



nznutrition
FOUNDATION

Annual Report 2011

Mission Statement

*Kia whakareia te ōranga o ngā tāngata o Aotearoa ma te whakamana
i ngā wawatā hei tohu kai hauora, kai reka, hei oranga kakama.*

To enhance the quality of life of New Zealanders by encouraging
informed, healthy and enjoyable food choices, as part of an active lifestyle.

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NATURE OF BUSINESS

Nutrition Education & Promotion

REGISTERED OFFICE

Level 2, 507 Lake Road, Takapuna,
North Shore

BUSINESS LOCATION

Takapuna, North Shore, Auckland

PATRON

Sir John Scott, KBE, MD, FRCP,
FRACP, FRSNZ

PRESIDENT

Richard B. Jamieson

ACCOUNTANT

Johnston Associates, 202 Ponsonby
Road, Auckland

BANKERS

National Bank of New Zealand,
Manukau City

HONORARY SOLICITOR

Warren Templeton

AUDITORS

C.R. Wylie, Auckland

EXECUTIVE COUNCILLORS

Fiona Carruthers (Chair)

Sue Pollard (Chief Executive
Officer)

Nichola Hart (Secretary)

Richard Gearry (Medical Director)

Elaine Rush (Scientific Director)

Logan Granger, Johnston
Associates (Treasurer)

COUNCILLORS

Fiona Carruthers (Chair)

Julian Jensen

Geoff Scott

Laurence Eyres

Stephanie Horrocks

Jenny Yee

Sarah Ley

STAFF

Sue Pollard (CEO)

Carolyn Cairncross (Nutritionist),
resigned February 2011

Sarah Hanrahan (Dietitian/
Nutritionist)

Scientific Advisory Group

Scientific Director: Professor Elaine Rush (Chair), AUT University

Medical Director: Dr Richard Gearry, University of Otago and Canterbury DHB

Professor Murray Skeaff, University of Otago

Professor Lynn Ferguson, University of Auckland

Professor Christine Thomson, University of Otago

Professor Ian Reid, University of Auckland

Dr Laurence Eyres

Dr Carol Wham, Massey University

Dr Clare Wall, University of Auckland

Dr Jane Elmslie, Christchurch School of Medicine

Mr. Maurice Wilson, Institute of Environmental Science & Research (ESR)

Dr Ien Hellemans

Caryn Zinn, AUT University

Professor Cliff Tasman-Jones, Physician, retired

Julie Dick, Dietitian, Food Industry

Sione Tupou, Disability Services for Pacific People, Auckland DHB

Dr Graham Davison, Geriatrician, retired

Professor Cliff Tasman-Jones, Physician, retired

Alison Ogg, Age Concern

Sarah Ley, Dietitian - *from November 2010*

Phillippa Batts, AUT University - *from March 2011*

Sally Watson, Canterbury DHB - *from March 2011*

Committee for Healthy Ageing Advisory Group

Kaye Dennison, Waitemata DHB

Kathy Peri, Canterbury DHB

Maria Johnson, Taikura Trust

Dr Ngaire Kerse, GP, Auckland University

Diana O'Neill, Ministry of Health

Katrina Pace, Dietitian

Ineke Riley-Stohl, Physiotherapist

Tai Matenga-Smith, Pacific Island Food & Nutrition Group

Jocelyn Hampton, Dietitian, retired

Beryl Wilkinson

Committee for Healthy Ageing

Chair: Julian Jensen, Dietitian, retired

Sue Pollard, CEO NZNF

Dr Bevan Grant, University of Waikato

Dr Alex Chisholm, Otago University

Dr Carol Wham, Massey University

John Rice, AUT University - *resigned November 2010*





***Fiona Carruthers** is a New Zealand-registered Nutritionist, having begun her career as a dietitian in the UK. She has been Nutrition Manager at Beef + Lamb New Zealand since 2001, serving as a Nutrition Foundation Councillor during the same period, taking over as Chair in 2007. Fiona is also past chair of the International Meat Secretariat Human Nutrition and Health Committee and is a freelance writer for consumer media both within New Zealand and overseas.*

The debate over food prices continues. Some lament the tills ringing higher every week, encouraged by last year's rise in GST, while others point out it may be our expectations which have risen beyond our means.

As in many areas of life, we expect more from food these days. As well as wanting quality, convenience and safety, we also look for health and nutrition yet still require value for money.

Communicating the value of all food, whatever the price, therefore remains a key role of the Foundation. Through a variety of media, to a range of audiences, the Foundation informs, educates and updates. Seminars for health professionals have remained popular this year, with the addition of complementary community seminars for older people in areas of identified need. Website traffic has continued to grow, with spikes seen during school terms, suggesting we are reaching a wide spectrum of New Zealanders, young and old alike, through a range of activities.

The full extent of the Foundation's work is described throughout this annual report and it continues to grow and develop despite a delicate funding structure. As well as the valued support from our corporate and individual members, we hope to secure a grant to upgrade our computer system. With a skeleton staff, disparate membership and a largely 'virtual' audience, electronic communication is fundamental to all the Foundation strives to achieve. However, big or small though, independence is arguably the Foundation's most important attribute. It gives the Foundation's activities credibility and integrity, from which reputation is gained. To maintain this reputation, the Foundation regularly reviews its values, ethics, structures and procedures.

In terms of structure, the Foundation's Council provides scientific leadership and strategic direction, setting the aspirations and scope of the Foundation's work. This governing body has a broad base, with representation from academia, clinical practice, medicine and industry. To ensure the Council's make up remains appropriate and effective, Councillors have recently assessed their

skill set and performance. This has informed us of areas into which we need to recruit, also mindful of those members we are losing at our 2011 AGM. We bid farewell to Geoff Scott, on completion of his two three-year terms. As a chef and business owner, Geoff has brought a vital breadth to the Council's expertise. Another major loss to the Council will be Julian Jensen. Julian has been involved with the Committee for Health Ageing from its inception, taking over as chair in 2006. Since then she has taken the Committee to a new level, both in terms of activity and recognition. Like her dynamic predecessor, Kaye Dennison, I'm delighted Julian will continue her involvement with the Committee. We are fortunate to have two such dedicated professionals in this crucial area of our work.

We are also indeed fortunate to have two dedicated professionals in the Foundation office. Carolyn Cairncross, the Foundation's nutritionist, has moved on to take up an academic post at AUT and it was decided to put off recruiting a replacement for the time being, given the financial climate in which we are working. This means our Chief Executive, Sue Pollard, and Sarah Hanrahan, the Foundation's dietitian, are working even harder and I thank them for continuing to over-deliver in so many ways. I know they appreciate the help and support of the Foundation's Council, Committees and members, so thank you once again to everyone who contributes to the Foundation's continued success.

