



EuroFIR Association Internationale  
sans but-lucratif (EuroFIR AISBL)  
Annual Report 2020

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Belgium

[www.eurofir.org](http://www.eurofir.org)

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# President's Welcome

The European food research landscape is changing with the building of research infrastructures and open science clouds, or is it catching up with something that EuroFIR has been doing since 2005? Our goal has always been to move towards open food, nutrition, and health science, underpinned by federated IT systems and collaborative, more cost-effective research. In 2020, Members would have been forgiven for thinking the biggest change would be Paul Finglas stepping-down from the role of President. In fact, 2020 has seen significant changes in how EuroFIR functions, because of the corona virus and public health restrictions globally.

For the first time, but probably not the last, the 2020 General Assembly took place online but the annual flagship event, EuroFIR's Food Forum, was cancelled. This was particularly challenging for the team, given both the short notice and the absence of Sidonie Pauchet (Office Manager), who was on maternity leave. It was also a test of the new joint Presidents, who are grateful for the support of Members and the Office.

The EuroFIR Office (Rue Washington, Brussels) was closed on 18<sup>th</sup> March 2020. Since then, staff have worked from home; some in Brussels, some elsewhere in Belgium, another in France, and several in the UK. EuroFIR has always been familiar with remote working; to be honest, most of us were in our offices only rarely before this all started. Nevertheless, mandatory home working has created new or different issues with communication, and sharing of information, which the team has overcome with weekly (online) catch-up meetings, more use of online tools, increasing reliance on social media channels and the websites, to the extent that we now know the main EuroFIR site must be relaunched during 2021, updating the technology and content.



**Maria Glibetic, President**  
IMR - RS

There were many achievements in 2020, despite the pandemic. For example, EuroFIR made an overall surplus (ca. 47K EUR) and we planned, and launched, our first online Membership campaign. In doing so, we also created new resources presenting EuroFIR to the world. EuroFIR welcomed 10 new Members, including one Associate Member from Israel, and implemented improvements to FoodEXplorer, based on user feedback. Increasingly, EuroFIR is also lobbying for Members' interests in the development of research infrastructures, including METROFOOD-RI and the proposed FNH-RI, as well as the European Open Science Cloud (EOSC), directly and indirectly as a Beneficiary of FNS-Cloud.



**Karl Presser, President**  
Premotec GmbH - CH

The Directors are grateful for the continued work of the Office, especially under challenging circumstances, and we would like to thank Paul (Managing Director), Angelika, Hana, Jérémy, Mark, Siân and Sidonie as well as the interns, Irene, Alba, and Marjola, for their support. Likewise, we - Maria and I - would like to thank the Directors for their dedication to EuroFIR, alongside their professional responsibilities. Doubtless 2021 will bring its challenges and changes, but we can look forward with optimism to meeting face-to-face (eventually), because although online meetings are useful, they are not nearly as efficient or as effective as we might have imagined.

# Key Achievements in 2020

## 1. EuroFIR data, tools & procedures:

- New FoodEXplorer dataset added (EE) and 10 FoodEXplorer datasets (FI, FR, NL, PT, IR, IQ, KW, MA, ZA, CA) updated.
- FoodEXplorer functionality improved, based on users' feedback.

## 2. EU- and otherwise-funded projects:

- Continued collaboration with METROFOOD-RI (e.g., Foodwiki and links between food composition data quality and measures of 'goodness').
- Participated actively in the ESFRI Roadmap FNH-RI application (2020-2021) and in establishing the Belgium node; Paul Finglas is a member of the FNH-RI Board.
- Invited to participate in an increasing number of consortia responding to EC calls under Horizon Europe Green Deal.

**FNS-Cloud** will launch a first-generation 'food cloud', federating existing and emerging datasets and develop new services to support re-use by researchers.

- Participated in the FNS-Cloud M9 and M13 consortium meetings (June and October 2020); submitted three Deliverables on time (D1.7 Gender Action Plan and WP6 Dissemination, Communication & Community Engagement [D6.1 & D6.2]); applied to join DataCite ([datacite.org](https://datacite.org)), allowing EuroFIR to issue DOIs for existing and emerging datasets to support FAIRification of data and knowledge.

**SWEET** aims to identify and address barriers and facilitators in the use of sweeteners and sweetness enhancers (S&SEs) and examine risks and benefits of using these to replace sugar in the diet, in the contexts of health, obesity, safety and (food) sustainability.

- Participated in a life cycle assessment workshop consulting with stakeholders, co-organised with ILSI-Europe (BE) and the University of Surrey (UK).

**SEAFOOD<sup>TOMORROW</sup>** has developed commercial solutions for improving the socio-economic and environmental sustainability of the European seafood production and processing industry.

- MRAG Ltd. (UK) ensured benchmark tool included appropriate nutrients and methods;
- URV (ES) helped populate FishChoice ([www.fishchoice.eu](http://www.fishchoice.eu)), with fish and seafood species typically eaten in Europe and average nutrient values;
- AEIFORIA edited elearning modules (<https://bit.ly/31Tro9o>) to meet industry managers' needs;
- Adapted final event for online delivery (15<sup>th</sup> April 2021); Siân Astley is also active on the Communications Committee.

### EIT Food Innovation:

Personalised and connected food service providers – **PERSFO** - aims to help people make healthier food choices through food service providers in the workplace.

- Completed Year-1 tasks on time and to budget, despite lock-downs in Belgium.
- Secured funding for Year -2 with five Beneficiaries, namely KU Leuven, Sodexo, EuroFIR and Alberts (BE) as well as the coordinator, QIB (UK).

### Active Assisted Living Programme:

**TURNTABLE** aims to address challenges associated with vitality and activity amongst older adults (65 years and over) through an extendable one-stop-shop ICT platform integrating a range of solutions.

- Completed co-creation sessions in Belgium, using a Covid-19-safe protocol
- Developed field trial scripts and translated these into French, and advertised and recruited a facilitator to work with volunteers for 12 months.
- Delivered an adapted dissemination and communication plan; participated in the successful mid-term review.



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### 3. Training & capacity development:

- Hosted three internships, namely Irene Armenteros Ballesteros (Talentium Jaén, March-July), Alba Gil (EIT Food RIS Fellowship, July-December), and Marjola Memaj (EuroFIR, October 2020-March 2021).

### 4. Outreach & impact

- Improved monitoring of traffic to the EuroFIR websites (Google Analytics), which will help future development of the site and increase user satisfaction.
- Increased social media content frequency and outreach, gaining new followers, e.g., Twitter (11%) and Facebook (14%) and LinkedIn (62%).

