fact of life website
- over 1,600 media mentions
- over 500,000 social media impressions from our channels, with a total following of over 87,000
- nearly million children and young people took part in our new Snack-tember 2025 pilot to encourage healthier snacking, with over 3,700 schools, caterers and local councils registered to participate
- Our scientific journal Nutrition Bulletin increased its impact factor from 2.4 to 3.6, received a 30% increase in submissions and had over 200,000 downloads.

Case studies

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

Changing the food environment

Free fruit and vegetables for schools

Our partnership with Tesco on the Fruit & Veg for Schools programme has delivered measurable impact in improving children's access to nutritious food. Targeted at schools in areas of greatest need, the initiative has supported over 140,000 pupils across hundreds of UK schools, providing 10.8 million portions of fruit and vegetables, averaging around 78 portions per pupil.

Surveys with participating teachers found that 94% reported improvements in pupils' behaviour, The programme has also encouraged children to try a wider variety of foods, with more than 100 types of fruit and vegetables explored, helping to build positive, long-term eating habits.

As a partner, the British Nutrition Foundation's education experts developed resources to help teachers bring the programme to life and help children and young people learn about the benefits of eating more fruit and vegetables as well as practical ways of including them in a healthy diet. The team also supported with evaluation, visiting participating schools to take a deeper look at the impact of the programme.

Alongside education support, nutrition scientists at the Foundation analysed data on the nutritional contribution of the fruit and vegetables provided and quantified the impact this has

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on the number of portions consumed and the amounts of key nutrients such as vitamin C and folate provided.

Together, this work demonstrates how collaboration can drive practical solutions, improve diets and support healthier futures for children.

Supporting Healthier, More Sustainable Food Choices at Scale

In 2025, Lidl GB became the first UK discounter to introduce a health marker for its own-label products that also incorporates sustainability criteria. The Live Well logo is designed to help shoppers easily identify products that are both nutritionally sound and aligned with the Planetary Health Diet, the global framework for diets that are healthy for people and planet alike. The nutrition aspect of the criteria underpinning the logo was developed in collaboration with the British Nutrition Foundation.

The Foundation was asked to review and validate the category-specific nutrition criteria, covering approximately 100 product categories. This involved assessing each category against advice within food-based dietary guidelines, government reformulation targets and current nutrition science and reviewing thresholds for nutrients including fat, saturated fat, sugar, salt and fibre. To carry the logo, products would typically be non-HFSS, carry at least one authorised health claim, and meet criteria tailored to their specific category.

The potential reach of this work is considerable. Lidl GB is now the fifth largest supermarket in Great Britain, with more than three in five UK households shopping there and over 38 million additional customer visits recorded in the most recent financial year. The logo launched across more than 100 own-label products, and Lidl has committed to 10% of its core own-label range meeting the Live Well standard by 2030. working with suppliers to embed the criteria into product development, and reporting progress publicly each year.

This partnership reflects the Foundation's broader mission to translate nutrition evidence into meaningful, population-level impact. By shaping the criteria, the Foundation helped ensure the Live Well logo sets a genuinely rigorous standard with real potential to support healthier choices at scale.

Advocating science and building consensus

Healthy beginnings: Diet and pregnancy

In July 2025 we published a major briefing paper, Diet in Pregnancy, in our journal Nutrition Bulletin, providing a comprehensive, evidence-based overview of how nutrition supports the health of both mother and child. Working with leading academics in the field the paper brings together the latest research and authoritative guidance, setting out the evidence for supporting optimal nutrition from preconception through pregnancy.

The paper highlights the critical importance of a healthy, varied diet in meeting the increased nutritional demands of pregnancy, including energy, protein and key micronutrients essential for foetal growth and development. It also draws attention to a significant public health challenge many women of childbearing age are not achieving recommended intakes of nutrients such as folate, iron, iodine and vitamin D, which can influence both immediate pregnancy outcomes and longer-term health for their children.

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Importantly, the paper moves beyond summarising evidence to provide practical, actionable guidance for midwives and others, including recommendations on diet, supplementation and weight management before and during pregnancy. The findings were covered in publications including Netmums, Medical Express, Obes Gynae and Midwifery News and Network health digest.

To support implementation in practice and disseminate the paper, we complemented the publication with a two-part "Healthy Beginnings" webinar series for health professionals. These sessions explored the role of maternal diet and weight in shaping outcomes for both mother and baby, and shared the latest evidence, guidance and practical approaches to supporting women during pregnancy.

There were over a thousand registrations for the webinar series, representing stakeholders from midwifery and other medical professions, academia, NGO, public health and policy and the food industry. 97% of those who attended agreed that the webinar had been useful in enhancing their knowledge in nutrition and pregnancy. The paper was downloaded from the journal over a thousand times in the first 10 days of publication.

To reach consumers with an interest in nutrition in pregnancy, we developed an engaging infographic Nourish to Flourish, shared through our Instagram account, which highlighted key diet and lifestyle factors for a healthy pregnancy.

Together, this work strengthens our role in translating nutrition science into accessible guidance, supporting both professionals and the public to improve maternal and child health outcomes.

Nourishing tomorrow – A focus on children's health

Our Annual Conference 2025 brought together a diverse range of voices from research, policy, education and practice to explore one of the most pressing challenges in public health: how to support better dietary health for children and young people. Held at the Royal College of Physicians, the conference focused on the theme "Nourishing tomorrow: equipping children and young people for better dietary health in the future."

The programme combined cutting-edge research with practical insights, reflecting the Foundation's role in bridging science and real-world application. The morning session examined the challenges shaping children's diets and health, including food insecurity, the impact of the food environment, and inequalities highlighted through large-scale studies such as Born in Bradford.

In the afternoon, the focus shifted to solutions, showcasing evidence-based approaches spanning treatment programmes for childhood obesity, the role of schools and education initiatives, and the impact of policy interventions such as free school meals. Contributions from national and international speakers highlighted the importance of joined-up action across sectors to create healthier environments for children.

The conference also provided an important platform to recognise excellence in nutrition science and practice, through our annual lecture and awards.

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The conference was attended by about 140 stakeholders in person and a more than 400 online. By bringing together senior figures from across disciplines, the conference created a space for informed discussion, knowledge exchange and collaboration. It exemplified the British Nutrition Foundation's role as a trusted convener, helping to shape the conversation around children's nutrition and identify practical pathways to improve health outcomes for future generations.

