think through nutrition

THE INSTITUTE FOR FOOD, BRAIN AND BEHAVIOUR

ANNUAL REPORT 2025/26

From knowledge to action



Institute for Food, Brain and Behaviour

Report of the Trustees and Financial Statements

For the year ended 31 March 2026

Registered charity no. 517817 · Registered company no. 01864134

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Suzy Dymond-White
Chair, Board of Trustees

Chair's message

Dear friends and supporters,

It is a privilege to introduce this Annual Report in my first year as Chair of Think Through Nutrition.

Before reflecting on the year, I would like to recognise the outstanding contribution of my predecessor, Frances Jackson. Frances has provided dedicated and thoughtful leadership over many years, helping to shape Think Through Nutrition into the respected organisation it is today. On behalf of the Board, I thank her for her commitment, wisdom and unwavering belief in our mission.

Having spent much of my career working across the criminal justice system, I have seen first-hand the importance of practical, evidence-based approaches that enable people to improve their health, wellbeing and life opportunities. It is therefore a privilege to join Think Through Nutrition at a time when its work is reaching more people and influencing more organisations through its focus on the relationship between nutrition, brain health and behaviour.

As Trustees, our role is to ensure that the charity remains true to its purpose while equipping it for the future. Over the past year, the Board has supported the organisation as it has strengthened its partnerships, invested in innovation and continued to build the capability needed for its next stage of development. We have been encouraged not only by what has been achieved, but by the thoughtful and collaborative way in which the charity continues to evolve.

What has impressed me most since becoming Chair is the calibre of the people behind the organisation. Our staff, Trustees, Scientific Advisory Council, interns, volunteers, partners and supporters bring exceptional expertise, generosity and commitment. Their shared belief in the charity's mission is evident in everything they do, and I would like to thank each and every one of them for their contribution during the past year.

As we look to the future, we do so with continuity as well as confidence. I am delighted that Frances Jackson has agreed to continue supporting the charity as our Honorary President, and that Professor John Stein has accepted the role of Honorary Vice-President. Their experience, wisdom and longstanding commitment to Think Through Nutrition will remain an invaluable source of guidance as the organisation enters its next phase.

Suzy Dymond-White
Chair, Board of Trustees

Alongside this continuity, we are also looking to strengthen and broaden the Board for the future. I am keen to ensure that our Board reflects the diversity of the communities we serve, and we are launching a recruitment campaign to welcome new Trustees who can bring valuable skills, perspectives and lived experience to our governance.

On behalf of the Board of Trustees, thank you to everyone who has supported Think Through Nutrition over the past year. Whether through funding, partnership, advocacy or the generous gift of time and expertise, your support enables us to continue improving lives through the power of nutrition.

I look forward to working with colleagues, partners and supporters as we build on the strong foundations described in this report and continue to extend the charity's impact in the years ahead.

"What has impressed me most since becoming Chair is the calibre of the people behind the organisation.

CEO review

Some years are defined by new ideas. Others are defined by putting those ideas into practice. For Think Through Nutrition, 2025/26 was firmly the latter.

When I look back on the past year, I see a charity that has reached an important point in its development. Over recent years, we have invested in research, strengthened partnerships and developed new ways of delivering our work. During 2025/26, those strands increasingly came together, translating evidence into practical action across a growing range of real-world settings.

That has always been our ambition.

Evidence only changes lives when it is put into practice. While research remains central to our mission, our purpose is not simply to build knowledge. It is to ensure that knowledge reaches the people, professionals and organisations who can use it to improve health, wellbeing and life outcomes.

Over the past year, we worked alongside partners across the justice system, healthcare, children's services and the voluntary sector to explore how nutrition can become a practical part of supporting healthier lives. At the same time, we continued to develop LANAH, our digital nutrition education and behaviour change platform, strengthening its ability to support learning, personalised behaviour change and meaningful outcome measurement across different environments.



Tahani Saridar
Chief Executive Officer

> **Evidence only changes lives when it is put into practice.**

Perhaps the most encouraging aspect of the year has been the willingness of others to work with us. Whether through research collaborations, public sector partnerships, charitable funders or pro bono support, we continue to benefit from an extraordinary community of people who share our belief that nutrition has an important role to play in improving lives. Their confidence in our work has enabled us not only to extend our reach, but also to strengthen the organisation for the future.

That investment extends well beyond individual programmes. We have continued to strengthen the capability, systems and partnerships that will help Think Through Nutrition remain resilient, innovative and evidence-led for many years to come. Much of this work happens behind the scenes, but it provides the foundation on which sustainable impact depends.

Tahani Saridar
Chief Executive Officer

None of this would have been possible without the remarkable commitment of our staff, Trustees, Scientific Advisory Council, interns, volunteers, partners and supporters. Every achievement described in this report reflects their expertise, generosity and shared determination to improve lives through better nutrition. I am deeply grateful to each and every one of them.

Looking ahead, I believe Think Through Nutrition is entering one of the most exciting periods in its history. We have stronger partnerships, greater organisational resilience and growing opportunities to influence policy and practice. Most importantly, we have an increasing opportunity to ensure that the evidence linking nutrition, brain health and behaviour benefits more people than ever before.

That remains our purpose, and it will continue to guide everything we do.

2025/26 highlights

DEVELOPING PARTNERSHIPS

4 prisons

preparing to introduce LANAH with the Ministry of Justice and HMPPS

- Built the pilot alongside prison governors, operational teams and digital specialists, aligned with the new HMPPS Food Policy.
- Developed evidence-based nutrition resources for women in custody.
- Continued our Knowledge Transfer Partnership with Oxford Brookes University.

GROWING OUR EVIDENCE

Brain Boost

Youth Endowment Fund study awarded to TTN, for children in the youth justice system

- Leading the study with academic and delivery partners.
- Strengthened programme evaluation and implementation learning.
- Increased engagement with policymakers, commissioners and sector leaders.

