



WEBINAR

National Nutrition Week

Date: 06 October 2026

Time: 10h00 – 12h00



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Thank you for your interest in this webinar

- The chat has been disabled for the attendees.
- **Please use the Q&A box to post questions for our panel of experts.**
- The session is recorded and will be shared with all the presentations on the Knowledge Hub.
- Register in advance for the webinars (24 hours before).
- CPD certificates for all webinar activities are issued in bulk on a monthly basis after the webinar has taken place
- E-mail: Knowledgehub@health.gov.za



Ms Rebhone Ntsie

Has worked in government, academia, and private sector. She has 25 years of working experience in the nutrition field. She is the Chief Director-Health Promotion, Nutrition and Oral Health.



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Programme Overview

TIME	NO	ITEMS	RESPONSIBLE PERSON
SECTION 1: PROCEDURAL MATTERS			
10:00-10:05	1.1	Welcome and House Keeping	KH Support Team
SECTION 2: PRESENTATIONS			
10:05-10:15	2.1	Introduction of the 2026 theme: "Creating Healthy Food Environments for Better Nutrition" Introduction of speaker lineup & objectives	Ms Rebone Ntsie Chief Director: Health Promotion, Nutrition & Oral Health (NDoH)
10:15-10:30	2.2	Speaker Presentation 1 Topic: Physical and Digital Food Environments & Salt Reduction Strategies in Public Health Nutrition	Dr Bianca van der Westhuizen Senior Lecturer, UNIS0A / Council Member, NSSA
10:30-10:50	2.3	Speaker Presentation 2 Topic: Food Systems Governance, Policy, and Multisectoral Action	Dr Florian Johannes Kroll Convenor: Food Imbizo & African Food Systems Transformation Collective, UWC
10:50-11:15	2.4	Speaker 3 Presentation Topic: Indigenous Foods, Sustainable Food Systems & Youth Food Advocacy	Prof Hema Kesa & Dr Alex Kamgain (FERC - UJ)
11:15-11:30	2.5	Speaker 4 Fix My Food Advocate	Ms Ziyanda Ngwilizi (UNICEF - Fix My Food)
3. Q & A Interactive Q&A Session (20 Mins)			
11 :30-11 :50	3.1	Q and A	Facilitated by Ms Rebone Ntsie (Q&A support: Ms Malebina Botsane)
4. WAY FORWARD AND CLOSURE			
11 :50-12 :00	4.1	Key Takeaways, Way Forward & Next Steps	Ms Rebone Ntsie KH Support Team



Dr Bianca Van Der Westhuizen

Is a senior lecturer in Nutrition at the Department of Life and Consumer Sciences, Unisa. She is currently conducting research in public health nutrition focusing on food environments (physical and digital) as well as National salt reduction strategies.



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Dr Florian Johannes Kroll

Is a food systems researcher with the DSTI-NRF Centre of Excellence in Food Security. His work focuses on understanding food systems policy and governance, with a particular interest in the intersection between political economy, nutrition, ecosystems crises and statecraft.



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Prof Hema Kesa

Is an Associate Professor and Director of the Food Evolution Research Centre (FERC) at the University of Johannesburg. She is a food and nutrition researcher specialising in food and nutrition security, indigenous foods and sustainable food systems.



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Dr Alex Kamgain

Is working at the Food Evolution Research Centre (FERC), University of Johannesburg. He is also affiliated with the Centre for Food Security and Nutrition Research at the Institute of Medical Research and Medicinal Plants Studies (IMPM) in Yaoundé, Cameroon.



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Ms Ziyanda Ngwilizi

Is a South African researcher and youth advocate with a background in Politics and International Relations and has been actively involved in UNICEF'S Fix My Food Initiative, where she has led youth advocacy, communications and research efforts promoting a fairer and more equitable food system.



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THANK YOU



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