

# HEALTHY EATING NEEDS HEROES



Be a champion and  
encourage others to  
make healthier choices.

For more information visit  
[WWW.NUTRITIONWEEK.CO.ZA](http://WWW.NUTRITIONWEEK.CO.ZA)



Basic Education  
Health



unicef   
for every child

 **ADSA**  
ASSOCIATION FOR DIETETICS  
IN SOUTH AFRICA





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