Educating and empowering people

Driving healthier snacking in schools

In September 2025, we piloted Snack-tember, a new national initiative designed to help children and young people aged 5–16 make and have healthier, more sustainable snacks. The campaign was developed in response to clear evidence that many young people are consuming too much free sugar, too little fibre, and are falling short of recommended fruit and vegetable intake.

Recognising the important role snacks play in young people's diets, often contributing several hundred calories per day, we set out to shift behaviours by focusing on practical, engaging solutions. Our approach combined insight, co-creation and education. We conducted the Great Snack Survey with over 2,500 young people to better understand habits and preferences, finding strong interest in learning about healthier options. We then worked directly with pupils to develop appealing recipes, supported by a suite of resources for schools, parents and caterers.

Nearly one million young people participated through schools, councils, NHS organisations and community groups, supported by strong digital engagement including thousands of webpage visits and recipe video views. The initiative also drove meaningful behaviour change: 74% of teachers reported that Snack-tember had helped, or would help, their pupils to make healthier snack choices.

Feedback from educators highlighted the programme's practical impact, with schools using the resources to spark discussion, build skills and encourage experimentation with healthier foods. The initiative was further amplified through partnerships, including collaboration with BBC Bitesize to reach parents and families more widely.

Following the success of the pilot, we are now focused on scaling Snack-tember, with the ambition to reach even more children and young people and further embed healthier snacking habits in everyday life.

Weight loss medications: an evidence-based voice

The rapid rise of GLP-1 weight loss medications has transformed the public conversation around obesity and health. Over this reporting period, the British Nutrition Foundation has played an active role in shaping this debate, ensuring that nutrition and lifestyle remain central to discussions about treatment and long-term health.

We have developed and shared clear, practical, evidence-based guidance to support individuals, health professionals and the wider public. Our published resources outline key considerations for those using these medications, emphasising the importance of maintaining a balanced diet, ensuring adequate nutrient intake, and protecting muscle mass through

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sufficient protein and physical activity. These materials also highlight the unique opportunity that weight loss medications can provide to establish healthier, sustainable habits that extend beyond treatment.

Alongside our written guidance, we convened a dedicated webinar bringing together researchers, clinicians and practitioners to explore the nutritional implications of GLP-1 medications. The webinar attracted over 1,200 registrations, with more than 500 participants joining live, demonstrating strong demand for credible, evidence-based information in this rapidly evolving area. The session examined key questions around dietary patterns, long-term health outcomes and the role of healthcare professionals in supporting behaviour change.

We have also strengthened our public profile through targeted media engagement, contributing expert commentary to national outlets on topics such as preserving muscle mass and optimising nutrition while using these medications. This has helped to ensure that balanced, evidence-based messages reach a wide audience and counter oversimplified narratives around "quick fixes".

Together, this work demonstrates the Foundation's role as a trusted, independent voice at the intersection of science, policy and public understanding. By combining thought leadership, practical guidance and wide-reaching communication, we are helping to ensure that advances in medical treatment are supported by the nutrition and lifestyle changes needed to deliver lasting health benefits.

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Awards

As part of our goal to champion nutrition science and scientists, each year the British Nutrition Foundation makes a number of awards. In 2025 the winners in each category were:

The BNF Prize - awarded annually to a person for their outstanding achievement in an area of nutrition over a number of years.

The 2025 BNF Prize winner: Professor Janet Cade
Professor of Nutritional Epidemiology and Public Health, University of Leeds

Professor Cade was nominated for: '*Her contributions to nutritional epidemiology and the advancement of measurements of food and nutrient intakes*'

Early Career Scientist Award - to recognise early career nutrition scientists who show great potential to be future leaders in the field

Winner: Dr Xuemei Ma, Postdoctoral Research Associate, King's College London
Runner-up: Dr Cara Ruggerio, Research Associate, Cambridge MRC Epidemiology Unit.

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

Winner: Dr Grainne Whelehan, Leicester Diabetes Centre, University Hospitals of Leicester NHS Trust

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

Winner: Project Food is based in Axminster Hospital and provides tailored support for a range of different groups & individuals to help them have a healthier diet. This includes working with individuals to develop their confidence and motivation to eat better and creating bespoke courses for people with particular needs and health conditions, including school children, adults with diet related health conditions, those on a low income and those with physical and mental disabilities. Project Food provides free cooking demonstrations, hands-on sessions, one to one support, online classes, newsletter and food-boxes. Those unable to attend sessions are sent monthly newsletters.

School Education Awards - rewards excellent work in food and nutrition by students throughout the UK.

GCSE and National 5

AQA - Emily Rebecca Blackwell, Withington Girls' School, Manchester
Eduqas - Will John Pacey and teacher Jennie Matthews, Queen's School
Eduqas - Emily Alice James and teacher Emma Walker, St. Bede's Catholic College
WJEC - Sara Maryam Choudhury and teacher Emma Webb, Cathays High School
OCR - Miss E Wood, Chesham Grammar School
SQA - Fatima Noor and teacher Stuart Clark, Mearns Castle High School

CCEA - Lucy Farrell and teacher Lynne Dow

Advanced Higher and Level 3

WJEC - Annie J Reynolds and teachers Sally Rowe, Natalie Revell, and Bethany Thomas, Berkhamsted School
CCEA - Eimar Quinn and teachers Caoimhe Gallagher and Paula Lyons, St. Ciaran's College, Ballygawley
SQA - Anna Black and teacher Martin Shaw, Perth High School

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Trustees' Annual Report and Accounts

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Trustees' Annual Report & Accounts

Legal and administrative information

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

Alyson Greenhalgh-Ball (Chair)
Professor John Mathers (Immediate Past Chair)
Dr Louise Redmond (Deputy Chair and Chair, HR & Remuneration Committee)
Martin Ellis (Treasurer and Chair, Finance, Audit & Risk Committee) (appointed 1st August 2025)
Mark Fairweather (appointed 1st June 2025)
Rosalie Forde
Samantha Fulton
Claire Hughes (appointed 1st June 2025)
Professor Susan Lanham-New (retired 31st January 2026)
Professor Bernadette Moore
Paul Wheeler
Alisdair Wotherspoon

Our Patron
Her Royal Highness, The Princess Royal

Honorary President
Judith Batchelar OBE

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

Company registered number: 00898651
Registered charity number England and Wales: 251681
Registered charity number Scotland: SC040061
Registered office: X + Why, 4 Fulwood Place, London WC1V 6HG (from 1st August 2024).

