



IMPACT REPORT 2022 - 2023



AS PRESENTED AT
THE ANNUAL
GENERAL MEETING,
15 AUGUST 2023





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Who we are

The New Zealand Nutrition Foundation (NZNF) is a professional, non-profit organisation that works in partnership with other charities, businesses and government departments to help Kiwis eat well no matter what their circumstances.

The Foundation's membership is broad and includes those working in health, nutrition, education and the food industry. This gives us the opportunity to coordinate and support work between professional groups, food producers, marketers and government agencies.

The New Zealand Nutrition Foundation's Board comes from the fields of nutrition, education, the wider scientific community, business and the food industry.

The Foundation is funded by membership subscriptions, sponsorship, grants, donations and contracted work.





Our mission

To create confidence, skills and knowledge with food for healthier communities in Aotearoa. Collaboration and partnership are at the heart of everything we do.

We achieve our mission through:

- ▶ delivering life-changing programmes to communities
- ▶ offering trustworthy, independent food knowledge to all New Zealanders and their whānau
- ▶ creating valuable tools and resources that build confidence and knowledge.

Our strategic plan focuses on long-term aspirational outcomes:

- ▶ Better nutrition and healthier communities for Aotearoa New Zealand.
- ▶ Contribution to two of the United Nations' Sustainable Development Goals (SDG):
 - SDG 2 Zero Hunger
 - SDG 3 Good Health and Well-Being.

To achieve these outcomes, our annual plan for the 2024 financial year includes:

- ▶ developing a stakeholder ecosystem identifying agendas, interests, risks and issues for the organisation so we can be very clear about our purpose
- ▶ continuing our work providing community support through JUST COOK programmes and evidence-based nutrition information
- ▶ long-term organisational and financial sustainability.



From the Chairperson and the Chief Executive

This year heralds the transition from Covid times back to business as usual.

After a slow start, we finished the year having run five community Tika Tunu courses with 55 participants. These courses continue to improve nutrition knowledge, cooking motivation and confidence and improved use of ingredients as well as building social connections and communities.

We ran nine Healthy Ageing courses with 89 participants. With the risk of malnutrition in older people already being significant, we're yet to fully realise the impact of Covid on this population.

Keeping everyone informed is vital and we do this through our regular updates, website and Facebook. Our fortnightly updates command an excellent open rate and are well received. As well as connecting corporates to communities via our programmes, we provide services to members and others, including recipe and product nutrient analysis, white paper preparation and review and independent comment.

With around four charities closing every week in New Zealand, we're pleased to still be operational and positive about our future. Our finances have taken a hit, but we're committed to being very clear about our purpose and building our income and expenditure to achieve this.

We're pleased to have our programmes up and running again post Covid. For some participants our JUST COOK programme was their first community interaction post lockdowns.

Rest homes were understandably one of the slowest to open up after Covid and when they did, we were relieved to be able to make traction on our commitment to provide Healthy Ageing courses in selected Bupa retirement villages. The need for social connections for older people shouldn't be underestimated even for those living together in villages. Connection leads to better health outcomes and many of our Healthy Ageing groups continue to meet after the sessions are completed. Thank you Bupa, for recognising the value of our Healthy Ageing programme and helping us to have a broader reach.

We're pleased to have shared the impact of our JUST COOK programmes with the Auckland City Mission, both with residents and food parcels recipients. We're delighted to showcase once again how a collaborative relationship builds a strong base for community development. This work was made possible with the support of our corporate sponsors and the bequest from the estate of Cliff Tasman-Jones.

In the 22/23 financial year, 14 JUST COOK programmes were completed. In the first four and a half months of the current financial year, the team has already completed 14 programmes, so things are finally ramping up.

The Foundation continues to support the development of Auckland University and AUT students through supervised placements. We're all the richer from these interactions and we acknowledge the contribution our students make. The Nutrition Foundation and the Auckland City Mission were the first charities to collaborate with the University of Auckland and their health science students by working in a collaborative project with both charities.

We also value the volunteers who freely give up their time to support us.

The continued support of our impact partners extends our reach into communities across Aotearoa. We so appreciate their financial support, goods in kind and sponsorship, and we continue to grow our impact thanks to them. A special thanks goes out to Countdown who have supported the purchase of ingredients for all our courses this year.

Tania Watson, Chairperson
Jane Bollard, Chief Executive



Tania Watson and Professor Emeritis Elaine Rush. Tania and Elaine were awarded life membership in honour of their dedicated service to the Foundation.



Farewells, welcomes and life memberships

Remembering Pamela Rose Williams, MNZM, 1936–2023

Our dear friend, mentor and colleague, Pamela Williams, died at Christchurch Hospital on 31 May, after a brief illness.

