



nznutrition
FOUNDATION

Annual Report 2012

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

ACCOUNTANT

Johnston Associates, 202 Ponsonby
Road, Auckland

BANKERS

National Bank of New Zealand,
Takapuna

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)

Vikki-Lee Goode (PR Director)

Logan Granger, Johnston
Associates (Treasurer)

COUNCILLORS

Fiona Carruthers (Chair)

Laurence Eyres

Stephanie Horrocks

Jenny Yee

Sarah Ley

Anny Dentener

Soana Muimuiheata

STAFF

Sue Pollard (CEO)

Sarah Hanrahan (Dietitian/
Nutritionist)

Scientific Advisory Group

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

Medical Director: Associate Professor Richard Garry, University of Otago and Canterbury DHB

Professor Murray Skeaff, University of Otago

Professor Christine Thomson, University of Otago

Professor Ian Reid, University of Auckland

Professor Lynn Ferguson, University of Auckland

Dr Clare Wall, University of Auckland

Dr Carol Wham, Massey University

Dr Jane Elmslie, Christchurch School of Medicine

Mr. Maurice Wilson, Institute of Environmental Science & Research

Dr Laurence Eyres

Dr Caryn Zinn, AUT University

Committee for Healthy Ageing

Chair: Julian Jensen, Dietitian, retired

Sue Pollard, CEO NZNF

Dr Bevan Grant, University of Waikato

Dr Graham Davison, Geriatrician, retired

Julie North, Dietitian, Food Industry

Alison Ogg, Age Concern

Sarah Ley, Dietitian

Phillippa Batts, AUT University

Sally Watson, Dietitian, Canterbury DHB

Committee for Healthy Ageing Advisory Group

Dr Carol Wham, Massey University

Dr Alex Chisholm, University of Otago

Kaye Dennison, Dietitian, Waitemata DHB

Dr Kathy Peri, University of Auckland

Maria Johnson, Taikura Trust

Dr Ngaire Kerse, GP, University of Auckland

Ineke Riley-Stohl, Physiotherapist

Soana Muimuiheata, Dietitian, Pacific Island Food & Nutrition Advisory Group





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 survival of charitable trusts is often dominated by a constant need to secure funding. The Foundation is no exception, with a vulnerable and delicate funding structure.

At a workshop I attended recently, the facilitator suggested when applying for funding we should always ask ourselves, "Is anyone better off for having used our service?" Keen to ensure we can continue to answer this positively, the Foundation has been reviewing its strategic direction over the last twelve months. It's always a challenging but rewarding process reviewing the 'raison d'être' of an organisation and, for us, served as a good team-building exercise for staff and Councillors. The 2012-2015 strategic plan is now taking shape and will inform Foundation activities over the next three years. Part of the plan is to continue building a sustainable business model with a number of options being considered. The breadth of expertise and experience we have around our Council table enables us to explore previously unknown and unrealised opportunities.

Part of our deliberations has been to review our relationships with stakeholders and consider how this has changed over time. Collaboration may now be called 'joined up working' by those in the know, but it's still as important as ever, and we enjoy mutually beneficial working arrangements with organisations in many sectors.

The Committee for Healthy Ageing has also been evaluating its current and future activities, including a needs assessment. Working to their resulting business plan, the group continues to work hard and effectively in this increasingly important area of nutrition; sincere thanks goes to all those involved.

Given earlier comments about funding, it is of no surprise the Foundation has welcomed the opportunity to offer voluntary work to newly-qualified nutritionists, looking to gain experience whilst studying or seeking work. Thank you to all those who give of their time freely to the Foundation and we are confident they, too, gain from the experience.

As well as welcoming two new Councillors to our ranks at the AGM last year, we are delighted to have secured a new PR Director during the last financial year. Vikki Lee Goode of Goode PR has filled a much-needed role on the Executive. We have been fortunate over the years to have a number of outstanding public relations professionals involved with the Foundation and definitely felt the lack of this expertise while the position was empty. Vikki-Lee and her team gave a huge amount of support to the inaugural Food Week in 2011 so was no stranger to the Foundation, fitting into the role quickly and easily. One position remaining unfilled, however, is that of Patron. Whilst keen to appoint a new incumbent we are mindful this key role needs careful consideration.

The Foundation is fortunate to have an active and enthusiastic Council and Executive supporting our two exceptional staff members, Sue Pollard and Sarah Hanrahan. Thank you to all our Councillors for their time and wise counsel; it much appreciated. Sue and Sarah continue to punch well above their weight, with a work output far higher than most would expect from 1.6 FTE. Thank you for another year on which I hope you reflect with satisfaction and pride.

Fiona Carruthers

Nutrition Manager, Beef + Lamb New Zealand



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.

I find myself writing this annual report having just returned from Gisborne where I was fortunate to have attended the Transit of Venus Forum. This Forum was the brainchild of the late Professor Sir Paul Callaghan who will be well known to many of you as the Kiwi Bank 2011 New Zealander of the Year, a brilliant scientist and visionary.

One of Sir Paul's many passions was championing the use of innovation to make New Zealand a wealthier place, not just economically but also with regard to our environment, our communities and our people. He firmly believed science and knowledge were the routes to increased wealth and making New Zealand "the place where talent wants to live." Unfortunately Sir Paul passed away earlier this year after a long battle with bowel cancer.

Gisborne and Tologa Bay-Uawa were chosen as the venue for the forum to celebrate the Transit of Venus, the reason for Captain James Cook's voyage of discovery to Tahiti and subsequently New Zealand in 1769, with the Poverty Bay region being where Cook first encountered Maori. During the forum, delegates were guests in Tologa Bay for the day of the Transit and experienced a wonderful day of celebration and remembrance.

