



nznutrition
FOUNDATION

Annual Report 2013

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 3, 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)

ELECTED COUNCILLORS

Fiona Carruthers (Chair)

Laurence Eyres

Stephanie Horrocks

Jenny Yee

Sarah Ley

Anny Dentener

Soana Muimuiheata

STAFF

Sue Pollard (CEO)

Sarah Hanrahan (Dietitian/
Nutritionist)

Carolyn Cairncross (Nutritionist)

Scientific Advisory Group

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

Medical Director: Associate Professor Richard Gearry, 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

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.

As I start to write this, my last Chair's report, I am reminded how reliant the Foundation is on those who give of their time freely – both in quantity and cost. This extends to all parts of the organisation.

The Council, Executive, committees and advisory groups, comprise a wide range of professionals, all of whom have 'day jobs' over and above their Foundation commitments. This year we have also enjoyed the support of an increasing number of student or new grad volunteers, eager to gain some experience of the nutrition world, but prior to securing a paid position. It reflects the tightness of the job market for those in nutrition, but a wonderful opportunity for the Foundation to give these new professionals some insight into the field of their chosen career. It's also a necessity for an organisation continuing to fight for every dollar of funding. To this end, we have worked harder this year to secure funding from trusts and foundations, in addition to our valuable corporate and individual memberships, which still provide the lion's share of our income.

One successful application came from Youthtown, an organisation 'set up to build a brighter future for every young New Zealander'. This mission fits perfectly with our Food Week flagship, Just Cook, the recipient of the generous funding. Helping young people develop life skills, as well as aiming to reduce food insecurity, continues to be Just Cook's raison d'être, as it builds each year on the successes of the last. Continued support from our existing corporate partners also makes growth of this expanding initiative possible.

It would be wonderful to report similar financial support for our Committee for Healthy Ageing's Senior Chef project. An equally important area of need, as older people are often faced with cooking for themselves for

the first time following the loss of a life-long partner or other life-changing circumstances. The Committee's other activities continue to flourish, however, by working in a truly collaborative way to maximise effectiveness. The Committee celebrates its 10th birthday later this year; its success and longevity due, in no small part, to the commitment and passion of the group's out-going Chair, Julian Jensen. We are indebted to Julian for the time and effort she has afforded the group over the years.

Since taking over as Chair from Jeni Pearce back in 2007, the Foundation has seen a number of changes. It is still a primary source of independent information on food and nutrition, remaining so thanks to the efforts of our Scientific Director and Scientific Advisory Group. Our reach, however, is far wider, due to the ever-expanding world of electronic communication. The Foundation now has three websites, communicates with its audiences electronically, and has embraced Facebook and Twitter, as an essential means for engaging Just Cook's target market of young people. We've also expanded our staffing levels – slightly. In the last short while we're delighted to have welcomed back Carolyn Cairncross, her skills complementing the contrasting skills of Sue and Sarah perfectly. They form a tight-knit, yet sometimes philosophically-differing, team remaining tireless in their efforts to achieve the Foundation's strategic objectives.

As the Foundation moves into its 34th year, I wish all those involved continued success, growth and, above all, enjoyment. The Foundation would soon start moving backwards if it lost the enthusiasm and belief of its supporters, so thank you. Thank you, also, to all those who have supported me over the last six years; it's been a privilege.

Fiona Carruthers



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.

Following the wash up from the global financial crisis, 2012 has been a difficult year financially for many organisations. Despite this, the Foundation has continued to develop a strong profile in maintaining its role as the independent voice on all things nutrition affecting New Zealand.

Successes include the continuing work in established areas such as the Committee for Healthy Ageing, the ongoing development of Food Week and the growth of membership amongst younger members of the national nutrition community.

Food Week has continued to grow and promote healthy nutrition in the home through the development of cooking skills in those both young and old. The partnership with Youthtown and a plethora of corporate partners has ensured this endeavour has been a success and we look forward to its expansion in coming years. Thanks must go to Sarah for her hard work on this project with a wide range of activities being run over a short period of time. Remember that there are many opportunities to help the Foundation during this period and at other times throughout the year.

I would also like to specifically thank Julian Jensen for her hard work in chairing the Committee for Healthy Ageing over a number of years – her effort has been a lesson to us all and we trust the committee will continue to develop from strength to strength, although financial support is sorely needed.

A major disappointment for me this year has been the lack of opportunities for nutrition graduates throughout New Zealand, particularly dietetics graduates looking for clinical placements. The importance of nutrition remains central to a healthy and vibrant society. This is not only the case with regard to nutrition and related science but also clinical dietetics where attention to nutrition improves clinical outcomes, aids recovery and

saves lives. However, the opportunities for graduate dietitians to obtain the necessary supervision in a paid job to gain registration are limited. It is essential that district health boards and the Ministry of Health work together to ensure graduates have opportunities to gain registration, and that these groups work with Tertiary providers to match the numbers of dietitians being trained with the number of jobs available.

The National Science Challenges have also highlighted the importance of nutrition through a number of identified areas, specifically, developing high value foods with validated health benefits, healthy ageing, giving young New Zealanders a better start in life, and taking care of the environment and New Zealand's biological heritage.