Professional Advisors

Accountants: TC Group, Star House, Star Hill, Rochester, Kent, ME1 1UX
Auditor: Moore Kingston Smith, 9 Appold Street, London EC2A 2AP
Banker: Barclays Bank, Barclays Business, 1st Floor, 27 Soho Square, London, W1D 3QR
Investment Management: Charles Stanley, 25 Luke Street, London, EC2A 4AR
Solicitor: Reed Smith LLP, Beaufort House, 15 St Botolph Street, London, EC3A 7EE

Governance

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

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Charitable objects

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

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

Governing document

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

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

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

- Trustees 'buddy up' to connect with each other between Board and Committee
- meetings.
- The Board regularly considers the mix of skills, knowledge and experience it needs to
- govern, lead and deliver the charity's purposes effectively.
- Two trustees (Rosalie Forde and Louise Redmond) also take a special interest in and
- provide oversight of the charity's Education Programme.

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

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

The British Nutrition Foundation has a formal procedure for inducting Trustees and provides key reference documents to ensure that newly appointed Trustees are fully aware of the Foundations strategy, activities, and their responsibilities. Additional training is provided at the request of Trustees. This year, we have noted the changes required under the new Charities SORP (Statement of Recommended Practice), which will apply to reporting periods starting on or after 1 January 2026.

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

The composition of the Board is weighted towards those from the scientific academic community. Two board sub-committees cover Finance, Audit & Risk, chaired by the Treasurer (currently Martin Ellis) and HR & Remuneration, chaired by a Trustee (currently Louise Redmond).
The Board and senior leadership team are supported by an independent Advisory Committee, chaired by Professor Janet Cade of Leeds University. In addition, independent scrutiny of our scientific agenda and workplan is provided by the Scientific Committee, chaired by Science Director, Sara Stanner.

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

Related parties and cooperation with other organisations

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

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

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

Equity, Diversity and Inclusion

At the British Nutrition Foundation, we are committed to advancing equity, diversity and inclusion (EDI) in line with the Charity Governance Code. As a leading voice in UK nutrition, we recognise that improving health goes beyond science - it requires fairness, representation and equal opportunity.

Inclusion underpins our mission to provide accessible, evidence-based information and education. We seek input from a wide range of stakeholders and acknowledge that both our organisation and the wider nutrition field have not always reflected the diversity of the communities we serve. We are committed to addressing this gap.

We routinely collect diversity data across recruitment and have used this to improve practices, including introducing blind CVs, more informal assessments and reviewing role criteria to broaden access.

An EDI lens now informs our content, ensuring it is accessible, relevant and representative, while maintaining scientific integrity. Our education programmes also consider factors such as pupil premium and free school meal eligibility. Updates to Food – a fact of life ensure resources reflect diverse dietary needs and support all learners, including those with special educational needs or disabilities.

As a member of the Academy of Nutrition Sciences, we promote EDI across the profession and in research. Trustee Rosalie Forde serves as our Board EDI Champion, working with Nutrition Science Manager, Ayela Spiro, to lead this work in our staff team.

Through events, publications and partnerships, we create inclusive platforms to share evidence, amplify diverse voices and help shape a more equitable future for nutrition in the UK.

Principal risks and uncertainties

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

By managing risk effectively, trustees can help ensure that:

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

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

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

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

Financial sustainability and diversification of income streams

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

In the reporting period, we have implemented an income diversification strategy approved by the Board in April 2025, setting out five areas of interest and opportunity in relation to diverse income streams. We also relaunched our online training offer in August 2025, and initial feedback has been positive, particularly around our training for Early Years settings and Holiday & Food (HAF) Club provision.

We maintain rigorous oversight of our income pipeline, with monthly reviews and meetings between budget holders and the finance team to monitor income opportunities and carefully manage expenditure.

In the reporting period, 50% of our income was generated from sources beyond membership subscriptions and corporate donations, representing a change of +6% compared to 2024-25. In this period, we have invested in developing research partnerships with universities and other funding bodies across the UK, building our network of stakeholders in this space.

In education, we were also delighted to continue to work with the Oak National Academy, and were appointed by the Department for Education to develop the new curriculum for England for Food & Nutrition – an important opportunity to diversify income and impact and further our charitable objectives in food education.

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

People and Culture

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

As a science-led organisation, attracting and retaining skilled and experienced staff is vital to our success. While we are confident in the strength of our people-related risk management, we remain committed to investing in our team through learning and development, and we actively seek opportunities to promote from within wherever possible. Professional development sessions in the reporting period have included training on health claims, fibre and nutrient profile models.

Our suite of employee benefits includes an Employee Assistance Programme, Perkbox, Group Life Insurance, Group Income Protection, Birthday Leave and optional benefits such as private medical insurance and a cycle-to-work scheme.

Using digital systems for project management and beginning to use AI tools such as Microsoft Co-Pilot continues to enhance our productivity and enabled more flexible hybrid working arrangements, as well as upskill our staff.

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

Annual appraisals and objective setting are supported by our HR consultants, Best Start HR, and we continue to review and update organisational policies in line with the Employment Rights Act which became law in December 2025.

Managing conflicts of interest and perceived risk of bias

The Charity Governance Code sets out the importance of public trust and confidence in the work of charities. As a charity that receives both membership subscriptions and corporate donations from supermarkets, food manufacturers, contract caterers and other food-related organisations, we recognise the risk to reputation from critics who would argue – without evidence - that the British Nutrition Foundation is biased in favour of the food industry in its interpretation of science and evidence, or that the charity advocates for regulatory changes that solely favour industry.

This continues to be an issue for all – including Government, researchers and NGOs – who believe that working with food industry organisations is essential for the translation of evidence in nutrition science to products and services, and if we are to achieve significant improvement in the food environment. We proactively manage conflicts of interest, such as the declaration of interests at every meeting and maintaining a Register of Interests for Trustees, Advisors and Senior Staff members, to ensure conflicts of interest are managed appropriately.

The Charity Governance Code stresses the importance of integrity, and that charity Boards make objective decisions without undue influence by special or personal interests. The British Nutrition Foundation has in place a Code of Conduct for Trustees, Advisors and staff members setting out expected standards of behaviour and the importance of identifying, dealing with and recording conflicts of interest.

Financial review

The financial review reflects a decision by the Board of Trustees to change the charity's financial year from 1st June – 31st May, to 1st January to 31st December, better to reflect the planning and financial periods of the majority of funders and donors. This adjustment will support more effective coordination of funding applications, reporting, and strategic planning.