The Forum itself was an amazing occasion for scientists, economists and others to listen to each other and look at opportunities for innovation into the future. It became clear that a silo mentality to science and the pursuit of knowledge was unlikely to succeed in fulfilling Sir Paul's vision.

One of the real strengths of the Nutrition Foundation is its ability to cross many disciplines in pursuing

its goals. No other organisation in the country has within its ranks the range of expertise from the hard work of Sue Pollard and Sarah Hanrahan to members of Scientific Advisory Group and the Committee for Healthy Ageing, from Executive and Board members to consumer groups and industry; the strength of the Foundation lies within its membership and diversity.

As I wrote in this report last year, 2011 was a year of tremendous highs and lows for our country. One of the highlights and ways in which the Foundation can connect most effectively with the community is through Food Week which was a tremendous success for just its first year. With plans to make Food Week bigger and better in 2012, this is an asset to the Foundation and a credit to those involved in its organisation and implementation. The support from our corporate members has been invaluable in this regard.

As I sat in Gisborne, the importance of food to our nation was reinforced on many levels: as a major export revenue earner for the country, through high levels of food safety for which our country is well-known and, most importantly, as one of the single greatest modifiable determinants of health for our people. The Nutrition Foundation works hard to encourage informed, healthy and enjoyable food choices as part of an active lifestyle. We must continue to look for innovative ways to communicate our message and engage with the community into the future. I would like to commend Sue and Sarah for their hard work and congratulate the Foundation on a successful year.

Associate Professor Richard Gearry
Medical Director





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 Advisory Group'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 not required much input from the Scientific Advisory Group with just a few issues to be considered.

An important part of the Advisory Group's work is to assist Foundation staff in formulating submissions. In the 2011-12 year, submissions were made for the following consultation papers:

- February 2012: Green Paper for Vulnerable Children – contribution to ANA submission
- March 2012: Nutrition, Health and Related Claims

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 has not seen improvements in the situation for many 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 put pressure on families to be able to provide good food for their children. Investment

in public health (and in many public services) has been reduced and Healthy Eating Healthy Action (HEHA) coordinators within District Health Boards are no more. The strategic direction is now concerned with maternal health and early childhood.

The Foundation's mission is 'to enhance the quality of life of New Zealanders by encouraging informed, healthy and enjoyable food choices as part of an active lifestyle', and now more than ever, it is important the Foundation and its members put these words into action.

With this in mind the strategic planning for 2012 to 2015 emphasises the role of the Foundation as a promoter and facilitator of healthier eating environments, of the need for a sustainable business model to ensure the future of the Foundation and the need to maintain our independence and reputation to be a key influencer. Again members of the scientific committee have an important role in ensuring the Foundation is well informed, healthy debate takes place and the hard questions are asked.

Once again I cite the Food Week initiative as a great example and applaud the efforts of Sarah and Sue in making this happen. 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 ongoing JustCook website, www.justcook.co.nz, with an interactive kitchen and blog, are vital tools to facilitate change.

Elaine Rush

Professor of Nutrition, AUT University





2011-12 at a glance



April

May

- Media release, *Food week aims to get Kiwis cooking.*
- Media release, *Celebrities teach Kiwis how to eat cheap at home.*
- New Zealand Nutrition Foundation Inaugural Food Week, with the theme, *Just Cook*, featuring a school programme and cooking competition, cooking demonstrations and recipes accessible via a website and Facebook app.

June

- Media Release (with Potatoes NZ) - *Nutritionists defend the fat-free potato.*
- Quarterly newsletter - *Nutrition News.*
- Committee for Healthy Ageing Bulletin No. 6.
- Applications invited for the 2011 New Zealand Nutrition Foundation and Kellogg's Nutritionist Development Award.

July

- Media release - *Award helps nutritionists strive for excellence.*
- Corporate member update, breakfast meeting - *E. coli: Hamburgers, Hamburg and Horticulture.*
- Media release - *Meals do matter.*
- Launch of a shopping pad resource for older people - *Shopping for one: a handy guide to eat well for one week.*
- *Nutrition and the older person: meals do matter* - health professional seminar held in Hamilton.
- *What you eat makes a difference* - community seminar and cooking demonstration, held in Hamilton.

August

- Met with the Australian Parliamentary Secretary for Health and the representatives of the Federal Department of Health and Ageing in Canberra, and Victoria Department of Health in Melbourne, to discuss eMark as an option for front-of-pack labelling.

September

- New Zealand Nutrition Foundation AGM, incorporating:
 - Presentation of New Zealand Nutrition Foundation and Kellogg's 2011 Nutritionist Development Award.

- The AGM seminar - *When the world's on-line or on the phone who wants a pamphlet? Using technology to change behaviour.*

- Media release - *Teacher first ever winner of nutrition award.*
- Quarterly newsletter - *Nutrition News.*
- Committee for Healthy Ageing Bulletin No. 7.
- Submitted responses to questions from the *Food Labelling Review: public health roundtable.*
- Attended Dietitians NZ Conference 2011, *Global, local, us.*

October

- Media release - *Older people's nutrition at risk.*

November

- Launch (with Nestle NZ and the Millennium Institute of Sport and Health) of school programme, *Be Healthy, Be Active - Kia Ora, Kia Korikori*, at Evans Bay Intermediate School, Wellington.
- Contributed to ANA's submission to the *Select Committee Inquiry into the Crown Entities Reform Bill*
- Corporate member update, breakfast meeting - *2008/09 New Zealand Adult Nutrition Survey - a discussion of the key finding.*

December

- Quarterly newsletter - *Nutrition News.*
- Committee for Healthy Ageing Bulletin No. 8.

