



Rediscover Dairy

August
2026

In this newsletter, the **Consumer Education Project (CEP)** of Milk SA shares the highlights from the first half of 2026.

The **CEP** reaches the diverse population of South Africa through focused activities and messages about the nutritional and health benefits of dairy products that resonate with each segment of the population.

Find out more about the **CEP** at www.rediscoverdairy.co.za and follow us on **Facebook, Instagram, TikTok** and **LinkedIn**.



Social media

Rediscover Dairy is now on LinkedIn!

Whether you're looking for the latest nutrition updates, educational resources or industry news, Rediscover Dairy, run by the Consumer Education Project (CEP) of MilkSA, is your trusted hub for everything dairy. In March we launched our official **Rediscover Dairy LinkedIn** page:

a dedicated space for the food industry, health professionals, educators and business partners to learn more about the Project, explore the science and stories behind dairy, and stay informed with credible, evidence-based insights.

You can also follow us on **Facebook, Instagram** and **TikTok**.

World Milk Day 2026

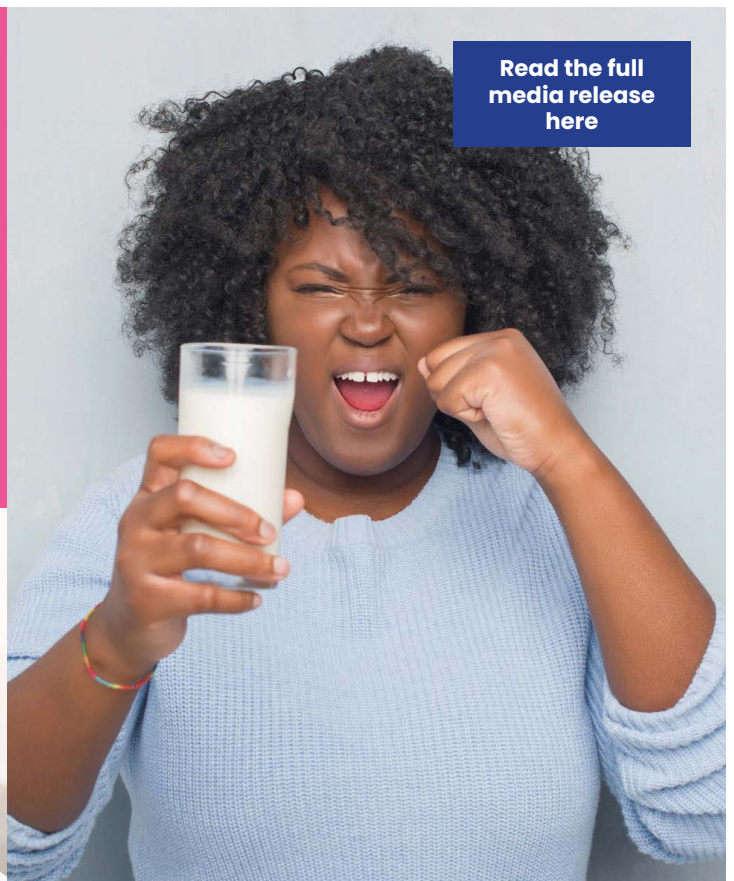
World Milk Day on 1 June 2026 was a highlight for Rediscover Dairy this year, with the Project not only sharing a media release around the event but also interviewed remarkable women working in the dairy industry in South Africa.

Everyday dairy for lifelong bone health

The **CEP** used World Milk Day as an opportunity to sensitise consumers on the **importance of bone health** throughout life.

Dairy is well known for its bio-available **calcium and other nutrients** that contribute to bone growth. This media release emphasised how consumers can build and maintain strong bones by focusing on three easy steps:

- Have **three servings** of dairy every day.
- Get **30–40 minutes'** exposure to sunlight before 11:00 and after 15:00 every day.
- Do **40–50 minutes** of weight-bearing exercise four to five times per week.



Read the full
media release
here

Women shining in the South African dairy industry

In honour of the United Nations International Year of the Woman Farmer, the **Global Dairy Platform** launched the '**Women in Dairy**' initiative.

The **Project** participated by interviewing four remarkable women from different parts of the dairy landscape: two farmers, of whom one works with a goat herd; a processor; and a cheesemaker.

Recognising the **achievements of women in dairy** shines a light on the expertise, leadership and dedication that strengthen the industry every day.

Their stories inspire others and highlight the many career opportunities to be explored. This campaign attracted significant attention and all four interviews can be accessed **here**.



Helen McDougall, CEO
of Woodlands Dairy



Kay-Marie Swart, cheesemaker
at Stonehouse Cheese Estate



Tanya Chicken, manager of
Robhoek Farm



Zanell van der Nist, cheese
maker at Kleinkraal Suiwel

[See the interviews here](#)

Dairy-based nutrition reviews

a Fuel an active lifestyle with dairy

There are so many ways to embrace an active lifestyle – from daily walks and weekly 'parkruns' to playing padel or going to dance or Pilates classes. People often choose a number of **exercises** they enjoy to stay fit, with an active lifestyle seen as more of a **mindset** than honing in on only a single activity. Making food choices that not only **fuel your performance** but also help your body recover is part of this mindset. In an article in the March issue of Modern Medicine, **Prof. Lize Havemann-Nel** explored nutritional considerations and the use of milk and dairy to sustain a healthy, active lifestyle in today's fast-paced society.