The statement of the British Nutrition Foundation's financial activities for the adjusted reporting period (the 7-month period from 1st June to 31st December 2025) is set out on page XX of the Annual Report.

Total income for the 7-month reporting period was £954,299 (year end 31st May 25: £1.777m). Voluntary income for the 7-month reporting period was £520,550 (year end 31st May 25: £895,008). Investment income for the 7-month reporting period was £16,612 (year end 31st May 25: £30,881).

Funding

Of the £954,299 income received in the 7-month reporting period to 31st December 2025, the British Nutrition Foundation received £115,708 from membership subscriptions (year end 31st May 2025: £210,586) and a further £404,842 in donations from corporate members (year end 31st May 2025: £684,422). All voluntary income is unrestricted.

In addition, the British Nutrition Foundation generated £409,918 (year end 31st May 2025: £812,131) from consultancy projects from several corporate members, non-member commercial food organisations and Trusts and Foundations.

The British Nutrition Foundation raised £7,219 (year end 31st May 2025: £39,264) from publications, largely due to its journal *Nutrition Bulletin*.

Fundraising

As a charity, we follow the Charity's Commissions guidance (CC20) on fundraising and comply with fundraising regulations. British Nutrition Foundation is registered with the Fundraising Annual report.

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

During the 7-month period to 31st December 2025, 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.

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Expenditure on charitable activities

Charitable expenditure for the 7-month reporting period was £1.014m (year end 31st May 2025: £1.578m).

Staffing costs

A large proportion of our expenditure is in staffing costs, which was £776,714 for the 7-month reporting period to 31st December 2025 (year end 31st May 2025: £1.210m)

Expenditure on raising funds

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

Expenditure on raising funds for the reporting period was £88,313 (year end 31st May 2025: £144,640).

Net assets

The total net assets of the Foundation were £1.481m as at 31 December 2025 (as at 31st May 2025: £1.576m).

Investment policy

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

The invested funds held on deposit for the Foundation (excluding those held in the Foundation's current account) achieved income of £16,612 (year end 31st May 2025: £30,881) for the year.

The British Nutrition Foundation held total cash and investments of £1.396m as at 31 December 2025 (as at 31st May 2025: £1.404m).

Reserves policy and going concern

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

The Foundation's Reserves Policy is reviewed annually by the Board of Trustees. The Board agree that a general reserve level should be maintained at a minimum of £850,000 to allow cover for the cost of closure and limited running for six months, and that an amount should be designated for future strategic development and investment in our websites.

General reserves as at 31 December 2025 were £1.359m (as at 31st May 2025: £1.453m).

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Based on the continued uncertainty of charitable income and further investment during 2026, at the time of approving the accounts, the Trustees have continued to review in detail three-year projections for income and expenditure and have a reasonable expectation that the Foundation has adequate resources to continue in operational existence for the foreseeable future. Thus, the Trustees continue to adopt the going concern basis of accounting in preparing the accounts.

Designated funds

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

In the 7-month reporting period to 31st December 2025, incoming resources into the fund were nil and outgoing expenditure was £11,007. The value of the Fund as at 31 December 2025 was £85,962 (as at 31st May 2025: £96,969).

Internal controls

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

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

The Foundation's Financial Policy outlines robust internal controls to mitigate the risk of fraudulent or inappropriate use of funds.

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

In 2025, an updated three-year financial plan was presented to and approved by the Board of Trustees, providing strategic context for the 2026 budget and the period to 2027.

Outlook

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

Our priorities for 2026 are shaped by a detailed forecast of income, cash flow, and expenditure, and are focused on delivering across all areas of our Strategy:

Advocating Science and Building Consensus

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

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The British Nutrition Foundation will remain the OIRC coordinator in 2026 - 27, and our work on ultra-processed foods (UPF) will progress through two programmes of work on Fibre and Food Processing and Health.

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

Changing the food environment

Working with our corporate members to change the food environment remains a key priority, and in 2026, we will continue to focus on fewer, larger-scale projects that can deliver meaningful impact.

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

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

Educating people

In December 2025, the British Nutrition Foundation was appointed by the Department for Education to lead the development of a new food and nutrition curriculum, a major programme of work that will continue through 2026.

Alongside this, we planned relaunched the Food – a fact of life website for launch in 2026, responding to teacher feedback with updated, curriculum-aligned resources to support high-quality food education. We are strengthening the nutrition content across our education programme, with continued support from the Agriculture and Horticulture Development Board.

Funding from the All Saints Educational Trust will enable us to deliver training to help educators embed these resources more effectively in their teaching. We will also continue delivering the Oak National Academy curriculum and lesson programme in partnership with the Design & Technology Association, and will maintain our advocacy for high-quality food education and its role in public health.

In 2025–26, we will further develop consumer content on nutrition.org.uk, expand our website user panel and grow our social media reach. All content will continue to be guided by Equality, Diversity & Inclusion principles and informed by SEO insights to maximise impact.

Developing nutrition training for Holiday activity & Food clubs was a key insight from our Education Deep Dive in 2024. Since the launch of our pilot training course for HAF Clubs in Oct 2025, we have had positive feedback from HAF providers and local authorities and plan to launch subsequent courses from March 2026, supporting providers to improve food education and provision in holiday settings for children in disadvantaged groups.

Our partnership with Tesco's Fruit & Veg for Schools programme continues in 2026 and will be expanded to more schools in the UK.

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Trustees' Report for the year ended 31 December 2025

Statement of Trustees' Responsibilities

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

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

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

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

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

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

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

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

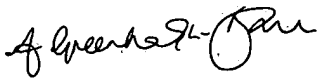
In so far as the Trustees are aware:

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

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

This report was approved by the Board of Trustees on 06/07/2026 and signed on its behalf by:

Alyson Greenhalgh-Ball
Chair, Board of Trustees
Date: 06/07/2026



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INDEPENDENT AUDITOR'S REPORT
TO THE MEMBERS OF THE BRITISH NUTRITION FOUNDATION

Opinion
We have audited the financial statements of The British Nutrition Foundation (the 'charitable company') for the period ended 31 December 2025 which comprise the Statement of Financial Activities, the Balance Sheet, Statement of Cash Flows 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 December 2025 and of its income and expenditure for the period then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

Basis of 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.

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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.

