



# HOME ECONOMICS NEWS

December 2020

Publication of the International Federation for Home Economics

## CONGRESS 2022



Read update on call  
for abstracts (page 7)

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## IN THIS ISSUE: DON'T LET AN ACCIDENT OF HISTORY WIPE OUT HOME ECONOMICS

"Accidents of history happen all the time but we can't let an accident of history wipe out Home Economics from a disciplinary field or country while there are still home economists ready to speak up".

When Gwendolyn HUSTVEDT shared her video message in September 2020, our colleagues in the Philippines had already become active. Read their inspirational statement on the **value of HE education in these trying times** in the face of attempts to remove the subject from national curricula (page 2). With a similar intention, IFHE highlighted the **contribution of HE education to achieving sustainable food systems** on the occasion of World Food Day in October (page 4).

This Newsletter contains more motivating examples of our profession's agility, such as the **introduction of food education into the Ontario curriculum** (page 8), a **kick-off webinar for WHED 2021** (page 5), a **webinar on technology & sustainability** (page 6), and many **online events in the regions** (page 7-10).

We wish you interesting reading and a safe, healthy and peaceful year 2021.



## STRENGTHEN, NOT REMOVE. HOW TEACHING HOME ECONOMICS ENSURES SURVIVAL IN TRYING TIMES

Read this impressive statement about the relevance of home economics shared by Florenda S. GABRIEL, College of Home Economics at the University of the Philippines. It is a strong response to the Chairman of the Senate Committee on Basic Education who suggested to provisionally remove teaching Home Economics and focus on “key subjects” like Math, Science, Reading, and English.

In the current COVID 19 pandemic outbreak, Filipino families of all socio-economic and cultural backgrounds are faced with a multitude of insecurities and challenges (...) This disaster has greatly disrupted the daily lives of families and it will continue to change lives even in the “new normal”. According to the United Nations (...), “It is the families who bear the brunt of the crisis, sheltering their members from harm, caring for out-of-school children and, at the same time, continuing their work responsibilities.” (...)

### **Home Economics is the most relevant subject in times of disaster**

Home economics enables families to effectively navigate this new way of living. Teaching children proper HE skills in the areas of household resource management, consumer education, food preparation and preservation, hygiene and sanitation, nutrition, entrepreneurship, and clothing will enhance their ability to cope with these changes. (...) families should be all the more equipped with knowledge and skills that will ensure their safety and effective management of their limited resources – thus HE has become even more important.

### **Home Economics integrates fundamental skills in real-life lessons**

(...) HE draws from a range of disciplines, such as the sciences, arts, and humanities, to understand the different aspects of day-to-day living. It is through HE that (...) other subjects (...) can actually be brought into practical use. Science, mathematics, arts and language come alive in HE when students study recipe conversion and preparation of cheap but nutritious meals, self-expression in clothing and crafts, appropriate use of social media, and preparing business plans for entrepreneurial ventures. Clearly, its role in basic education is multi-faceted and critical.

### **Home Economics strengthens productivity and self-sufficiency**

In the current situation where millions of families are forced out of jobs, one viable option for survival is entrepreneurship. Home economics (...) teaches families to make productive use of their resources to earn a living. “Managing resources refers to both maximizing available human and non-human resources, as well as making productive use of these to sustain the needs of families. This is where the role of entrepreneurship in HE comes into play. Entrepreneurship provides the family with a sustainable source of income so that it can provide for its basic needs and improve its standard of living” (...). Entrepreneurship is one of the core topics in elementary and high school home



Read full version of the statement at the University of the Philippines website: [Statement](#)

economics. If HE is temporarily removed, where else can students formally learn this very important life skill?

### **Home Economics teaches life skills essential for survival and recovery**

(...) Since movement is restricted and people are confined to their living spaces for an indefinite period of time, families must go back to the basic life skills—home economics skills. They must know how to whip up meals using limited available ingredients. They must budget and stretch their financial resources to feed their families. (...) At the same time, families should ensure that the meals they prepare are nutritious and safe to consume. HE in the basic education level teaches children the concepts and principles of food preparation and safety, thus the greater reason to retain this subject in schools. (...)