Pam made a significant contribution during her time at the New Zealand Nutrition Foundation. She was a council member of the Foundation from 1984, elected Deputy Chair in 1988, and Chair from 1998–2005, working closely with CEOs during her tenure.

Pam's contribution, wisdom and support, not only to nutrition and dietetics, but also to the wider community, will be sadly missed.

Tania Watson – outgoing Chair

At our AGM in August we bid farewell to our Chair, Tania Watson, who has served on the NZ Nutrition Foundation Board since 2013. As Chair, Tania has helped three different CEO's navigate the organisation, supported the Foundation through Covid and has been hugely instrumental in shaping and supporting the rest of the Board. Thank you Tania for your tenacity, business acumen and willingness to share a smile in the face of challenges and your great contribution to the Board.

Professor Emeritus Elaine Rush – outgoing Scientific Director

We also farewelled our Scientific Director Elaine Rush at our AGM. Elaine joined the Nutrition Foundation Board at the end of July 2006, so has given 17 years of tireless service to the Board and organisation.

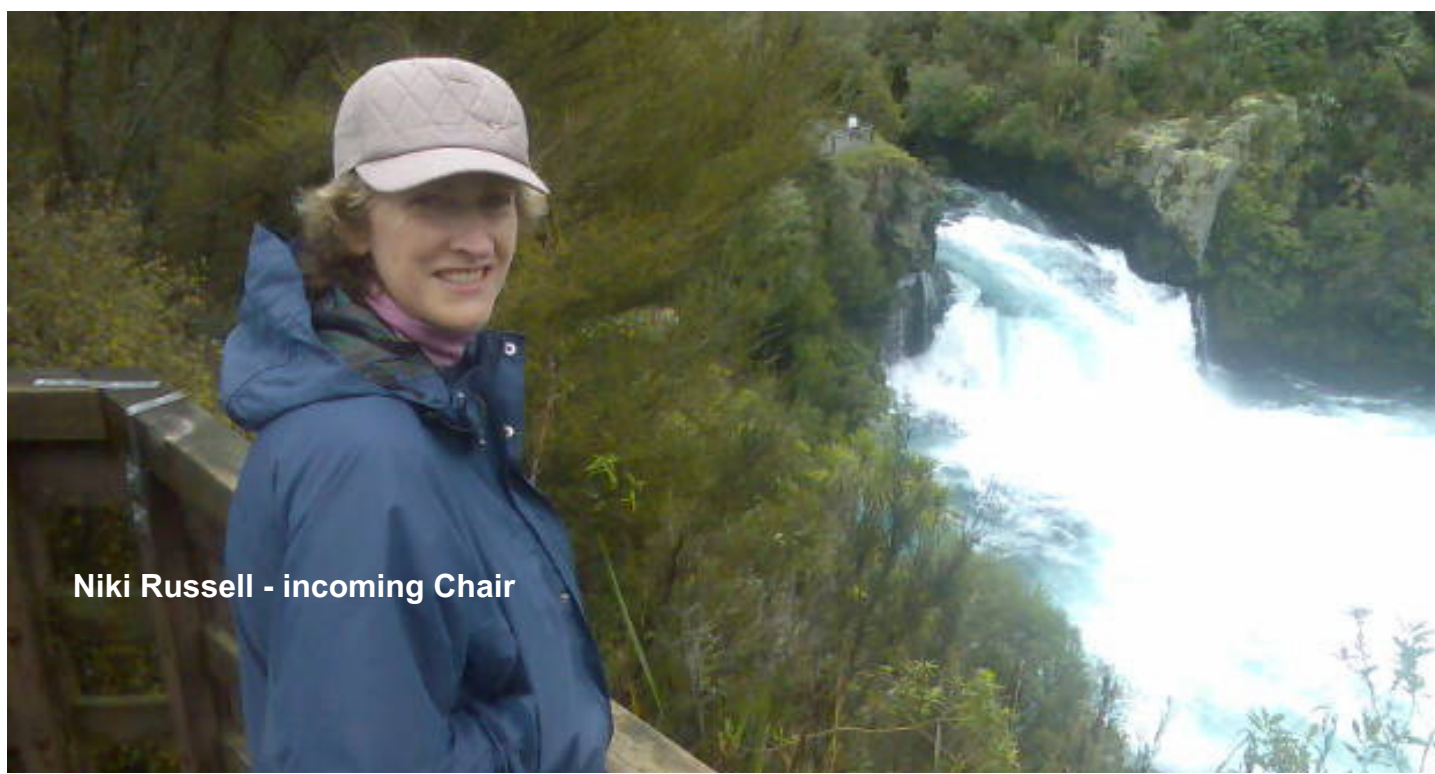
Elaine has assisted members with their projects, represented the Foundation on advisory committees, written submissions, kept the Foundation up-to-date with the latest nutrition science, coordinated student projects and also fronted the media on numerous occasions.

