

# National Nutrition Week – what we need to know and eat

**Eat a balanced diet and eat regularly, and practice 'mindful eating' techniques to help enjoy eating without guilt.**

Eat with less distractions.

Make eating a more pleasurable experience

Limit the consumption of saturated fats, which is often obtained from animals, and completely avoid trans fats.

Reading the labels helps to spot the sources.

Eating fish 2-3 times with a minimum of 1 serving of oily fish, will contribute to the right intake of unsaturated fats.

When cooking, always boil, steam or bake, instead of frying.

Avoid overcooking vegetables.

Remove the fatty parts of meat and make sure you use vegetable oils.

## **Include fruits and vegetables in your diet**

Fruits and vegetables are the most important sources of vitamins, minerals, and fibre. make sure you have enough servings every day.

? Drinking enough water increases the metabolism.

## **Don't feel guilty for consuming carbs**

Foods rich in complex carbohydrates are an essential part of a healthy, balanced diet.

Make sure you consume enough because “carbohydrates supply glucose to the body, and converts it to the energy that is necessary for bodily functions and physical activity.”

Pay attention to your body's signals and know when you are hungry and when you are full.

## **Water is the most important element**

Did you know drinking enough water can also boost the number of calories one can burn

## **Incorporate herbs and spices in the diet**

Herbs and spices have various health benefits. For example, incorporate ginger and turmeric in the diet as they have potent anti-inflammatory and antioxidant effects which are essential for our body and at this time to [boost the immunity](#).

A few steps can go a long way towards improving nutrition and wellness. It is advisable to focus on nutrition intake and exercise regularly and consult the nutritionist or dietician for any diet-related concern.



**National Nutrition Week and National Obesity Week are observed in October every year to create awareness about obesity and the importance of eating healthy.**

**drdar**Department:  
Rural Development & Agrarian Reform  
PROVINCE OF THE EASTERN CAPE

# DRDAR CALENDAR OCTOBER 2020/21

DATE	EVENT	TIME	VENUE
19/10/2020 MONDAY	1. ANC SPECIAL PWC MEETING	12H00	VIRTUAL
20/10/2020 TUESDAY	1. MR TROLLIP MEETING	10H00	FORT BEAUFORT
21/10/2020 WEDNESDAY	1. STAFF AWARDS 2. CAB BUDGET COMMITTEE	11H00-12H00 12H30	VIRTUAL VIRTUAL
22/10/2020 THURSDAY	1. CANNABIS BILL PRESENTATION	09H00-11H00	VIRTUAL
23/10/2020 FRIDAY	- 2. DRDAR PORTFOLIO COMMITTEE AMAJINGQI MACADA MIA PROJECT 3. PCC 4. ONLINE POLITICAL LECTURE	10H00 14H00 17H00	VIRTUAL VIRTUAL VIRTUAL
24/10/2020 SATURDAY			
25/10/2020 SUNDAY	1. EXTENDED PCC	14H00	VIRTUAL

## RISK MANAGEMENT ACTIVITIES

2nd Quarterly Risk Management Report 12 November 2020

3rd Quarterly Risk Management Report 05 February 2021

4th Quarterly Risk Management Report 07 May 2021



# RIFT VALLEY FEVER



## What is Rift Valley Fever (RVF)?

Rift Valley fever (RVF) is an acute viral disease that can cause severe disease in domestic animals (such as buffalo, camels, cattle, goats and sheep) and humans. Disease in these species is characterized by fever, severe illness, abortions, and a high morbidity and mortality rate. The virus which causes RVF belongs to the genus Phlebovirus in the family Bunyaviridae. Many of the related Bunyaviridae viruses can cause fever and encephalitis. Another commonly known Bunyaviridae virus is the Hantavirus. RVF is a disease listed under the World Organisation for Animal Health (OIE) Terrestrial Animal Health Code – 2009, (Chapter 1.2 ; Article 1.2.3) and must be reported to the OIE (as per Chapter 1.1 – Notification of diseases and epidemiological information).

## Where is the disease found?

RVF is mainly found in countries of sub-Saharan Africa and in Madagascar. An outbreak reported in Saudi Arabia and Yemen in 2000, were the first Rift Valley fever cases identified outside of Africa. In the past, outbreaks of the disease occurred in Africa at 5–15 year intervals. These outbreaks occur when areas that are typically dry experience a period of heavy rainfall and/or flooding.