DRIVING INNOVATION

Brain Health Score

formal scientific validation begun through a Delphi consensus study

- Secured Innovate UK funding to accelerate the development of LANAH.
- Enhanced LANAH's educational content, user experience and outcome measurement.
- Refined the Brain Health Score, our personalised feedback tool within LANAH.

STRENGTHENING THE ORGANISATION

New Chair

Suzy Dymond-White welcomed as Chair of Trustees

- Secured new charitable, research and innovation funding for future delivery.
- Invested in organisational capacity, digital infrastructure and research capability.
- Frances Jackson and Professor John Stein continue as Honorary President and Honorary Vice-President.

OUR REACH THIS YEAR

1,000+ women supported in pregnancy and early parenthood

100s of healthcare professionals trained in nutrition

100s of employees reached through Better Brains, Better Business

2025/26 at a glance

Total income
£428k
Up 59% from £269k in 2024/25

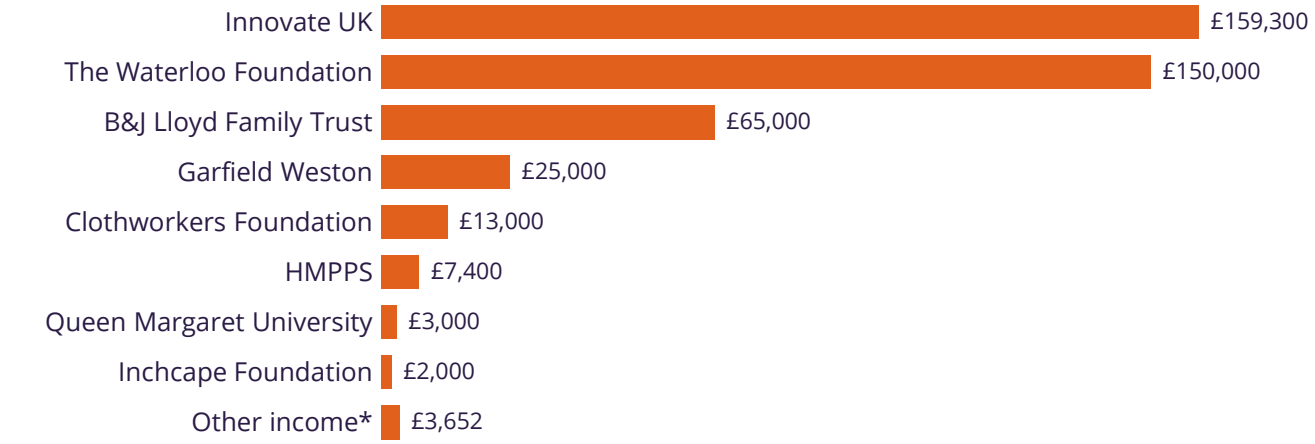
Total expenditure
£413k
Up 33% from £310k in 2024/25

Net surplus
+£15.6k
Turning around a £40.5k deficit in 2024/25

Total funds carried forward
£72.5k

Where the money came from

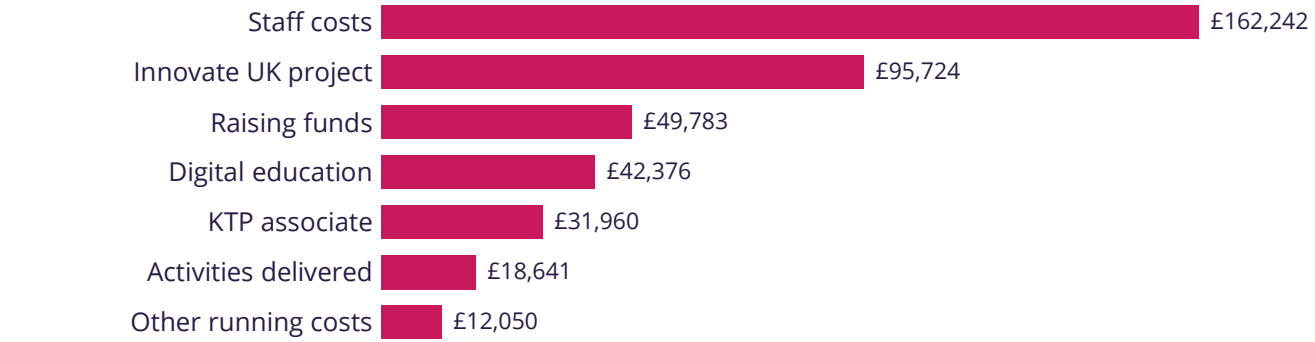
£428,352 total income. Thank you to every funder and partner who made this year possible.



*Partner income, investment income and small donations.

Where the money went

£412,776 total expenditure.



Our impact in 2025/26: From knowledge to action

For more than 40 years, Think Through Nutrition has championed the relationship between nutrition, brain health and behaviour. Today, the challenge is no longer simply understanding why nutrition matters, but ensuring that evidence informs the way we support people in everyday life.

Throughout 2025/26, we worked with partners across justice, healthcare, workplaces and communities to turn research into practical action. The following pages highlight some of the ways we are helping people, professionals and organisations use nutrition to improve health, wellbeing and life outcomes.



DEVELOPING PARTNERSHIPS

Supporting healthier lives through the justice system

People in contact with the criminal justice system experience some of the poorest health outcomes in society. Many face complex challenges, including poor mental health, trauma, substance misuse and limited access to healthy food. Yet nutrition is rarely considered as part of rehabilitation, despite established evidence of its influence on brain health, emotional wellbeing and behaviour.

Changing that has been a long-term ambition for Think Through Nutrition.