The collaborative focus of these challenges provides a means by which the scientific community can work together for the benefit of New Zealand. Links forged by organisations such as the Foundation may facilitate collaborative approaches to meet these challenges and provides another means to advocate for the importance of nutrition as a national research priority.

I would like to thank Sue for her hard work over the last year in balancing an enormous variety of work in a time of financial constraint, and orchestrating a wide range of Foundation membership towards a common goal. It is also great to have Carolyn back with us again, helping to support our on-line presence which, for many, is the primary means of contact with the Foundation. Finally, I would like to thank Fiona for her hard work as Chair of the Foundation over the last six years. This has coincided with my time on the Executive and it has been a pleasure to work with her.

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 Advisory Group 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, reviewing material for the Foundation's website, www.nutritionfoundation.org.nz, ensuring it remains a source of reliable nutrition information, and attending relevant workshops.

In April 2013 I participated in the New Zealand technical expert workshop to develop a methodological framework to review nutrient reference values. This is a combined responsibility of the Australian Department of Health and Ageing and the New Zealand Ministry of Health.

The first nutrient to be reviewed is carbohydrate – work will commence mid-June 2013 and should be completed by mid-October 2013. This review is timely as new evidence accumulates to inform recommended values for carbohydrate. Of course the translation into pragmatic food guidelines will be a challenge. Refined carbohydrate foods such as rice, flour and sugar are cheap and relatively easy to store and carry home from the point of purchase. Globally poorer people consume more carbohydrate foods; developed countries consuming ~50% energy as carbohydrate compared with developing countries at ~70%. What to recommend whilst considering the impact of global stressors such as water availability and climate change on the food supply should be a very inclusive discussion.

The recent announcement of the National Science Challenges has had a mixed reception. Representing only 5% of the science budget the intent is clear. All the challenges have relevance to life in New Zealand because we cannot separate our individual health and well-being from the health and well-being of the planet. As an organisation concerned with optimising the nutrition of all New Zealanders, we need to support the intent.

But it is not just scientists who have a role in these challenges. It is essential businesses, farmers and all parts of society share the vision, and, recognise the need for answers to questions, and that new knowledge is accepted and applied where society will gain the most over time. New Zealand has a small population, a relatively large land area and huge potential. There is a need to look beyond the election cycle and "siloed" research and consider what type of planet and food supply we are going to bequeath to our children's children.

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 the ongoing Just Cook website, www.justcook.co.nz, with an interactive kitchen and blog, are vital tools to facilitate change.

We need more of this translation of evidence into action; leading the way, showing how and providing support. I am very proud of the work the Foundation does with the Just Cook programme and Food Week as well as the continued efforts of the Committee for Healthy Ageing.

Elaine Rush

Professor of Nutrition, AUT University



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 a founding member of the Committee for Healthy Ageing. Chair of this Committee since 2006, she resigned this role at the end of March this financial year.

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

Goals

- To promote and facilitate a healthy eating environment for older people.
- To improve awareness and knowledge of nutrition and physical activity needs of older people, and nutrition care practices.
- To network and partner with groups and organisations in all sectors with similar goals and interests, especially the food industry.

Achievements

The Foundation's Committee for Healthy Ageing has now been in existence for 10 years; since 2003. In that time, it has filled a gap in providing reliable information on nutrition and physical activity for older New Zealanders by delivering seminars to caregivers and to older people themselves, developing resources and making topical information available through our website and our quarterly bulletins. This year has been no exception.

We have:

- Prepared and distributed 4 more Bulletins (numbers 10-13)
- Delivered a nutrition symposium at the NZ Association of Gerontology Conference in Hamilton in September 2012
- Reprinted the very popular shopping list with the help of Heinz Watties
- Sponsored a University of Auckland Health Science final year student internship project – comprising a literature review on "Nutrition for older people in New Zealand: issues, interventions and implications. What does the literature say?" (Charlotte Cooper & Sophie Oliff)
- Had a student volunteer source and review available nutrition resources for nutrition of the older person
- Featured in the August/September 2012 issue of Insite magazine. The focus of this magazine is Aged Care and Retirement, and a 'Nutrition at home' article featured the Foundation and the work being done by this committee
- We held preliminary discussions with Kaye Dennison and Greg Pringle of Waitemata District Health Board on opportunities for partnership.

In 2012 the Foundation commissioned a review of the activities of this project and the following were the key recommendations for future activities:

1. Produce and promote good quality, up-to-date resources suitable for older adult consumers and their caregivers.
2. Promote Senior Chef (a consumer cooking programme developed in Christchurch and available for use in other areas of the country) in Auckland.
3. Implement a communication plan.

This will be the future focus for the work of this committee. The continuation of the nutrition seminars to rest home and private hospital staff was not recommended as a number of other organisations are carrying out this activity.

Comment

The Committee has been actively endeavouring to facilitate the introduction of Senior Chef to Auckland. This programme, designed to develop the confidence of older people who live alone or with one other person to prepare and cook healthy tasty meals for themselves, has been developed by the Healthy Eating, Healthy Ageing project team at Canterbury District Health Board, and has seen more than 600 people through its courses. We have been pursuing funding opportunities to support this initiative in the Auckland area, but so far this has not come to fruition. It's a fantastic project, worthy of our support and we hope to be able to advance this in the near future.