Opinion 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' report, which includes the directors' report prepared for the purposes of company law, for the financial period for which the financial statements are prepared is consistent with the financial statements; and
- the directors' report included within the trustees' report has been prepared in accordance with applicable legal requirements.

Matters on which we are required to report by exception
In the light of the knowledge and understanding of the charitable company and its environment obtained in the course of the audit, we have not identified material misstatements in the directors' report included within the trustees' report.

We have nothing to report in respect of the following matters where the Companies Act 2006 requires us to report to you if, in our opinion:

- proper and adequate accounting records have not been kept, or returns adequate for our audit have not been received from branches not visited by us; or
- the 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' exemptions in preparing the trustees' report and from the requirement to prepare 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 company or to cease operations, or have no realistic alternative but to do so.

Auditor's responsibilities for the audit of the financial statements
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

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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 the 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:

- The charitable company is required to comply with both company law and charity law and based on our knowledge of its activities, we identified that the legal requirement to accurately account for restricted funds was of key significance.
- We gained an understanding of how the charitable company complied with its legal and regulatory framework, including the requirement to properly account for restricted funds, through discussions with management and a review of the documented policies, procedures and controls.
- The audit team, which is experienced in the audit of charities, considered the charitable company's susceptibility to material misstatement and how fraud may occur. Our considerations included the risk of management override.
- Our approach was to check that all restricted income was properly identified and separately accounted for and to ensure that only valid and appropriate expenditure was charged to restricted funds. This included reviewing journal adjustments and unusual transactions.

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at: www.frc.org.uk/auditorsresponsibilities. This description forms part of our auditor's report.

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. Our audit work has been undertaken, so that we might state to the charitable company's members those matters 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 anyone other than the charitable company and the charitable company's members as a body, for our audit work, for this report or for the opinions we have formed.

DocuSigned by:
Moore Kingston Smith LLP
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29/9/2026

Luke Holt
Senior Statutory Auditor
for and on behalf of Moore Kingston Smith LLP, Statutory Auditor
9 Appold Street, London, EC2A 2AP

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

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The British Nutrition Foundation
Statement of Financial Activities
For the period ended 31st December 2025

	Note	Unrestricted Fund	Restricted Fund	Total 7 Months to December 2025	Total 12 Months to May 2025
		£	£	£	£
Income					
Income from:					
Voluntary income	2	520,550	-	520,550	895,008
Investment income	3	16,612	-	16,612	30,881
Charitable activities	4	398,541	18,596	417,137	851,395
Total Income		935,703	18,596	954,299	1,777,284
Expenditure					
Expenditure on:	5				
Raising funds		88,513	-	88,513	144,640
Charitable activities		1,005,726	8,806	1,014,532	1,578,101
Total expenditure		1,094,239	8,806	1,103,045	1,722,741
Unrealised Gain on investments	9	52,639	-	52,639	9,288
Realised Gains on investments		482	-	482	2,874
Net income		(105,415)	9,790	(95,625)	66,705
Other (Losses) / Gains on foreign exchange		(5)	-	(5)	13
Net movement in funds		(105,420)	9,790	(95,630)	66,718
Funds as at 1st June 2025	15	1,569,998	6,320	1,576,318	1,509,600
Funds as at 31st December 2025	15	1,464,578	16,110	1,480,688	1,576,318

The notes on pages 31 to 40 form part of these financial statements.

All of the operations of the Foundation are continuing.

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The British Nutrition Foundation
Balance Sheet
For the period ended 31st December 2025

	Note	As at December 2025 £	As at December 2025 £	As at May 2025 £	As at May 2025 £
Fixed Assets					
Intangible Assets	7		74,670		58,134
Tangible Assets	8		13,295		12,152
Investments	9		833,533		770,879
			921,498		841,165
Current Assets					
Debtors	10	256,248		324,528	
Cash at bank and in hand		562,195		633,444	
		818,443		957,972	
Creditors: Amounts falling due within one year	11	259,253		222,819	
Net Current Assets			559,190		735,153
Total Net Assets			1,480,688		1,576,318
Funds					
Restricted funds	13		16,110		6,320
Unrestricted funds					
Designated funds	14		105,625		116,632
General funds	15		1,358,953		1,453,366
			1,480,688		1,576,318

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 40 were approved and authorised for issue by the Board of Trustees on 7 July 2026 and signed on its behalf by:

Chair of the Board of Trustees - Alyson Greenhalgh-Ball

Treasurer - Martin Ellis

COMPANIES HOUSE NO.: 898651

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The British Nutrition Foundation
Statement of Cash Flows
For the period ended 31st December 2025

	Note	7 Months to December 2025 £	12 Months to May 2025 £
Cash flow from operating activities			
Net cash provided (used in)/by operating activities	(i)	(34,021)	(178,954)
Cash flow from investing activities			
Bank interest received		4,023	9,794
Investment income		12,589	21,087
Acquisition of fixed asset investments		(45,000)	(75,222)
Proceeds from disposal of fixed asset investments		11,238	85,603
Profit / (Loss) on Forex		(5)	13
Purchase of intangible assets		(37,450)	-
Purchase of tangible fixed assets		(6,852)	(9,980)
Net cash (used in)/provided by investing activities		(61,457)	31,295
Change in cash and cash equivalents		(95,478)	(147,659)
Cash and cash equivalents at the beginning of the year		735,578	883,237
Cash and cash equivalents at the end of the year	(ii)	640,100	735,578

Analysis of changes in net debt	**As at 01 June 2025 £**	**Cash flows £**	**As at 31 December 2025 £**
Cash at bank and in hand	273,255	2,405	275,660
Cash held on deposits	360,185	(73,655)	286,530
Cash held in investments	102,138	(24,228)	77,910
	735,578	**(95,478)**	**640,100**

(i) Reconciliation of net income to net cash flow from operating activities

	December 2025 £	May 2025 £
Net income	(95,630)	66,718
Adjustments for:		
Depreciation charge	5,709	8,168
Amortisation charge	20,914	33,220
Bank interest received	(4,023)	(9,794)
Investment income	(12,589)	(21,087)
(Profit) / Loss on Forex differences	5	(13)
(Profit) on sale of investments	(482)	(2,874)
Loss on disposal of Fixed Assets	-	-
Revaluation of investments	(52,639)	(9,288)
Decrease / (Increase) in debtors	68,280	(186,816)
Increase / (Decrease) in creditors	36,435	(57,188)
Net cash provided by / (used in) operating activities	(34,021)	(178,954)

(ii) Analysis of Cash and cash equivalents

	At 31 December 2025 £	At 1 June 2025 £
Cash at bank and in hand	275,660	273,255
Cash held on deposits	286,530	360,185
Cash held in investments	77,910	102,138
	640,100	735,578

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The British Nutrition Foundation
Notes to the Financial Statements
For the period ended 31st December 2025

1 Principal Accounting Policies

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

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

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

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

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

Investment income is recognised on a receivable basis.