#### Presentations:

- Siân Astley hosted a NuGO Early Career Network [webinar](#) (Ever wondered what happens to your proposal when you submit it? 31.07.2020)
- FNS-Cloud, SEAFOOD<sup>TOMORROW</sup>, TURNTABLE, Quisper and PERSFO were presented at the 34<sup>th</sup> EFFoST Conference: [Food and Health Digitalisation](#) (12.11.2020)
- De Croon *et al.*, (2020) Motivational design techniques to support healthy eating habits at work. ICHI (02.12.2020)

#### Published:

- Amoutzopoulos *et al.* (2020) Portion size estimation in dietary assessment: a systematic review of existing tools, their strengths and limitations. *Nutrition Reviews*, nuz107; <https://doi.org/10.1093/nutrit/nuz107>
- Durazzo *et al.* (2020) Development of Dietary Supplement Label Database in Italy: Focus of FoodEx2 Coding *Nutrients* 2020, 12(1), 89; <https://doi.org/10.3390/nu12010089>

#### Mentioned:

- Goossens *et al.*, (2020) Introducing personalised nutrition services in a behavioural motivation concept for Connected Food Services Environments. *Agro FOOD Industry Hi Tech*-vol.31(2)
- Traka *et al.*, (2020) Maintaining and updating food composition datasets for multiple users and novel technologies: Current challenges from a UK perspective. *Nutrition Bulletin* <https://doi.org/10.1111/nbu.12433>
- Dréano-Trécant *et al.*, (2020) Performance of the Front-of-Pack Nutrition Label Nutri-Score to Discriminate the Nutritional Quality of Foods Products: A Comparative Study across 8 European Countries. *Nutrients* 2020, 12(5), 1303; <https://doi.org/10.3390/nu12051303>
- Ispirova *et al.*, (2020) Evaluating missing value imputation methods for food composition databases. *Food and Chemical Toxicology* 141: 111368; <https://doi.org/10.1016/j.fct.2020.111368>
- Petrovic-Oggiano *et al.*, (2020) The effect of walnut consumption on n-3 fatty acid profile of healthy people living in a non-Mediterranean West Balkan country, a small scale randomized study. *Nutrients* 2020, 12(1), 192; <https://doi.org/10.3390/nu12010192>
- Sammán & Charrondiere (2020) The 12th International Food Data Conference (IFDC): From food composition to better policies and programmes in nutrition and agriculture. *Journal of Food Composition and Analysis* 90: 103490; <https://doi.org/10.1016/j.jfca.2020.103490>.

## 5. Credibility, governance & finance:

- EuroFIR AISBL and EUFIC continue to enjoy Associate Memberships; Paul Finglas is on EUFIC's Board of Directors.
- EuroFIR and Full Members have participated in FAO INFOODS meetings and other Expert Groups.
- Five EB teleconference meetings were held during 2020 with 90% attendance.
- Five new agreements were signed with Clients using food composition data for commercial activities; total income from Clients was ca. €20K.
- Welcomed 10 new Members including two non-commercial organisations and two SMEs; the remainder were Individuals and Student Members (6).
- Renewal of two Directors' terms (Maria Glibetic [IMR, RS] & Luca Bucchini [Hylobates Consulting Srl, IT]); election of joint-Presidents (Maria Glibetic & Karl Presser [Premotec GmbH, CH]).
- Six proposals were submitted for funding during 2020 (3 EIT Food, 1 Erasmus+, 1 EuropeAid, 1 EFSA Tender); one EIT Food (PERSFO) and the EFSA Tender were funded.
- Recruited Hana Mušinovic (Food & Nutrition Researcher), strengthening our expertise in personalised nutrition, nutrigenomics, and exploitation of food composition data for research.



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# Vision and Mission

The vision of EuroFIR AISBL is delivery of high quality, validated national food composition data and supporting information, which are essential for research and policy in the areas of food quality, nutrition and public health challenges in Europe. We also aim to enhance the awareness and understanding of the value of food composition data, and its importance for consumers in making healthier dietary choices.

Our mission is to be the best and only independent broker of validated food composition data and supporting information in Europe and beyond, facilitate improved data quality, storage and access, and encourage wider applications and exploitation of food composition data for both research and commercial purposes.

# Structure





# General Assembly

The 11<sup>th</sup> EuroFIR AISBL General Assembly took place on Wednesday, 4<sup>th</sup> April 2020 online (GoToMeeting). Siân Astley was Secretary and vote-teller. The agenda was:

1. Welcome and status check
2. Competition Statement
3. 2019 Achievements (Resolution 1)
4. 2020 Future Plans
5. Membership:
  - National Institute of Pharmacy and Nutrition, HU (Resolution 2)
6. Directors
  - Renewal: Prof. Maria Glibetic (vice-President) (Resolution 3)
  - Renewal: Dr Luca Bucchini (Director) (Resolution 4)
  - Election: (Resolution 5)
  - Dismissals: Paul Finglas (President) (Resolution 6A)
  - President (Resolution 7B)
7. Examination of annual accounts (Resolution 8)
8. Approval of activities (Resolution 9)
9. Appropriation of results (Resolution 10)
10. Discharge for EB and Managing Director (Resolution 11)
11. AOB

All present declared they were acquainted with the legal and statutory stipulations concerning convocation of the General Assembly and had reviewed the agenda.

A total of ten (10) Full Members (of 25 Full Members), eleven (11) Ordinary Organisations Members (of 34 Ordinary Members), six (6) Directors were present at the meeting. Seven (7) Full Members & six (6) Ordinary Organisation Member submitted votes by email and one (1) Full Members and six (6) Ordinary Organisation Members voted by proxy, either other Members, the Secretary or the Managing Director. Thus, the General Assembly was quorate and valid to consider the Resolutions.

All the resolutions were accepted.

**To read the Minutes - [click here](#)** (after log-in)





# Executive Board



**Maria Glibetic, President**  
IMR - RS



**Helena Soares Costa**  
INSA - PT



**Karl Presser, President**  
Premotec GmbH - CH



**Maria Kapsokefalou**  
AUA - GR



**Susanne Westenbrink**  
RIVM - NL



**Loek Pijls**  
Loekintofood - NL



**Luca Bucchini**  
Hylobates Consulting Srl - IT



**Paul Finglas - Managing Director**  
Quadram Institute Bioscience - UK

Members of the Executive Board are elected by the General Assembly for three-years with the possibility to extend this for a further three-years. Their role is to oversee strategic development of EuroFIR AISBL and provide technical and scientific support.

Currently, the Executive Board is comprised of Joint-Presidents (Maria Glibetic, Karl Presser), five Directors (Susanne Westenbrink, Luca Bucchini, Helen Soares Costa, Maria Kapsokefalou and Loek Pijls) and the Managing Director (Paul Finglas).

Siân Astley (Secretary to EuroFIR AISBL) is rapporteur for the Executive Board.

The Executive Board had five teleconferences during 2020 and Minutes are available online (Members' area, after log-in).