January

February

- The Foundation Council held the first planning workshop for the Foundation's 2012-15 Strategic Plan.

March

- Quarterly newsletter - *Nutrition News.*
- Committee for Healthy Ageing Bulletin No. 9.
- Submission to FSANZ on *Proposal P293 Nutrition and Health Related Claims: Revised Standard 1.2.7.*



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

- **Food Week** – a successful inaugural Food Week paves the way for future years.
- **Nutrition Award** - choosing teacher, Wendy Slatter as the winner of the 2011 New Zealand Nutrition Foundation and Kellogg's Nutritionist Development Award means food literacy will be on the agenda in our secondary schools.
- **Financial Management** – in a tough economic climate we maintained our membership numbers and financial position.

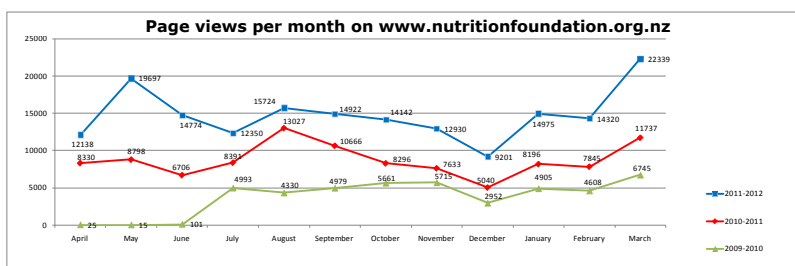
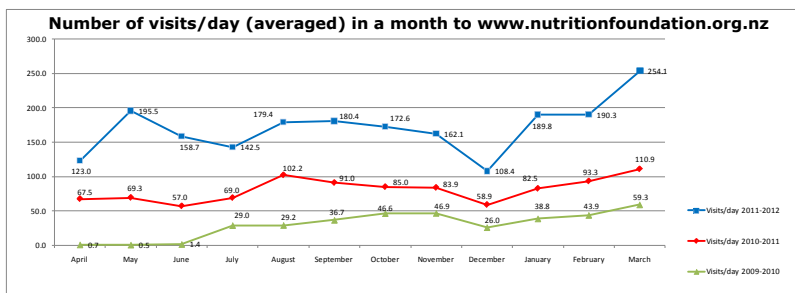
Goal 1. Improve the quality and quantity of food and nutrition information

Outcomes

- Continued our regular services:
 - Fortnightly e-news updates
 - Quarterly *Nutrition News* newsletters
 - Quarterly bulletin from our Committee for Healthy Ageing
 - Breakfast meeting updates for corporate members
 - Nutrition services to corporate members.
- Website: www.nutritionfoundation.org.nz:
 - Since the website was launched in July 2009, visitors to the site have increased over 200% each year.
 - The most popular pages are the nutrition facts section; glycaemic index and iron in particular. The next most visited page is about studying nutrition and we continue to receive regular phone calls and web enquiries on this subject, from within New Zealand and overseas.
- Held two free public seminars:
 - Nutrition for older consumers, Hamilton, *What you eat makes a difference*, included a cooking demonstration and featured Dietitians Niki Russell and Kaye Dennison. Attendance 126.
 - AGM seminar, *When the world's on-line or on the phone who wants a pamphlet? Using technology to change behaviour*, featuring

Associate Professor Cliona Ni Mhurchu and Dr. Ralph Maddison, Clinical Trials Research Unit, The University of Auckland, and Hayden Sanders, Leftfield Interactive. 65 registrations.

- The Committee for Healthy Ageing (CHA) hosted a health professional/care giver seminar: *Nutrition and the older person: Meals do matter* in Hamilton, featuring Dietitians Kaye Dennison, Dr. Carol Wham, Julian Jensen and Dr. Pamela Von Hurst. Attendance 53. An evaluation report was provided to the sponsor, the Waikato DHB HEHA programme, including feedback from the participants. Hansells and Nutricia provided trade tables.
- A resource for older consumers was developed: *Shopping for one: a handy guide to eat well for one week*. This was published and distributed by the sponsor Heinz Wattie's.
- The 2011 New Zealand Nutrition Foundation and Kellogg Nutritionist Development Award was presented to Wendy Slatter, PhD student at The University of Auckland and HOD Food Technology at Epsom Girls Grammar School. She is currently completing a PhD on food literacy and the secondary school curriculum.





Goal 2. Improve NZNF visibility and profile

Outcomes

- Submissions:
 - Contributed to ANA's submission to the *Select Committee Inquiry into the Crown Entities Reform Bill*.
 - Submission to FSANZ on *Proposal P293 Nutrition and Health Related Claims: Revised Standard 1.2.7*.
- Media releases:
 - *Food week aims to get Kiwis cooking* (May)
 - *Celebrities teach Kiwis how to eat cheap at home* (May)
 - *Nutritionists defend the fat-free potato* (June)
 - *Award helps nutritionists strive for excellence* (July)
 - *Meals do matter* (July)
 - *Teacher first ever winner of nutrition award* (September)
 - *Older people's nutrition at risk* (October)
- Maintained memberships of:
 - Dietitians NZ
 - Nutrition Society of New Zealand
 - The New Zealand Institute of Food Science & Technology
 - Agencies for Nutrition Action (ANA, CEO an Executive Board member)
 - Public Health Association of NZ
 - Consumers Institute of New Zealand
 - Food Information Organisation (FIO) Network
 - NZ Fruit and Vegetable Alliance (NZFAVA).
- Participated in meetings/conferences of government, stakeholder and professional groups:
 - Dietitians NZ, Dietitians in the Food Industry Special Interest Group
 - FSANZ stakeholder consultation
 - MAF Food Manufacturers and Processors, Food Retailers and Food Service Advisory Forums
 - Health Promoting Schools Stakeholders Group.