Interest income is recognised on a receivable basis.

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

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

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

(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 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:

Intangible fixed assets	33.33% p.a.

The capitalisation threshold for intangible fixed assets is £500.

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1 Principal Accounting Policies (continued)

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

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

(k) Operating Leases
Rentals payable under operating leases are charged to the Statement of Financial Activities as incurred over the term of the lease.

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

(m) Prizes
Prizes are accounted for when paid.

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

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

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

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

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

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

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

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

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

The British Nutrition Foundation
Notes to the Financial Statements
For the period ended 31st December 2025

1 Principal Accounting Policies (continued)

(r) Critical accounting estimates and areas of judgement (continued)
The most significant estimates and assumptions which affect the carrying amount of assets and liabilities in the accounts relate to:

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

2 Voluntary income

	Total 7 Months to December 2025	Total 12 Months to May 2025
	£	£
Donations	404,842	684,422
Subscriptions	115,708	210,586
	520,550	895,008

All voluntary income received in the 7 months to December 2025 and 12 months to May 2025 is unrestricted income.

3 Investment income

	Total 7 Months to December 2025	Total 12 Months to May 2025
	£	£
Bank interest	4,023	9,794
Investment income	12,589	21,087
	16,612	30,881

All investment income received in the 7 months to December 2025 and 12 months to May 2025 is unrestricted income.

4 Income from charitable activities

	Total 7 Months to December 2025		Total 12 Months to May 2025	
	Unrestricted	Restricted	Unrestricted	Restricted
	£		£	
Projects	391,322	18,596	812,131	-
Publications	7,219	-	39,264	-
	398,541	18,596	851,395	-

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For the period ended 31st December 2025

5 Total resources expended

	Unrestricted		Restricted		Total	Total
	Cost of raising funds	Charitable activities	Cost of raising funds	Charitable activities	7 Months to December 2025	12 months to May 2025
	£	£	£	£	£	£
Charitable direct costs						
Projects	-	36,635	-	3,315	39,950	106,880
Science and Education services	-	13,087	-	-	13,087	13,082
Publications	-	-	-	-	-	-
Prizes and Awards	-	8,007	-	-	8,007	9,817
	-	57,729	-	3,315	61,044	129,779
Fundraising direct costs						
Publications	4,493	-	-	-	4,493	5,999
Investment management fees	2,546	-	-	-	2,546	4,959
Other fundraising costs	4,171	-	-	-	4,171	20,719
	11,210	-	-	-	11,210	31,677
Support costs						
Staff costs	47,310	681,703	-	5,491	734,504	1,152,089
General office costs	7,875	172,908	-	-	180,783	267,596
Depreciation	228	5,480	-	-	5,708	8,168
Amortisation	837	20,078	-	-	20,915	33,220
Bad debt	-	(647)			(647)	2,880
Profit / (Loss) on disposals	-	-	-	-	-	-
	56,250	879,522	-	5,491	941,263	1,463,953
Governance costs						
Salaries and office costs	-	42,410	-	-	42,410	56,823
Annual Conference	21,053	-	-	-	21,053	22,473
Legal and professional	-	180	-	-	180	(3,239)
Auditor's fees - current year audit	-	18,977	-	-	18,977	11,732
Auditor's fees - other	-	-	-	-	-	-
Committee Expenses	-	6,908	-	-	6,908	9,543
	21,053	68,475	-	-	89,528	97,332
Total resources expended	88,513	1,005,726	-	8,806	1,103,045	1,722,741

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.

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5 Total resources expended (continued)

	Unrestricted		Restricted		
	Cost of raising funds	Charitable activities	Cost of raising funds	Charitable activities	12 months to May 2025
	£	£	£	£	£
Charitable direct costs					
Projects	-	103,211	-	3,669	106,880
Science and Education services	-	13,082	-	-	13,082
Publications	-	0	-	-	0
Prizes and Awards	-	9,817	-	-	9,817
	-	126,110	-	3,669	129,779
Fundraising direct costs					
Publications	5,999	-	-	-	5,999
Investment management fees	4,959	-	-	-	4,959
Other fundraising costs	20,719	-	-	-	20,719
	31,677	-	-	-	31,677
Support costs					
Staff costs	77,573	1,047,830	-	26,686	1,152,089
General office costs	11,261	256,335	-	-	267,596
Depreciation	327	7,841	-	-	8,168
Amortisation	1,329	31,891	-	-	33,220
Profit / (Loss) on disposals	0	2,880			2,880
	90,490	1,346,777	-	26,686	1,463,953
Governance costs					
Salaries and office costs	-	56,823	-	-	56,823
Annual Conference	22,473	-	-	-	22,473
Legal and professional	-	(3,239)	-	-	(3,239)
Auditor's fees - current year audit	-	11,732	-	-	11,732
Committee Expenses	-	9,543	-	-	9,543
	22,473	74,859	-	-	97,332
Total resources expended	144,640	1,547,746	-	30,355	1,722,741

6 Staff costs

	Total 7 Months to December 2025	Total 12 months to May 2025
	£	£
Wages and salaries	567,100	877,300
Employers NI contributions	76,701	105,995
Pension costs	101,855	161,999
Other costs	31,035	59,647
	776,691	1,204,941

This includes the remuneration of interns of £Nil (12 Months to May 2025: Nil) and employer's NI of £Nil (12 Months to May 2025: Nil).

The average number of persons employed by the Foundation during the the period was 21 (12 Months to May 2025: 19) This includes no intern (12 Months to May 2025:Nil).

Average headcount expressed as a full time equivalent during the period was 20 (12 Months to May 2025: 18).

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6 Staff costs (continued)

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

	7 Months to December 2025	12 months to May 2025
	No.	No.
£60,000 - £70,000	-	3
£90,001 - £100,000	-	1
£100,001 - £110,000	-	1
£120,001 - £130,000	-	-
£130,001 - £140,000	-	1

Due to the 7 month reporting period, there were no individuals with remuneration exceeding the above thresholds.