## How is the disease transmitted and spread?

Many different species of mosquitoes are vectors for the RVF virus and RVF is most commonly encountered during years of unusually heavy rainfall and subsequent flourishing of mosquito populations. Mosquitoes will feed on viraemic (virus circulating in the bloodstream) animals and then transmit the virus to other animals on which they subsequently feed. Some species of mosquitoes (Aedes, for example) are capable of transmitting the virus from infected female mosquitoes to offspring via its eggs. This contributes to the survival of the virus in the environment. Mosquito eggs may survive during prolonged periods (up to several years) in dry conditions. During periods of high rainfall and/or flooding the eggs hatch and there is an increase in the infection of animals on which these mosquitoes feed.

## What is the public health risk associated with this disease?

RVF is a zoonosis (a disease which primarily affects animals, but causes disease in humans). Humans are highly susceptible to the RVF virus and may become infected with RVF by being bitten by infected mosquitoes, through contact with blood, other body fluids or tissues during killing, skinning and cutting of infected animals, or by consumption of raw milk or uncooked meat from infected animals. Humans working in slaughter facilities, laboratories or hospitals are at risk of acquiring infections.

## What are the clinical signs of the disease?

**Animals:** Clinical signs depend on the species of animal affected and conditions such as age and pregnancy. During epidemics the occurrence of numerous abortions and mortalities among young animals, together with disease in humans, is characteristic. Pregnant sheep and cattle affected by this disease will almost always abort (80-100%). Young lambs and calves develop a fever, become weak and die very suddenly. Adult sheep and cattle may have nasal discharge, excess salivation, and loss of appetite, weakness, or diarrhea.

**Humans:** People with RVF will either show no symptoms or develop a mild illness. Signs of illness include fever, weakness, myalgia (muscle pain), back ache, dizziness, liver abnormalities, and weight loss. In some patients, the illness can progress to haemorrhagic fever, encephalitis (inflammation of the brain), or ocular disease (inflammation of the eye, blindness). Severe complications develop in 1-4% of cases though most people recover within four to seven days. Approximately one per cent (1%) of humans infected with Rift Valley fever dies of the disease.



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HOME**  
SAVE SOUTH AFRICA

# MARKET PRICES FOR VARIOUS COMMODITIES IN 02 FRESH PRODUCE MARKETS: 15 OCTOBER 2020

COMMODITY	UNITY	EAST LONDON FPM (R)	UNITY	PORT ELIZABETH FPM PRICE (R)
BEETROOT	5KG	25,49	1KG	7,39
	10KG	40,49	10KG	61,33
BUTTERNUT	10KG	140,00	10KG	97,17
CARROTS	5KG	11,70	5KG	25,00
	10KG	65,91	10KG	53,49
CABBAGE	EACH	9,58	EACH	8,32
	20KG	28,63	25KG	43,68
GREEN PEPPER	2.50KG	40,37	5KG	70,00
	6KG	97,17	6KG	77,13
ONION	7KG	46,33	1KG	8,00
	10KG	60,32	10KG	48,00
POTATOS	7KG	72,00		
	10KG	101,26	10KG	105,04
PUMPKIN	30KG	254,19	30KG	240,53
SPINACH	1KG	6,26	1KG	4,77
TOMATOES	5KG	73,97	5KG	73,21
	6KG	85,33		

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# TEN DAY FARMERS FORECAST

## TEN DAY FORECAST FOR AMATHOLE (EAST LONDON)

### TEN DAY FORECAST FOR EAST LONDON - YR'S FORECAST

Monday 19 Oct	Tuesday 20 Oct	Wednesday 21 Oct	Thursday 22 Oct	Friday 23 Oct	Saturday 24 Oct	Sunday 25 Oct	Monday 26 Oct	Tuesday 27 Oct
22°	22°	21°	24°	28°	24°	23°	24°	24°
Lowest 16°	Lowest 15°	Lowest 12°	Lowest 16°	Lowest 19°	Lowest 20°	Lowest 18°	Lowest 18°	Lowest 19°
14 kn ↘	18 kn ↗	14 kn ↘	16 kn ↘	15 kn ↘	14 kn ↗	10 kn ↖	15 kn ↘	11 kn ↗
					Precipitation 0.6 mm	Precipitation 1.0 mm	Precipitation 0.1 mm	Precipitation 5.5 mm