I conclude this year with a 'last but very definitely not least' acknowledgement. It is with regret our Patron, Professor Sir John Scott, KBE, MD, FRCP, FRACP, FRSNZ, is standing down due to ill health. In 1980, Sir John was a founding member of the Foundation when he was Professor of Medicine at the University of Auckland, and one of the few doctors talking about nutrition. Sir John has remained a strong advocate for good nutrition and the survival of the Foundation owes a great deal to such a loyal proponent. Our heartfelt thanks go to Sir John, with very best wishes for the future.

Fiona Carruthers

Nutrition Manager, Beef + Lamb New Zealand



Scientific Director's Report



Elaine Rush is Professor of Nutrition at AUT University and has been the Scientific Director for the Nutrition Foundation since 2006. Elaine has been involved in health and education all her working career. Gaining both an MSc and PhD from the University of Auckland, she has research expertise in the measurement of body composition, energy expenditure, physical activity, nutrition and risk factors for disease. A particular interest in ethnic differences, particularly among Maori, Pacific Island, European and Indian populations in New Zealand, has led to over 100 peer reviewed publications. Elaine also serves on the Councils of a number of nutrition and obesity organisations and is the New Zealand representative for IASO. Her research projects include a large diabetes prevention strategy and Project Energize in the Waikato, the health and growth of children whose mothers had gestational diabetes and the longitudinal Pacific Island Family study which is tracking over 1000 Pacific children from birth. Elaine supervises a number of masters and doctoral students in the areas of nutrition, body composition and energy expenditure throughout the lifecycle.

The Scientific Committee's existence is essential for the Foundation to function as an independent body, basing all recommendations on sound, scientific evidence. A big thank you goes to all members of the Committee for their continued support again this year.

As scientific director, I have regularly attended executive and council meetings and contributed to the day-to-day activities of the Foundation, keeping a "watching brief" on relevant issues. The last 12 months have been relatively quiet for the Scientific Committee though with just a few issues to be considered.

An important part of the Committee's work is to assist Foundation staff in formulating submissions. This year, submissions were made for the following consultation papers:

- May 2010 – The Development of a Natural Health Products Bill
- May 2010 – Food Labelling Law and Policy Review

Reviewing material for the Foundation's website, www.nutritionfoundation.org.nz, is another key committee role, ensuring the website continues to be a source of reliable nutrition information. This year, for example, material concerning egg consumption was reviewed following publication of a new report on the health benefits of eggs*.

Aside from the everyday activity, though, this last twelve months have not been good for New Zealand people and their children. The continuation of the worst global recession for 80 years, the Christchurch earthquakes and other forces such as the high New Zealand dollar have exacerbated and will exacerbate further the socioeconomic state of New Zealand.

The gap between the rich and poor in New Zealand is relatively high – ranked 23 out of the 30 OECD countries; almost the same as Ireland. Now, in 2011, twice as many New Zealand children are in poverty, defined as being below 60% of the contemporary median household income

after housing costs, compared with the 1980s. Pacific and Maori children have almost twice the prevalence of poverty compared with European children, and food now costs three times more than it did in 1985.

For those of us working in health, we see a cycle of concerning effects driven by poverty. Non-communicable diseases (obesity, diabetes, cancer), together with a deterioration of healthy life expectancy for some, is both a cause and consequence of poverty. Historically, there has been more invested in the treatment rather than prevention of "lifestyle" chronic diseases. The life course model of health is supported by evidence that throughout the life cycle different environments (physical, socioeconomic, nutritional, psychological) interact to influence the risk for future disease. One of the mechanisms for this increase in risk is "epigenetic" – where gene expression is influenced by the environment. There are critical periods of growth such as in utero, toddlerhood and adolescence when cells are dividing at an increased rate creating a greater potential for epigenetic changes – particularly in those genetically predisposed.

With this in mind, and noting the Foundation's mission, 'to enhance the quality of life of New Zealanders by encouraging informed, healthy and enjoyable food choices as part of an active lifestyle', now more than ever, it is important the Foundation and its members put these words into action. The recent Food Week initiative is a great example. Many people know **which** foods are the healthy choices but don't know **how** to integrate them into their own eating pattern. Food Week, the school competition and the ongoing JustCook website, www.justcook.co.nz, with an interactive kitchen and blog are vital tools to facilitate change.

***The nutritional properties and health benefits of eggs.** Ruxton C.H.S., Derbyshire E. and Gibson S. DOI 10.1108/00346651011043961

Elaine Rush

Professor of Nutrition, AUT University





Medical Director's Report



Associate Professor Richard Gearry is a Senior Lecturer in Medicine at the University of Otago, Christchurch and Consultant Gastroenterologist at Christchurch Hospital. He has a strong research and clinical interest in luminal gastroenterology and nutrition support, and has published widely. He has gained additional clinical expertise from time spent at Box Hill Hospital in Melbourne and St Mark's Hospital, London. Richard has strong links to inflammatory bowel disease and coeliac disease patient groups and has been a Foundation Councillor since 2008.

2010-11 has been a landmark year in New Zealand. We have suffered significantly through natural disasters. From the devastation and loss of life in Christchurch through earthquakes to the cyclones in both Auckland and the Kapiti coast, this year has been a challenge. On the positive side we have the Rugby World Cup around the corner which will give our country the opportunity to showcase itself to the world.

In between these desperate lows and (hopefully) massive highs the Nutrition Foundation has continued to provide an independent voice to promote food knowledge and improved nutrition to New Zealanders. We have been blessed to have the on-going services of Sue Pollard as CEO and Sarah Hanrahan working hard in the office to maintain the momentum. We were sad to lose Carolyn Cairncross who has worked so hard for the foundation, particularly on the website and regular nutrition bulletins but wish her well for the future.

The launch of Food Week this year in May will be a highlight for the Foundation, and credit must go to Sarah, Sue and the team driving this to fruition. Doing anything for the first time is always a massive challenge but I am impressed by their dedication in promoting the simple message of "Just Cook." I am also pleased to see many Nutrition Foundation members helping out, particularly in the Auckland region where most of the activities are based. It is at times like these the Foundation needs as much help from its members as possible and I would encourage you all to look out for opportunities to help with Food Week 2012 and other Foundation initiatives as they arise.

Our established programmes have continued to be well-received throughout the country. These include the activities of the committee for healthy aging, the on-going seminar series and regular email bulletins that keep us up to date with advances in our field on a regular basis.

One of many things that struck me from the Christchurch earthquakes has been our ability to avoid potentially catastrophic infectious disease following the significant (and in some cases on-going) disruption to water, electricity and sewage systems. Following the earthquakes there has been no increase in gastroenteritis due to city-wide education around safe food handling and other processes put in place. When this is compared to other natural disasters it is quite remarkable. Too often we forget good nutrition includes food safety and this can make an enormous difference to our health.

As I look forward to 2012 I am hoping for a rather quieter year on the earthquake front in Christchurch. As we rebuild our city I would like to thank the country for the unbelievable support we have received over the last year. Whether it's receiving an email from colleagues or friends or a quick chat on the phone, these small things make a big difference. While we are battered and bruised, we are looking forward to rebuilding an even better Christchurch for the future and we hope you will be able to enjoy our city with us.