This year marked an important milestone in our work with the Ministry of Justice and His Majesty's Prison and Probation Service, laying the foundations for the introduction of LANAH across four adult prisons. While much of this work took place behind the scenes, it represented a significant achievement. Delivering a digital health intervention within a secure custodial environment requires extensive collaboration, careful planning and robust governance. Working closely with prison governors, operational teams, digital specialists and policy colleagues, we ensured the programme was practical to deliver and aligned with the introduction of the new HMPPS Food Policy.



"

We want to help people in the justice system make positive changes to their health, wellbeing and life skills. By offering the LANAH programme, we are investing in support that helps people manage stress, improve sleep, strengthen mental focus and build healthier habits through everyday food choices. Improved nutrition has the power to help people feel better, learn better, build stronger relationships and potentially have more control over their own lives.



Al Crisci
National Food Team, Food, Physical Activity and Wellbeing Group, HMPPS

This collaborative approach has shaped every stage of the programme. Rather than developing a solution in isolation, we have worked alongside practitioners to ensure LANAH reflects the realities of prison life and the needs of the people who will use it. In doing so, we have built relationships that extend beyond programme delivery and contribute to wider conversations about health, wellbeing and rehabilitation across the justice system.

Our partnership with the Ministry of Justice also expanded through the development of evidence-based nutritional resources for women in custody. This work reflects growing confidence in TTN's ability to translate nutritional science into practical, accessible resources tailored to the needs of specific populations within the justice system.

The year also marked an important step forward in youth justice. In March 2026, Think Through Nutrition was awarded Youth Endowment Fund funding to lead Brain Boost, an ambitious research study exploring whether nutrition education and dietary intervention can improve outcomes for children in the youth justice system. Delivered with leading academic and sector partners, the study will generate evidence to inform future policy, commissioning and practice.

Together, these developments reflect growing recognition that nutrition has an important role to play in rehabilitation and rehabilitation outcomes, while demonstrating the value of long-term partnership working across research, public services and digital innovation.

IN FOCUS GROWING OUR EVIDENCE

Brain Boost

30 months

Awarded in March 2026, Brain Boost is a major Youth Endowment Fund research study exploring whether nutrition education and dietary intervention can improve outcomes for children in the youth justice system.

TTN secured funding to lead the study over the next 30 months, working alongside academic and delivery partners to generate evidence that will inform future policy and practice.

WORKING IN PARTNERSHIP WITH

Ministry of Justice

HM Prison & Probation Service

OXFORD BROOKES UNIVERSITY

FUNDED BY

YOUTH ENDOWMENT FUND

DEVELOPING PARTNERSHIPS

Supporting health across the life course

Good nutrition influences health from the very earliest stages of life. During pregnancy and early childhood, it supports physical health, brain development and emotional wellbeing, creating opportunities to improve outcomes that can last a lifetime.

Yet many parents and professionals receive limited support to understand the relationship between nutrition and brain health. Bridging the gap between research and everyday practice remains one of the greatest opportunities for improving long-term health.

Throughout the year, Think Through Nutrition worked alongside Cheshire and Wirral Partnership NHS Foundation Trust and Mersey Care NHS Foundation Trust to strengthen nutritional support during pregnancy and early parenthood. By combining the latest nutritional science with practical education, we are helping practitioners feel more confident discussing nutrition while empowering women and families to make informed choices that support lifelong health.

Alongside delivering evidence-based training for healthcare professionals, we developed practical educational resources for both families and frontline staff. Designed to translate complex scientific evidence into clear, accessible guidance, these resources help make nutrition an integral part of conversations about maternal wellbeing, infant development and early intervention.

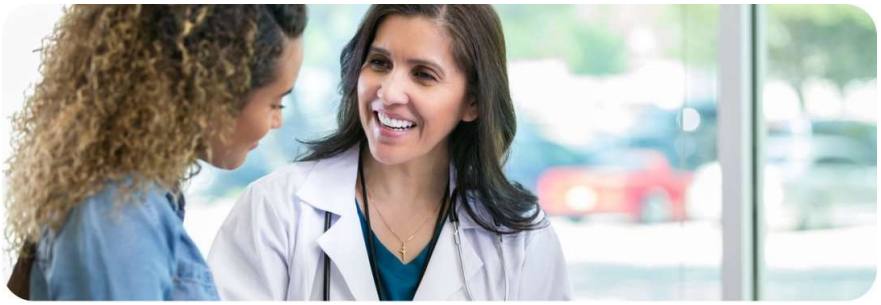
Our ambition extends beyond the people who engage directly with our programmes. By strengthening knowledge and confidence among healthcare professionals, we are helping evidence-based nutritional support become part of everyday care, creating benefits that can be felt by many more families in the years ahead.



Eating well during your perinatal journey



Perinatal Nutrition Support



IN FOCUS DEVELOPING PARTNERSHIPS

Supporting healthier beginnings

Working in partnership with Cheshire and Wirral Partnership NHS Foundation Trust and Mersey Care NHS Foundation Trust, TTN continued to strengthen nutritional support during pregnancy and early parenthood.

More than
1,000
women supported through our programmes.

Hundreds
of healthcare professionals accessed evidence-based nutrition training.

Practical educational booklets

developed for both families and frontline staff.

NHS Mersey Care NHS Foundation Trust

NHS Cheshire and Wirral Partnership NHS Foundation Trust

DEVELOPING PARTNERSHIPS

Bringing nutrition into everyday life

Nutrition influences every aspect of our lives, yet it is still too often viewed solely through the lens of healthcare. Increasingly, employers and community organisations recognise that the food we eat also affects how we think, feel and perform, influencing everything from energy and concentration to resilience and productivity.

Throughout the year, Think Through Nutrition continued to extend evidence-based nutrition into new settings. Through our Better Brains, Better Business programme, we worked with employers, public bodies and community organisations to translate the latest research into practical advice that helps people make healthier choices in the places where they live, learn and work.