Goal 3. Manage successful projects

Outcomes

- **Inaugural Food Week**
 - The JUST COOK interactive kitchen proved popular, with the Facebook page attracting 1200 likes. During Food Week, visitors to www.emark.co.nz trebled and they doubled for www.nutritionfoundation.org.nz.
 - The cooking demonstrations in downtown Auckland attracted 1,000 people.
 - We launched a youth programme through schools and youth groups. Forty videos were entered in the make-a-video family meal competition.
 - We had 21 items in the print media, three online and Sarah Hanrahan fielded 18 radio interviews. PR value estimated to be \$85,000.

• eMark

- Further progress with this project depends on government decisions on the implementation of recommendations of the Blewett Review of Food Labelling Law and Policy, one of which recommends compulsory front-of-pack traffic light labelling.
- We met with the Australian Parliamentary Secretary for Health and representatives of the Federal Department of Health and Ageing in Canberra, and the Victoria Department of Health in Melbourne, to discuss eMark as a viable option for front-of-pack labelling.
- The Foundation CEO has accepted an invitation to participate during 2012 in an Advisory Group to the Minister of Food Safety on a pragmatic approach to voluntary front-of-pack labelling.

• **Committee for Healthy Ageing:** The activities of this committee have included:

- One health professional/care giver seminar.
- One community seminar, which included a cooking demonstration.
- Four quarterly bulletins published.
- Production and distribution of a NZNF website content on nutrition for older people.
- A review of this committee's programme was commissioned to inform future strategic planning.

• **Partner in corporate member project:**

- With Nestle NZ and the Millennium Institute of Sport and Health, to produce an intermediate school programme, *Be Healthy, Be Active – Kia Ora, Kia Korikori*, featuring a web-based *Interactive Food Plate and Fuelled Up Challenge*, launched in November at, Evans Bay Intermediate School, Wellington.

Goal 4. Promote membership

Outcomes

- Maintained our individual membership numbers at 140. One new corporate member was recruited: Pearson Group, Australia.
- Implemented enhancements to www.nutritionfoundation.org.nz:
 - Members only area. The content for this is being developed to include in-depth nutrition information and Foundation documents such as submissions, minutes and archived newsletters.
 - Functionality allowing members to access and update their own membership details, including subscriptions to our publications and news.
- Two corporate member updates were held:
 - July 2011: *E. coli: Hamburgers, Hamburg and Horticulture*, featuring Dr Roger Cook, Principal Microbiologist, MAF Food Safety Science.
 - November 2011: *2008/09 New Zealand Adult*



Nutrition Survey – a discussion of the key findings, featuring Associate Professor Winsome Parnell, University of Otago.

Goal 5: Improve the business processes

Outcomes

- A more efficient system of managing memberships has been implemented. New members can join and pay their subscription online at www.nutritionfoundation.org.nz.
- Subscription renewals are also managed electronically. The new system allows a discount for membership renewals paid prior to the renewal date and many members took advantage of this prior to the end of March 2012.

Acknowledgements

- The Foundation acknowledges:
 - Eggs Inc., Harraways, Sanitarium Nutrition Services, Hansells, vegetables.co.nz, potatoes.co.nz, Wattie's, Unilever, Kenwood, Sunbeam,

co.nz, Wattie's, Unilever, Kenwood, Sunbeam, Panasonic, Fisher & Paykel, eMark, Tegel, San Remo, Beef + Lamb New Zealand and Nestle NZ for support of Food Week.

- Kellogg's, for their continued support of the 2011 Nutritionist Development Award.
- Waikato DHB, for their sponsorship of the health professional and community seminars. Also Nutricia and Hansells for trade tables at these events.
- Heinz Wattie's for support of the production and distribution of the shopping pad resource for older people.
- Nestle NZ and the Millennium Institute of Sport and Health, for inviting us to partner in the production of the school programme, *Be Healthy, Be Active – Kia Ora, Kia Korikori*.

Sue Pollard, CEO



Food Week 2011

Early in 2010 we decided to research the potential for an annual event focusing on eating well.

Supported by research from the Health Sponsorship Council, the gap we found, which became the inaugural Food Week focus, was the importance of family meals prepared and eaten together at home. Central to the JUST COOK campaign is the JUST COOK food list, a list of foods and ingredients essential to the cupboard, fridge or freezer. The list comprises readily available, affordable items easily used as a basis for family meals.

Having decided on our message, we needed to choose the vehicle. We wanted to go where the people are and, given the current environment, we headed online. Leftfield Interactive, a Wellington based digital communications company, put together a strategy based around Facebook and launch of an app, the JUST COOK interactive kitchen, which works both online and through Smartphones. The JUST COOK interactive kitchen allows frazzled cooks to click on pictures of foods they have on hand and request recipes using some, if not all, of these ingredients. The recipes are all priced, averaging around \$3/serve, are quick to prepare and family friendly.

We were delighted to achieve 1200 likes on our Facebook page which far exceeded our expectations, given we were starting from scratch with an unknown brand and no existing fans. We are also pleased to note our other

websites have more visitors – weekly numbers trebled for www.emark.co.nz and doubled for www.nutritionfoundation.org.nz.