Associate Professor Richard Gearry
Medical Director





2010-11 at a glance



April

- Media release, *'Make meals matter'*.

May

- Submissions to FSANZ on :
 - The development of a Natural Health Products Bill.
 - Food Labelling Law and Policy Review.
- Applications invited for the 2010 New Zealand Nutrition Foundation and Kellogg's Nutritionist Development Award.
- Media release, *'Award helps nutritionists strive for excellence'*
- *'Making meals matter'*, two seminars held in Nelson:
 - Community seminar, attendance 60.
 - Seminar for health professionals and care givers, attendance 30.
- Media release, *'Does your diet need a WOF?'*

June

- Quarterly newsletter, *Nutrition News*.
- Committee for Healthy Ageing Bulletin No. 2.
- Corporate member update, breakfast meeting featuring NZNF Medical Director, Professor Richard Garry and NZNF Secretary and nutritionist Nikki Hart, on the topic of, *'The Real Story on Food Intolerances and Allergies'*.
- Launch of, *'Food. The facts of the matter'*, a brochure addressing five nutrition myths, produced by Unilever in partnership with the Foundation and Dietitians Australia.

July

- Media release, *'Make meals matter'*.
- *'Make meals matter'*, seminar for health professionals and care givers, held in Auckland, attendance 85.

August

- Media release, *'Residential homes getting it right'*.
- New Zealand Nutrition Foundation AGM, incorporating:
- Presentation of New Zealand Nutrition Foundation and Kellogg's 2010 Nutritionist Development Award, to Helen Eyles from Auckland University's School of Population Health.
- The AGM seminar, *'CSI Nutrition: critiquing scientific information in nutrition'*, featuring Professor Rod Jackson from Auckland University's School of Population Health, Jenny Bowden, 2009 Nutritionist Development Award winner and Peter Griffin manager

of the Science Media Centre – attendance 100.

- Media release, *'Nutritionist wins prestigious award'*

September

- Attended the Dietitians New Zealand conference, *'Isolated or staying in touch?'*
- Committee for Healthy Ageing Bulletin No. 3.

October

- Quarterly newsletter, *'Nutrition News'*.

November

- *'Eat well, move well to live well'*, seminar for health professionals and care givers of older Maori and Pacific people, held in Christchurch, attendance 40.
- Media release, *'Nutrition not the most important issue'*.
- Hosted a *Beverage-Nutrition Symposium*, organised by Network PR and supported by Coca Cola. Speakers were Garry Egger from Southern Cross University, Australia and Erin Mahoney, paediatric dentist, Hutt Valley Health.
- Corporate member update, breakfast meeting featuring John Reeve, Principal Toxicologist, NZ Food Safety Authority, *'Media Beat Up, Political Expediency or a Real Threat to Health. The truth behind Bisphenol A (BPA) and other looming issues'*

December

- Quarterly newsletter, *'Nutrition News'*.
- Committee for Healthy Ageing Bulletin No. 4.
- Attended the annual conference of the Nutrition Society of New Zealand, *'Integrated Nutrition: From cells to sales'*.

January

- Detailed planning for our inaugural *'Food Week'* starts.

February

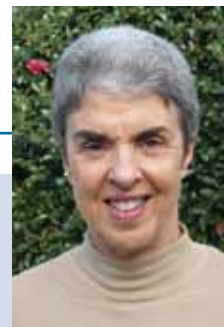
- Corporate Member Update, breakfast meeting, *'Food colours and additives: The latest science and how to communicate this to consumers'*, featuring Dennis Thomas, FSANZ Principal Food Technologist and Anna Richards, Dietitian.

March

- Quarterly newsletter, *'Nutrition News'*.
- Committee for Healthy Ageing Bulletin No. 5.



Sue Pollard qualified as a dietitian and worked in many areas of the profession, from clinical to diabetes to community services before gravitating to food service management. This led to more general health management roles from the early 1990s at Waitemata and Auckland DHBs. She returned to her nutrition roots in 2005, when she took up the CEO role at the Foundation. Sue is a past president of the New Zealand Dietetic Association, and has both a post-graduate DipHSM and an MBS (Management) from Massey University.



Some highlights of the year

- **Consumer education** - developing our website content and increasing traffic. A new venture into consumer seminars.
- **Member services** - recruiting and working with three new corporate members (Sanitarium, Heritage Hotels and Eggs Inc.). The success of our corporate member updates. Free membership for nutrition students.
- **Nutrition Research** - supporting the winner of the 2010 Nutritionist Development Award, Helen Eyles from Auckland University's School of Population Health to attend an overseas conference.
- **Business Management** - new financial management system proves more efficient, cheaper and provides better information. We end the financial year with an improved result on the year before.
- **Projects** - research and planning completed and sponsorship secured for the inaugural Food Week campaign in May 2011.

- Provided health professional/caregiver seminars:
 - Committee for Healthy Ageing (C.H.A.) - three seminars, in Auckland and Nelson, (*Make meals matter*), and Christchurch (*Eat well, move well to age well*).
- Consumer resources developed or planned:
 - Booklet, *Food. The facts of the Matter*, produced and distributed by a partnership including Unilever and Dietitians Australia
 - *Eating on a budget* pamphlet planning started by C.H.A. members.
- Evaluation:
 - Evaluation forms distributed in all C.H.A. seminars. These were analysed and reports used to inform future plans.

Goal 2. Improve NZNF visibility and profile

Outcomes

- Submissions to FSANZ:
 - Food law and policy review
 - The development of a Natural Health Products Bill.
- Media releases:
 - *Make meals matter* (April)
 - *Award helps nutritionists strive for excellence* (May)
 - *Does your diet need a WOF?* (May)
 - *Make meals matter* (July)
 - *Residential homes getting it right* (August)
 - *Nutritionist wins prestigious award* (August)
 - *Nutrition not the most important issue* (November).

- Information provided to reporters and other writers:
 - Newspapers (11)
 - Magazines (4)
 - Radio (2)
 - TV (4)
 - Science Media Centre (1)

The Foundation was quoted in at least 10 publications, made 2 TV appearances and gave two radio interviews.

- Maintained memberships of:
 - Dietitians NZ
 - Nutrition Society of NZ
 - NZ Institute of Food Science & Technology (NZIFST)
 - ANA (CEO is an Executive Board member)

Goal 1. Improve the quality and quantity of food and nutrition information

Outcomes

- Continued our regular services, including:
 - Fortnightly e-news updates
 - Quarterly 'Nutrition News' newsletters
 - Quarterly bulletin from our Committee for Healthy Ageing
 - Quarterly breakfast meeting updates for corporate members
 - Nutrition services to corporate members.
- Developed and upgraded website content:
 - New pages include monthly topics and recipes, nutrition for older people section
 - Downloadable seminar presentations.