Our approach is grounded in behavioural science rather than quick fixes. By helping people understand the relationship between nutrition and brain health, we encourage lasting habits that fit naturally into busy working lives.

Alongside our work with employers, we continued to engage wider audiences through talks, workshops and public events, making evidence-based nutrition accessible beyond traditional healthcare settings and encouraging more people to see nutrition as an essential part of everyday wellbeing.

Whether supporting families, healthcare professionals, employers or people within the justice system, our purpose remains the same: ensuring that good nutritional science becomes practical knowledge that people can use to improve their lives.



IN FOCUS DEVELOPING PARTNERSHIPS

Better Brains, Better Business

Our Better Brains, Better Business programme continued to grow during the year, delivering webinars and workshops for **hundreds of employees** across organisations including Bain & Company, IpsosMORI and the BBC.

By combining scientific evidence with practical advice, the programme helps organisations build healthier, more informed workplaces where nutrition is recognised as part of wider wellbeing and performance.

ORGANISATIONS WE WORKED WITH INCLUDE

BAIN & COMPANY

BBC

Ipsos MORI

DRIVING INNOVATION

Driving innovation through research and technology

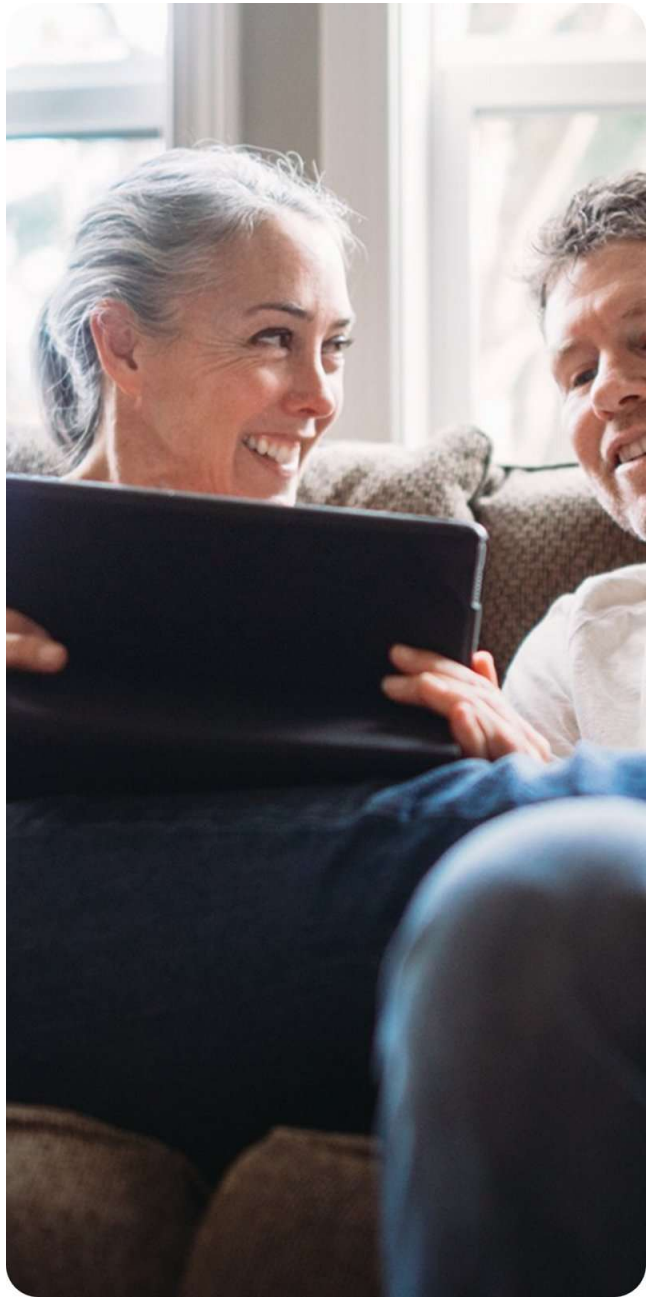
Innovation is central to Think Through Nutrition's mission. We believe that evidence achieves its greatest impact when it is translated into practical tools that help people understand, apply and benefit from nutritional science in their everyday lives.

Throughout the year, we continued to invest in research and digital innovation, bringing together expertise from nutrition, neuroscience, behavioural science and technology to develop solutions that make evidence more accessible and meaningful.

One of the year's most significant developments was the continued creation of the Brain Health Score. Developed by Think Through Nutrition, the Brain Health Score is an innovative evidence-informed tool, designed to help people understand how their everyday dietary choices support brain health. Rather than simply measuring what people eat, it provides personalised feedback that encourages positive behaviour change and supports healthier decision-making over time.

Alongside this work, we continued to develop LANAH, enhancing its accessibility, user experience and functionality through our Knowledge Transfer Partnership with Oxford Brookes University, supported by Innovate UK. These developments will enable the platform to deliver more personalised learning while strengthening the way engagement, behaviour change and outcomes are measured across different settings.

Innovation also means learning continuously from implementation. Throughout the year, we strengthened our evaluation approaches, recognising that understanding how interventions are adopted in real-world settings is just as important as understanding whether they are effective. This growing evidence base helps us refine our programmes, support our partners and contribute to future policy and practice.