In support of Food Week we also launched a year 10 school programme. This comprised a six week teaching unit, based on the food technology curriculum, and a family meal video competition. The competition was open to schools and youth groups. The winning video was a fun, engaging demonstration of cannelloni from an Auckland Pacific youth group. The need to enter a video proved to be a barrier to entry and we will simplify the process for 2012.

In downtown Auckland we ran daily lunchtime demonstrations, using the Fisher & Paykel mobile kitchen showing simple, cheap family meals created by four well-known cooks/chefs. The demonstrations were well attended, giving local office workers inspiration for their evening meals.

We feel we have made a good start with Food Week with plenty to build on. As with all our successful events, none of it would have been possible without the valued support of our generous 2011 sponsors: Eggs Inc., Harraways, Sanitarium Nutrition Services, Hansells, vegetables.co.nz, potatoes.co.nz, Wattie's, Unilever, Kenwood, Sunbeam, Panasonic, Fisher and Paykel and eMark. The support and expertise of the Health Sponsorship Council were also invaluable.

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 past Nutrition Foundation Councillor and 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

- 2 media releases: supporting our Hamilton seminars in July, and the International Day of the Older Person in October
- *Eating on a budget* resource completed and made available. This resource gives two weekly shopping lists for healthy balanced eating on a budget.
- Seminar in Hamilton, *What you eat makes a difference* – a free community seminar. This was partnered by the *New Zealand Association of Gerontology*, Waikato Branch, and attended by 126 members of the older community.
- Item on TV One *Good Morning Show*, for International Day for the Older Person. This was fronted for us by Amanda Johnson.

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

- One seminar, *Nutrition and the Older Person – Meals do Matter* held in Hamilton was attended by 53 people and evaluated.

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

Achievements

- Our major achievement was being granted funding from the Estate of Ernest Hyam Davis, some of which we used to engage Consultant Dietitians Ltd, to conduct a gap analysis of the needs in our target groups – older people, and those caring from them. This report has given us good information to inform strategic plans for the next three years.
- 4 e-Bulletins published (Issues 6-9). These have been uploaded on our website.
- The Chair met with the National President of Age Concern to discuss aspects of common interest.
- Sponsors for 2011-2012 were Heinz Wattie's (shopping lists), HEHA Programme, Waikato District Health Board (Community and health professional seminars, Hamilton)

Comment

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

Chair, Committee for Healthy Ageing





Logan Granger has been a director at Johnston Associates for the last six years, and has been in public practice accounting for 16 years. Logan's client base covers sectors such as trans Tasman companies, large national retailers, sporting organisations, distributors and clubs, medical practitioners, bloodstock, real estate and general business entities. He has completed a significant number of financing proposals involving bank funding, management buyouts and obtaining funding for working capital. Logan has a systems focus and likes to ensure that clients develop the necessary internal processes to grow their business in a managed and structured way. He has a Degree in International Business, a Diploma in Finance and a Post Graduate Diploma in Accounting, all from Massey University.

The Foundation revenue increased in the 2012 financial year by \$15,337 to \$177,568, compared to a figure of \$162,231 for 2011. The main increases were in the areas of donations and subscriptions. The revenue for the other income categories is in line with last year.

Overheads and expenses are managed at a level to ensure the efficient and viable running of the Foundation. Expenses increased this year from \$142,752 in 2011 to \$169,626, an increase of \$26,874. The most significant increases were in the area of wages and salaries, which were up by \$26,672, to \$100,936. There was an increase in contract work of \$9,696. This was largely offset by decreases in other expense categories.

The Foundation made a small surplus of \$7,942 for the 2012 year compared to \$19,478 for the 2011 year. The result reflects the tight management of the Foundation budget, while at the same time paying for enough resource to provide a viable Foundation to its members and stakeholders. As in past years, the expenditure of the Foundation is limited by the income it receives, and as such it is carefully controlled.

The Statement of Financial Position, reflecting the Assets and Liabilities of the Foundation is stable. Current Assets sit at \$399,279 and Current Liabilities at \$67,500, giving working capital of \$331,779. The Foundation therefore has adequate funds to meet its commitments for the next 12 months.

After allowing for Non Current Assets of \$96,984, the Foundation has overall net assets of \$428,763 in 2012. This compares to \$420,821 last year, an increase of \$7,942.

The Foundation's main long term investments are reflected on pages 11 and 12 of the Financial Statements, they continue to hold their value well and remain stable and prudently managed.

The Foundation over the last 12 months and going forward is looking at a number of initiatives to increase funding and revenue. It by no means easy to secure additional funding at the present time, and the efforts are still at an exploratory stage. It is hoped that this work will generate greater options for the Foundation in the long term.

For the coming year the budgeted revenue and expenditure will be set to stay as far as practical in line with those of last year.

In order to continue achieving the outcomes the Foundation requires on the income it currently has, then it is a fair expectation that the financial result should be close to break even.

Logan Granger, Treasurer

NEW ZEALAND NUTRITION FOUNDATION STATEMENT OF MOVEMENTS IN GENERAL FUNDS FOR THE YEAR ENDING MARCH 31, 2012

	2012 \$	2011 \$
General Funds		
Opening Balance	420,821	401,343
Plus Movement for the year		
Current Year Earnings	7,942	19,478
Total Movement for the year	7,942	19,478
Total General Funds	428,763	420,821