There were 30,000 visits to the site, an average of 2,500 per month.
- Held three free public seminars:
 - Nutrition for older consumers, Nelson, *Make meals matter*
 - AGM seminar, "CSI Nutrition"- *Critiquing scientific information on nutrition*
 - Beverage seminar, in partnership with Network PR and Coca Cola.



- Public Health Association of NZ
- Consumer Institute
- Attended and contributed to meetings/conferences:
 - Dietitians NZ, Dietitians in the Food Industry Special Interest Group
 - Nutrition Society of NZ conference
 - NZIFST conference
 - FSANZ stakeholder consultation
 - NZFSA Consumer Forum and Food Manufacturers and Processors Advisory Forums
 - FIO network teleconferences
 - Agencies for Nutrition Action (ANA)
 - Pacific Island Food and Nutrition Action Group meeting
 - Auckland University, Food and Health programme
 - NZ Fruit & Vegetable Alliance (NZFAVA)

Goal 3. Manage successful projects

Outcomes

- NZNF projects:
 - **eMark:** First labels are in the Supermarket, to be promoted through the Food Week 2011 project, to be held May 2011.
 - **NZNF website:** Development completed to budget. Average of 2,500 visitors per month (see graph below).
 - **Committee for Healthy Ageing:** Annual achievements include:
 - Three health professional/care giver seminars and one community seminar held and evaluated.
 - Quarterly bulletin initiated.
 - NZNF website content on nutrition for older people.
- Partnerships with corporate members and stakeholders:
 - Kellogg's, Nutritionist Development Award
 - Unilever, production of 'Myth busting' booklet

- Coca Cola and Network PR, Beverage seminar
- Nelson Marlborough DHB, health professional and community seminars held as part of their Healthy Eating Healthy Ageing 2010 programme.

Goal 4. Promote membership

Outcomes

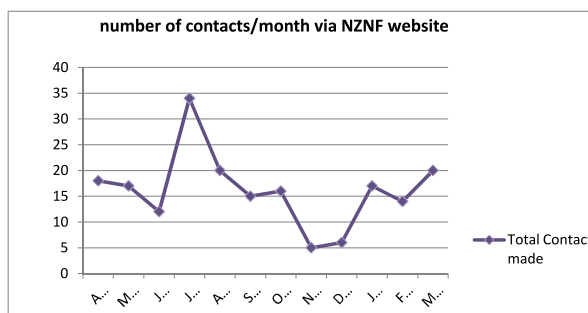
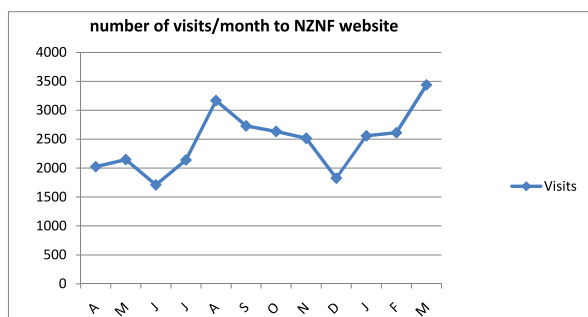
- Continued to implement corporate member recruitment plan. Three new members recruited: Sanitarium, Eggs Inc, and Heritage Hotels.
- Member services:
 - Members-only section for website under development
 - Corporate member updates introduced, three held and evaluated
 - Free student membership introduced – 30 student members joined.
- Sponsors and/or trade table purchasers for our events this year have included Nutricia, Sanitarium/Frucor, Abbott, National Heart Foundation, Heinz-Wattie's, Subway and Kellogg's.

Goal 5: Improve the business processes

Outcomes

- Planned new website functionality:
 - On-line membership applications, subscription and annual renewal payment
 - On-line registration and payment for events
 - On-line subscriptions for publications, newsletters, bulletins, updates.
- Improved financial management processes:
 - Use of Xero for accounting has reduced in-house administration and accountant time.
 - Changed Accountancy Company with resulting reduced costs.
 - DirectLink Online banking allows payment by internet banking, with approval process for second signatory.

Traffic to NZNF websites 2010-2011



In September 2010 eMark passed a major milestone with the completion of Plant and Food Research participation in the project. For the 12 months from September 2010 we were very grateful to receive support for the transfer of intellectual property and on-going activities from the Baking Industry Research Trust.

During 2010 we made a submission to the trans-Tasman labelling review in support of interpretive labelling. The recommendations of the review panel, published December 2010, included voluntary traffic light labelling on foods and Quick Service Restaurant chain menu boards. The New Zealand Government is expected to release their decision on actions recommended by the review in December 2011. Our objective is to have eMark considered as an interpretive food label by both the Australian and New Zealand Governments. While food labelling is under consideration at government level it is extremely difficult to get manufacturers and marketers interested in adopting a new front-of-pack label and so progress in companies using eMark has been stagnant.

However there was no reason not to continue to build consumer interest in eMark. Therefore eMark is a sponsor of the inaugural Nutrition Foundation Food Week on 9-15 May 2011. The theme JUST COOK fits well with the eMark messages around energy density and portion size. It is hoped this sponsorship will drive people to the eMark website and expose more family shoppers to the eMark.

I would like to acknowledge the support of the Baking Industry Research Trust and their representative Tania Watson in enabling eMark to continue beyond the Plant and Food Research project. Without their commitment and vision it would not have been possible to have eMark considered in the trans-Tasman review or as an anchor supporter of Food Week.

Food Week

2010 – 2011 saw the planning and securing of sponsorship for the inaugural Food Week to take place 9-15 May 2011. The idea for Food Week came from

a desire to establish a time in the calendar to focus on the basics of family meals. With support from the Health Sponsorship Council we decided on the theme JUST COOK. This theme reinforces the health benefits and financial advantages of home cooking and has the benefit of being a positive message – no long lists of foods and habits to avoid. We are very fortunate to have secured sponsorship from leading New Zealand companies and organisations who believe in the value of home cooking. Sponsors are Eggs Inc., Heinz-Wattie's, vegetables.co.nz, potatoes.co.nz, Sanitarium, Hansells (King soup), Harraways, Flora, Continental, Kenwood, Sunbeam, Panasonic, Fisher and Paykel and eMark. We are treating most activities of Food Week 2011 as a pilot, and after evaluation will plan for more national involvement in 2012.

Food Week activities planned are;

- Launch of a list of pantry staples to always have on hand.
- Launch of a facebook/smartphone app to provide economical recipes using the pantry list above
- Schools – a Year 10 competition where students submit a video showing preparation of a meal using items from the pantry list above, supported by a six week teaching unit.
- Competition for Pacific youth where youth groups submit a video showing preparation of a meal using items from the pantry list above.
- Demonstrations of family meals in central Auckland with a different high profile chef each day during Food Week.

Independent process evaluation will be carried out after Food Week.

Without the support and research of the Health Sponsorship Council, Rebecca Whiting and Michelle Mako in particular, Food Week would not be possible and I would like to acknowledge their contribution.