Elaine has remained dedicated to the cause of improving the health of New Zealanders through improved nutrition, exercise and education. She has advocated for equity over equality and for the more vulnerable communities in our country. Thank you Elaine.

Niki Russell – incoming Chair

At the AGM we welcomed Board member Niki Russell to the role of Chair. Niki is a registered dietitian and owner of Nutrition Care Ltd. Niki has worked in New Zealand and overseas as a dietitian in clinical nutrition and food service management. She works across a wide range of dietetic specialties, provides nutrition consultations for diabetes management programmes and delivers education sessions to various organisations and non-profits.

Niki is looking towards maintaining NZNF's broad reach and to be NZNF's trusted source of easily accessible, evidence-based nutritional information for people in New Zealand. She's looking forward to working with the Board and staff to review and refine the strategy.



Niki Russell - incoming Chair



Carol Wham **– incoming Scientific Director**

Carol Wham has taken on the role of Scientific Director.

Carol is a professor of nutrition and dietetics at Massey University, an experienced dietitian and an associate editor of *Nutrition and Dietetics* and *Frontiers in Nutrition*. Carol has undertaken a sustained programme of research focused on improving the nutritional health of older people and an investigator in two longitudinal studies of ageing.

**Carol Wham - incoming
Scientific Director**



Our impact in the community

Our focus this year has been to re-engage the community in our JUST COOK programmes.

JUST COOK Tika Tunu

JUST COOK Tika Tunu is a four to six session programme that focuses on making healthy affordable food choices, improving skills, motivation and confidence in family cooking.

Each session is adapted to the community we work with, and includes education about food groups, stretching a food budget, using pantry staples, improving takeaway meals and reading food labels. Every weekly session includes three hours of cooking time and sharing the meal at the end.

JUST COOK Healthy Ageing

JUST COOK Healthy Ageing is a four session programme aimed at building cooking skills, confidence in the kitchen, motivation to cook, nutrition knowledge and addressing social isolation among older people.

The programme supports people who lack practical cooking skills or need a boost in confidence to cook for themselves.



“ —

I have learnt how easy it is to cook healthy, affordable food.

631

people impacted by our programmes

A big shout out to all our participants who ventured out 'post Covid' to join our programmes.

Thank you for joining us.



“ —

The amount of sugar and fat hidden in packaged food was a real eye-opener.



JUST COOK

Tika Tunu programme



“ —
Black beans! That sounds gross, but we have had some weird ingredients in the past 6 weeks, and they have turned out yum. Thank you.

“ —
Learning about healthier choices we can add to meals to make them go further and be better for health.

“ —
I never heard or seen vegetables going into pies before. But I have to say, Yum.

“ —
We made koftas and couscous last week – and had all of the (10+) children helping (grating, stirring, chopping, etc). They all loved them – except one who didn't want to try it. Plus the couscous was cheap and we didn't need much at all.



“

I will definitely be making these at home, my tamariki will love it, and they will eat the veggies as you don't even know they are in there.

5

JUST COOK Tika Tunu programmes

- Rotorua x 2
- Northland
- Upper Hutt
- Auckland City Mission Homeground

275

people impacted by the programmes*

*5 people impacted in the community for every course attendee

55

participants

77

hours facilitation and teaching time

JUST COOK Healthy Ageing programme



“ —
The atmosphere of teamwork plus the love of the instructors, patient, caring, friendly, has built up and the programme is very successful. I enjoy being there every time I come to class.

“ —
It's reduced my sense that cooking is a complicated, hard to learn skill.





“ I have really appreciated the cooking class. I had lost interest in cooking meals and this has given me a boost.

9

JUST COOK Healthy Ageing programmes

- Orewa
- Eastern Bay
- Albany x 4 (Bupa)
- Upper Hutt (Bupa)
- Nelson x 2

356

people impacted by the programmes*

*4 people impacted in the community for every course attendee

89

participants

108

hours facilitation and teaching time



“ —
I have become more adventurous in my cooking and making more interesting dishes.



“ —
I enjoyed the company and new ideas and meeting other people on the course who are there for the same reasons.





Collaboration builds community development

One of our successes we hold close is our relationship with Auckland City Mission.

After many years of preliminary work, we're pleased our engagement resulted in a heart-warming and successful programme run at HomeGround. The feedback from participants was positive and our facilitators were invited back to support a Christmas cook up.

In association with this project, we engaged two health science students to work across the two charities in aligning projects.

This was the first collaborative project that the University of Auckland had run with health science students.

We also worked with Auckland City Mission Food Security team and Child Poverty Action Group to implement a pilot programme of six sessions for people accessing their food service and planned food tastings and demos held at Boston Road where people uplift their food parcels.