This year, I have resigned as Chair of the Committee, but am willing to remain as a member. We warmly welcome Sally Watson of Christchurch as the new Chair. Sally is a passionate and dedicated registered dietitian who is Project Leader for the Healthy Eating Healthy Ageing initiative between the Canterbury District Health Board and Ministry of Health, and who also has a small private practice. Julie North has taken parental leave, and her place has been taken by Sara Collie, and we thank her very much for stepping into this role. I would like to acknowledge the work done for the Committee behind the scene by our CEO and nutritionist – Sue and Sarah, and sincerely thank the committee members and our advisers for their willing commitment to the work of the Committee for Healthy Ageing.

Julian Jensen

Chair, Committee for Healthy Ageing



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 Dietitians NZ, and has both a post-graduate DipHSM and an MBS (Management) from Massey University.



Highlights of the year include:

- **Food week** – bigger, brighter and better than 2011, thanks to sponsor support.
- **Nutritionist Development Award winner** – our support (thanks to Kellogg) of Sarah Jane Westbrooke's goal to be the first New Zealand dietitian who is also a Lactation Consultant.
- **Increased traffic to our websites and phone calls**, showing a growing awareness amongst New Zealanders of the Foundation as a reliable source of qualified, science-based nutrition information.

During the latter part of 2012, the Foundation developed a new Strategic Plan for 2012-15. The plan's new strategic goals are:

- To promote and facilitate a healthy eating environment.
- To maintain and advance the Foundation's position as a key influencer in the nutrition environment.
- To secure the future of the Foundation through a sustainable business model.

The final goal presents particular challenges in the current financial environment. We find ourselves in the fortunate position of having a large investment from YouthTown and others in Food Week's Just Cook programme, much of which was carried over to support the programme in 2013-14. In contrast, funding for other activities and for overheads to support this growth in activity has not kept pace. Our challenge is to secure long term financial support from new partners to support our Committee for Healthy Ageing and to enable us to continue to with other core activities, promoting science-based nutrition, using all the media available to us.

In early 2013 we were pleased to welcome back nutritionist Carolyn Cairncross to work part time. Carolyn will concentrate in the first instance on reviewing and updating the Foundation's website www.nutritionfoundation.org.nz.

Nutrition Communication

Fortnightly updates

e-news updates continued as a service to our members.

Websites

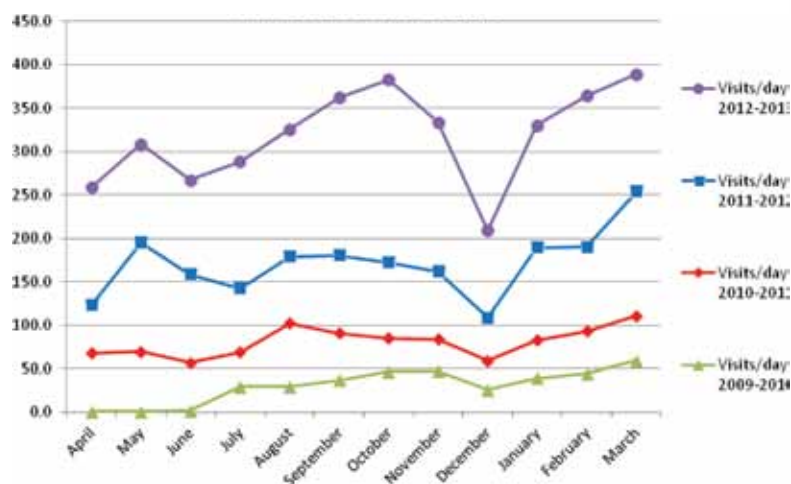
Visits to www.nutritionfoundation.org.nz increased

again this year by over 80%, averaging nearly 10,000 and reaching over 12,000 for February and March 2013. (Two years ago we were averaging 2,500 per month). Visitors to this site continue to visit primarily for nutrition information as well as information about studying nutrition.

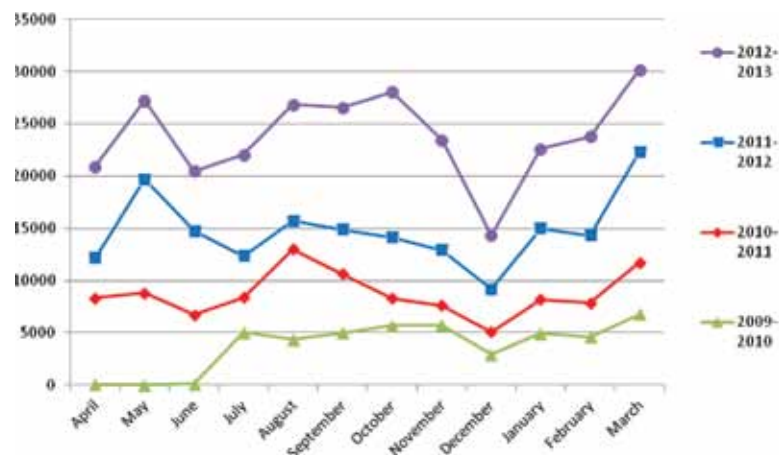
A '**Members only**' area is a relatively new addition to www.nutritionfoundation.org.nz, containing the following exclusively for both individual and corporate members:

