



## ADSA DIRECTIONS

### Complementary feeding resources

ADSA recently embarked on a video collaborative project, which was sponsored by the Centre of Excellence for Nutrition of the North-West University. The project consists of a series of three videos highlighting the importance of appropriate complementary feeding to provide evidence-based information for the public. The theme of the videos, "Family meals by ONE", addresses topics such as the importance of family meals, nutrition myths, food hygiene and finger food safety. The videos are available on ADSA's YouTube page and can be accessed using the links below.

For more information, contact ADSA Representation (Michelle Zietsman): [adsarepresentation@gmail.com](mailto:adsarepresentation@gmail.com).

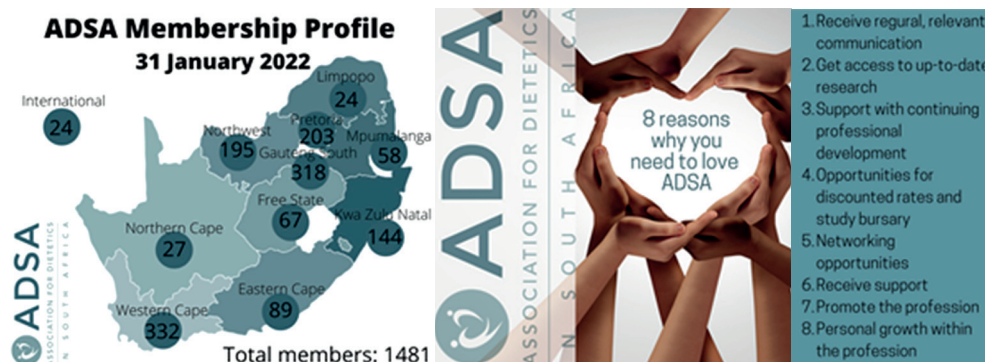
Video 1: <https://youtu.be/4c7xgOZM4aE>

Video 2: <https://youtu.be/MOU784O9wG8>

Video 3: <https://youtu.be/HHemkK6IEQA>

Subscribe to ADSA's YouTube channel to keep up to date with new videos and resources shared by ADSA.

### ADSA membership



### ADSA Bursary: 2022 recipient announced

Each year ADSA provides partial bursary funding to a deserving dietetics student progressing to their second year of studies. This bursary is provided for their remaining years of study, to cover registration, accommodation, textbooks or other fees related to their studies. Since 2013, 8 dietetic students have received an accumulated R575 000 from the ADSA Bursary fund. We are pleased to announce that **Nthangeni Murendeni Jameson** is the recipient of the 2022 ADSA Bursary. Congratulations, Nthangeni!

He shared a few words about what the award means to him:

*"I would like to thank ADSA for their generous sponsorship of my studies. I am very appreciative to be a recipient of the bursary scheme, which lightened my financial burden and will allow me to achieve my goal of becoming a dietitian."*

Applications for the ADSA Bursary 2023 will open in September 2022. For more information, please visit [www.adsa.org.za/bursary](http://www.adsa.org.za/bursary).



### Community service dietitians

We would like to extend a warm welcome to all community service dietitians for 2022! We trust you have had a good start to the year and are settling in well. ADSA has developed a handy resource

booklet especially for you. If you haven't already received a copy, please contact ADSA Public Sector (Nireshnee Reddy) at [adsapublicsector@gmail.com](mailto:adsapublicsector@gmail.com) to request yours.



### ADSA in the news

Our ever-expanding media footprint in various platforms continues to highlight the importance of nutrition for overall health, and to create awareness of the profession.

#### PR activities: December 2021–January 2022

- 52 Media clippings
- 2 Media releases
- 3 Media requests (15 clippings)
- 47 067 742 Cumulative possible audience reach

#### Some of the diverse topics covered:

- “School children and their changing nutritional needs”;
- “The art of staying healthy during the festive season”;
- “Crash diets”;

- “Potatoes, sweet or white, which one is right?”;
- “Tips for a healthy holiday”;
- “Summer nutrition tips”;
- “Food and mood and how nutrition affects mental health”;
- “Nutrition trends for a healthy weight in 2022”;
- “Why every South African needs to eat more vegetables and fruit every day (NNW)”;
- “Crash diets: They won’t work”.

Thank you to all our ADSA spokespersons who ensure that sound, evidence-based nutrition information reaches the public. We appreciate your time, commitment and hard work.

If you are interested in becoming an ADSA spokesperson, please contact ADSA Public Relations (Retha Harmse) at [adsapublicrelations@gmail.com](mailto:adsapublicrelations@gmail.com).

### Stay in touch

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

- [www.facebook.com/ADSAorgza](https://www.facebook.com/ADSAorgza)
- [www.twitter.com/ADSA](https://www.twitter.com/ADSA)
- <https://www.instagram.com/adsaorgza/>
- Blog: <http://nutritionconfidence.wordpress.com>
- Website: <http://www.adsa.org.za>
- Email: [info@adsa.co.za](mailto:info@adsa.co.za) or [adsacomms@gmail.com](mailto:adsacomms@gmail.com)