Topics discussed included:

- Calls for funding
- Participation in EU- and otherwise-funded projects
- Current year finances and budget planning 2021-2024
- General Assembly (Resolutions, Articles of Associations, etc.)
- Membership and Clients (Recruitment, benefits and services, etc.)
- Office (composition of the team, legal issues, public health response, etc.)
- Technical Discussion Groups' activities.

To learn more about the Executive Board and Directors - [click here](#)





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## EuroFIR AISBL Office



**Dr Siân Astley**

Senior Researcher, Communications  
Manager & Secretary to the Association



**Angelika Mantur-Vierendeel**

Business Development Manager  
& Research Dietitian



**Mark Roe**

Senior Food & Nutrition Data Scientist



**Sidonie Pauchet**

Office Manager



**Hana Mušinovic**

Food and Nutrition Researcher



**Jérémy Terweduwe**

Finance Assistant

Day-to-day operations are carried out in the EuroFIR AISBL Office under the Managing Director, Paul Finglas (QIB, UK). His role is to provide leadership and advocacy for the Association, and secure income streams as well as managing staff in the Office.

To learn more about the Secretariat and EuroFIR Staff - [click here](#)



# EuroFIR AISBL Internships 2020



**Irene Armenteros Ballesteros**

Talentium Internship, March-July 2020

Irene joined EuroFIR on 2<sup>nd</sup> March 2020 for five months as Talentium Jaén intern. She studied nutrition and dietetics and has a Masters in Sports Nutrition from the University of Granada (ES). Irene works as a dietician in Spain with individuals living with renal disease, helping to develop personalised diets. Whilst with EuroFIR, she learned about services for our Members, academic publishing, and project reporting, and developed content for our websites and social media.



**Alba Gil**

EIT Food Regional Innovation Scheme Fellowship (intern)

July-December 2020

EuroFIR Policy Assistant (January 2021-)

Being part of EuroFIR's team is a challenge. First, due to the pandemic, I have been unable to meet my colleagues in real life, which means that our sole interactions are by emails and videocalls. Second, the scientific team comprises mostly food scientists, and being a jurist and political scientist this means, sometimes, I feel "as lost as an octopus in a garage", trying to follow discussions. Third, food and all it encompasses, is a multidisciplinary science with strikingly little consensus, which makes me believe that, the more I learn, the less I know.

Without a doubt, I have learned to organise myself working from home as well as to engage with the team online, to analyse and comprehend the labyrinths of EU-funded projects, to write about complex food-stuff topics in an easier language. And, of course, I also want to believe I have improved my English. By all means, EuroFIR stands out for the professionalism and human warmth of the team. Despite the physical distance, my colleagues have been supportive both personally and professionally, and they have tried to make my life easier. As wisely warned on my first day, EuroFIR might look like a small organisation but they are involved in countless projects. One thing is guaranteed, you will not be bored working at EuroFIR.





### Marjola Memaj

EuroFIR Science Communications Internship

October 2020-March 2021

My internship at EuroFIR has imparted me with cross-cultural skills and qualities, providing me with greater knowledge and understanding of international cooperation and communication strategies, explicitly relating to stakeholder management, research, and international relations. I have been able to contribute to EuroFIR policy and science communications needs for EU- and otherwise-funded projects across a wide range of food, nutrition, and health topics. I have also supported digital communications including website and social media content, marketing campaigns, and re-branding of communication tools and services.

From day one I was given a lot of trust to learn on the job. I think the confidence this team places in new members as well as their support and flexibility are some of the main reasons that interns want to return to EuroFIR. What I have cherished the most was the underlying goal to create a space for different kinds of meaningful and critical conversations. Despite having some concerns about the fact that my internship would be remote work, this has not prevented me from feeling that I was part of the team and working full tilt. The biggest challenge has been to work from home since October 2020, initially in my home country, Albania, and, lately, in Brussels. However, despite this, from day one, I felt like a valued member of the team. Although I had imagined this year in Brussels differently, I am very grateful for the inspiring and challenging experience. EuroFIR's excellent leadership and management has made my internship a positive and rewarding experience.

For more information about an intership with EuroFIR, contact [secretariat@eurofir.org](mailto:secretariat@eurofir.org)



# Food Chemistry: Editorial Office



**Mélanie Lowie**

Food Chemistry: Managing Editor



**Jo Logan**

Consultant Manuscripts Assistant



**Vivien Burch**

Food Chemistry: Manuscripts Assistant



**Janet Barnes**

Consultant Manuscripts Assistant

Food Chemistry publishes original research papers dealing with the advancement of the chemistry and biochemistry of foods or the analytical methods/ approaches used. Its impact factor increased to 6.306 in 2020 and is ranked eighth in food science. During 2020, the Food Chemistry Editorial Office handled more than 9 500 submissions, an increase year-on-year of ca. 17%, and answered more than 7000 enquiries from authors, editors, reviewers, and Elsevier Researcher Support.

## Highlights in 2020:

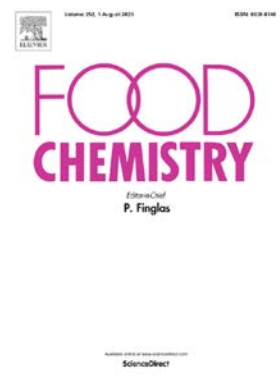
- Food Chemistry: Molecular Sciences - an open access journal publishing research advancing the theory and practice of molecular sciences of foods - was launched in January 2020 and received 88 submissions during the year.
- Food Chemistry: X - also an open access journal - evolved as a mirror journal to Food Chemistry in early December 2020 and received 10 submissions.
- Food Chemistry migrated from the Elsevier Editorial System (EES) to Editorial Manager in November 2020, with the aim of improving performance for editors, authors, and reviewers. More information about Editorial Manager - [click here](#)

## EuroFIR offers members support for publishing research in Food Chemistry, Food Chemistry: X and Food Chemistry: Molecular Sciences, including:

- Personalised advice on the suitability of your manuscript
- Information about the publishing process and how to maximise your success
- Advice and mentoring for manuscript preparation and editing
- Information on manuscript status once it is submitted



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ELSEVIER



# Membership: Update

EuroFIR AISBL is the only independent food composition resource in Europe, bringing together 39 national food composition datasets from 26 European countries, Canada, USA, Japan, New Zealand and Australia, and seven African countries – via a single point of entry – as well as working with INFOODS outside Europe. EuroFIR is dedicated to broadening our offers and making more food composition datasets available to Members and Clients. We are recognised as an independent resource promoting trust, throughout a proven network of contacts, facilitating access, and cooperation amongst national food composition database compiler organisations, and other key users including the food industry, research, education and policy-makers.

During 2020, 299 potential new Members and Clients contacted us, requesting a trial account. Of these, 233 were from individuals or students, demonstrating there is considerable interest in food composition data among these groups. However, this group also generates the fewest new Members. In total, during 2020, EuroFIR welcomed 10 new Members including two non-commercial organisations, two SMEs; the remainder were Individuals and Students (6) and five new (commercial) Clients.

