

## **MEDIA ADVISORY**

To: Editors & Health Journalists  
Issued by: Department of Health  
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### **National Nutrition Week 2024 Commemoration: 09 – 15 October**

**Cape Town:** The Deputy Minister of Health, Dr Joe Phaahla will on Thursday, 10 October lead the National Nutrition Week commemorative event in Cape Town as part of continued efforts to raise awareness about the importance of nutrition, healthy eating habits and active lifestyle to improve overall health.

National Nutrition Week is commemorated annually around across the country during the month of October to raise awareness about the importance of nutrition to promote better health and to educate individuals and communities about healthy eating and making informed nutritional choices.

The theme for 2024 campaign is “***Eat right for a better life!***”, which serves as a clarion call for people to prioritise healthy eating, balanced nutrition, and make informed food choices for improved health outcomes. Healthy eating does not necessarily mean buying expensive food from big brands retailers but can includes home grown vegetables.

The event is organised in collaboration with the United Nations Children's Fund since (UNICEF) and other stakeholders in the sector. The focus of this year is on young people to teach them about the benefits of adopting health eating to invest in their future health to lower your risk of heart disease, stroke, diabetes, obesity and other health conditions.

### **Members of the media are invited as follows:**

**Date:** Thursday, 10 October 2024  
**Time:** 10h30  
**Venue:** The Great Hall, University of the Western Cape, Bellville – Cape Town

### **For more information and media enquiries, please contact:**

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