INNOVATION SPOTLIGHT

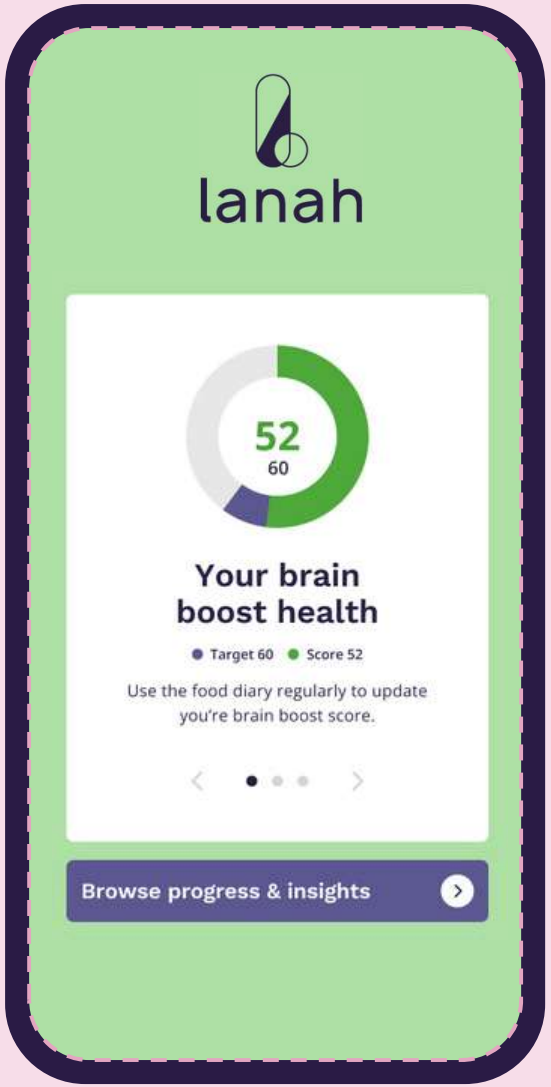
The Brain Health Score

The Brain Health Score is a pioneering innovation developed by Think Through Nutrition to help people understand how their everyday dietary choices support brain health.

Integrated within LANAH, it provides personalised feedback that encourages healthier choices and supports long-term behaviour change.

During 2025/26, we continued to refine the Brain Health Score while beginning a formal scientific validation through a Delphi consensus study involving experts in nutrition, neuroscience and related disciplines. This work will strengthen the scientific foundations of the Score, ensuring it is both evidence-based and practical for use in real-world settings.

As the Brain Health Score continues to evolve, it will enhance LANAH's ability to deliver personalised nutrition education while generating richer insights into dietary behaviour, engagement and long-term outcomes.



STRENGTHENING THE ORGANISATION

Building a stronger organisation



Creating lasting impact requires more than successful programmes. It depends on having the people, partnerships and organisational resilience to respond to new opportunities while remaining firmly focused on our charitable purpose.

Throughout 2025/26, we continued to strengthen those foundations. Alongside securing new investment to support future research, innovation and programme delivery, we invested in our digital capability, internal systems and organisational capacity, ensuring Think Through Nutrition is well positioned for its next stage of development.

Our greatest strength, however, remains our people. Staff, Trustees, members of our Scientific Advisory Council, interns, volunteers and pro bono advisers bring together expertise from across nutrition, neuroscience, public health, behavioural science, digital innovation and organisational leadership. Their knowledge, commitment and willingness to collaborate continue to shape the charity's work and ambition.

As the organisation continues to evolve, we remain committed to building not only effective programmes, but also the strong foundations that will enable us to maximise our impact for years to come.

2026/27 LOOK FORWARD

The next chapter

As understanding of the relationship between nutrition, brain health and behaviour continues to grow, so too does the opportunity to improve lives through practical, evidence-based approaches.

The progress made during 2025/26 has strengthened Think Through Nutrition's ability to respond to that opportunity. Through ongoing strategic discussions involving our Board and staff, we have continued to consider how the charity can build on its evidence, partnerships and growing organisational capability to increase its reach and impact in the years ahead.

Our focus remains clear: developing practical solutions that help people make healthier choices, supporting organisations to embed evidence-based approaches, and generating the knowledge needed to influence future policy and practice.

For more than 40 years, our mission has remained unchanged. As we look ahead, we remain committed to ensuring that more people, more organisations and more communities can benefit from the life-changing potential of better nutrition.



Better nutrition has the power to change lives. We are committed to ensuring that more people can benefit from it.

Trustees' Report

The Trustees, who are also Directors of the charitable company for the purposes of company law, are pleased to present their Annual Report together with the audited financial statements of Think Through Nutrition for the year ended 31 March 2026.

The Trustees' Report has been prepared in accordance with the Companies Act 2006, the Charities Act 2011, the Statement of Recommended Practice (SORP) applicable to charities preparing their accounts in accordance with FRS 102, and applicable accounting standards.

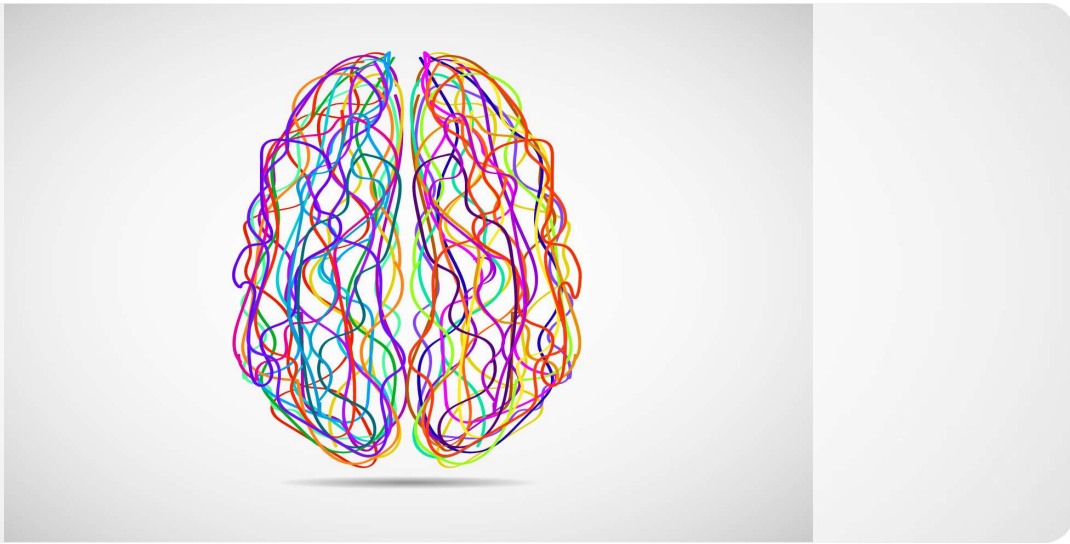
The financial statements have been prepared on a going concern basis and, in the opinion of the Trustees, provide a true and fair view of the charity's financial position and activities during the year.