NEW ZEALAND NUTRITION FOUNDATION STATEMENT OF FINANCIAL PERFORMANCE FOR THE YEAR ENDED 31 MARCH 2012

	2012 \$	2011 \$
Revenue		
Dividends Received	2,814	2,532
Donations Received	26,937	20,165
Interest Received	18,754	17,435
Other Income	890	-
Project Revenue	10,000	12,500
Sponsorship	10,000	10,000
Subscriptions & Membership	108,174	99,599
Total Revenue	177,568	162,231
Less Expenses		
ACC Levies	697	703
Accountancy Fees	7,626	11,543
Advertising & Marketing	222	40
AGM Expenses	2,428	1,314
Audit Fees	3,000	4,300
Bank Fees & Charges	571	187
Computer Expenses	835	628
Contract Work	10,032	336
Depreciation	3,573	420
General Expenses	664	50
Insurance	3,260	1,028
Light, Power, Heating	1,609	1,653
Loss on Sale of Fixed Assets	343	-
Low Cost Assets (<\$500)	150	189
Postage, Printing & Stationery	6,473	8,451
Project Expenses	-	2,008
Rent	19,247	18,048
Seminar Expenses	833	1,413
Staff Training	422	848
Subscriptions & Licences	1,249	2,069
Telephone, Tolls & Internet	2,891	2,765
Travel & Accommodation	1,516	1,498
Wages & Salaries	100,936	83,264
Website Expenses	1,049	-
Total Expenses	169,626	142,752
Net Surplus (Deficit)	7,942	19,478

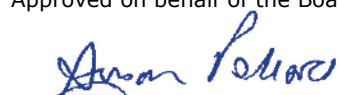


Financial Report (continued)

NEW ZEALAND NUTRITION FOUNDATION STATEMENT OF FINANCIAL POSITION FOR THE YEAR ENDED 31 MARCH 2012

	2012 \$	2011 \$
Assets		
Current Assets		
Accounts Receivable	18,655	6,141
Accrued Interest	2,812	3,625
Current Investments	296,661	283,546
Income Tax Receivable	-	409
National Bank 00 Account	81,152	49,479
Total Current Assets	399,279	343,200
Non Current Assets		
Fixed Assets as per Schedule	6,299	3,107
Term Investments	90,685	91,280
Total Non Current Assets	96,984	94,387
Total Assets	496,263	437,587
Liabilities		
Current Liabilities		
Accounts Payable	17,869	11,559
GST	6,479	2,445
Income Received in Advance	6,075	-
Projects	37,078	2,762
Total Current Liabilities	67,500	16,766
Total Liabilities	67,500	16,766
Net Assets	428,763	420,821
Equity		
Accumulated Funds	98,763	90,821
Salary Endowment Fund	330,000	330,000
Total Equity	428,763	420,821

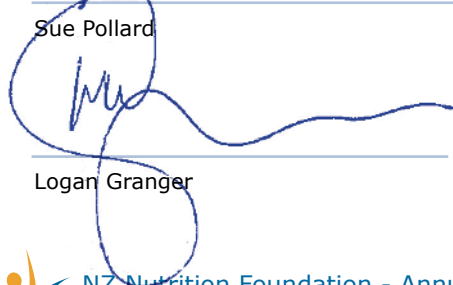
Approved on behalf of the Board of the New Zealand Nutrition Foundation:



Sue Pollard

CEO

Date 24 July 2012



Logan Granger

Treasurer

Date 23 July 2012





NEW ZEALAND NUTRITION FOUNDATION DEPRECIATION SCHEDULE FOR THE YEAR ENDING MARCH 31, 2012

NAME	COST	RATE	PURCHASED	DISPOSED	1-APR-11	PURCHASES	DEPRE- CIATION	DISPOSALS	ACCUM DEP	31-MAR-12
Office Furniture & Equipment										
Additional Software	300	50.0%SL	31 Mar 2009		-	-	-	-	300	-
Backup System & UPS	540	50.0%SL	31 Mar 2009		-	-	-	-	540	-
Bookcase	633	16.7%SL	31 Mar 2009		-	-	-	-	633	-
Brother MFC8880DN Printer	1,048	40.0%DV	30 Jan 2011		945	-	378	-	481	567
Cabinets	2,479	14.4%DV	31 Mar 2009		241	-	35	-	2,273	206
Computer HPD330	1,999	50.0%SL	31 Mar 2009	31 Mar 2012	-	-	-	-	-	-
Computer HPD330	1,673	50.0%SL	31 Mar 2009	31 Mar 2012	-	-	-	-	-	-
Filing Cabinet	191	14.4%DV	31 Mar 2009		19	-	3	-	175	16
Filing Cabinet	409	20.0%DV	31 Mar 2009		10	-	2	-	401	8
HP Computer & Screen (2)	4,711	50.0%DV	14 Jun 2011		-	4,711	1,963	-	1,963	2,748
HP Probook	2,130	50.0%DV	14 Jun 2011		-	2,130	887	-	887	1,242
Laptop Upgrade	391	50.0%DV	30 Jan 2011	31 Mar 2012	343	-	-	343	-	-
Miscellaneous Office Equipment	5,686	20.0%DV	31 Mar 2009		34	-	7	-	5,659	27
Office Furniture	3,387	20.0%DV	31 Mar 2009		25	-	5	-	3,367	20
Software	204	50.0%SL	31 Mar 2009		-	-	-	-	204	-
Symantic External Drive	268	50.0%DV	14 Jun 2011		-	268	112	-	112	156
Total Office Furniture & Equipment	26,049				1,617	7,109	3,391	343	16,994	4,992
Property Improvements										
Additions	879	20.0%DV	31 Mar 2009		18	-	4	-	865	14
Additions	185	20.0%DV	31 Mar 2009		4	-	1	-	182	3
Additions	1,723	12.5%SL	31 Mar 2009		-	-	-	-	1,723	-
Additions	508	12.5%SL	31 Mar 2009		-	-	-	-	508	-
Additions	1,144	26.0%DV	31 Mar 2009		12	-	3	-	1,135	9
Glass	1,268	12.0%DV	31 Mar 2009		778	-	93	-	583	685
Timber Partitions	1,118	12.0%DV	31 Mar 2009		678	-	81	-	521	597
Total Property Improvements	6,825				1,490	-	182	-	5,517	1,308
Total	32,874				3,107	7,109	3,573	343	22,511	6,299



NEW ZEALAND NUTRITION FOUNDATION NOTES TO AND FORMING PART OF THE FINANCIAL STATEMENTS FOR THE YEAR ENDING MARCH 31, 2012

1. REPORTING FRAMEWORK

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:

Revenue

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

Trade Receivables

Trade Receivables are recognised at estimated realisable value.