Because of the low conversion rate, mainly Individuals and Students, we are switching from free trials to a pay-per-view scheme. From summer 2021, users who want to use FoodEXplorer for a short period of time, but have no intention of becoming Members, will be able to access datasets for scaled fees, based on time (1-2 weeks or 3 months).

<b>Category</b>	<b>2019</b>	<b>2020</b>
Full Member	26	25
Compiler	20	20
Non-compiler	6	5
Associate Member*	4	5
Ordinary Member (Total)	89	76
Organisations	50	45
Individuals & Students	39	31
Honorary Members	54 <sup>+</sup>	40 <sup>§</sup>
Total	169 <sup>***</sup>	146 <sup>***</sup>

\* New national FCDB compiler organisations only

+ REFRESH (26, ended 2019)

§ FNS-Cloud (22 [of 35] beneficiaries), TURNTABLE (9 beneficiaries), PERSFO (5 beneficiaries)

\*\*\* Including Honorary Members

Beneficiaries of EU- and otherwise-funded projects are added as Ordinary Organisations to promote networking and exploitation of food composition data.



# Membership Benefits

EuroFIR AISBL provides exclusive benefits for our Members:



FoodEXplorer ([www.eurofir.org/foodexplorer](http://www.eurofir.org/foodexplorer))

- Simultaneous search of standardized food composition databases (FCDB)
- 39 national datasets
- Compositional data on foods and nutrients
- Harmonised food description and standardised value documentation

**TYPICALLY ARRANGED IN TABLES AND STORED IN DATABASES**

Traditionally available as printed tables and more recently in online datasets

**INFORMATION ON NUTRITIONAL COMPONENTS OF FOOD**

- ✓ Energy
- ✓ Macronutrients (e.g. carbohydrate, fat, protein) and their components (e.g. sugars, starch, fatty acids, amino acids)
- ✓ Minerals (e.g. iron, zinc, calcium, sodium)
- ✓ Vitamins (e.g. vitamins C, D, E, folate, riboflavin)

**IMPORTANCE**

*Relevant, reliable and up-to-date food composition data are of fundamental importance in nutrition, dietetics and health, but also for other disciplines such as food science, biodiversity, plant breeding, food industry, trade, and food regulation*

- Barbara Burlingame, FAO

**NATIONAL LEVEL**

Usually compiled at a country level, including typical foods and recipes consumed in a population

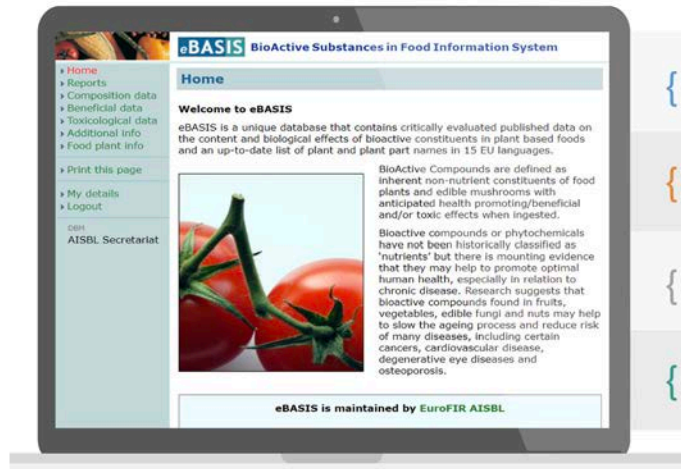
**GENERIC FOODS**

Normally composed of generic foods that represent average values but branded food datasets also exist



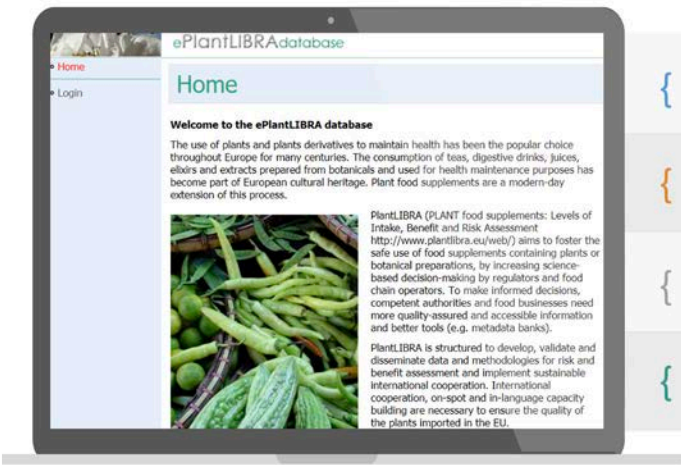


## eBASIS ([ebasis.eurofir.org](http://ebasis.eurofir.org))



- Unique food composition and bioactive compounds database
- Plant-based bioactive compounds with putative health benefits
- Over 300 major European plant foods
- Data sourced from peer-reviewed literature

## ePlantLIBRA (<https://eplantlibra.eurofir.org>)



- Database containing information about plant and plant-food supplements
- bioactive compounds in botanicals and herbal extracts
- based on three existing databases: eBasis, MoniQA and HorizonScan
- Scientific names, plant families, synonyms, common names in 15 European languages

## EuroFIR Food wiki

A wiki is a knowledge-based website on which users modify and structure content directly from a web browser collaboratively. Typically, text is written using a simplified mark-up language and often edited with the help of a rich-text editor. Our food wiki was originally developed in EU- and otherwise-funded projects and contains information for nutrients and contaminants analysis methods, method performance, and available reference standards and proficiency testing schemes. Currently, the wiki is hosted by Premotec GmbH (CH) and is being developed further in a joint effort with METROFOOD-RI. It will be made available again to EuroFIR Members soon.

# New Members



**Mahidol University** The Institute of Nutrition, Mahidol University  
Institute of Nutrition

(INMU - TH) - [www.inmu2.mahidol.ac.th](http://www.inmu2.mahidol.ac.th)

INMU was established in 1977, as a national planning and implementation body of the Thai government, with the mission to strengthen the National Food and Nutrition Plan. Since then, INMU has fulfilled this mission through research at community and laboratory levels, providing national and international training and education programmes, and technical services in food and nutrition development. The goal has been, and continues to be, attainment of the highest possible quality-of-life for individuals, communities, Thai society, and people living in other countries within and outside the Southeast Asian Region. INMU is committed to achieving optimal health and nutrition of all people by conducting timely basic and applied food and nutrition research. The Institute compiles food composition data for Thailand and has a major role in the food consumption survey of Thailand. Mahidol University (INMU) was designated the Regional Centre and as the Regional INFOODS database Centre by INFOODS in 1991.



**Alma Food**

(Alma - FR) - [www.almafood.fr](http://www.almafood.fr)

Alma Food is a digital company that offers low-cost web tools to facilitate the creation of digital labels for your food. Its data repository allows you to create products and recipes and thus better advise. Their motivation is to protect the environment and support the farmers and micro-enterprises. Alma Food is both an SME member, as well as a Client.