Sarah Hanrahan



Report of the Committee for Healthy Ageing



Julian Jensen is a New Zealand Registered Dietitian, no longer in active clinical practice, but with a wide range of practice and academic experience, particularly in nutrition of the older person and foodservice management. She has co-authored three books relating to these areas of interest. She is a Nutrition Foundation Councillor and a founding member of the Committee for Healthy Ageing, of which she is the current chair.

Mission: Promoting health of older people through nutrition and active living.

Goal 1: To promote strategies in line with the Health of Older People Strategy and the Positive Ageing Strategy.

and

Goal 2: To encourage older consumers to make informed, healthy and enjoyable food choices as part of an active lifestyle

Achievements:

- Five media releases supporting our seminars
 - Pre and post seminar media releases for the Nelson older people's community seminar – 'Making meals matter' (April 2010) and 'Does your diet need a WOF?' (May 2010)
 - 'Make meals matter' (July 2010) and 'Residential homes getting it right' (August 2010) preceding and following the 'Making Meals matter' seminar in Auckland
 - 'Nutrition not the most important issue' (November 2010) following 'Eat well, move well to be well' seminar in Christchurch.
- Evaluation of bookmark completed. There was a positive response from people who responded, but these were not the people who picked up the bookmark. There is no pressing need to reprint at this stage.
- Web page on the Foundation's website on Nutrition for older people set up.
- 'Eating on a budget' resource under development. This resource gives two weekly shopping lists for healthy balanced eating on a budget.
- Seminar in Nelson 'Making Meals Matter' – a free community seminar. This was initiated as a direct result of the evaluation of the Committee conducted last year, where it was recommended we reach out to the older community itself.

Goal 3: To increase the awareness, knowledge and improve the practice of health professionals and caregivers of

older people regarding the nutrition and physical activity needs of their clients

Achievements

- Three seminars held and evaluated: 'Making Meals Matter' – a seminar for health professionals and caregivers held in Nelson (May 2010) and Auckland (July); 'Eat well, Move well to Live well' – a seminar for health professionals and caregivers of older Maori and Pacific people, held in Christchurch in November 2010.
- NZ Food Safety Authority/NZNF Powerpoint presentation completed, just awaiting new NZFSA brand logo, and uploading to the Foundation's website.

Goal 4: To promote Positive Ageing by networking and co-operating with groups with similar goals and interests

Achievements

- Three new committee members – Sarah Ley (NZNF Councillor and dietitian), Sally Watson (Dietitian – healthy eating, healthy ageing project) & Phillipa Batts (AUT's Never2Old programme).
- 4 e-Bulletins published (Issues 2-5). These have been uploaded on to our website.
- Sponsors for 2010 include Nelson-Marlborough DHB, Nutricia & Heinz-Wattie's.

Comment

This year, we have endeavoured to streamline our seminar evaluations, and while these are usually very positive, we note that targeting a wide spectrum of people has the disadvantage of not always meeting everyone's needs or expectations. We plan to address this in future seminars.

Once again, my grateful thanks are due to the Foundation staff – Sue and Sarah, and to the Committee members and advisers for their continued enthusiasm for the work of the Committee for Healthy Ageing.

Julian Jensen

Councillor and Chair, Committee for Healthy Ageing



Treasurer's Report

The 2010-11 revenue for the Foundation was slightly up on last year at \$161,115 compared to 2009-10 of \$149,683, an increase of \$11,432. The revenue was in line with last year, with slight increases in donations and project revenue.

Overheads and expenses continue to be held at a reasonable level considering the tougher economic conditions affecting all organisations. Expenses decreased slightly this year from \$151,301 in 2010, to \$142,752 in 2011, a decrease of \$8,549.

After accounting for interest income of \$1,116, the Foundation made a modest surplus of \$19,478 for the year.

This result is excellent in terms of the current economic climate and the rigid budgeting environment the Foundation must operate under at this time. In reality the expenditure of the Foundation is limited by the income it receives, and as such it will always need to be carefully managed as it is now.

The vast majority of interest income from the cash reserves is shown under Revenue from Trust Funds. Although this income has gone up in 2011, the interest component has been down for the last two years, due to overall lower interest rates on offer for deposits in the last 24 to 36 months. The Foundation has taken a prudent approach with their deposits and kept them with sound financial organisations. While at the present time this approach may reduce interest revenue, the protection of the capital funds is much more important.

The Statement of Financial Position, reflecting the Assets and Liabilities of the Foundation is again stable and slightly improved on last year. It is important to reflect that in material terms, while many other charitable organisations are struggling the Foundation has held its ground. That is clearly reflected in The Statement of Financial Position. Current Assets sit at \$343,200, and Current Liabilities at \$16,766, giving working capital of \$326,434.

This indicates the Foundation has more than adequate funds to meet its commitments for the next 12 months.

After allowing for Non Current Assets of \$94,387, the Foundation has over all net assets of \$420,821, compared to \$401,343 last year, an increase of \$19,478.

For the coming year it is expected that revenue and expenses will be in line with those of last year. There will be increases in wages and other expenses due to inflation, Accounting fees though should continue to drop now the Foundation is completing more of their own accounting work, having implemented the Xero accounting package in-house rather than having an external accountant do that work.

Overall with some continued cost savings and holding the revenue level, I would expect to see a similar result for 2012.

Logan Granger

NEW ZEALAND NUTRITION FOUNDATION STATEMENT OF MOVEMENTS IN GENERAL FUNDS FOR THE YEAR ENDING MARCH 31, 2011

	2011 \$	2010 \$
Revenue and Revaluations		
Net (Deficit) Surplus	19,478	265
Total Revenue and Revaluations	19,478	265
General Funds at the Beginning of the Year	401,343	401,078
General Funds at the End of the Year	420,821	401,343
Movements in Accumulated Funds		
Opening Balance	71,343	71,078
Plus:		
Net Surplus	-	265
Less:		
Net Deficit	(19,478)	-
Accumulated Funds Closing Balance	90,821	71,343



NEW ZEALAND NUTRITION FOUNDATION STATEMENT OF FINANCIAL PERFORMANCE FOR THE YEAR ENDED 31 MARCH 2011

	Note	2011 \$	2010 \$
Operating Revenue			
Subscriptions & Memberships		99,599	101,658
Consulting Fees		-	1,752
Sponsorship		10,000	10,000
Donations Received		20,165	15,515
Revenue from Trust Funds		18,851	16,758
Project Revenue		12,500	4,000
Gross Surplus from Trading		161,115	149,683
Less Expenses			
Accountancy Fees		11,543	16,765
ACC Levies		703	619
Advertising		40	-
AGM Expenses		1,314	5,557
Audit Fees		4,300	3,670
Bank Fees & Charges		187	65
Computer Expenses		628	921
Contract Work		336	-
Depreciation		420	310
General Expenses		50	570
Insurance		1,028	1,800
Light, Heat & Power		1,653	1,656
Low Cost Assets		189	-
Postage, Printing & Stationery		8,451	7,171
Project Expenses		2,008	-
Rent		18,048	18,048
Seminar Expenses		1,413	-
Staff Training & Welfare		848	1,793
Subscriptions & Licences		2,069	1,307
Telephone & Tolls		2,765	3,196
Travel Expenses - Local		1,498	2,718
Travel Expenses - Overseas		-	3,232
Wages		83,264	81,903
Total Expenses		142,752	151,301
Operating Deficit before Other Income		18,362	(1,618)
Other Income			
Dividends Received		-	1,443
Foreign Currency Gains/Losses		-	(187)
Interest Received		1,116	627
Total Other Income		1,116	1,883
Net (Deficit) Surplus		19,478	265