Property, Plant and 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.

Office Furniture & Equipment.

16.67% - 50% Straight Line

Office Furniture & Equipment.

14.4% - 50% Diminishing Value

Property Improvements.

12% - 26% Diminishing Value

Property Improvements.

12.5% Straight Line

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.

Investments

Investments are stated at cost.

Lease Payments

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

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.

Changes in Accounting Policies

The following change in accounting policy was made this year.

Provision for Holiday Pay has been made. This has reduced the current year surplus by the provision made of \$8,632.

All other policies have been applied on bases consistent with those used in previous years.





2 CURRENT INVESTMENTS

	Maturity	Interest Rate	2012 \$	2011 \$
National Bank - 25 Account	-	-	15,815	125,593
National Bank - Term Deposit 1020	4 Jul 2012	4.00%	30,000	30,000
National Bank - Term Deposit 1023	27 Sep 2012	4.35%	137,542	127,953
National Bank - Term Deposit 1024	2 April 2012	4.25%	113,304	-
Total Current Investments			296,661	283,546

3 PROPERTY, PLANT & EQUIPMENT

Property, Plant & Equipment 2012	Cost \$	Depreciation Charged \$	Accumulated Depreciation \$	Closing Book Value \$
Property Improvements	6,825	182	5,517	1,308
Office Furniture & Equipment	21,986	3,391	16,994	4,992
Total Property, Plant & Equipment	28,811	3,573	22,511	6,300
Property, Plant & Equipment 2011	\$	\$	\$	\$
Property Improvements	6,825	208	5,335	1,490
Office Furniture & Equipment	18,940	212	17,323	1,617
Total Property, Plant & Equipment	25,765	420	22,658	3,107

4 TERM INVESTMENTS

Shares	No. of Shares	Market Value	2012 \$	2011 \$
Westpac Investments	1,000	27,700	17,260	17,260
Kiwi Income Property	11,418	12,217	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%	15,269	15,485
Bank of New Zealand 8.56%	27 May 2013	8.56%	21,272	21,652
Fonterra Co-operative Group Ltd	10 March 2015	7.75%	25,000	25,000
Total Shares			61,541	62,137
Total Term Investments			90,684	91,280





5 FUND

	2012 \$	2011 \$
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 OPERATING LEASE COMMITMENTS

	2012 \$	2011 \$
Current	19,418	19,247
Term	42,072	61,490
Total Operating Lease Commitments	61,490	80,737

New Zealand Nutrition Foundation has a commitment under a non-cancellable operating lease for the premises at Level 2, 507 Lake Road, Takapuna, Auckland. The lease commenced on 16 May 2007 for an initial term of four years to 16 May 2011. The lease was renewed on 16 May 2011, for a further term of four years, ending 16 May 2015, with a rent review on 16 May 2013.

7. TRADEMARK

New Zealand Nutrition Foundation has incurred costs of \$369,820 in developing the Emark trademark. There is no income generated directly from this asset and therefore the intangible asset has not been capitalised.

8. CONTINGENT LIABILITIES

New Zealand Nutrition Foundation has no contingent liabilities as at 31 March 2012 (Last Year: \$Nil).

9. CAPITAL COMMITMENTS

New Zealand Nutrition Foundation has no capital commitments at 31 March 2012 (Last Year: \$Nil).

10. CURRENT PROJECTS

The following projects were not completed as at 31 March 2012 and therefore the balances represent monies held to cover future expenditure:

	2012 \$	2011 \$
NZNF Website Project		
Income		
Sponsorship	-	-
Transfer to Project Expenses	-	2,008
Surplus B/Fwd from previous years	-	7,133
Total Income	-	9,141
Expenses		
Hosting & Domain Names	-	887
Marketing & Research Expenses	-	-
Website Development	-	8,254
Total Expenses	-	9,141
Balance to C/Fwd from NZNF Website Project	-	-



8 CURRENT PROJECTS (CONTINUED)

	2012 \$	2011 \$
Committee for Healthy Ageing		
Income		
Donations Received	5,000	-
Sponsorship	4,800	5,567
Seminar Income	3,278	9,817
Surplus B/Fwd from previous years	322	4,996
Total Income	13,400	20,380
Expenses		
Advertising & Marketing	523	-
Conference & Meeting Expenses	2,286	6,440
Contract Work	2,890	-
Postage, Printing & Stationery	-	102
Travel Expenses	763	1,016
Transfer to Project Income	2,000	12,500
Total Expenses	8,462	20,058
Balance to C/Fwd from Committee for Healthy Ageing	4,938	322
Food Week		
Income		
Sponsorship	36,000	-
Total Income	36,000	-
Expenses		
Conference & Meeting Expenses	-	-
Contract Work	108	-
Marketing & Research Expenses	1,659	-
Postage, Printing & Stationery	660	-
Salary	9,870	-
Total Expenses	12,297	-
Balance to C/Fwd from Food Week	23,703	-
Emark Project		
Income		
Sponsorship	90,210	83,904
Surplus B/Fwd from previous years	2,440	(3,656)
Total Income	92,650	80,248
Expenses		
Conference & Meeting Expenses	-	418
Contract Work	1,043	-
Marketing & research Expenses	43,644	11,618
Postage, Printing & Stationery	7	635
Salary	26,039	56,700
Travel Expenses	3,796	684
Website Development	1,685	4,079
Trademark Expenses	-	3,675
Transfer to Project Income	8,000	-
Total Expenses	84,214	77,808
Balance to C/Fwd from Emark	8,436	2,440
Total Projects	37,078	2,762