- AGM Minutes
- Past issues of Nutrition News and the Committee for Healthy Ageing Bulletin
- Foundation submissions
- Archived media releases and 'Recipes of the Month'

Number of visits/day (averaged) in a month to www.nutritionfoundation.org.nz



Page views per month on www.nutritionfoundation.org.nz



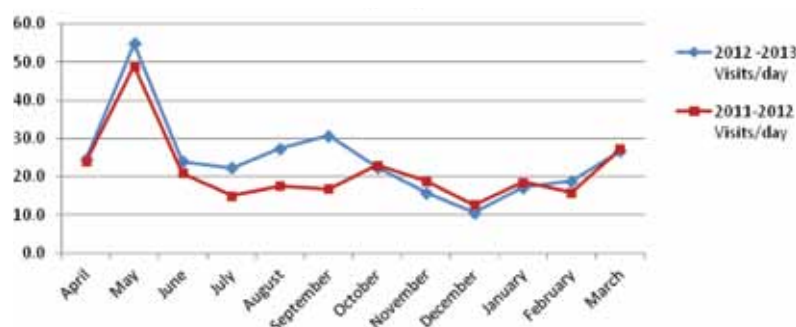


A section has also been set up to provide more in-depth information and expert comment on important issues. The topics include:

- Antioxidants
- Caffeine
- Evaluating Nutrition Science
- Gluten Intolerance
- Glycaemic Load
- Heated Cooking Oils & Cancer
- Kiwifruit - why & how it is good for you
- Olive Oils
- Salt for older people
- Sodium intake & health in New Zealand
- Vitamin B12
- Vitamin D

The eMark project remains on hold, pending government decisions on front-of-pack labelling standards. In spite of this consumers continued to use the eMark for developing personal eating plans, with total visits to www.emark.co.nz increasing by 13% over the previous year.

Number of visits/day of eMark website



Newsletters

Committee for Healthy Ageing Bulletin 10, July 2012

Rethinking active living

Nutrition News July 2012

Food Week 2012

New Zealand's shopping habits

Committee for Healthy Ageing Bulletin 11, October 2012

Nuts, nutrition and health

Nutrition News October 2012

Nutritional analysis of New Zealand beef and lamb
Health, hype and omega-3 fish oils

Committee for Healthy Ageing Bulletin 12, December 2012

Eating disorders in older people

Nutrition News December 2012

Workplace weight loss initiative

Culinary oils

Australian and New Zealand Obesity Society Annual Meeting

Nutrition Society Conference

Trans. fat – Natural vs. Industrial

Nutrition for older people: Issues, interventions and implications

Committee for Healthy Ageing Bulletin 13, March 2013

Older people and Functional Foods

Nutrition News March 2013

Creating a healthier eating environment on campus

Top Food trends for 2013

Sugar and Obesity

Population approach to better nutrition

New Zealand Health Survey

Code of Practice for the marketing of infant formula

Establishing food serving sizes

New Podcasts

Professor Sir Peter Gluckman, *A life cycle approach to diabetes.*

New Zealand Nutrition Foundation AGM, September 2012.

Professors; Barbara Rolls, Wayne Cutfield, Herbert Herzog, Jim Mann and Jacqueline Rowarth. ANZOS 2012 Conference Public Lecture, October 2012, *For our children's children: What is your role?* Featuring:

Professor David Simmons, AUT Visiting Professor: *The rise and rise of diabetes: pay now or pay (more) later.*
AUT University Akoranga Campus in December, 2012.

Media releases

April: *Food Week putting better food on the tables of Kiwi families*

April: *Kiwi school kids challenged to cook for families*

June: *Kiwi school kids cooking challenge winners announced*

June: *Canned foods as a source of nutrients can save consumers money*

June: *Nutrition challenge issued to professionals*

October: *Dietitian wins award to become breast feeding expert*

Membership

During the year we welcomed new corporate members Prolife Foods and Weight Watchers. Paid Individual membership numbers were static at 100 members but the number of student members, for whom membership is free, continued to rise, ending the year at 60.



Initiatives with corporate members

1. **Be Healthy be Active, Kia Ora, Kia Korikori**, teaching resource, with Nestle and the Millennium Institute – launched December 2011.

- Includes tailor-made online games and interactive resources.
- These resources allow children to work in groups and on their own, to learn about new foods, experiment with menu plans and consider how different types of exercise can put them on track for a lifetime of healthy food choices.

2. **Plate of our Nation**, with Weightwatchers
In 2012 Weight Watchers surveyed 1000 New Zealanders to find out their attitudes to food and meals. The resulting report, Plate of our Nation, covers areas such as lifestyle, exercise, body image, health and wellbeing. The results are being used to generate discussion and create a social movement for change.