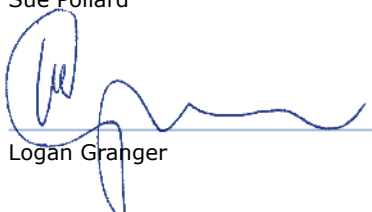
Financial Report (continued)

NEW ZEALAND NUTRITION FOUNDATION STATEMENT OF FINANCIAL POSITION FOR THE YEAR ENDED 31 MARCH 2011

	Note	2011 \$	2010 \$
Current Assets			
National Bank - 00 Account		49,479	35,475
Accounts Receivable		6,141	5,775
Accrued Interest		3,625	156
EMark Project	8	-	3,656
Income Tax Receivable		409	409
Investments	2	283,546	282,533
Total Current Assets		343,200	328,004
Current Liabilities			
Committee for Healthy Ageing	8	322	4,996
NZNF Website Project	8	-	7,133
EMark Project	8	2,440	-
Accounts Payable		11,559	5,250
GST Payable		2,445	3,765
Total Current Liabilities		16,766	21,144
Working Capital		326,434	306,860
Non Current Assets			
Property, Plant & Equipment	3	3,107	2,088
Term Investments	4	91,280	92,395
Total Non Current Assets		94,387	94,483
Net Assets		420,821	401,343
General Funds			
Accumulated Funds		90,821	71,343
Salary Endowment Fund	5	330,000	330,000
Total General Funds		420,821	401,343

Approved on behalf of the Board of the New Zealand Nutrition Foundation:

 CEO Date 8/7/11
 Sue Pollard

 Treasurer Date 7/7/11
 Logan Granger





NEW ZEALAND NUTRITION FOUNDATION DEPRECIATION SCHEDULE FOR THE YEAR ENDING MARCH 31, 2011

	% PVT USE	Cost on HAND	OPENING WDV	ADJ & ADD	SALE PRICE	PROFIT (LOSS)	DISPOSAL DATE	RATE & TYPE	DEPN	ACCUM DEPN	CLOSING WDV
Property Improvements - At cost											
Additions		1,144	16	-	-	-		26.00D	4	1,132	12
Additions		879	22	-	-	-		20.00D	4	861	18
Additions		185	5	-	-	-		20.00D	1	181	4
Additions		1,723	-	-	-	-		12.50P	-	1,723	-
Additions		508	-	-	-	-		12.50P	-	508	-
Timber Partitions		1,118	771	-	-	-		12.00D	93	440	678
Glass		1,268	884	-	-	-		12.00D	106	490	778
		6,825	1,698	-	-	-			208	5,335	1,490
Furniture & Fittings											
Office Furniture		3,387	31	-	-	-		20.00D	6	3,362	25
Filing Cabinet		409	12	-	-	-		20.00D	2	399	10
Bookcase		633	-	-	-	-		16.67P	-	633	-
Miscellaneous Office Equipment		5,686	42	-	-	-		20.00D	8	5,652	34
Cabinets		2,479	281	-	-	-		14.40D	40	2,238	241
Filing Cabinet		191	22	-	-	-		14.40D	3	172	19
		12,785	388	-	-	-			59	12,456	329
Office Equipment											
Software		204	2	-	-	-		50.00P	2	204	-
Computer HPD330		1,999	-	-	-	-		50.00P	-	1,999	-
Computer HPD330		1,673	-	-	-	-		50.00P	-	1,673	-
Additional Software		300	-	-	-	-		50.00P	-	300	-
Backup System & UPS		540	-	-	-	-		50.00P	-	540	-
Brother MFC8880DN Printer		1,048	-	1,048	-	-		40.00D	103	103	945
Laptop Upgrade		391	-	391	-	-		50.00D	48	48	343
		6,155	2	1,439	-	-			153	4,867	1,288
TOTAL		25,765	2,088	1,439	-	-			420	22,658	3,107
Fixed Asset Summary											
Opening Value		2,088									
Purchases		1,439									
Depreciation		(420)									
Closing Value		3,107									

NEW ZEALAND NUTRITION FOUNDATION NOTES TO AND FORMING PART OF THE FINANCIAL STATEMENTS FOR THE YEAR ENDING MARCH 31, 2011

1 STATEMENT OF ACCOUNTING POLICIES

Reporting Entity

New Zealand Nutrition Foundation is registered under the Charitable Trusts Act 1957.

New Zealand Nutrition Foundation is involved in the business of nutritional research.

Statement of Compliance and Basis of Preparation

The Financial Statements of New Zealand Nutrition Foundation have been prepared in accordance with Generally Accepted Accounting Practice in New Zealand (NZ GAAP).

New Zealand Nutrition Foundation qualifies for differential reporting as it is not publicly accountable and is not large as defined in the Framework for Differential Reporting. New Zealand Nutrition Foundation has taken advantage of all available differential reporting exemptions.

The accounting principles recognised as appropriate for the measurement and reporting of the Statement of Financial Performance and Statement of Financial Position on an historical cost basis are followed by New Zealand Nutrition Foundation. The information is presented in New Zealand dollars.

Specific Accounting Policies

The following specific accounting policies which materially affect the measurement of the Statement of Financial Performance and Statement of Financial Position have been applied:

(a) Revenue

Revenue is recognised when earned and is reported in the financial period to which it relates.

(b) Trade Receivables

Trade Receivables are recognised at estimated realisable value.

(c) Property, Plant & Equipment

Property, Plant & Equipment are recognised at cost less aggregate depreciation. Depreciation has been calculated using the maximum rates permitted by the Income Tax Act 2007. Gains and losses on disposal of fixed assets are taken into account in determining the operating result for the year.

Property Improvements

12.0% - 26.0% DV; 12.5% P

Furniture & Fittings

14.4% - 20.0% DV; 16.67% P

Office Equipment

40.0% - 50.0% DV; 50.0% P

(d) Income Tax

New Zealand Nutrition Foundation is an approved charitable organisation recognised by the Inland Revenue Department. As such, it is exempt from income tax on income derived for charitable purposes.

(e) Investments

Investments are stated at cost.