About Think Through Nutrition

For more than 40 years, Think Through Nutrition has worked to improve lives by advancing understanding of the relationship between nutrition, brain health and behaviour.

We believe that good nutrition has the power to improve health, wellbeing and life outcomes across every stage of life. Our role is to ensure that evidence-based nutritional science is translated into practical knowledge, accessible education and innovative approaches that help individuals, professionals and organisations make informed decisions.

We work collaboratively across public services, healthcare, education, workplaces and communities, combining research, innovation and implementation to develop practical solutions that improve health and wellbeing while contributing to wider policy and practice.



Our charitable objects

Think Through Nutrition exists to advance health and improve wellbeing through the promotion of nutrition education, research and public understanding.

To achieve these charitable purposes, we:

1. develop and deliver evidence-based nutrition education programmes;
2. undertake and support research into nutrition, brain health and behaviour;
3. work with public sector, healthcare, academic and community partners to improve practice;
4. develop innovative digital tools and resources that support behaviour change;
5. raise awareness of the importance of nutrition through public engagement, education and advocacy.

The Trustees review the charity's objectives and activities annually to ensure they continue to reflect the organisation's charitable purpose and respond to emerging opportunities where Think Through Nutrition can have the greatest impact.

Public benefit

In setting the charity's objectives and planning its activities, the Trustees have given due regard to the Charity Commission's general guidance on public benefit.

The Trustees are satisfied that the charity's activities continue to deliver clear public benefit by improving access to evidence-based nutrition education, supporting research and innovation, strengthening professional practice and increasing public understanding of the relationship between nutrition, brain health and behaviour.

Our programmes are designed to benefit individuals, families, professionals and organisations, with particular emphasis on improving outcomes for people experiencing health inequalities or other forms of disadvantage.



Governance and leadership

Think Through Nutrition is governed by a Board of Trustees, who are responsible for the charity's strategic direction, financial stewardship and overall governance.

The Board meets regularly throughout the year to review organisational performance, oversee risk, monitor financial sustainability and ensure that the charity continues to fulfil its charitable purposes. Trustees bring a broad range of expertise spanning nutrition, healthcare, criminal justice, public health, research, finance, business leadership and governance.

The Board is supported by the Executive Team, led by the CEO who is responsible for the day-to-day management of the charity and the delivery of its strategic objectives.

The Trustees are also supported by the Scientific Advisory Council, whose members provide independent scientific advice and expertise across nutrition, neuroscience, psychology, behavioural science and public health. Their contribution helps ensure that the charity's work remains informed by the latest evidence and maintains the highest scientific standards.

Throughout the year, the Board continued to review the charity's strategic direction, organisational resilience and long-term sustainability, ensuring that Think Through Nutrition remains well positioned to build on its growing partnerships, evidence base and programme delivery.

GOVERNANCE

Board succession and Trustee development

During the year, the Board welcomed Suzy Dymond-White as Chair of Trustees, succeeding Frances Jackson following many years of dedicated service.

The Trustees would like to record their sincere appreciation for Frances' outstanding leadership and contribution to Think Through Nutrition. We are delighted that she has agreed to continue supporting the charity as Honorary President, ensuring that the organisation continues to benefit from her experience and commitment.

The Board also extends its thanks to Professor John Stein for his longstanding contribution as a Trustee. We are equally pleased that he has accepted the role of Honorary Vice-President, allowing the charity to continue drawing upon his internationally recognised expertise in nutrition, neuroscience and brain health.

The Trustees recognise the importance of maintaining a diverse and balanced Board with the skills, experience and perspectives needed to support the charity's future development. Recruitment of additional Trustees will continue over the coming year to strengthen the Board's capability as the organisation grows.

Risk management

The Trustees recognise that effective risk management is essential to the charity's long-term sustainability and its ability to deliver public benefit.

The Board maintains a strategic risk register, which is reviewed regularly throughout the year. Risks are assessed according to their potential impact and likelihood, with mitigating actions monitored by the Trustees and Executive Team.

During 2025/26, the Board focused particular attention on the following areas:

Financial sustainability

Like many charities, Think Through Nutrition operates within a challenging funding environment. The Trustees monitor cash flow, funding pipelines and financial forecasts regularly to ensure the charity remains financially resilient. Income diversification continues to be a strategic priority, with funding sought from trusts and foundations, public sector contracts, research grants, innovation funding and corporate partnerships.

Delivery and implementation

As the charity expands its work across justice, healthcare and community settings, maintaining high-quality delivery remains a key priority. Robust project management, evaluation and partnership governance help ensure programmes are delivered safely, effectively and in line with contractual and regulatory requirements.

Digital innovation and information governance

The continued development of LANAH has increased the importance of effective digital governance. Appropriate controls are in place to manage information security, data protection and platform resilience, with these risks reviewed as part of the charity's wider governance arrangements.

Organisational resilience

The Trustees recognise that the charity's continued growth depends upon maintaining sufficient organisational capacity, attracting and retaining skilled staff, and ensuring appropriate succession planning across both the Executive Team and Board. During the year, continued investment in organisational capability strengthened the charity's resilience and preparedness for future growth.