The centre piece is at www.plateofournation.co.nz, containing:

- a survey, where visitors can see how they compare with the rest of the nation in terms of food knowledge and cooking skills.
 - practical hints and tips; from shopping and cooking tips to recipes, together with comments, insight and advice from experts in nutrition, exercise, psychology, obesity research and fashion.
3. **Good Fork Week**, with Unilever 4-10 March 2013
- encouraging chefs to make small menu changes in order to provide more nutritious options for diners.
 - The ultimate aim is to take a step forward in tackling the obesity epidemic.

Stakeholder engagement

During the year we maintained membership of:

- Dietitians NZ
- Nutrition Society of New Zealand
- The New Zealand Institute of Food Science & Technology (NZIFST)
- Agencies for Nutrition Action (ANA, CEO an Executive Board member)
- Public Health Association of NZ
- Consumer NZ
- International Food Information Organisation (FIO) Network
- NZ Fruit and Vegetable Alliance (NZFAVA)

We participated in meetings/conferences of government, stakeholder and professional groups:

- Dietitians NZ:
 - Dietitians in the Food Industry Special Interest Group
 - Public Health Special Interest Group
- FSANZ stakeholder consultation

- Ministry For Primary Industries:
 - Food and Beverage Advisory Forum
 - Front-of-Pack Label Advisory Group to the Minister of Food Safety
- NZFAVA Working Group
- The International Food Information Organisation (FIO) Network
- Agencies for Nutrition Action
- Health Promoting Schools Stakeholder Group

Volunteer and Student Programmes

There has been considerable interest in our volunteer programme and we have used the services of volunteers for activities which include:

- Research on resources for nutrition of the older person.
- Researching new recipes for the Just Cook website.
- Preparation of a weekly blog for the Just Cook programme.
- Research and development of stakeholder databases for the Committee for Healthy Ageing and for the Just Cook programme.

Student projects included:

- Two University of Auckland Health Science final year students completed an internship project, conducting a literature review titled, *"Nutrition for older people in New Zealand: issues, interventions and implications. What does the literature say?"*
- Massey University student dietitian visits to introduce the students to the role of the dietitian and the environment in which they practise.

Nutritionist Development Award

Paediatric dietitian, Sarah-Jane Westbrooke, from North Shore Hospital won the 2012 New Zealand Nutrition Foundation and Kellogg Nutritionist Development Award. She is using the award to support the study and training needed to become a New Zealand dietitian with specialist knowledge in breastfeeding. In the longer term Sarah-Jane aims to become the first New Zealand Registered Dietitian and Lactation Consultant.






Food Week 2012: Just Cook



Food Week 2012 was bigger and better than the previous year, thanks to the support of the following partners:

Beef + Lamb New Zealand, San Remo, Tip Top Bakery, Tegel, Maggi and Carnation, who joined our existing 2011 partners, Harraways, Sanitarium Nutrition Services, Continental, vegetables.co.nz, potatoes.co.nz and Eggs Inc.

The programme focused on the importance of home cooking as a life skill and a way to maintain good health. It aimed to make home cooking look "cool" and fun to kids not usually involved in getting a meal on the table. The programme was supported by the JUST COOK food list and the JUST COOK interactive kitchen.

Activities included:

- **Create a Family Meal** challenge.
- Provision of resource packs to community groups throughout the country, supporting a range of activities.
- Website www.justcook.co.nz
- Facebook www.facebook.com/justcook.nz

Key results

	2011	2012
Attendance at cooking demonstrations	800	2,000
Visits to Interactive Kitchen	9,500	10,400
Facebook 'Likes'	1200	2969
Competition entries	42	120
Newspaper articles	20	35
Radio interviews	18	22
TV interviews/ demonstrations	0	7

Thanks to new support from YouthTown, the 2013 programme will include two additional activities:

- **Just Cook Academy:**
 - High profile chefs / cooks will demonstrate simple economical family meals in schools using ingredients from the JUST COOK food list.
 - Future programme development will be planned using Youth Advisory Groups in the schools.
- **A Year 10 teaching tool**, based on a virtual supermarket, will be developed in partnership with National Institute of Health and Innovation.





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 decreased in the 2013 financial year by \$18,993 to \$158,575, compared to \$177,568 for 2012. The main reason for the decrease was due to reductions in project revenue and corporate memberships. The revenue for the other income categories are in line with last year, or marginally down.

Overheads and Expenses increased this year from \$169,626 in 2012 to \$217,471, an increase of \$47,845. The increases were in the area of wages and salaries, which were up by \$13,432 to \$114,368.

Fund Raising cost appeared for the first time this year to a total of \$14,995, the viability of this expenditure is being reviewed for the long term.

Contract work costs increased by \$7,932, and the Website was up graded, the cost in this area increased by \$4,349.

Overall the Foundation made a Deficit this year of \$58,896, compared to surpluses of \$7,942 in 2012 and \$19,478 for the 2011 year. As a result the Foundation has had to draw on some of its reserves and accumulated funds. These have reduced from \$98,763 to \$39,868.

The Statement of Financial Position, reflecting the Assets and Liabilities of the Foundation has reduced in line with the use of some of the reserves. Current Assets sit at \$587,689, and Current Liabilities at \$217,821, giving working capital of \$292,212 compared to last year's working capital of \$331,779.

I am still of the view the Foundation has adequate funds to meet its commitments for the next 12 months.