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# Research & Technology Projects

EuroFIR AISBL has been an active beneficiary in EU- and otherwise-funded projects since 2009 and we have accumulated expertise in exploitation of food composition data in research as well as science communication and stakeholder engagement. Our core business remains services for Members, but our expertise and participation in projects is also being used to develop new data, tools, and services.



## Innovative Solutions for Nutritious, Safe and Sustainable Seafood in Europe - SEAFOOD<sup>TOMORROW</sup>

(Grant Agreement No. 773400) Duration: November 2017 to April 2021 - [www.seafoodtomorrow.eu](http://www.seafoodtomorrow.eu)

SEAFOOD<sup>TOMORROW</sup> aims to develop innovative sustainable solutions for improving the safety and dietary properties of seafood in Europe. Addressing the challenge to meet the growing market need for safe and sustainable seafood, the project has generated new knowledge to develop commercial solutions for improving the socio-economic and environmental sustainability of the European seafood production and processing industry.

**EuroFIR** has been involved in Market, acceptability, sustainability and demonstration, specifically helping to identify potential end-users, private facilitators and public bodies, and contributed to Communication, Dissemination and Exploitation (leading Task 6.4, Final stakeholder event to be held on 15<sup>th</sup> April 2021 [online with EventInsight]) to ensure targeted and effective communication of SEAFOOD<sup>TOMORROW</sup> achievements. However, our expertise in food composition also led to creation of a nutrient database, specific for fish and seafood consumed in Europe, which revealed a range of issues with these data, only some of which were known about previously, and we are disseminating these findings amongst Members with the aim of improving future fish and seafood composition data.



## Platform supporting vitality and abilities of elderly - TURNTABLE

Duration: May 2019 to April 2022 - [www.aalturntable.eu](http://www.aalturntable.eu)

Unlike many of our other projects, TURNTABLE is funded nationally through the Active Assisted Living Programme, which aims to address challenges of vitality and ability amongst older adults (65 years and over) through an extendable one-stop-shop ICT platform (TURNTABLE) integrating a range of solutions.

**EuroFIR** was responsible for execution of co-creation sessions in Belgium. Although performed concurrently in Italy (UNICA), Slovenia (Proventus and JSI), Portugal (IPN) and Belgium (EuroFIR) with users, these sessions were adapted to fit with the different and changing national public health measures during June and July 2020. Given potential TURNTABLE users are unlikely to speak English, translation of components and co-creation scripts was essential. Owners of TURNTABLE components also provided any additional equipment as necessary. We also recruited a field trials facilitator, who will coordinate the year-long trial in Brussels with 60 volunteers during 2021.

EuroFIR is also leading Impact-oriented dissemination, which aims to raise awareness of TURNTABLE and help with recruitment of users for the field-trials. Since January 2020, EuroFIR has developed further the project website, social media accounts, and coordinated communication and dissemination activities for the project.





## FNS - Cloud

Food Nutrition Security

### Food Nutrition Security Cloud – FNS-Cloud

(Grant Agreement No. 863059); Duration: October 2019 to September 2023 – [www.fns-cloud.eu](http://www.fns-cloud.eu)

Current fragmentation of FNS resources (data, knowledge, tools and services) results in knowledge gaps that inhibit public health and agricultural policy and impede exploitation for the benefit of European citizens (e.g., sustainable production, access to nutritious products, easier healthy choices). FNS-Cloud will integrate existing and emerging data essential for pan-European research addressing food and nutrition security (FNS) and diet, health and consumer behaviours as well as sustainable agriculture and the wider bioeconomy, creating three Demonstrators (Agri-Food, Nutrition & Lifestyle and NCDs & the Microbiome to facilitate) in the process, for exploitation by users for the first time.

**EuroFIR** is involved in all the work packages including Coordination (WP1), where Siân Astley is leading Gender Action Plan and Monitoring (Task 1.7) with support from Alba Gil. Paul Finglas, Angelika Mantur-Vierendeel, Hana Mušinovic, and Mark Roe are contributing to the Technical Preparation of FNS-Cloud (WP2) and FNS data standardisation and interoperability (WP3) as well as scientific activities for the Use Cases (WP4) and Demonstrators (WP5), the latter led by Paul Finglas. Dissemination, Communication and Community Engagement (WP6) is led by Siân Astley with support from Marjola Memaj. Siân Astley and Alba Gil are also participating in Education, training and support (WP7), and Sustainability and governance (WP8), with Paul Finglas.



### Sweeteners and sweetness enhancers: Impact on health, obesity, safety & sugars - SWEET (Grant Agreement No. 245199);

Duration: October 2018 to September 2023 - [sweetproject.eu](http://sweetproject.eu)

SWEET aims to identify and address barriers and facilitators in the use of sweeteners and sweetness enhancers (S&SEs) and examine risks and benefits of using these to replace sugar in the diet, in the contexts of health, obesity, safety and (food) sustainability. EuroFIR is contributing to Sustainability analysis of sweeteners and sweetness enhancers (S&SEs) using Life Cycle Sustainability Assessment (WP5), which aims to determine whether increasing use of S&SEs offers a sustainable pathway to promoting healthy diets, combatting obesity, and delivering improved food security.

More specifically, **EuroFIR** is contributing to scoping work on potential S&SEs, food products and use of S&SEs including cost implications, providing critical review of life-cycle analyses, and support for stakeholder engagement and publication of information about S&SEs for external public users. In 2020, EuroFIR participated in an online life cycle assessment workshop consulting with stakeholders, co-organised with ILSI-Europe (BE) and the University of Surrey (UK).





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## Feasibility study for a monitoring system on reformulation initiatives for salt, sugars and fat – Euremo

Duration: January 2019-December 2022

Funding: DG Sante and CHAFEA (Consumers, Health, Food Executive Agency)

Euremo aims to develop an EU-wide monitoring system of reformulation initiatives and evaluating feasibility in terms of efficiency and cost-effectiveness as well compiling data on branded foods from key food groups. Monitoring reformulation activities is an important element in changing the current obesogenic food environment, supporting healthier ones by reducing the presence of potentially harmful ingredients in processed foods and drinks. Reformulation initiatives have been implemented in a number of EU Member States. However, monitoring their effectiveness and progress is a challenge due to resource constraints and differences amongst nutrients/ food composition databases. Overcoming these, by creating a sustainable and transferable monitoring system, is key to assessing the effectiveness of reformulation.

