



ADSA Executive Committee: 2021–2023

We are pleased to welcome the new ADSA executive committee for the 2021–2023 term. ADSA would like to extend a heartfelt thank you to

the outgoing 2019–2021 executive committee for their time and dedication to the association and the profession.

MEET THE NEW ADSA EXECUTIVE COMMITTEE

meet the new
ADSA EXECUTIVE COMMITTEE 2021 - 2023

Stay in touch with ADSA and help us spread the word to promote optimal nutrition for all South Africans

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Blog: <http://nutritionconfidence.wordpress.com> | www.facebook.com/ADSAorgza | www.adsa.org.za | www.twitter.com/ADSA

Pleased to meet you: excerpt from the welcoming letter by Maria van der Merwe (ADSA President 2021–2023)

It is an honour to have the opportunity to lead ADSA over the next two years. I will endeavour to continue to serve the profession as directed by our vision: *“To represent and develop the dietetic profession to contribute towards achieving optimal nutrition for all South Africans.”*

A clear path unfolds when this vision is unpacked into three distinct components - representation, development, and optimal nutrition. We aspire to address these components during our term, to support and promote the continued growth of the profession of dietetics in South Africa.

National Nutrition Week 2021: Theme “Eat more vegetables and fruit every day”



South Africa commemorates National Nutrition Week every October to encourage South Africans to make healthy choices towards improved nutrition, each year with a themed campaign. The theme for this year's campaign is “Eat more vegetables and fruit every day”. A collection of campaign resources has been developed, including the concept document, Q&A document, six infographics and social media

guidelines. We encourage ADSA members to support the campaign by sharing the key messages and infographics via social media and in your places of work.

To access the resources, visit www.nutritionweek.co.za or contact Retha Harmse (adsapublicrelations@gmail.com).



World Breastfeeding Week (1–7 August 2021)

ADSA was proud to support World Breastfeeding Week this year through various activities to create awareness around this important topic. A media release was disseminated focussing on the global theme: "Protect Breastfeeding: A Shared Responsibility". Through the media release and the work of our spokespersons, ADSA was able to

generate 20 broadcast and written media clippings on the topic, with a possible reach of over 9.6 million individuals.

If you are interested in becoming an ADSA spokesperson, please email Retha Harmse at adsapublicrelations@gmail.com.

Recipe competition

In 2021 ADSA launched a new recipe competition, inviting members to submit their recipes for a chance to be featured on ADSA's Nutrition Confidence blog and via our social media pages. Each month the submitted recipes focus on a particular theme, and should follow specific criteria, such as being in line with general healthy eating principles, using minimally processed ingredients without the excessive use of salt or added sugars,

and nutrient analysis is to be provided. Members who submit recipes stand a chance to win a quarterly prize.

Congratulations to the winners from the first two quarters:

- Michelle Zietsman for her [Date and Chickpea Brownie Bites](#)
- Rhodene Oberholzer for her [Roasted Tomato Soup](#)

Stay in touch

Stay in touch with ADSA and help us spread the word to promote optimal nutrition for all South Africans:

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- Website: <http://www.adsa.org.za>
- Email: info@adsa.co.za or adsacomms@gmail.com