INDEPENDENT AUDITOR'S REPORT

To the Council of the New Zealand Nutrition Foundation

Report on the Financial Statements

Telephone 0-9-309 5235
Facsimile 0-9-366 0326
Cellular 021-721 037
Email richard@wylieaccountant.co.nz
www.wylieaccountant.co.nz

We have audited the financial statements of the New Zealand Nutrition Foundation on pages 5 to 15 which comprise the balance sheet as at March 31, 2012, 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 5 to 15 present fairly, in all material respects, the financial position of the New Zealand Nutrition Foundation as at March 31, 2012, 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:

26 July 2012

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 NZFNG.
- 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 Foundation or its staff do 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 NZFNG.
- endorse a product or in any way suggest that a product is superior to another company's product.
- 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.
- accept any gifts of substance from members of the Food and related industries.
- use donated money, whether from Government, public donation, industry, individuals or other sources, for purposes other than for which it was given, unless the donor group specifically approves the alternative use of the money.

Appendix 2 - Corporate Members

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





Appendix 3 - Councillors and Staff

Councillors



Foundation Secretary, Nikki Hart has been practising nutrition for over 17 years. She received her post graduate diploma in Dietetics from the University of Otago and then completed her Masters Degree in Nutritional Science at Massey University specialising in Hydration. Nikki oversees the nutritional care of over 300 clients at her busy Ponsonby clinic as well as being very sought after as a nutritional speaker at conferences and seminars. She had her own TV series *Eat Yourself Whole* in 2005 and *The Fat Chance* in 2006 where she battled New Zealand's growing problem of obesity. She has written for many publications including the *Healthy Food Guide* and *New Idea* magazine, is now the nutritionist for *Good Health Magazine* and was advisor for comedienne Jaquie Brown's new book *I'm Not Fat, I'm Pregnant*. Nikki is also nutrition advisor for The Australasian Low Calorie Sweetener Advisory Board and for products *Green Monkey* – NZ developed organic baby food and *Flyhidrate* – a newly developed beverage for the flying consumer.



Foundation PR Director, Vikki Lee Goode is an experienced and energetic PR practitioner with a passion for showcasing the power of public relations and a refreshingly real approach to life and business. Twenty one years ago she founded her consultancy Goode PR and now she leads an impressive team of PR specialists to deliver communication solutions for many leading consumer brands, people and products. She's a member of the NZ Guild of Food Writers, the organiser of the Cuisine NZ Champions of Cheese Awards and PR director for many well-known food brands and food campaigns including Eggs Inc, 5 + A Day, Sunrice, Subway, Bakers Delight, ProLife Foods, NZ Chefs Association, Ch'i and our NZNF's own Food Week. In the past 20 years she has worked with top health agencies, nutritionists, dietitians, athletes, health promoters, medical professionals and schools to drive positive changes in consumer behaviour. She's an experienced board member currently serving on two charitable boards in addition to ours.



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.



Jennifer Yee Collinson B.HSc., Food Science and Human Nutrition (Otago), NZRD 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. 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 is the immediate past chair of the NZ Fruit & Vegetable Alliance Working Group and is an award winning author and food writer.



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.



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.



Soana Muimuiheata is a New Zealand registered dietitian with Masters Degrees in Medicine and Public Health (Hons), a graduate diploma in health management and business administration, and almost 20 years of experience in Tonga and New Zealand. Currently she is Pacific dietitian for ProCare Health Ltd in the Counties Manukau and Franklin area. She also provides nutrition services for Marae-based clinic (Oraeroa, Nga Hau e Wha and Mangatangi). Soana is the Director and founder of LEAD Wellness Consultancy Services Ltd and a Tutor at the University of Auckland, mentoring Pacific students undertaking the health science course. She is the current Chair of the Pacific Island Food and Nutrition Action Group (PIFNAG), the Convenor of the Vahefonua Tonga Methodist Mission, the Tongan representative of the Public Questions/Issues Network, Methodist Council of New Zealand, and executive and board member of various Tongan and Pacific community groups. She has recently completed post graduate training on health and social care of the elderly offered by the University of Otago and has joined the Foundation's Committee for Healthy Ageing.



Anny Dentener-Boswell is a prominent NZ food consultant. She has a wealth of experience in Product Development and Food Legislation, including Nutrition Labelling. After graduating with a double Master's degree (1st class honours) in Dairy Science & Technology and Process Engineering from Wageningen University, she worked for 10 years as R&D technologist and manager for NZ Co-op Dairy Company (now Fonterra). Anny has been consulting since 1997 (ADECRON Food Tech Consulting). Each year she works with some 30 - 50 different clients from NZ and overseas, from small manufacturers to large multi-nationals. Anny judges at the NZ Cheese Awards, is a NZIFST Fellow and was elected Council member of the NZ Nutrition Foundation in 2011.

Staff



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.





nznutrition FOUNDATION

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www.justcook.co.nz

www.facebook.com/justcook.nz