(f) Lease Payments

Lease payments under operating leases are charged as expenses in the periods in which they are incurred.

(g) Goods and Services Taxation (GST)

Revenues and expenses have been recognised in the financial statements exclusive of GST except that irrecoverable GST input tax has been recognised in association with the expense to which it relates. All items in the Statement of Financial Position are stated exclusive of GST except for receivables and payables which are stated inclusive of GST.

(h) Changes in Accounting Policies

There have been no changes in accounting policies. All policies have been applied on a basis consistent with those from previous financial statements.



2 CURRENT INVESTMENTS

	Maturity	Interest Rate	2011 \$	2010 \$
National Bank - 25 Account	-	-	125,593	22,796
National Bank - Term Deposit 1020	4 July 2011	5.00%	30,000	30,000
National Bank - Term Deposit 1022	-	-	-	104,653
National Bank - Term Deposit 1023	27 September 2011	5.20%	127,953	125,084
Total Current Investments			283,546	282,533

3 PROPERTY, PLANT & EQUIPMENT

Property, Plant & Equipment 2011	Cost \$	Depreciation Charged \$	Accumulated Depreciation \$	Closing Book Value \$
Property Improvements - At cost	6,825	208	5,335	1,490
Furniture & Fittings	12,785	59	12,456	329
Office Equipment	6,155	153	4,867	1,288
Total Property, Plant & Equipment	25,765	420	22,658	3,107

Property, Plant & Equipment 2010	\$	\$	\$	\$
Property Improvements - At cost	6,825	237	5,127	1,698
Furniture & Fittings	12,785	73	12,397	388
Office Equipment	6,146	-	6,144	2
Total Property, Plant & Equipment	25,756	310	23,668	2,088

4 TERM INVESTMENTS

Shares	No. of Shares	Market Value	2011 \$	2010 \$
Westpac Investments	1,000	33,150	17,260	17,260
Kiwi Income Property Trust	11,418	11,475	11,883	11,883
Total Shares			29,143	29,143

Bonds	Maturity	Interest Rate		
Bank of New Zealand 7.50%	15 September 2012	7.50%	15,485	15,892
Bank of New Zealand 8.56%	27 May 2013	8.56%	21,652	22,359
Fonterra Co-operative Group Ltd	10 March 2015	7.75%	25,000	25,000
Total Shares			62,137	63,252
Total Term Investments			91,280	92,395





5 FUND

	2011 \$	2010 \$
Salary Endowment Fund		
Opening Balance	330,000	330,000
Movements for the period	-	-
Closing Balance	330,000	330,000
Total Fund	330,000	330,000

6 CONTINGENT LIABILITIES

New Zealand Nutrition Foundation has no contingent liabilities as at 31 March 2011, (2010 Nil).

7 CAPITAL COMMITMENTS

New Zealand Nutrition Foundation has no capital commitments as at 31 March 2011, (2010 Nil).

8 CURRENT PROJECTS

	2011 \$	2010 \$
NZNF Website Project		
Income		
Sponsorship	-	-
Transfer to Project Expenses	2,008	
Surplus B/Fwd from previous years	7,133	20,581
Total Income	9,141	20,581
Expenses		
Hosting & Domain Names	887	547
Marketing & Research Expenses	-	1,276
Website Development	8,254	11,625
Total Expenses	9,141	13,448
Balance to C/Fwd from NZNF Website Project	(0)	7,133
Committee for Healthy Ageing		
Income		
Sponsorship	5,567	3,633
Seminar Income	9,817	4,067
Surplus B/Fwd from previous years	4,996	8,987
Total Income	20,380	16,687



8 CURRENT PROJECTS (CONTINUED)

	2011 \$	2010 \$
Expenses		
Conference & Meeting	6,440	3,737
Postage, Printing & Stationery	102	1,248
Travel Expenses	1,016	1,339
Transfer to Project Income	12,500	4,000
Administration & Consulting	-	1,350
Bookmark Expenses	-	17
Total Expenses	20,058	11,691
Balance to C/Fwd from Committee for Healthy Ageing	322	4,996
Emark Project		
Income		
Sponsorship	83,904	79,513
Surplus B/Fwd from previous years	(3,656)	(6,007)
Total Income	80,248	73,506
Expenses		
Travel Expenses	684	508
Conference & Meeting Expenses	418	-
Marketing & Research Expenses	11,618	6,237
Postage, Printing & Stationery	635	-
Salary	56,700	53,602
Website Development	4,079	7,438
Trademark Expenses	3,675	9,377
Total Expenses	77,808	77,162
Balance to C/Fwd from Emark Project	2,440	(3,656)



INDEPENDENT AUDITOR'S REPORT

To the Council of the New Zealand Nutrition Foundation

Report on the Financial Statements

We have audited the financial statements of the New Zealand Nutrition Foundation on pages 4 to 11 which comprise the balance sheet as at March 31, 2011, and the income statement, statement of changes in equity for the year then ended, and a summary of significant accounting policies and other explanatory information.

Council's Responsibility for the Financial Statements

The council is responsible for the preparation and fair presentation of these financial statements in accordance with generally accepted accounting practice in New Zealand and for such internal control as the council determines is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

Auditor's Responsibility

Our responsibility is to express an opinion on these financial statements based on our audit. We conducted our audit in accordance with International Standards on Auditing (New Zealand). Those standards require that we comply with ethical requirements and plan and perform the audit to obtain reasonable assurance about whether the financial statements are free from material misstatement.

An audit involves performing procedures to obtain audit evidence about the amounts and disclosures in the financial statements. The procedures selected depend on the auditor's judgement, including the assessment of the risks of material misstatement of the financial statements, whether due to fraud or error. In making those risk assessments, the auditor considers internal control relevant to the entity's preparation and fair presentation of the financial statements in order to design audit procedures that are appropriate in the circumstances, but not for the purpose of expressing an opinion on the effectiveness of the entity's internal control.

An audit also includes evaluating the appropriateness of accounting policies used and the reasonableness of accounting estimates, as well as evaluating the overall presentation of the financial statements.

We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our qualified audit opinion on financial position and financial performance.

Other than in our capacity as auditor we have no relationship with, or interests in, the New Zealand Nutrition Foundation.

Basis for Qualified Opinion on Financial Position and Financial Performance

Control over seminar income, prior to being recorded is limited. As an audit procedure, it was not practicable to extend my examination of seminar income beyond the accounting for amounts received as shown by the books and records of the Foundation.

Qualified Opinion on Financial Position and Financial Performance

In our opinion, except for the possible effects of the matter described in the Basis for Qualified Opinion paragraph, the financial statements on pages 12 to 19 present fairly, in all material respects, the financial position of the New Zealand Nutrition Foundation as at March 31, 2011, and of its financial performance for the year then ended in accordance with generally accepted accounting practice in New Zealand.

Auditor: C R Wylie

Dated:


8 July 2011

7th Floor, Southern Cross Building, 61 High Street, Auckland.



