

ADSA DIRECTIONS – MARCH

GENERAL

The ADSA Executive Committee is excited for the year ahead, and had a recent productive quarterly planning meeting discussing upcoming projects as well as reporting back on recent achievements and engagements behind the scenes. With the year now well underway, it is encouraging to see the momentum building across advocacy, professional development, education, and member engagement. A key focus of the meeting was planning for the upcoming national roadshow, which aims to provide opportunities for member engagement, professional development, and connection within the dietetics community across the country.

Further discussions centred on the progress and planning of an upcoming Private Practice Project, an exciting initiative in its early stages. Preparations for activities around World Obesity Day were also

discussed, along with communication strategies to strengthen engagement with members and the broader public on key nutrition and health issues. The committee additionally discussed upcoming activities and educational opportunities to be launched on the ADSA Learn platform, which forms part of ADSA's commitment to providing accessible, high-quality professional development resources and continuing education for members.

The meeting included portfolio updates, where committee members reported on achievements over the past few months and outlined upcoming priorities. These initiatives collectively reflect the Executive Committee's continued commitment to enhancing member benefits, creating opportunities for professional growth, and advancing the role and impact of dietitians in South Africa.

ADSA ROADSHOW 2026

The ADSA Roadshow for 2026 is coming to a city near you this May! In addition to an interactive workshop on professional practice in dietetics, led by ADSA executive committee members, the roadshow will feature essential updates on women's nutrition. Thandeka Mhlanga, experienced Springbok dietitian, will share her expertise on fuelling the

female athlete and Catherine Day, dietitian and author, will focus on managing women's health through nutrition.

More information on venues and times, with your specific registration link to follow. Save the date, we look forward to the in-person connection.



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

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NUTRITION CONGRESS 2026 – REGISTRATIONS AND ABSTRACT SUBMISSIONS ARE LIVE

2026 is here, and it is Congress year. Nutrition Congress 2026 is taking place from 7–9 October 2026 at The Wanderers Club, Gauteng.

The theme of the Nutrition Congress 2026: “QHAMUKA: A Call to Serve, Lead, and Innovate in Nutrition” represents an awakening—a collective call for nutrition professionals to rise with purpose, excellence, and creativity. Rooted in service, it challenges us to prioritise communities’ real needs with compassion and sensitivity. Through leadership, it urges practitioners to drive evidence-based practice, advocate for improved food systems, and guide others toward healthier futures. And with innovation, it inspires the adoption of new technologies, fresh ideas, and sustainable solutions that address South Africa’s complex nutrition challenges.



We are proud to announce the international keynote speakers for the Congress:

- Prof Michelle Morris (University of Leeds, UK)
- Dr Angela Vivanti (Princess Alexandra Hospital, Australia).



Prof Michelle Morris (University of Leeds, UK)



Dr Angela Vivanti (Princess Alexandra Hospital, Australia)



REGISTRATION

- Early registration closes: 12 August 2026
- Late Registration closes: 4 October 2026

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	Member of ADSA or ASSA	Non-members	Students (full-time, non-earning)
Early registration	R4950	R7350	
Late registration	R5950	R8350	R3500
Day registration	R2950	R3500	