Trustees and Key Management Personnel
The trustees received remuneration during the period of £Nil (12 months to May 2025: £Nil). During the period, 5 (12 months to May 2025: 4) trustees received reimbursement of travel expenses of £2,285 (12 months to May 2025: £1,833).

The charity incurred professional indemnity insurance of £844 during the period (12 months to May 2025: £845).

Key management personnel consist of the Chief Executive, the Science Director, the Director of Member Engagement, the Nutrition Science Manager, the Nutrition Communication Manager, the and the Education Service Managers. The total employee benefits of the charity's key management personnel were £300,369 for the 7 month period to 31 December 2025 (12 months to May 2025: £636,278).

7 Intangible fixed assets

	Online Training Platform	Website	Total 7 Months to December 2025
	£	£	£
Cost			
At 1st June 2025	-	99,660	99,660
Additions	-	37,450	37,450
Disposals		-	-
At 31st December 2025	-	137,110	137,110
Amortisation			
At 1st June 2025	-	41,526	41,526
Charge for the year		20,914	20,914
Disposals			-
At 31st December 2025	-	62,440	62,440
Net Book Value			
At 31st December 2025	-	74,670	74,670
At 1st June 2025	-	58,134	58,134

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8 Tangible fixed assets

	Furniture and Fittings	Computers and ancilliary Equipment	Total 7 Months to December 2025
	£	£	£
Cost			
At 1st June 2025	-	32,509	32,509
Additions	-	6,852	6,852
Disposals	-	-	-
At 31st December 2025	-	39,361	39,361
Depreciation			
At 1st June 2025	-	20,357	20,357
Charge for the year	-	5,709	5,709
Disposals	-	-	-
At 31st December 2025	-	26,066	26,066
Net Book Value			
At 31st December 2025	-	13,295	13,295
At 31st May 2025	-	12,152	12,152

9 Fixed asset investments

The movements during the year were as follows:-	Total 7 Months to December 2025 £	Total 12 months to May 2025 £
Balance at the beginning of the 1st July 2025	668,741	666,959
Additions at cost	45,000	75,222
Disposals at open market value	(10,757)	(82,729)
(Proceeds £11,238 (Dec 2025 £85,603), gain on disposal £482 (Dec 2025: £2,874))		
Add: Cash balances included in investments	77,910	102,138
	780,894	761,591
Unrealised Gain on valuation	52,639	9,288
Market value as at 31st December 2025	833,533	770,879

9(b) Analysis of listed investments

	Total 7 Months to December 2025 £	Total 12 months to May 2025 £
UK Equities	296,441	319,077
Overseas Equities	293,687	212,721
Global Fixed Interest	165,495	136,942
Cash	77,910	102,138
	833,533	770,879

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

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10 Debtors

	Total 7 Months to December 2025	Total 12 months to May 2025
	£	£
Prepayments and accrued income	77,510	76,181
Other debtors	165,738	235,347
Rent deposit	13,000	13,000
	256,248	324,528

11 Creditors

	Total 7 Months to December 2025	Total 12 months to May 2025
	£	£
PAYE & VAT payables	91,604	40,002
Accruals and deferred income (note 12)	133,813	93,633
Pensions & Other creditors	33,837	39,905
VAT Provision	-	49,279
	259,253	222,819

12 Deferred income

	Total 7 Months to December 2025	Total 12 months to May 2025
	£	£
Deferred income at 1st June	67,909	111,344
Project income received in advance of completion of work	90,909	67,909
Amounts released to the accounts	(67,909)	(111,344)
Deferred income at 31st December / 31st May	90,909	67,909
Accruals	22,295	25,724
	113,204	93,633

13 Restricted Funds

	Balance as at 1st June 2025	Incoming Resources	Outgoing Resources	Transfer from/(to) Unrestricted	Balance as at 31st December
	£	£	£	£	£
A-Level Fd Tech prize	362				362
BNF GCSE Fund	5,958				5,958
ASET Fund	-	18,596	(8,806)		9,790
	6,320	18,596	(8,806)	-	16,110

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

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 will be expended during 2026.

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14 Designated Funds

	Balance as at 1st June 2025 £	Incoming Resources £	Outgoing Resources £	Transfer from/(to) General Unrestricted Funds £	Balance as at 31st December 2025 £
Strategic contingency fund	19,663				19,663
IT Strategic fund	-				-
Drummond fund	96,969		(11,007)		85,962
	116,632	-	(11,007)	-	105,625

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

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

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

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15 Analysis of Net Assets between funds

		Fixed Assets	Investments	Current Assets	Total
					7 Months to December 2025
		£	£	£	£
Restricted funds	Note 13	-	-	16,110	16,110
Unrestricted funds:					
Designated funds	Note 14	-	-	105,625	105,625
General funds		87,966	833,533	437,454	1,358,953
		87,966	833,533	559,189	1,480,688

	Fixed Assets	Investments	Current Assets	Total
				12 months to May 2025
	£	£	£	£
Restricted funds	-	-	6,320	6,320
Unrestricted funds:				
Designated funds	-	-	116,632	116,632
General funds	70,286	770,879	612,201	1,453,366
	70,286	770,879	735,153	1,576,318

16 Taxation

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

17 Capital

The Foundation is limited by guarantee. In the event of a winding up of the Foundation the members' liability is restricted to contributing an amount not exceeding £5 each. As at 31st December 2025 there were 48 members (12 Months to May 2025: 48 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:

	7 Months to December 2025		12 months to May 2025	
	Land and Buildings	Other	Land and Buildings	Other
	£	£	£	£
Within 1 year	46,865	-	79,950	-
1 to 5 years	-	-	13,390	-
	46,865	-	93,340	-

19 Related party transactions

No related party transactions were made during 2025 (12 months to May 2025: £Nil).