Risk management

Overall, the Trustees are satisfied that appropriate systems and controls are in place to identify, monitor and manage the principal risks facing the charity and that these are reviewed regularly as part of the Board's governance responsibilities.

Reserves policy

The level of reserves to be held is calculated to include staff salaries and costs for contractual notice period plus any projected redundancy payments, and 3 months operating costs including any contract termination costs for services. This is £68,375 for the 2026/27 financial year.

Innovation and strategic development

As Think Through Nutrition continues to develop innovative digital tools and evidence-based approaches, the Trustees regularly review the organisational structures, partnerships and governance arrangements needed to support sustainable growth while protecting the charity's mission and values.

Approved by order of the board of trustees on 16 September 2026
and signed on its behalf by:



Suzy Dymond-White
Chair

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THE INSTITUTE FOR FOOD, BRAIN AND BEHAVIOUR

Independent Examiner's report to Trustees

Independent Examiner's Report to the Trustees of the Institute for Food, Brain and Behaviour

Independent examiner's report to the trustees of Institute For Food, Brain and Behaviour ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2026.

Responsibilities and basis of report
As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

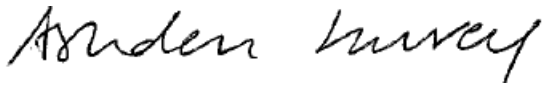
Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under Section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under Section 145(5) (b) of the 2011 Act.

Independent examiner's statement
Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a member of the Institute of Chartered Accountants in England and Wales, which is one of the listed bodies.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Company as required by Section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of Section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.



Stuart Rosling FCCA
Ashdown Hurrey
Chartered Accountant & Business Advisors
20 Havelock Road
Hastings
East Sussex
TN34 1BP

Date: 14/10/2026.

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Statement of financial activities

Institute for Food, Brain and Behaviour
Statement of Financial Activities
for the year ended 31 March 2026

Statement of Financial Activities for the year ended 31 March 2026

	Notes	Unrestricted fund £	Restricted funds £	31.03.2026 Total funds £	31.03.2025 Total funds £
Income and endowments from:					
Donations and legacies		401,474	23,400	424,874	265,536
Investment income	2	1,073	-	1,073	1,810
Other income		2,255	150	2,405	1,900
Total		404,802	23,550	428,352	269,246
Expenditure on:					
Raising funds		48,888	-	48,888	31,434
Charitable activities		304,595	59,293	363,888	278,307
Total		353,483	59,293	412,776	309,741
Net income/(expenditure)		51,319	(35,743)	15,576	(40,495)
Reconciliation of Funds					
Total funds brought forward		21,161	35,743	56,904	97,399
Total funds carried forward		72,480	-	72,480	56,904



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Balance Sheet

Institute for Food, Brain and Behaviour
Balance sheet
for the year ended 31 March 2026

Balance sheet

As at 31 March 2026

	Note:	Unrestricted fund £	Restricted funds £	31.3.2026 Total funds £	31.3.2025 Total funds £
Current assets					
Debtors	7	5,000	-	5,000	850
Cash at bank		69,691	-	69,691	57,962
		74,691	-	74,691	58,812
Creditors					
Amounts falling due within one year	8	(2,211)	-	(2,211)	(1,908)
Net current assets		72,480	-	72,480	56,904
Total assets less current liabilities		72,480	-	72,480	56,904
Net assets		72,480	-	72,480	56,904
Funds	9				
Unrestricted funds				72,480	21,161
Restricted funds				-	35,743
Total funds				72,480	56,904

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2024.
The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2024 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for
(a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
(b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.
These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.
The financial statements were approved by the Board of Trustees and authorised for issue on 16 September 2026 and were signed on its behalf by:



Suzy Dymond-White
Chair

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Notes to the Financial Statements

1 Accounting policies

Basis of preparing the financial statements
The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) '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 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

Income
All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure
Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Taxation
The charity is exempt from corporation tax on its charitable activities.

Fund accounting
Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.
Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Pension costs and other post-retirement benefits
The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

2 Investment Income

	31.3.26	31.3.25
	£	£
Investments	1,073	1,810

3 Independent Examiners' Remuneration

	31.3.26	31.3.25
	£	£
Fees payable to the charity's independent examiners for the independent examination of the charity's financial statements	1,620	1,440
	1,620	1,490

4 Trustees' remuneration and benefits

There were no trustees' remuneration or other benefits for the year ended 31 March 2026 nor for the year ended 31 March 2025.

Trustees' expenses

Trustee expenses of £610 (2024: £792) were paid for travel and Board expenses.

5 Staff costs

	31.3.26	**31.3.25**
	£	**£**
Wages and salaries	150,456	154,042
Employers NI	9,176	11,309
Employers pension	2,610	2,610
	162,242	167,961

The average monthly number of employees during the year is as follows:

	31.3.26	**31.3.25**
	4	5

The number of employees whose employee benefits (excluding employer pension costs) exceeded £60,000 was:

	31.3.26	**31.3.25**
£90,001 - £100,000	1	1
	1	**1**

Two members of staff are considered to be key management personnel. The total amount of employee benefits (including employer pension contributions) received by key management personnel for their services to the charity was £129,992 (2025: £132,046).