**EuroFIR**, specifically Paul Finglas, has worked with ICF and national public health organisations to organise four online workshops to consider future food reformulation strategies and monitoring systems for salt, sugar, and fat, with national public health experts from Government, industry representatives, and other stakeholders. EuroFIR Directors, Loek Pils (Loekintofood - NL) and Luca Bucchini (Hylobates Consulting Srl - IT) and Steve Pugh (formerly FSA - UK), have provided scientific and technical input. Another workshop, targeting SMEs, is planned for Romania (May 2021). EuroFIR Member, Premotec GmbH (CH), has also set up a branded food database using FoodCASE to host data collected using digital tools in 16 EU MS, but collection has been delayed because of Covid-19 public health measures during 2020.



## Personalised and connected food service providers - PERSFO - (Project ID 20291)

Duration: January-December 2020 - [www.persfo.eu](http://www.persfo.eu)

PERSFO aims to deliver personalised nutrition advice by designing a personalised recommender smartphone application (PERSFO app) that assists consumers using convenience food delivery services in the workplace to make healthier dietary choices based on food service menus. Generally, consumers are aware that eating healthy is important, but many still struggle to achieve their dietary goals and eat healthily. Different behavioural changing approaches are being tested (e.g., Nudging, influencing, group motivation, visualisation and gamification) to explore their efficacy in delivering recommendations and steering food choices.

**EuroFIR** is leading Dissemination, communication and engagement activities, drawing on experience from other EU- and EIT Food-funded projects as well as contributing to Business development, models and roadmap, based on understanding from Quisper EIT Food (2018-2019)/ Quisper ASBL and EuroFIR AISBL. We are also facilitating links with Quisper ASBL, which is delivering data, knowledge, and tools utilised by PERSFO. The app is modular allowing easier incorporation of personalised nutrition services for different clients and swift adoption in new markets and business models in the future.

# Commercial Projects

EuroFIR provides access to the largest collection of harmonised food composition datasets in the world. Constantly updated, and ever-growing, our collection of datasets gives potential clients access to nutritional information of food coming from 28 countries and contains high quality, scientifically validated, and evidence-based food composition data for more than 52000 food products.

EuroFIR has been collecting and standardising food composition data from national compilers since 2005. We provide food composition information for all purpose, research or commercial, via a single point of access. The benefit of using FoodExplorer is that it includes the most up-to-date validated data globally in a unified format. The possibilities are endless, whether you want to create diet planning software, conduct research or develop artificial intelligence, EuroFIR can help you make that happen!

Examples of the commercial use of food composition data include:

## EXAMPLES OF THE COMMERCIAL USE OF FOOD COMPOSITION DATABASES



Connecting with health and fitness wearables; Tracking nutrition intakes, personal nutritional diaries



Development of digital platforms, tools & services for food businesses, food safety

Fitatu, Nutrirtics  
Alma Food  
Smart with Food



Gaming; Interacting with intelligent assistants



Dietetic support; Recipe management software; diet analysis, meal plans creation

Amazon Alexa  
Apple's Siri  
Novos Sistemas



Personalised nutritional advice; Exercise support



Online food services; Smart kitchens

Electrolux  
Healthium  
Axya



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# Dissemination: Highlights

Our website ([www.eurofir.org](http://www.eurofir.org)) continues to be the primary source of information for Members and visitors needing food composition information. Google Analytics show that our most popular pages are those on food composition databases and information about FoodExplorer. During 2020, we achieved the following:



As part of our **digital marketing** strategy for 2020, and with the goal to increase Members and attract new clients, we planned the first EuroFIR marketing campaign, which was launched on the 29<sup>th</sup> January 2021 and will continue until June 2021.



YouTube Video 1: EuroFIR Membership Benefits



YouTube Video 2: Food Composition Data

The campaign was built on thorough market research analysis and evaluation of potential marketing strategies.

The mission for 2021 is to increase understanding of Members' needs, improve Members' engagement, and expand Membership diversity.

## Changes and additions in 2020 included:

- Implementation of the pay-per-view functionality (under development)
- Dedicated pages for each of the [Technical Discussion Groups](#)
- Moving our website to https environment with Cloudflare protection

In 2021, we are planning important technical updates to the EuroFIR websites.

Our numerous social media accounts have become a crucial part of EuroFIR digital communication but, during 2020, we also identified the need for a [EuroFIR blog](#), providing original and relevant content for our social media channels as well as driving traffic to our website. The blog page offers a more conversational, human voice, and helps position us as an expert in field of food data, innovation, and health with stakeholders. Having a blog tells all our Members, Clients, and competitors that our Association is a credible source that keeps up with innovations and developments.

## EuroFIR Social Media Channels



Figure 1: EuroFIR social media activity in 2020

In 2020, we implemented a number of changes to optimise social media use:

- Aimed for consistent, targeted, and scheduled content publication
- Created original and curated content
- Implemented a social media calendar to share activities across the whole team
- Increased our engagement with others and the frequency of our outputs
- Joined Hootsuite, allowing us to schedule posts and publications in advance
- Launched several specific social media campaigns focussing on food, health, and data to get involved in conversations and engage with larger audiences
- Listed keywords to be included in posts
- Updated our profiles and cover pictures
- Worked on our visual (brand) identity to make it more distinct and recognisable



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**Posted on 26.11.2020 on International World Olive Oil Day**



EU is the world's leading producer, consumer (53% global production) and exporter of olive oil. Also 69% world's olive oil is produced in EU, 2 million tonnes annually.

We wanted to celebrate this day by sharing some fun facts and the nutritional benefits of this staple of the Mediterranean diet! The goal was to transmit a message of unity and collaboration, so we translated the publications (post) into three other languages, Spanish, Italian and Greek, as primary producers of olive oil in Europe. **It was our most popular post with more than 1.2k people reached.**



Figure 2: Most popular EuroFIR Twitter in 2020

Our first campaign was the world Olive Oil Day on 26<sup>th</sup> November 2020.

As a consequence of these activities, overall, we had more engagement and new visitors coming on our social media channels. Facebook now has 700 followers, Twitter has 650 followers, and LinkedIn has 460 followers. Our Instagram account has been taken offline, whilst we move from a personal to business account. During 2020, EuroFIR has engaged in a systematic review of its stakeholder engagement with the aim of increasing our presence in the European capital.

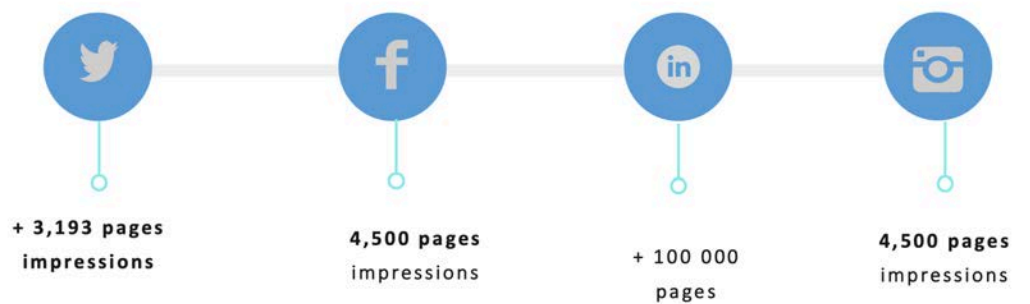


Figure 3: Twitter impressions and engagement in 2020

# Stakeholder Engagement

The goal is to position EuroFIR as **the** food composition data broker in Europe, providing high quality, validated food composition data, meta-data, and support for their use in research or commercial activities.

