



SAAFECS CONGRESS 2024

The 16th International South African Association of Family Ecology and Consumer Sciences (SAAFECS) was held in conjunction with the International Federation of Home Economics (IFHE) conference at the Protea Hotel Fire and Ice in Cape Town from 13 to 16 March 2024. This vibrant gathering focused on the theme of Opening Doors, emphasizing “Using what you have, where you are, to open doors.” The conference brought together professionals, researchers, educators, and students in the field of family ecology and consumer sciences to explore innovative approaches and practical strategies for improving the well-being of individuals and families across Africa.



NSSA promo presentation at SAAFECS conference



NSSA exhibition stand at SAAFECS conference

The plenary sessions kicked off with a very insightful presentation by Prof Adeyemi Oladapo Aremu from the Centre for Indigenous Knowledge Systems, North-West University. He highlighted reflective insights on the benefits and challenges on the application of indigenous knowledge on botanicals as food source among local communities. He was followed by Prof Divya Singh, currently the chief academic officer at STADIO holdings who presented on African humanism and higher education, and the exploration of food insecurity, human dignity, and academic success. The second day of the plenary theme focused on using Artificial Intelligence (AI), digital, and other technologies to open doors. Prof Dirk Postma from the College of Education at UNISA presented an insightful take on how learners/students can become more self-directed and how tools such as ChatGPT can be used to support education and gave relevant examples of how to use it. Dr Thamié Ndlovu from the North-West University presented an engaging topic on Digital Pedagogies: Leveraging social media for transformative learning experiences in the context of self-directed learning. The final plenary sessions of the conference focused on using education to open doors with a presentation on taking advantage of gaps and opportunities in changing technology in the fashion industry by Ms Annamie Hansen, the founder and Chief Executive Officer of Figura, a strategic advisory firm specialising in the digitisation of the product value chain in the fashion industry. Educator consultant Ms. Annelize Jonker presented on the development of meaningful and effective learning and teaching materials.

With Table Mountain as a backdrop, attendees also participated in dynamic parallel sessions with presentations spanning themes like Food and Nutrition, Clothing, Textiles and New Technology, Family and Related Social Issues/Entrepreneurship/Community Engagement, Consumer Behaviour and Decision Making, Sustainability and Globalization. There were active discussions centered around leveraging existing resources and opportunities to address societal challenges and promote sustainable lifestyles. The conference served as a platform for networking, knowledge exchange, and collaboration, inspiring attendees to harness their strengths and creativity to create positive change in their communities and beyond.

The Nutrition Society of South Africa's (NSSA) Cape branch had the opportunity to engage with participants by means of an inaugural exhibition stand as well as a short promotional presentation which provided information regarding the aims of the NSSA as well as the benefits of becoming a member of the society. As NSSA strives to improve the nutritional well-being of all South Africans, collaborating with consumer scientists and educators is imperative, and, as a society, we look forward to further lucrative collaborations.



NUTRITION CONGRESS 2–4 OCTOBER 2024

We are pleased to announce that the keynote speakers for the conference include Professor Kevin Whelan, who serves as the Head of the Department of Nutritional Sciences at King's College London, United Kingdom, and Professor Francis Zotor from the Fred N. Binka School of Public Health at the University of Health and Allied Health Sciences in Ghana. With a wide range of exhibitors and symposiums lined up, the 2024 Nutrition Congress endeavors to facilitate the exchange of knowledge

and experiences, showcasing groundbreaking research, fostering dynamic discussions, nurturing professional development, and cultivating collaborative relationships.

We invite all the NSSA members to register for the conference and gather, network, and learn with the great minds in nutritional sciences.

More information:

www.nutritioncongress.co.za

