



## NSSA NEWSBITS – MARCH

### NSSA COUNCIL STRATEGIC PLANNING MEETING

The council of the Nutrition Society of South Africa (NSSA) held their Strategic Planning meeting on the 30th and 31st of January 2025 at Lanseria. The purpose of the face-to-face meeting with all the Council members was to do short- and long-term planning prior to commencement. This was also a wonderful opportunity to get to know each other better and feel more connected.

The NSSA council is made up of eleven members of which all were present. The NSSA president opened the meeting by reiterating the mission and aim of the NSSA. The NSSA will have its 70-year celebration in three years in 2027! We will therefore be planning something special for 2027.

Among the short-term goals are to increase membership, optimise the website and finalise the sponsorship guidelines. The longer-term goals that were set for the next 2-5 years are to improve the visibility of the NSSA through increased media exposure and to improve our financial stability.

One of the main outcomes of the planning meeting was to finalise the portfolio roles of each NSSA council member. The following council members have taken up their portfolio roles as follows:

- Liaison: Dr Elize Symington (President)
- Management: Dr Marieke Theron (Chairperson)
- Funding/budgeting: Dr Bianca van der Westhuizen (Honorary treasurer)
- Administration & Finance officer: Miss Jacqui Lochner (Administrator)

- Public relations: Dr Hema Kesa (Council member)
- NSSA member relations: Prof Louise van der Berg (Council member)
- Marketing of NSSA: Prof Ashika Naicker (Council member), Mrs Malory Jumat (Cape Branch Chair), Prof Tertia van Zyl (Northern Branch Chair) & Prof Xolile Mkhize (Eastern Branch Chair).
- Sponsorship/Conflict of interest: Dr Averalda van Graan (Council member)
- SAJCN journal liaison and Newsbits: Dr Elize Symington (President) and Prof Hettie Schönfeldt (Council member), respectively.
- NSSA 70th Birthday planning for 2027: Prof Hettie Schönfeldt (Council member)

The NSSA is hoping to build on existing membership benefits and increase other benefits for NSSA members. We will do so by including discounts on short courses, increasing collaborative opportunities and increasing CPD opportunities.

The NSSA council is looking forward to the next two years where we improve and build on the previous council's hard work.

If there is anything you would like to add, or if you would like to be more involved in the NSSA please contact Jacqui Lochner on [nssa@mweb.co.za](mailto:nssa@mweb.co.za) who can forward the information to the relevant person.

*Dr Marieke Theron  
NSSA Chairperson*



*NSSA council members for the period 2025 –2026, from left to right: Prof van der Berg, Dr van Graan, Mrs Jumat, Dr Kesa, Prof Mkhize, Prof Schönfeldt, Prof Naicker, Dr Symington, Dr Theron, Dr van der Westhuizen & Prof van Zyl.*