



ADSA DIRECTIONS – NOV

NATIONAL NUTRITION WEEK 2025

National Nutrition Week (NNW) was observed from 9–15 October 2025 to raise consumer awareness about nutrition and the importance of healthy eating. Although the official campaign week concluded on the 15th, activities continued throughout October. ADSA is proud to be a key partner in the NNW campaign each year.

The 2025 NNW theme, **“Food for Health, Health for All”**, highlighted the essential link between nutrition and overall health, and called for a whole-of-society approach to improving nutritional well-being across South Africa.

A total of **247 activities** were reported nationwide, directly reaching 69 915 people between October and November 2025. The majority

of activities were led by the Department of Health (84.2%), followed by the Department of Basic Education (12.6%).

To launch National Nutrition Week 2025, the National Department of Health, in partnership with UNICEF, hosted an opening event at Wits University on 9 October. The day’s theme, “Food for All, Health for All,” was brought to life through engaging exhibitors and an insightful panel discussion, with an overview of the campaign presented by ADSA’s Executive Committee member, Elske Rich. The event was well attended by university students and helped set the tone for a highly successful national campaign.

To conclude the week’s activities, a webinar was hosted titled “The Current Food Environment and its Impact on the Health of South Africa.” Prof HM Nkwana (UNISA) and Dr Brittany Kesselman (UCT) shared research insights and discussed future strategies to address food insecurity, with particular focus on indigenous food systems.

The **ADSA Media Statement** is available on the National Nutrition Week website

<https://nutritionweek.co.za/NNW2025/>

where pamphlets and posters developed by the **#NationalNutritionWeekZA2025** collaborators can also be accessed.



STAY IN TOUCH

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

- Website: <http://www.adsa.org.za>
- Email: info@adsa.org.za or coo@adsa.org.za
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NUTRITION CONGRESS 2026 – REGISTRATIONS AND ABSTRACT SUBMISSIONS ARE LIVE

The 2026 Nutrition Congress will take place from 7–9 October 2026 at the Wanderers Club, Johannesburg, South Africa.

Registration and Abstract Submission is now open for the 2026 Nutrition Congress.

Congress Theme:

Qhamuka: a call to serve, lead, and innovate in nutrition

Congress Website:

www.nutritioncongress.co.za



INVITATION TO HOST A WORKSHOP OR MASTERCLASS

Interested persons are invited to submit applications to host half day workshops or masterclasses scheduled for Friday, 9 October 13h00–16h15. **The deadline for applications is 19 January 2026.** The outcome will be communicated by 26 January 2026.

Application forms are available on the Nutrition Congress website at the Programme tab.

Three (3) workshops/masterclasses will be accommodated. The fee for attendees is R995pp (vat inclusive). Kindly contact Kristy Muller, kristy@confpartner.co.za for more information.

Registration, Abstract Submission & Exhibition Bookings are now live!

2026 NUTRITION CONGRESS

30th Congress of the Nutrition Society of South Africa (NSSA)
 18th Congress of the Association for Dietetics in South Africa (ADSA)



All information can be found at: www.nutritioncongress.co.za



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