

CASE STUDY



Better Food for All – Functional Probiotic Yogurt Innovation – Aberyswyth University Lead

Better Food For All – Nutrition Early Stage

Project Type:

Collaborative R&D

Project Duration:

1st Spet 2023 – 31st Mar 2025 (19 months)

Project Summery:

This project targeted the creation of functional yogurt and smoothie products fortified with ingredients like rhubarb root, heritage apple, jujube fruit, mushroom, green tea, and honey. These ingredients were selected for their potential to improve gut microbiota, reduce inflammation, and support cognitive health. The products were designed for accessibility, with a sustainability-first approach across development and packaging.

Client/Partner Background

Aberystwyth University led this CR&D project with a mission to enhance national nutrition and reduce chronic disease through functional food innovation. The consortium featured diverse expertise from academia and industry, united in creating sustainable, health-promoting yogurt products.

Executive Summary

The “Better Food for All” project aimed to develop innovative, functional probiotic yogurts using sustainable, bioactive-rich ingredients to enhance nutrition, gut health, and mental wellbeing. Spearheaded by Aberystwyth University and partners including Llaeth y Llan, Tetrim Teas, Phytoquest, and Afallen, the project successfully completed seven work packages over 19 months. As Monitoring Officer contracted to Innovate UK, I oversaw progress, compliance, and outcomes, ensuring timely delivery and interdisciplinary collaboration. The project aligns strongly with public health and sustainability goals.

Key Responsibilities & Actions Taken

Project Scoping:

- / Defined project KPIs and reporting structures with consortium.
- / Monitored compliance with Innovate UK requirements across all work packages.

Stakeholder Engagement:

- / Enabled NHS and school-based sensory trials and consumer feedback.
- / Reviewed and advised on dissemination strategy including Royal Welsh Show.

Monitoring & Evaluation:

- / Assessed quarterly milestones and financial reporting across all partners.
- / Reviewed evidence for claims, deliverables, and IP documentation.

Advocacy & Communication:

- / Encouraged future project applications aligned with weight management, child nutrition, and functional food calls

Notable Achievements / Outcomes

- / Developed a novel range of functional yogurts and kefir smoothies.
 - / Conducted in vitro and in vivo trials demonstrating bioactivity and acceptability.
 - / Patent applications submitted on novel enzyme modulation and ingredient functions.
 - / Extensive dissemination through public and industry events.
 - / Market entry plans created for NHS and retail supply chains.
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Challenges & Solutions

- / **Issue:** Withdrawal of Innovation Strategy during WP7.

Solution: Onboarded Afallen to complete commercialisation work effectively.

- / **Issue:** Slight delays in inflammatory biomarker analysis.

Solution: Approved one-month extension with no added cost.

Strategic Importance

This project addressed government nutrition priorities by producing affordable, functional foods aimed at disease prevention. It also contributed to Welsh sustainability goals and food system innovation.

Final Reflection

Serving as Monitoring Officer on this project was a privilege. The consortium's collaborative spirit and scientific rigour made oversight straightforward. The project sets a benchmark in combining sustainability, innovation, and consumer health, with scope for future expansion into children's nutrition and sports recovery markets.