After allowing for Non Current Assets of \$77,656, the Foundation has overall net assets of \$369,868 in 2013, this compares to \$428,763 last year, a decrease of \$58,895, which is in line with the Deficit from Foundation Activities in 2013.

The Foundation's main investments are reflected on pages 17 and 18 of the Financial Statements, they continue to hold their value well and remain stable, and prudently managed.

It should be noted that there has been a large donation from Youthtown. This is being spent as part of the Food Week Programme. It forms part of the balance of \$171,725, carried forward from 2013 to the 2014 year, under note 10 on page 18. It is also reflected in the significant increase in the deposits held on page 17.

How this money is spent and managed over the next twelve months will have a large impact on the overall financial result of the Foundation in the 2014 year. Therefore considerable work is going into monitoring and allocating the use of these funds.

The expansion of the Food Week programme has put pressure on some areas of the overhead budget. Therefore it is hoped some of the Youthtown funds carried forward to 2014 will assist in reducing that pressure in the coming financial year, subject to any constraints around the use and allocation of these funds.

Logan Granger, Treasurer

NEW ZEALAND NUTRITION FOUNDATION STATEMENT OF MOVEMENTS IN GENERAL FUNDS FOR THE YEAR ENDING MARCH 31, 2013

	2013 \$	2012 \$
General Funds		
Opening Balance	428,763	420,821
Plus Movement for the year		
Current Year Earnings	(58,896)	7,942
Total Movement for the year	(58,896)	7,942
Total General Funds	369,868	428,763

NEW ZEALAND NUTRITION FOUNDATION STATEMENT OF FINANCIAL PERFORMANCE FOR THE YEAR ENDED 31 MARCH 2013

	2013 \$	2012 \$
Revenue		
Dividends Received	2,905	2,814
Donations Received	24,146	26,937
Interest Received	17,554	18,754
Other Income	50	890
Project Revenue	-	10,000
Sponsorship	10,130	10,000
Subscriptions & Membership	103,790	108,174
Total Revenue	158,575	177,568
Less Expenses		
ACC Levies	605	697
Accountancy Fees	9,476	7,626
Advertising & Marketing	1,151	222
AGM Expenses	4,698	2,428
Audit Fees	3,500	3,000
Bank Fees & Charges	572	571
Computer Expenses	1,065	835
Contract Work	17,964	10,032
Depreciation	2,343	3,573
Fundraising	14,495	-
General Expenses	671	664
Insurance	2,570	3,260
Light, Power, Heating	1,513	1,609
Loss on Sale of Fixed Assets	1,308	343
Low Cost Assets (<\$500)	725	150
Postage, Printing & Stationery	6,590	6,473
Rent	21,076	19,247
Seminar Expenses	586	833
Staff Training	1,576	422
Subscriptions & Licences	1,892	1,249
Telephone, Tolls & Internet	2,427	2,891
Travel & Accommodation	900	1,516
Wages & Salaries	114,368	100,936
Website Expenses	5,398	1,049
Total Expenses	217,471	169,626
Net Surplus (Deficit)	(58,896)	7,942

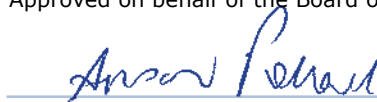


Financial Report (continued)

NEW ZEALAND NUTRITION FOUNDATION STATEMENT OF FINANCIAL POSITION FOR THE YEAR ENDED 31 MARCH 2013

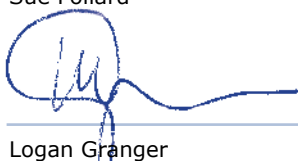
	2013 \$	2012 \$
Assets		
Current Assets		
Accounts Receivable	40,345	18,655
Accrued Interest	1,922	2,812
ANZ Bank 00 Account	43,781	81,152
Current Investments	423,986	296,661
Total Current Assets	510,033	399,279
Non Current Assets		
Fixed Assets as per Schedule	2,648	6,299
Term Investments	75,007	90,685
Total Non Current Assets	77,656	96,984
Total Assets	587,689	496,263
Liabilities		
Current Liabilities		
Accounts Payable	16,174	17,869
GST	6,103	6,479
Income Received in Advance	5,458	6,075
Projects	190,086	37,078
Total Current Liabilities	217,821	67,500
Total Liabilities	217,821	67,500
Net Assets	369,868	428,763
Equity		
Accumulated Funds	39,868	98,763
Salary Endowment Fund	330,000	330,000
Total Equity	369,868	428,763