## TEN DAY FORECAST FOR OR TAMBO (MTHATHA)

### TEN DAY FORECAST FOR MTHATHA AIRPORT - YR'S FORECAST

Monday 19 Oct	Tuesday 20 Oct	Wednesday 21 Oct	Thursday 22 Oct	Friday 23 Oct	Saturday 24 Oct	Sunday 25 Oct	Monday 26 Oct	Tuesday 27 Oct
17°	10°	11°	21°	21°	18°	15°	23°	11°
Lowest 4°	Lowest 1°	Lowest 1°	Lowest 3°	Lowest 6°	Lowest 8°	Lowest 5°	Lowest 7°	Lowest 8°
9 kn ↖	9 kn ↗	8 kn ↘	6 kn ↖	12 kn ↗	10 kn ↘	7 kn ↖	6 kn ↖	9 kn ↘
	Precipitation 0.6 mm	Precipitation 0.1 mm			Precipitation 0.2 mm			Precipitation 3.6 mm

## TEN DAY FORECAST FOR CHRIS HANI (QUEENSTOWN)

### TEN DAY FORECAST FOR QUEENSTOWN - YR'S FORECAST

Monday 19 Oct	Tuesday 20 Oct	Wednesday 21 Oct	Thursday 22 Oct	Friday 23 Oct	Saturday 24 Oct	Sunday 25 Oct	Monday 26 Oct	Tuesday 27 Oct
33°	20°	23°	31°	33°	30°	25°	35°	28°
Lowest 15°	Lowest 9°	Lowest 7°	Lowest 11°	Lowest 16°	Lowest 17°	Lowest 14°	Lowest 11°	Lowest 17°
16 kn ↗	11 kn ↗	9 kn ↖	4 kn ↗	9 kn ↘	9 kn ↖	10 kn ↖	9 kn ↗	9 kn ↘
	Precipitation 0.8 mm		Precipitation 0.1 mm					

# TEN DAY FARMERS FORECAST

## TEN DAY FORECAST FOR SARAH BAARTMAN (PORT ELIZABETH)

### TEN DAY FORECAST FOR PORT ELIZABETH - YRS FORECAST

Monday 19 Oct	Tuesday 20 Oct	Wednesday 21 Oct	Thursday 22 Oct	Friday 23 Oct	Saturday 24 Oct	Sunday 25 Oct	Monday 26 Oct	Tuesday 27 Oct
20°	19°	20°	21°	20°	21°	21°	22°	21°
Lowest 16°	Lowest 15°	Lowest 12°	Lowest 14°	Lowest 18°	Lowest 19°	Lowest 16°	Lowest 18°	Lowest 18°
15 km ↗	32 km ↗	11 km ↘	17 km ↘	25 km ↗	11 km ↘	16 km ↘	14 km ↘	13 km ↘
				Precipitation 1.2 mm	Precipitation 0.4 mm		Precipitation 0.5 mm	Precipitation 2.1 mm

## TEN DAY FORECAST FOR JOE GQABI (ALIWAL NORTH)

### TEN DAY FORECAST FOR ALIWAL NORTH - YRS FORECAST

Monday 19 Oct	Tuesday 20 Oct	Wednesday 21 Oct	Thursday 22 Oct	Friday 23 Oct	Saturday 24 Oct	Sunday 25 Oct	Monday 26 Oct	Tuesday 27 Oct
33°	28°	28°	32°	34°	35°	31°	34°	34°
Lowest 20°	Lowest 13°	Lowest 9°	Lowest 15°	Lowest 18°	Lowest 18°	Lowest 16°	Lowest 15°	Lowest 21°
20 km	13 km ↘	12 km	13 km	12 km	17 km	13 km	9 km	14 km ↘
			Precipitation 0.1 mm					

## TEN DAY FORECAST FOR ALFRED NZO (MOUNT AYLIFF)

### TEN DAY FORECAST FOR MOUNT AYLIFF - YRS FORECAST

Monday 19 Oct	Tuesday 20 Oct	Wednesday 21 Oct	Thursday 22 Oct	Friday 23 Oct	Saturday 24 Oct	Sunday 25 Oct	Monday 26 Oct	Tuesday 27 Oct
29°	19°	20°	29°	33°	28°	25°	31°	24°
Lowest 15°	Lowest 11°	Lowest 10°	Lowest 11°	Lowest 16°	Lowest 17°	Lowest 14°	Lowest 15°	Lowest 17°
7 km ↘	9 km ↘	7 km ↘	4 km ↘	9 km ↗	8 km ↘	6 km ↘	4 km ↘	9 km ↗
	Precipitation 0.7 mm	Precipitation 0.9 mm	Precipitation 1.1 mm	Precipitation 0.2 mm	Precipitation 0.4 mm	Precipitation 0.1 mm		Precipitation 2.8 mm