

MEDIA ADVISORY

To: Editors & Health Journalists
Issued by: Department of Health
Date: Tuesday, 20 October 2026

National Nutrition Week 2026 Commemoration

The Deputy Minister of Health, Dr Joe Phaahla, and Free State MEC for Health, Mr Monyatso Mahlatsi, will on Wednesday, 21 October lead the National Nutrition Week commemorative event in the Free State Province.

The commemoration seeks to raise awareness of the importance of good nutrition for health, growth, development and disease prevention, while mobilising communities, schools, workplaces, retailers, informal traders and food producers to make healthy choices easier and more accessible.

The 2026 commemoration will be held under the theme: ***“Creating Healthy Food Environments for Better Nutrition”***, which recognises that nutrition outcomes are shaped not only by individual food choices, but also by the availability, affordability, safety and promotion of nutritious foods in homes, early childhood development centres, schools, workplaces, retail outlets and informal food settings.

The event will provide an opportunity for government and stakeholders to engage directly with communities on practical actions to improve access to safe, affordable and nutritious food, particularly for children, women, older persons and other vulnerable groups.

The event will take place as follows:

Date: Wednesday, 21 October 2026
Venue: Community Multi-Purpose Centre, Thabong, Welkom
Time: 9h00

For more information and media enquiries, please contact:

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