Read the review [here](#)

c Cow's milk allergy management

This review by **Dr Carina Venter** summarises current evidence and international guidelines on the dietary management of **cow's milk allergy** (CMA). CMA is the most common food allergy in infancy and early childhood, affecting approximately 2–3% of infants. For infants who are not receiving any or sufficient human milk, milk formula is the main source of energy, high-quality protein, calcium, iodine, vitamin B12 and other essential micronutrients during this time. Inappropriate elimination diets, delayed diagnosis or prolonged avoidance of cow's milk protein during this time can therefore have far-reaching consequences for growth, nutritional adequacy and the family's **quality of life**.

The review emphasises nutritional implications of CMA and discusses considerations for choosing **suitable milk alternatives** and re-introducing milk through milk ladders given how emerging research directions are reshaping clinical practice.

Read the review [here](#)

b Why dairy matters in a modern weight-loss journey

Current thinking around weight loss has moved away from traditional dieting. Although medications such as glucagon-like peptides (GLPs) have become a major talking point, they are just one part of a broader change in how people are approaching health. Today, the focus is no longer only on eating less or cutting out certain foods, but also on **protecting strength and maintaining lean muscle** while losing excess body fat.

At the same time, nutrition advice is changing, with the focus shifting from enforced restriction to **prioritising protein** and choosing foods that offer **nutritional value** in every bite. These changes are grounded in a stronger scientific understanding of how the body works – from metabolism and muscle health to the role of sustainable eating patterns in long-term weight management. Dr Monique Piderit explored how healthcare professionals can use dairy products as a practical strategy to mitigate the risk of sarcopenia and ensure **optimal fat loss** in patients on GLP-1 therapy.

Read the review [here](#)



Recipes on Rediscover Dairy

Hearty cooking with dairy

This winter, Rediscover Dairy shared six delicious recipes with consumers to illustrate just how versatile dairy is.

It's a recipe collection with global flair, showing how familiar dairy products such as yoghurt, cheese, milk and amasi blend beautifully with different herbs, spices and flavour profiles.

These winter recipes encourage consumers to explore dairy beyond the familiar ways.

A splash of milk, a dollop of yoghurt, a drizzle of amasi or a handful of grated cheese can completely change the character of a meal, adding richness, balance and valuable nutrients simultaneously.



Winter Fisherman's Pie



Baked Feta Pasta



Bunny Chow

Find more recipes and ideas on the Rediscover Dairy website

Recipes and ideas

Raising awareness about dairy through audiovisual media

The **CEP** recently partnered with **VIA TV**, an inspiring and unpretentious Afrikaans lifestyle channel, to run awareness campaigns focused on incorporating dairy into everyday activities.



Chef Herman Lensing, who is also the food editor of **Sarie magazine**, demonstrated dairy-centred recipes developed specifically for the programme **Herman's Kitchen**.

During the demonstrations, he shares valuable information about dairy's versatility and how it enhances taste, and also highlights some of the benefits of adding dairy to a meal.

An interview with **Leandie du Randt** of **#Gesels** explored dairy labelling.

On screen advertising during 'Ja, Daddy kan lekka eet'.





Cheesy Lasagne



Creamy Mushroom Soup



Spicy Roast Autumn Veg

Find more recipes and ideas on the Rediscover Dairy website

[More recipes and ideas](#)

Project updates

International participation and achievements

The **CEP** is a member of the **International Dairy Federation (IDF)** and our team participates actively in the IDF's standing committees on marketing and nutrition and health, which exposes the **CEP** to the latest international research on consumer communications and health and nutrition. In this way, the **Project** remains at the forefront of new developments.

During the mid-year meetings held in Canada in May, the **Project's** television and TikTok campaign on sustained energy aimed at the GenZ market was chosen as one of three finalists for the Yves Boutonnat International Milk Promotion Trophy.

The winner will be announced at the **IDF World Dairy Summit** in Auckland in November.

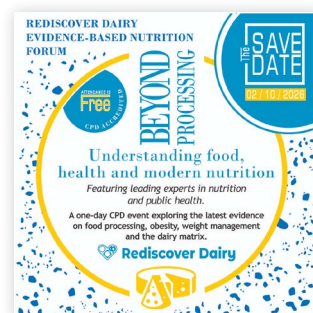
Website review

The www.rediscoverdairy.co.za website is being updated to be AI compatible. Keep an eye out for the fresh look in the coming months.

Rediscover Dairy evidence-based nutrition

The forum, themed 'Beyond processing – understanding food, health and modern nutrition', will be presented on 2 October 2026 at the Future Africa Campus of the University of Pretoria.

See more [here](#).



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An Initiative by the Consumer Education Project of Milk SA

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Contact the Consumer Education Project of Milk SA for more information on dairy health and nutrition and the value of dairy products. Learn more about the campaign at www.dairygivesyougo.co.za or www.rediscoverdairy.co.za.