Our approach comprised:

- Recruitment of interns to support policy monitoring and communications
- Identification of actors in the EU 'bubble' and participation in events
- Monitoring of food, nutrition, and health public policies
- Increased social media activity

Then, to achieve these, EuroFIR mapped stakeholders from the food industry (150), sector and trade representatives (80), positive interest groups (85), and European institutions [European Parliament - 263 MEPs, European Commission - 61 public workers, and Council of the European Union - 27 Member States). In addition, active and highly influential individuals in social media were also identified, mainly on Twitter, Facebook, Instagram, and LinkedIn. We also took advantage of the move to online meetings and boosted participation in events, attending more than 30 in the areas of food labelling, food composition, seafood, food waste, geographical indications, and Horizon Europe's Farm-to-Fork and Green Deal as well as eHealth, and Europe's Beating Cancer Plan, among others.

As a result, we are able to analyse and follow public affairs with the objective of maintaining an overview of EU-wide hot topics and identifying opportunities to engage, threats to the Association's and Members' interests, future challenges in food and nutrition policies, and stakeholders' positions. We have also started developing 'position statement', so that stakeholders can understand our perspectives on food issues.

Last, but not least, this process has identified several challenges to be addressed in 2021. Firstly, the pandemic has changed abruptly traditional engagement and communications, shifting the focus to online, but we do not yet know whether this change is permanent. Secondly, EuroFIR's neutral position around public affairs discussed in the European arena, so typical of many scientific organisations, can be misinterpreted, creating barriers for effective dialogue. Thirdly, EuroFIR is involved in a diverse range of projects; this is both an advantage and a challenge in establishing a reputation for knowledge and expertise, pre-requisites for trust.

Examples of events EuroFIR has attended:

**March:** EUFIC Conference: [Breaking Silos](#)

**June:** [Better for you biscuits](#)

**August:** [Impact of BREXIT on food labelling](#)

**October:** [EC Farm-to-Fork Conference](#)

**November:**

- Food labelling for healthier choices: [Towards an EU-wide Nutri-score?](#)
- Meat substitutes: [Winning products through advancements in technology](#)
- EUFIC Processed Foods Symposium ([webinar](#))
- [Healthcare Summit: Intellectual property rights in the food industry](#)
- [Strengthening geographical indications](#)

**December:**

- European Parliament Interest Group on Allergy and Asthma: [Recommendations](#)
- [International Year of Fruits and Vegetables 2021](#)
- [Death by chocolate](#): Global political economies of tobacco, alcohol, and junk food.





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# FoodEXplorer & FCDB Updates

## FoodEXplorer

We have continued to update the food composition datasets in FoodEXplorer in collaboration with Members. Wherever possible, the aim is to update datasets when new ones are published or updated by national compilers.

During 2020, EuroFIR added a national dataset from Estonia and updated datasets from Finland, France, Netherlands, Portugal, Iran, Iraq, Kuwait, Morocco, South Africa and Canada. We also worked on updating two Italian datasets and the United States dataset (SR28 Legacy); these will be added to FoodEXplorer during 2021.

We also updated the functionality of FoodEXplorer, following consultation with our Members. The helpful responses received have meant significant improvements to:

- Advanced search functionalities
- Formatting of downloads for Excel
- Options for sorting components
- Presentation of component values and documentation
- Selection of foods for comparison

Any further comments on the functionality are welcome (Mark Roe, [mr@eurofir.org](mailto:mr@eurofir.org))

Finally, in 2021, we will implement pay-per-view for FoodEXplorer for individuals who want to access food composition data without becoming a Member.

The screenshot shows the EuroFIR website interface. At the top left is the EuroFIR logo with the tagline 'European Food Information Resource'. A navigation bar contains links for 'Home', 'About us', 'Why join', 'Food information', and 'FoodEXplorer'. The main content area features a large image of a green apple on the left. To its right, the heading 'EuroFIR - FoodEXplorer' is followed by a descriptive paragraph: 'As an international non-profit association, EuroFIR AISBL is your source for best available food information, including all European food composition databases'. Below this are three bullet points detailing the service's offerings and membership benefits. On the right side of the page, there is a 'Welcome' box with links for 'Log in' and 'Not a member yet?', and a 'News' box with a link for 'News'.

# Technical Discussion Groups

The EuroFIR Technical Discussion Groups enable regular, more specific consideration of issues facilitated through teleconferences and email-based exchange to encourage wider participation and cooperation.

Participation is encouraging, with each generating not only wider interest amongst Members, but also better exchange of information and opinions. The Technical Discussion Groups are open to all Members and are a good opportunity for new people or those with less experience to get help or find out what is happening. All of the groups would welcome additional Members with experience or interest in the topics. For more information about the individual groups, contact the leaders directly.

The groups use Mailman software as a discussion tool, but there have been problems with messages not being delivered to some members because of incompatibility with some email and security systems. This problem has been partly resolved in the short term, but we intend to switch the groups to Office365 in the near future.

## Documentation & Data Aggregation

Susanne Westenbrink ([susanne.westenbrink@rivm.nl](mailto:susanne.westenbrink@rivm.nl))

Monica Hauger Carlsen ([m.h.carlsen@medisin.uio.no](mailto:m.h.carlsen@medisin.uio.no))

Marine Oseredczuk ([marine.oseredczuk@anses.fr](mailto:marine.oseredczuk@anses.fr))

## Branded Foods

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Maria Kapsokefalou ([kapsok@aua.gr](mailto:kapsok@aua.gr))

## Laboratory Analysis

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Mark Roe ([mr@eurofir.org](mailto:mr@eurofir.org))

## Recipe Calculation

Katja Sandfuchs ([katja.sandfuchs@mri.bund.de](mailto:katja.sandfuchs@mri.bund.de))

Mark Roe ([mr@eurofir.org](mailto:mr@eurofir.org))

## FoodCASE User Group

Ido Toxopeus ([ido.toxopeus@rivm.nl](mailto:ido.toxopeus@rivm.nl))

Karl Presser ([karl.presser@premotec.ch](mailto:karl.presser@premotec.ch))

## EuroFIR Thesauri: Update

Maria da Graça Dias ([m.graca.dias@insa.min-saude.pt](mailto:m.graca.dias@insa.min-saude.pt))

Marie Macháková ([machackova.marie@uzei.cz](mailto:machackova.marie@uzei.cz))

To learn more about the Technical Discussion Groups - [click here](#) (after log in)





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# Future Plans

## 1. Credibility, governance & finance:

- Continue to contribute to updated FAO INFOODS Compiler Guidelines and the wider FAO INFOODS sustainability plans.
- Complete FODMAP dataset (fermentable oligo-, di-, and mono-saccharides and polyols including lactose, fructose in excess of glucose, sugar polyols (sorbitol and mannitol), fructans, and galacto-oligosaccharides [GOS-stachyose and raffinose]).
- Finish implementing 2020 FoodCASE priorities and identify new ones for 2021.
- Continue to improve FoodEXplorer and FoodCASE, making delivery of food data electronically to other platforms/ devices easier and data FAIRer.
- Review and publish EuroFIR Thesauri updates; update two FoodEXplorer datasets (IT & USA) and add any new datasets that become available.