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


Sue Pollard

CEO

Date 21 June 2013


Logan Granger

Treasurer

Date 18 June 2013





NEW ZEALAND NUTRITION FOUNDATION DEPRECIATION SCHEDULE FOR THE YEAR ENDING MARCH 31, 2013

NAME	COST	RATE	PURCHASED	DISPOSED	1-APR-12	PURCHASES	DEPRE- CIATION	DISPOSALS	ACCUM DEP	31-MAR-13
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		567	-	227	-	708	340
Cabinets	2,479	14.4%DV	31 Mar 2009		206	-	30	-	2,302	177
Filing Cabinet	409	20.0%DV	31 Mar 2009		8	-	2	-	403	6
Filing Cabinet	191	14.4%DV	31 Mar 2009		16	-	2	-	177	14
HP Computer & Screen (2)	4,711	50.0%DV	14 Jun 2011		2,748	-	1,374	-	3,337	1,374
HP Probook	2,130	50.0%DV	14 Jun 2011		1,242	-	621	-	1,508	621
Miscellaneous Office Equipment	5,686	20.0%DV	31 Mar 2009		27	-	5	-	5,664	22
Office Furniture	3,387	20.0%DV	31 Mar 2009		20	-	4	-	3,371	16
Software	204	50.0%SL	31 Mar 2009		-	-	-	-	204	-
Symantic External Drive	268	50.0%DV	14 Jun 2011		156	-	78	-	190	78
Total Office Furniture & Equipment	21,986				4,992	-	2,343	-	19,337	2,648
Property Improvements										
Additions	1,723	12.5%SL	31 Mar 2009	31 Mar 2013	-	-	-	-	-	-
Additions	185	20.0%DV	31 Mar 2009	31 Mar 2013	3	-	-	3	-	-
Additions	508	12.5%SL	31 Mar 2009	31 Mar 2013	-	-	-	-	-	-
Additions	879	20.0%DV	31 Mar 2009	31 Mar 2013	14	-	-	14	-	-
Additions	1,144	26.0%DV	31 Mar 2009	31 Mar 2013	9	-	-	9	-	-
Glass	1,268	12.0%DV	31 Mar 2009	31 Mar 2013	685	-	-	685	-	-
Timber Partitions	1,118	12.0%DV	31 Mar 2009	31 Mar 2013	597	-	-	597	-	-
Total Property Improvements	6,825				1,308	-	-	1,308	-	-
Total	28,811				6,299	-	2,343	1,308	19,337	2,648



NEW ZEALAND NUTRITION FOUNDATION NOTES TO AND FORMING PART OF THE FINANCIAL STATEMENTS FOR THE YEAR ENDING MARCH 31, 2013

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.

12.5% Straight Line

Property Improvements.

12% - 26% Diminishing Value

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

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	2013 \$	2012 \$
ANZ Bank - 25 Account	-	-	132,054	15,815
ANZ Bank - Term Deposit 1020	4 Jul 2013	4.15%	30,000	30,000
ANZ Bank - Term Deposit 1023	27 Sep 2013	4.30%	143,588	137,542
ANZ Bank - Term Deposit 1024	1 October 2013	4.30%	118,344	113,308
Total Current Investments			423,986	296,661

3 PROPERTY, PLANT & EQUIPMENT

	Cost \$	Depreciation Charged \$	Accumulated Depreciation \$	Closing Book Value \$
Property, Plant & Equipment 2013				
Property Improvements	-	-	-	-
Office Furniture & Equipment	21,986	2,343	19,337	2,649
Total Property, Plant & Equipment	21,986	2,343	19,337	2,649
Property, Plant & Equipment 2012				
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

4 TERM INVESTMENTS

			2013 \$	2012 \$
Shares	No. of Shares	Market Value		
Westpac Investments	1,000	38,110	17,260	17,260
Kiwi Income Property	11,418	13,359	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
Bank of New Zealand 8.56%	27 May 2013	8.56%	20,864	21,272
Fonterra Co-operative Group Ltd	10 March 2015	7.75%	25,000	25,000
Total Shares			45,864	61,541
Total Term Investments			75,007	90,684





5 FUND

	2013 \$	2012 \$
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

	2013 \$	2012 \$
Current	20,523	19,418
Term	23,944	42,072
Total Operating Lease Commitments	44,467	61,490

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 2013 (Last Year: \$Nil).

9. CAPITAL COMMITMENTS

New Zealand Nutrition Foundation has no capital commitments at 31 March 2013 (Last Year: \$Nil).

10. CURRENT PROJECTS

The following projects were not completed as at 31 March 2013 and therefore the balances represent monies held to cover future expenditure:

	2013 \$	2012 \$
Food Week 2013		
Income		
Donations Received	118,250	-
Sponsorship	54,000	-
Total Income	172,250	-
Expenses		
Advertising & Marketing	525	-
Total Expenses	525	-
Balance to C/Fwd from Food Week 2013	171,725	-
Food Week 2012		
Income		
Sponsorship	23,000	36,000
Surplus B/Fwd from previous years	23,703	-
Total Income	46,703	36,000





