



National Nutrition Week: 9-15 October 2016

The theme of National Nutrition Week this year was “Love your beans - eat dry beans, peas and lentils”. ADSA extends a warm thanks to all nutrition professionals around the country who contributed to various activities during National Nutrition Week.

On Wednesday 12 October, ADSA hosted a Twitter talk focusing on the theme. The hash tag for the talk was #LovePulses in alignment with the hashtag used by the International Year of the Pulses campaign. Partners that actively participated in the Twitter talk included the Consumer Education Project (CEP) of Milk SA (56), The Heart & Stroke Foundation South Africa (2 477) and ADSA. ADSA spokespersons also took part in TV and radio interviews around the country. For more information, go to the NNW 2016 website: <http://nutritionweek.co.za/NNW2016/>.

ICD 2016

It was with much excitement and great pride that ADSA president Maryke Gallagher, accompanied by past ADSA president Claire Julsing-Strydom, attended the International Confederation of Dietetics Associations congress in Granada, Spain this past September. Not only was it an opportunity for ADSA to learn from and engage with colleagues from around the world, but we got to showcase and present our own beautiful country, South Africa. Cape Town is the host for ICD 2020. Sustainability was the theme for the congress and one of the quotes on the first day that we found to be so valuable to set the scene for the days that would follow, were those of Mahatma Gandhi: “The world has enough for everyone’s need, but not enough for everyone’s greed.” One of the key messages from

this conference was that nutritionist-dietitians will need to play a key role in shifting people’s eating patterns to provide food for the future while preserving the planet. ADSA looks forward to hosting an equally memorable event in Cape Town in September 2020.

ADSA Bursary 2017

ADSA is pleased to announce that applications for the ADSA Bursary 2017 are open. The closing date for the bursary is **16 December 2016**. Students who are in or have completed first year dietetics are eligible to apply. To apply, fill in the application form (obtainable from your university or via the ADSA website at <http://www.adsa.org.za/Members/BursariesAwards.aspx>). Include in your application a motivation letter for why you should be chosen for support to study dietetics. Please send the completed form and supporting documents as PDF documents via email to andrew@vdw.co.za.

Goodbye, 2016!

We wish all SAJCN readers a happy and healthy 2017.


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