Connecting community, industry and research

NZ Nutrition Foundation is uniquely positioned to be able to facilitate a community-industry-research information flow.

We supported a number of programmes and organisations including World Iron Awareness week, Coeliac Awareness and Wahine Charitable Trust.

Our Scientific Director provided information and support to fledgling businesses.

We receive regular referrals to our site from other charities and the use of our information in their booklets.

We provided our industry members with community informed feedback on their proposals and ideas.

5

most viewed website pages

1. *B Vitamins including Folate*
2. *Home page*
3. *Healthy Eating by Life stages*
4. *Protein*
5. *Fibre*

“ —

*I really love your site,
the recipes are
fantastic and the
information just what
we need to pass on to
our members.*

Office for Seniors

211,461

website visits

388,880

website page views

23

fortnightly updates to industry and community members on the latest nutrition research and information

125

nutritional analyses & healthy eating comment provided for Countdown online recipes to assist shoppers

4 + 2

Healthy Ageing bulletins + newsletters

2,700

Facebook followers

Supporters and funders

Thank you to the organisations and funders who have supported the New Zealand Nutrition Foundation so we can continue our much-needed work helping New Zealand communities.

Auckland Council

Akina

Bay Trust

Community Organisation Grants Scheme (COGS)

Dragon Community Trust

Foundation North

Milestone Foundation

Nelson Marlborough Health

NZ Lottery Grants Board

Pub Charity Limited

Rātā Foundation

Rotorua Energy Charitable Trust

Rotorua Lakes Council

The Estate of Sir Clifford Tasman Jones

The Lion Foundation

The North & South Trust Limited

Tui Flower Foundation

And a big thanks to our members who have provided support both in kind and in sponsorship of our programmes; to our participants who have paid it forward so someone else could attend a free programme, and to our volunteers who helped with our mahi.

Special thanks to Countdown who supported our programme delivery across Aotearoa and Bupa who supported our Healthy Ageing programme rollout.

Financial Statements

Year end 31/3/2023*

* For full Annual Performance Report refer to Charities Services at <https://charities.govt.nz/>

Statement of Financial Performance

	NOTES	2023	2022
Revenue			
Revenue from providing goods or services	1	217,013	234,366
Interest, dividends and other investment revenue	1	3,477	2,011
Other revenue	1	-	3,198
Total Revenue		220,490	239,575
Expenses			
Volunteer and employee related costs	2	196,030	166,244
Costs related to providing goods or service	2	51,915	59,465
Other expenses	2	7,219	9,933
Total Expenses		255,163	235,641
Surplus/(Deficit) for the Year		(34,673)	3,934

Statement of Financial Position

	NOTES	31 MAR 2023	31 MAR 2022
Assets			
Current Assets			
Bank accounts and cash	3	111,824	119,974
Debtors and prepayments	3	542	2,432
Total Current Assets		112,366	122,405
Non-Current Assets			
Investments	3	28,678	29,143
Property, Plant and Equipment	5	3,578	6,161
Total Non-Current Assets		32,256	35,304
Total Assets		144,622	157,709
Liabilities			
Current Liabilities			
Creditors and accrued expenses	4	81,104	60,792
Other current liabilities	4	9,297	8,023
Total Current Liabilities		90,401	68,815
Total Liabilities		90,401	68,815
Total Assets less Total Liabilities (Net Assets)		54,221	88,894
Accumulated Funds			
Capital contributed by owners or members	6	656	656
Accumulated surpluses or (deficits)	6	(218,933)	(184,260)
Reserves	6	272,498	272,498
Total Accumulated Funds		54,221	88,894





Our Team

*New Zealand Nutrition Foundation team
(as at 31 March 2023)*

Jane Bollard – Chief Executive

Anna Mrkusic – Nutritionist/Programme Manager

Andrea Ler – Nutritionist

Jeanette Franklyn – Grants Advisor

Julie Carter – Contract Dietitian

Students

Trent, Melodi, Brianna, Ra, Jamie

Professional services & consultants

My Green Bookkeeper – Financial management services

Affiliated Consultants – IT services

Moore Markham – Auditors

Simpson Grierson – Pro bono legal services



Programme facilitators

Sue Lindsay	Cleon Samuels
Gillian Brock	Alex Sarmiento
Lenora Winiata	Jo Tahuri
Priscilla Collins	Wendy Kissell
Kathy Lambert	Leanne Young
Maegan Watson	Maria Bernard

Board Members

Tania Watson, Chair

Mindy Wigzell, Deputy Chair

Natasha Banks-Fowler, Secretary

Justin Alblas, Treasurer

Professor Emeritus Elaine Rush,
Scientific Director

Geoff Kira, seconded as Advisor
on Food Security

Niki Bezzant

Niki Russell