8 CURRENT PROJECTS (CONTINUED)

	2013	2012
	\$	\$
Expenses		
Conference & Meeting Expenses	-	-
Contract Work	435	108
Advertising, Marketing & Research Expenses	20,091	1,659
Donations	400	-
Equipment Hire	435	-
General Expenses	253	-
Postage, Printing & Stationery	2,764	660
Salary	10,500	9,870
Telephone, Tolls & Internet	72	-
Travel Expenses	638	-
Website Expenses	2,625	-
Total Expenses	38,213	12,297
Balance to C/Fwd from Food Week 2012	8,490	23,703
Committee for Healthy Ageing		
Income		
Donations Received	-	5,000
Sponsorship	-	4,800
Seminar Income	-	3,278
Surplus B/Fwd from previous years	4,938	322
Total Income	4,938	13,400
Expenses		
Advertising & Marketing	-	523
Conference & Meeting Expenses	-	2,286
Contract Work	1,275	2,890
General Expenses	31	-
Postage, Printing & Stationery	8	763
Telephone, Tolls & Internet	257	-
Travel Expenses	468	2,000
Website Expense	312	-
Total Expenses	2,351	8,462
Balance to C/Fwd from Committee for Healthy Ageing	2,587	4,938
Emark Project		
Income		
Sponsorship	-	90,210
Surplus B/Fwd from previous years	8,436	2,440
Total Income	8,436	92,650
Expenses		
Conference & Meeting Expenses	-	-
Contract Work	-	1,043
Advertising, Marketing & Research Expenses	304	43,644
Postage, Printing & Stationery	-	7
Salary	-	26,039
Travel Expenses	-	3,796
Website Development	849	1,685
Trademark Expenses	-	-
Transfer to Project Income	-	8,000
Total Expenses	1,153	84,214
Balance to C/Fwd from Emark	7,283	8,436
Total Projects	190,086	37,078

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 statement of financial position as at March 31, 2013, and the statement of financial performance, statement of movements in general funds 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 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.

Opinion

In our opinion, 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, 2013, 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:

25 June 2013

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	Nestlé NZ	Sanitarium
Beef + Lamb New Zealand	Hansells	New Zealand Pork	Subway
Cadbury	Heinz Watties	New Zealand Sugar	Tegel Foods
Eggs Inc.	Horleys	Poultry Industry	Unilever
Fonterra Brands	Horticulture New Zealand	Association of NZ	United Fresh/5 + A Day
Frucor	Kellogg's	Prolife	Weight Watchers NZ
George Weston Foods	McDonalds	Provender	Wrigley





Appendix 3 - Councillors and Staff

Executive Councillors



Nikki Hart 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. As a direct result of her specialty in hydration, Nikki has gone on to help develop 'FlyHidrate' – a hydration beverage designed for the flying consumer. With nearly 20 years of experience Nikki has provided nutritional care for literally hundreds of clients at her busy clinic 'Nikki Hart Nutrition Ltd'. She has presented her own TV series 'Eat Yourself Whole' in 2005, 'The Fat Chance' in 2006 where she battled New Zealand's growing problem of obesity and as a consequence is now very sought after as a nutritional speaker for many New Zealand businesses looking at Workplace Wellness. Over the years Nikki has written for many publications including the 'Healthy Food Guide', 'Littlies', 'New Idea magazine' and 'Good Health' Magazine. As well as her media work and caring for her two girls, Nikki is preparing for her first marathon.



Twenty- two years ago **Foundation PR Director, Vikki Lee Goode** 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, Subway, Bakers Delight, Prolife Foods and our 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.

Elected Councillors



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. Jennifer is a food scientist, New Zealand registered dietitian and nutrition advisor with experience in public health and food industry management roles. Currently Nutrition & Claims manager with Frucor Beverages Limited, her role encompasses NPD, nutrition communications and research partnerships with Crown research agencies and universities. She has also been passionately involved in schools programmes such as Fuelled4life, Life Education Trust and the NZ Breakers development academy. Her professional activities involve the NZ Nutrition Foundation Council and the NZ Food and Grocery Council Health & Technical working group. A consultant to large FMCG companies as well as successful start-up businesses across Australasia, her clients have included FSANZ, Bluebird, Griffin's, Hubbards, Lisa's Hummus, Naked Organics, LOAF, Healthy Food Guide and Café Hanoi. She is 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 specialising 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 NZ Registered Dietitian with Masters Degrees in Medicine and Public Health (Hons), a Post Graduate Diploma in Business Administration (Health Management) and recently completed a Post Graduate Certificate Health Science endorsed in Gerontology. Soana is Pacific Dietitian for ProCare Health Ltd. She has over 20 years of experience in clinical, population health and community nutrition, and is passionate about leading changes in community through addressing social determinants of health, workforce development and building capacity of Pacific community. Soana has been a guest lecturer at Universities and provides mentoring and training for Pacific students and health professionals. She leads a number of church and community projects throughout Counties Manukau, conducts health talks in Pacific radio stations, writes newspaper articles, and delivers nutrition training for health professionals, Pacific and Maori community groups. Soana is the current Chair of the Pacific Island Food and Nutrition Action Group (PIFNAG), Board Member for Agency for Nutrition Action (ANA), and the Tongan representative of the Public Questions/Issues Network, Methodist Council of New Zealand. She is also Director and founder of LEAD Wellness Consultancy Services Ltd, and has a small family catering business. Soana's practices are guided with biblical principles, believing there is unlimited potential in Pacific: "Be all you can be in God's potential".



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.



Carolyn Cairncross has an MSc (Hons) in Nutritional Science from Massey University, specialising in sport nutrition, and is currently completing her PhD. Her nutrition work covers many areas - with the Foundation and as a nutrition educator for Green Prescription, research studies and workplace health. She also lectures at university level in human nutrition subjects.





nznutrition FOUNDATION

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www.emark.co.nz

www.justcook.co.nz

www.facebook.com/justcook.nz