6 Comparatives for the Statement of Financial Activities 2024/25

	Unrestricted fund	Restricted funds	Total funds
Income and endowments from	**£**	**£**	**£**
Donations and legacies	187,000	78,536	265,536
Investment income	1,810	-	1,810
Other income	1,900	-	1,900
Total	190,710	78,536	269,246
Expenditure on			
Raising funds	31,434	-	31,434
Charitable activities	150,667	127,640	278,307
Total	182,101	127,640	309,741
Net income/(expenditure)	8,609	(49,104)	(40,495)
Reconciliation of funds			
Total funds brought forward	12,552	84,847	97,399
Total funds carried forward	21,161	35,743	56,904

7 Debtors: amounts falling due within one year

	31.3.26	31.3.25
	£	**£**
Trade debtor	5,000	850
	5,000	850

8 Creditors: amounts falling due within one year

	31.3.26	31.3.25
	£	**£**
Trade creditors	230	(39)
Social security and other taxes	361	507
Accrued expenses	1,620	1,440
	2,211	1,908

9 Movement in funds

	At 1.4.25	Net movement	At 31.3.26
	£	£	£
Unrestricted funds			
General fund	21,161	40,543	61,704
Innovate UK	-	10,776	10,776
	21,161	51,319	72,480
Restricted funds			
Prison Education Programme	4,608	(4,608)	-
B&J Lloyd Family Charitable Trust	31,135	(31,135)	-
	35,743	(35,743)	-
Total funds	56,904	15,576	72,480

Net movement in funds, included in the above are as follows:

	Incoming resources	Resources expended	Movement in funds
	£	£	£
Unrestricted funds			
General fund	245,502	(204,959)	40,543
Innovate UK	159,300	(148,524)	10,776
	404,802	(353,483)	51,319
Restricted funds			
Prison Education Programme	7,550	(12,158)	(4,608)
Queen Margaret University	3,000	(3,000)	-
B&J Lloyd Family Charitable Trust	-	(31,135)	-
Clothworkers Foundation	13,000	(13,000)	-
	23,550	(59,293)	(35,743)
Total funds	428,352	(412,776)	15,576

Comparative for movement in funds

	At 1.4.24	Net movement	At 31.3.25
	£	£	£
Unrestricted funds	12,552	8,609	21,161
Restricted funds			
Monday Charitable Trust	41,667	(41,667)	-
Prison Education Programme	25,118	(20,510)	4,608
B&J Lloyd Family Charitable Trust	18,062	13,073	31,135
	84,847	(49,104)	35,743
Total funds	97,399	(40,495)	56,904

Comparative net movement in funds, included in the above are as follows:

	Incoming resources	Resources expended	Movement in funds
	£	£	£
Unrestricted funds	190,710	(182,101)	8,609
Restricted funds			
Monday Charitable Trust	-	(41,667)	(41,667)
Prison Education Programme	25,536	(46,046)	(20,510)
Queen Margaret University	3,000	(3,000)	-
B&J Lloyd Family Charitable Trust	50,000	(36,927)	13,073
	78,536	(127,640)	(49,104)
Total funds	269,246	(309,741)	(40,495)

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.4.24	Net movement in funds	At 31.3.26
	£	£	£
Unrestricted funds	12,552	49,152	61,704
Restricted funds			
Monday Charitable Trust	41,667	(41,667)	-
Prison Education Programme	25,118	(25,118)	-
B&J Lloyd Family Charitable Trust	18,062	(18,062)	-
	84,847	(84,847)	-
Total funds	97,399	(24,919)	72,480

Net movement in funds included in the above are as follows:

	Incoming resources	Resources expended	Movement in funds
	£	£	£
Unrestricted funds	436,212	(387,060)	49,152
Restricted funds			
Monday Charitable Trust	-	(41,667)	(41,667)
Prison Education Programme	33,086	(58,204)	(25,118)
Queen Margaret University	6,000	(6,000)	-
B&J Lloyd Family Charitable Trust	50,000	(68,062)	(18,062)
Clothworkers Foundation	13,000	(13,000)	0
	102,086	(186,933)	(84,847)
Total funds	697,598	(722,517)	(24,919)

10 Related party disclosures

There were no related party transactions for the year ended 31 March 2026.

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Detailed Statement of Financial Activities

Institute for Food, Brain and Behaviour

Notes to financial statements
for the year ended 31 March 2026

	31.3.26	31.3.25
	£	£
INCOME AND ENDOWMENTS		
Donations and legacies		
The Monday Charitable Trust	-	10,000
B & J Lloyd Family Charitable Trust	65,000	70,000
The Denys Firth Family Trust	-	5,000
Inchcape Foundation	2,000	2,000
HM Prison & Probation Service	7,400	25,536
Queen Margaret University	3,000	3,000
Garfield Weston Foundation	25,000	-
The Waterloo Foundation	150,000	140,000
Innovate UK	159,300	-
Clothworkers Foundation	13,000	-
Other donations	174	10,000
	424,874	265,536
Investment income		
Investments	1,073	1,810
Other income		
Partner income	2,250	1,900
Reimbursement of expenses	155	-
	2,405	1,900
Total incoming resources	428,352	269,246
EXPENDITURE		
Raising donations and legacies		
Raising funds	48,888	31,434

	31.3.26	31.3.25
	£	£
Charitable activities		
Wages	150,456	154,042
Social security	9,176	11,309
Pensions	2,610	2,610
Insurance	2,114	1,867
Telephone	1,177	1,174
Postage and stationery	292	165
Activities undertaken directly	19,536	14,695
Other staff costs	648	-
Digital education	42,376	54,977
Travelling and subsistence	4,471	3,007
Consultancy and professional fees	506	407
Memberships and subscriptions	349	320
Training costs	337	240
KTP Associate costs	31,960	31,960
Gifts and honoraria	262	-
Innovate UK costs	95,724	-
	361,994	276,773
Support costs		
Finance		
Sundries	34	34
Bank charges	60	60
	94	94
Governance costs		
Independent examiners' remuneration	1,800	1,440
Total resources expended	412,776	309,741
Net income/(expenditure)	15,576	(40,495)

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Thank you.

Registered Charity No. 517817. Registered as a Company No. 01864134.
Registered address: c/o Gravita Oxford LLP, First Floor, Park Central, 40/41 Park End Street, Oxford, OX1 1JD