Family and Consumer Sciences professionals promote families eating and preparing meals together as a way to build strong families and improve nutrition.

Since 2014, nearly half a million people have committed to “Dining In” on Family and Consumer Sciences (FCS) Day, December 3. We hope you will join us.

The FCS Day Pledge map is waiting for you to take action! Be sure that there is a pin on the U.S. map that communicates your support for #FCSsuccess!

https://www.aafcs.org/fcsday/home

What is Family and Consumer Sciences?
The profession of Family and Consumer Sciences had its beginning as home economics in 1899 when Ellen Swallow Richards, the first female graduate and faculty member of the Massachusetts Institute of Technology, blazed a path using scientific knowledge to address the plight of families with regards to water quality, food safety and safety of home environments.

Family and Consumer Sciences has a long and colorful history of utilizing its unique content areas of food and nutrition, human and child development, personal and family finance, family relations, housing and interior design, textiles and apparel, and consumer issues to equip and empower individuals and families to manage the challenges of living and working in a diverse global society.

Family and Consumer Sciences professionals work in careers as diverse as secondary and higher education, Extension outreach, family and child agencies, consumer protection, retail/business and as entrepreneurs.

The WSU Extension Family & Consumer Sciences program is proud of their accomplishments working with families to improve consumer food safety, nutrition, health and wellness, 4-H positive youth development, financial literacy, strengthening families, parenting and child development and women involved in agriculture.

Capture a screenshot of your event and send to kayla.wells@wsu.edu