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Appendix 1

List of corporate members

Sustaining Corporate Members

1. Agriculture and Horticulture Development Board
2. Associated British Foods
3. Asda Stores Ltd
4. Coca-Cola Britain and Ireland
5. Kellanova Europe Trading Ltd
6. Marks and Spencer plc
7. Nestle UK Ltd
8. PepsiCo UK Ltd
9. Tate & Lyle plc
10. Tesco plc

Corporate Members

1. Ajinomoto PLC
2. Aldi Stores Limited
3. Arla Foods UK
4. BaxterStorey
5. Bel Group – new from January 2026
6. Cargill R&D Centre Europe
7. Costa
8. Danone Ltd
9. Ferrero
10. General Mills
11. Greggs plc
12. Innocent Drinks
13. IFF (International Flavors & Fragrances Inc.)
14. J Sainsbury plc
15. Kerry Foods Ltd
16. KP Snacks Limited
17. Lidl GB
18. Mars UK Ltd
19. McDonald's Restaurants Ltd
20. Mitchells & Butlers
21. National Farmers Union Trust Company Ltd
22. Nomad Foods Ltd
23. Ocado
24. Pladis
25. Premier Foods
26. Quorn
27. Slimming World
28. Sodexo
29. Subway UK & Ireland
30. TATA Consumer Products

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31. The Co-operative Group plc
32. Uber Eats
33. UK Flour Millers
34. Waitrose & Partners
35. Weetabix Ltd
36. Whitbread
37. Whitworths
38. WM Morrison Supermarkets plc

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Appendix 2
Support for key activities in 2025

The Talking Point
Tate & Lyle PLC

Food Processing & Health
Beverage Services Ltd (Coca-Cola)
The Co-operative Group

Importance of Breakfast
Société des Produits Nestlé S.A

GLP1 Materials
ASDA Stores Ltd

Innocent Nutrition Programme
Innocent Ltd

Fibre
Mars Incorporated
Kelllogg Mgmt Services Europe Limited
Pladis UK Ltd
Tate & Lyle PLC
Bel UK
BaxterStorey

Weight Loss Management
Pladis UK Ltd
The Co-operative Group

Live Well Review
Lidl Great Britain Limited

Open Innovation and Research Clubs Coordination (OIRC)
Biotechnology and Biological Sciences Research Council

Food a Fact of Life Partnership
Agriculture & Horticulture Development Board

Snack-tember 2025
UK Flour Millers

Oak National Academy
Design and Technology Association

Fruit & Veg for Schools Project
Tesco plc

Teaching Primary Food and Nutrition
All Saints Educational Trust

Practical Workshops
The Livestock & Meat Commission, Northern Ireland

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Appendix 3

Honorary members, Governors Emeritus and Committee Membership

As of 31 December 2025

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

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

Finance, Audit & Risk Committee
Professor John Mathers (Interim Chair), Trustee (April 2025 – August 2025)
Martin Ellis (Chair), Trustee (August 2025)
Mark Fairweather, Trustee
Sam Fulton, Trustee
Alyson Greenhalgh-Ball, Trustee

HR & Remuneration Committee
Louise Redmond, Trustee (Chair)
Alyson Greenhalgh-Ball, Trustee
Claire Hughes, 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) (retired January 2026)
Judith Batchelar OBE, Director, Food Matter International
Mandy Davies, Consultant AHP for Nutrition and Hydration, East Lancashire Hospitals NHS Trust
Professor Gary Frost, Chair in Nutrition and Dietetics, Imperial College London (retired August 2025)

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Dr Susan Gatenby, Senior Director, Nutrition Europe, PepsiCo UK Ltd
Glynis Henderson, Education Consultant
Professor Kevin Whelan, Professor of Dietetics, King's College London (retired September 2025)

Nominations Committee
Professor Christine Williams, Director, Food Agriculture and Health, University of Reading (Chair)
Alyson Greenhalgh-Ball, Consultant (Chair of the Board of Trustees)
Louise Redmond, Trustee

Scientific Committee
Mrs Barbara Bray MBE, Food safety consultant
Dr Adrian Brown, University College London
Dr Susanne Bryngelsson, RISE/Kristianstad University
Dr Eirini Dimidi, King's College London
Mrs Laura Farrell, Tesco plc (maternity leave)
Mrs Nicky Gillett, Allied Bakeries
Dr Gunter Kuhnle, University of Reading
Dr Amelia Lake, Teeside University
Professor Jennie Macdiarmid, University of Aberdeen
Dr Duane Mellor, Aston University
Professor Lisa Methven, University of Reading
Mrs Barbara Monks, Food education consultant
Professor Peter Rogers, University of Bristol
Professor David Stensel, University of Loughborough
Professor Emma Stevenson, University of Newcastle
Dr James Stewart, University Hospitals of Leicester
Dr Lisa Wilson, Richmond and Wandsworth Councils
Ms Zoe Ellis, Head of Nutrition and Science Communication, Danone UK & Ireland (maternity leave)

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Dr Kirsty Hassall, Rothamsted Research

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Professor Orla Kennedy, University of Reading
Dr Amelia Lake, Teesside University
Dr Clare Leonard, Tate & Lyle
Claire MacEvilly, Airfield Estate, Dublin
Dr Christophe Matthys, KU Leuven
Professor Anne-Marie Minihane, University of East Anglia/Norfolk Institute of Healthy Ageing Dr Panagiota Mitrou, WCRF International
Dr Caoileann Murphy, University College Dublin
Dr Anne Nugent, Queens University Belfast, UK and University College Dublin, Ireland
Dr Gerda Pot, Nutrition & Healthcare Alliance/King's College London
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Professor Hettie Schönfeldt, University of Pretoria
Professor Joanne Slavin Professor, University of Minnesota
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Rosalie Forde, Mont à L'Abbé School
Tracey Goodyere, Birmingham City University
Andrew Hartshorn, Finham Park 2
Kevin McGuinness, Mossley Hollins school
Susanne Parker-Morris, Worcester University
Elizabeth Tydeman, DHSC (observer)
Dave Parry, D&T Adviser, CLEAPSS
Suzi Lombardelli, Ricards Lodge High School
Sarah Lyles, Surrey Healthy Schools
Cris Cohen, FEASTED
Kate Findlay, Head of Design & Technology (D&T Associate Inspiration Trust)
Lisa Winnington, OCR
Joe Grollman, Charlton Mannor Primary School
Katie Smith, Edge Hill University

Northern Ireland
Jan Stewart, Royal School Dungannon
Mairead Davidson, University of Ulster
Shirley Davidson, Omagh Academy
Glynis Henderson, Education Consultant
Jayne Lloyd, Methodist College
Jemma Theobald, Education Authority
Amanda McGarry, North Coast Integrated School Coleraine
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Cathy Hopkins, FSA Northern Ireland

Scotland
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Claire Eddie, Education Scotland
Carla Bell, Alloa Academy
Graeme Findlay, Qualifications Scotland
Ann Floyd, HM Inspector of Education
Elaine Gardiner, University of Strathclyde
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