## 2. EU- & otherwise-funded projects:

### EU-funded R&D

- Deliver FNS-Cloud activities related to Gender Action Plan and Monitoring (Task 1.7) and participate in activities related to technical preparation of FNS-Cloud (WP2) and FNS data standardisation and interoperability (WP3), scientific activities [Use case (WP4) and Demonstrators (WP5)], Dissemination, Communication and Community Engagement (WP6), Education, training and support (WP7), and Sustainability and governance (WP8).

### Benefits for EuroFIR:

- Technical improvements to FoodEXplorer, FoodCASE and links to Quispe ASBL/ Quispe Server Platform (QSP)
- Further development of QSP, leading to exploitation of compilers' datasets, leading to funding or commercial collaboration.
- Standardisation and interoperability of FNS data for users and new tools and services.
- Compatibility with EOSC and strengthen link with ESFRI Research Infrastructures.
- FAIR principles and practices, underpinning defragmentation and improved awareness and access to data and greater confidence in exploitation for research and commercial purposes.









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### Active Assisted Living Programme

- Complete the AAL-funded TURNTABLE field trial in Belgium and reporting for all countries (WP3); implement updated TURNTABLE communication & dissemination plan.

### Benefits for EuroFIR:

- Access to an alternative funding stream and growing reputation with national funder (Innoviris, BE), commercial beneficiaries, and profile within Brussels.
- Potential new commercial Members and funding streams.

### EIT Food-funded Innovation

- Complete 2021 Personalised and connected food service providers – PERSFO, and submit new EIT Food proposal for a funding.

### Benefits for EuroFIR:

- Continue development of personalised nutrition tools and services that can be linked to FNS Cloud and EOOSC.
- Work closely with Quisper ASBL Directors to recruit Members and engage stakeholders; continue to deliver the Secretariat service for Quisper ASBL.

## 3. Training & capacity development:

### Food Chemistry (Editorial Office):

- Provide mentoring, advice and training on publishing successfully in Food Chemistry, Food Chemistry: X and Food Chemistry: Molecular Sciences.

### Benefits for EuroFIR:

- Optimisation of manuscripts for publication.

### Continued Professional Development (EuroFIR AISBL Office):

- Develop Association and individuals' strengths through CPD (i.e., training to improve knowledge and expertise) and host Erasmus+ students, new interns, etc.

### Benefits for EuroFIR:

- Encourages sharing of best practice.
- Enhances staff commitment.
- Ensures standards across the Association are high and consistent.
- Improves staff morale.
- Maximises staff potential.
- Promotes workforce engagement.



#### 4. Outreach & impact

- Continue to grow social media platforms and increase engagement; engage media directly and/or via Members and Commercial Clients to promote awareness of EuroFIR.
- Redesign and/ or enhance corporate communications for different audiences; develop EuroFIR literature, ensuring these are accessible, visually appealing as well as fit-for-purpose.
- Update EuroFIR websites and remove, replace and re-organise information; increase traffic and retention to these websites, using SEO, utilise Google AdWords, etc.

#### Benefits for EuroFIR:

- Attracts higher quality candidates for new roles; reduces costs of recruitment.
- Creates opportunities for stakeholder engagement.
- Increases visibility of the Association and its activities; better brand awareness.
- Increase visits & reduces bounce rate.
- Saves time & effort for users & staff.

#### 5. Credibility, governance & finance:

##### Increase funding sources

- Increase ordinary Members and Commercial Clients from a wider range of sectors (research, SMEs in food and health biotech, industry).
- Target compilers from other regions as new Associate Members.
- Maintain and diversify EU- and otherwise-funded projects and tenders.
- Increase commercial income and revenue from data exploitation.

##### Improved governance structure & operations

- Increase EB engagement in strategic decisions and other operations.
- Identify potential new EB members and a potential new President(s).
- Support increased involvement of Members (especially compilers) in Technical Discussion Groups, especially with respect to decision-making and publications/ guidelines.
- Advance succession planning, ensure EuroFIR is resilient as an organisation

##### Advance engagement

- European Commission and other governmental organisations, e.g., DG SANTE, EUROSTAT, EIT Food, EIT Health, EIT Communications, WHO, FAO INFOODS, EFSA, JRC, etc.
- Academia and research through participation in EU-funded and other research and innovation projects, directly and via Members and networks.
- NGOs and health professionals, e.g., EFAD, EUFIC, other relevant associations and foundations, media, etc.



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# Annual Accounts 2020

The 2020 income was €659 278,76 whilst expenses were €612 080,23, subject to approval by the General Assembly on 10<sup>th</sup> April 2021. EuroFIR Reserve is €67 336,94.

## EuroFIR Balance Sheet 2020

		Description	Total 2019	Total 2020
<b>INCOME</b>		Membership	€ 86,940.54	€ 85,061.00
		Consultancy	€ 140,793.75	€ 149,140.00
		License Agreements	€ 20,280.00	€ 19,900.00
		EU- and otherwise-funded projects	€ 223,889.09	€ 375,287.51
		Other income	€ 19,292.51	€ 29,889.70
		<b>Total</b>	<b>€ 491,195.89</b>	<b>€ 659,278.76</b>
<b>COSTS</b>		Office	€ (70,378.79)	€ (58,861.44)
		Staffing	€ (341,390.66)	€ (431,153.47)
		Technical Supporting (including software)	€ (78,159.90)	€ (114,779.29)
		Other operating charges (including EC audit)	€ (53,037.42)	€ (7,286.03)
		<b>Total</b>	<b>€ (542,966.77)</b>	<b>€ (612,080.23)</b>
			<b>Total 2019</b>	<b>Total 2020</b>
	Turnover	€ 491,195.89	€ 659,278.76	
	Expenses	€ (542,966.77)	€ (612,080.23)	
	Surplus	€ -51,770.88	€ 47,198.53	
	Reserve	€ 20,138.41	€ 67,336.94	





HEALTHY  
CALORIES  
LIFESTYLE  
FITNESS  
METABOLISM  
ENERGY  
DIET  
FIBRE  
CEREAL  
FRUIT  
WHEAT  
VEGETABLES  
SUGAR  
VITAMINS  
NUTRITION  
PROTEIN



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