Appendix 1 - Code of Ethics (summary)

1. Our goals

- Provide up-to-date scientific and credible information on food, nutrition and health.
- Co-ordinate and support the exchange of food and nutrition information between professional groups, food producers and Government agencies.
- Advocate for the knowledge and practice of the principles of good nutrition, thereby promoting health and wellbeing to New Zealanders.
- Develop and assist in the acquisition, dissemination and application of knowledge to promote informed, healthy and enjoyable food choices in New Zealand, including practical strategies for implementing this information.
- Facilitate programmes to improve the health and wellbeing of certain high risk groups.
- Support nutrition campaigns and organisations promoting well-researched nutritional messages.
- Maintain active and reactive media communications.
- Communicate with Government.

2. Our code

The New Zealand Nutrition Foundation (NZNF) maintains best business practice, by:

- being financially accountable
- being true to its mission
- establishing and fostering a network of work-related partnerships
- maintaining its independence
- basing recommendations on scientific evidence.

The Foundation:

- works with the food industry and other food and health-related organisations to provide scientific nutrition information, advice and comment, to assist them to provide food products and nutrition and health consumer information supporting the New Zealand Ministry of Health's Food and Nutrition Guidelines (NZNFG).
- encourages and supports food industry-initiated innovations to provide consumer products with energy and nutrition profiles consistent with the NZNFG.
- permits the food industry to acknowledge the NZNF as the source of generic advice or specific data, through an approved statement explaining the nature of the advice and/or data provided. Any approved acknowledgement may not be used to indicate the NZNF's endorsement of any product.
- may approve the use of its logo on generic information and material supporting a sponsored scientific meeting or educational activity and to support another non-government organisation (NGO), the Government or other organisations undertaking public services for public good.
- may charge and receive financial compensation for the relevant costs of providing intellectual property and related services.

The New Zealand Nutrition Foundation does not:

- label, identify or promote as 'bad' any food that is consistent with and approved by Food Standards Australia New Zealand (FSANZ) and which meets the NZNFG.
- use a NZNF logo or any NZNF-related information on any material related to a specific food product or information that may be interpreted as endorsement of a specific product.

Appendix 2 - Corporate Members

Antares (Burger King)	George Weston Foods	Hubbards	Poultry Industry Association
Beef + Lamb New Zealand	Goodman Fielder	Kellogg's	Sanitarium
Cadbury	Hansells	McDonalds	Subway
Coca Cola	Heinz-Wattie's	Nestlé NZ	Tegel Foods
Eggs Inc.	Heritage Hotels	New Zealand Pork	United Fresh/5 + A Day
Fonterra Brands	Horleys	New Zealand Sugar	Unilever
Fruco	Horticulture New Zealand	Provender	Wrigley





Appendix 3 - Councillors and Staff

Councillors

Nikki Hart has a Masters Degree in Nutritional Science. She has been practising nutrition since 1995. Nikki hosted her own TV series 'Eat Yourself Whole' in 2005 and 'The Fat Chance' in 2006. She writes a weekly nutrition column in the New Idea magazine and features in other publications. As well as her media work, Nikki is a nutrition advisor for the Australasian Low Calorie Sweetener Advisory Board and is an independent nutrition consultant for many New Zealand companies.



Stephanie Horrocks and her husband Philip run provender®, the largest workplace vending and refreshment supply business in New Zealand. Through her involvement with provender®, Stephanie became interested in nutrition and healthy eating/living/working environments. provender®, as market leader in workplaces, believes it is important to deliver a wide range of products and has been instrumental in guiding manufacturer delivery of new products. Stephanie also developed their Lifestyle-Balance® brand range of snacks offering healthier options.

As a kid, sixth generation kiwi chef **Geoff Scott** loved cooking for his family of seven so decided to take up the pans at Auckland Technical Institute. After two years at the Regent Hotel in Albert Street, Geoff headed to the kitchens of Le Gavroche in London, Gualtiero Marchesi, Milan and Alain Ducasse, Monte-Carlo. He is now owner chef of iconic Auckland restaurant Vinnies, where he cooks every night. He consults to Air New Zealand business class, is the Dom Pérignon Ambassador Chef and winner of the New Zealand Culinary Fare Restaurant of the Year in 2008.



Dr Laurence Eyres has been in the food industry for over 30 years. Starting with Abel's margarine in the 1970s, he has subsequently worked for the New Zealand Dairy Board, APV, Bluebird Foods, Massey University, NZ Dairy Foods, Fonterra Brands and more recently Auckland University. He is a fellow of the New Zealand Institute of Food Science and Technology and a regular contributor to its journal Food New Zealand, editing 'Oil and Fat News'. He was also a Board member of FSANZ, finishing a second term in July 2007 as a New Zealand representative.

Jennifer Yee Collinson is a New Zealand registered dietitian and nutrition advisor with over 20 years' experience in public health and food industry management roles. Currently Nutrition & Claims manager with Frucor Beverages Limited she is also responsible for research partnerships and projects with Crown research agencies, universities and schools programmes such as FBCS and the Life Education Trust. In 2010, she was elected a council member of the NZ Nutrition Foundation. A consultant to many successful start-up businesses as well as large FMCG companies in Australasia, her clients include FSANZ, Frucor, Bluebird, Griffin's, Hubbards, Lisa's Hummus, Naked Organics, LOAF, Healthy Food Guide and Café Hanoi. She chairs the NZ Fruit & Vegetable Alliance Working Group and is an award winning author and food writer.





Sarah Ley is a registered dietitian and food writer with more than 30 years experience. In her earlier years she worked in Australia then England where she started recipe development and food writing for Living Magazine in London. Back in New Zealand she ran two microwave cooking schools, worked as a Product Consultant with Fisher and Paykel followed by 5 years in research with Auckland University's Department of Community Health. She obtained a Masters of Science degree from Massey University specializing in the area of healthy older adults. Her current work is managing Consulting Dietitians, a company she started seven years ago.

Staff

Carolyn Cairncross has an MSc (Hons) in Nutritional Science from Massey University, specialising in sport nutrition, and a BSc in Chemistry from Deakin University. Prior to joining the Foundation, she was nutrition educator for the Sport Auckland 'Green Prescription' programme, lectured in human nutrition at Massey University and ran education sessions for numerous workplaces, sporting teams and research studies. Her passion is improving the health of the community through sound, relevant nutrition information and education, particularly for young people. (resigned February 2011)



Sarah Hanrahan is a New Zealand registered dietitian with a post graduate Diploma in Business (Marketing). Prior to joining the Nutrition Foundation, Sarah spent time living in the Netherlands and United States. The majority of Sarah's career in nutrition was spent working at Nutricia, setting up the New Zealand sales structure and working with infant feeding and specialised nutrition products. A particular interest was nutrition for inborn errors of metabolism. In addition to her Nutrition Foundation work, Sarah writes a bi-monthly nutrition feature for REAL magazine.





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