Families must adjust to this new normal (...). They must know how to handle the multitude of emotions and thoughts that could lead to feelings of distress. They must know how to find new income channels for those who lost their jobs.

These are just some of the life skills that form part of what HE teaches. Where else will our youth learn all these essential skills for survival and adaptation in a world that has changed in such a short time and is still changing? HE offers skills for life. (...)

### **Call for action**

Home Economics undoubtedly helps individuals and families in different areas of their daily living. Currently, Filipino families are faced with a challenging situation that they have never experienced nor imagined. HE assists individuals and families on how to effectively adapt to changing situations in society because it deals with people, their resources, and their life situations. Whether or not they will succeed in responding to this challenge relies greatly on the family management skills, resource management skills, and other life skills that they possess. **Therefore, instead of removing HE from the curriculum, we call for the strengthening of home economics (...).** Home economics is a vital subject area (..) for it is the only subject that teaches the most essential tools for survival in these most trying times.

picture: College of Home Economics (CHE) at the University of the Philippines



## HOME ECONOMICS EDUCATION ESSENTIAL TO SUSTAINABLE FOOD SYSTEMS

The COVID-19 global health crisis has made many people rekindle appreciation for a thing that some take for granted and many go without: food. Preserving access to safe and nutritious food is an essential part of the response to the COVID-19 pandemic, particularly for poor and vulnerable communities. On the occasion of World Food Day on 16 October 2020, IFHE issued a news release and highlighted the contribution of home economics education to achieving sustainable food systems.

FAO's #WorldFoodDay campaign 2020 advocates sustainable food systems and the need to provide affordable and healthy diets for all while preserving natural resources and biodiversity.

Home Economists know that food production and **food consumption** are closely interlinked. It is at home where people make their consumption choices. Home economics research and education focus on subjects such as food preparation and healthy nutrition and address the impact of malnutrition in all its forms,

Home Economics also teaches sustainable **food production** and the procurement of locally sourced and sustainably produced food. Training is given especially to women whose often disadvantaged situation negatively impacts food production and nutrition choices of all household members.

The *International Federation for Home Economics* (IFHE) advocates food procurement and food preparation as modern, productive tasks which all household members should engage in at equal terms and which are core to achieving a sustainable living for all.

IFHE therefore calls for the **integration of home economics into curricula** and making this **education available to both sexes**. Because we all have a role to play, from making food choices that improve both our health and that of our food system, to not letting sustainable habits fall by the wayside.

FAO Website

<http://www.fao.org/world-food-day/themes/en/>



## GET READY FOR WORLD HOME ECONOMICS DAY 2021

World Home Economics Day (WHED) is an IFHE public relations event for family & consumer issues. Each 21 March since 1982, members take this as an opportunity to highlight a specific theme and the relevance of home economics research and education for a sustainable living for all.

We all know that WHED celebrations might look different in 2021. IFHE supports members in preparing the event with new resources available online.



### Focus 2021: Age friendly homes and communities.

WHED 2021's thematic focus is on ageing. Populations around the world are rapidly ageing and this demographic transition will impact on almost all aspects of society. A [Decade of Healthy Ageing 2020-2030](#) was declared by World Health Organisation to underline the theme's importance.

Home Economics research and education address individual households, institutional homes, and communities as the environment where older people can age safely. It promotes healthy ageing in an environment that meets physical demands, is free from poverty, allows for personal development and where the elderly can contribute to their communities while retaining autonomy. Home Economists focus on accessible and supportive living environments for older people with varying needs and capacities, including the "elderly of tomorrow".

### Kick-Off Webinar

As a thematic introduction into WHED theme 2021, IFHE offered a free webinar on November 27. It was held by Seema PURI, Associate Professor at the Institute of Home Economics, University of Delhi, and expert on Social Gerontology. The webinar drew a big audience, with over 50 attendees from 16 countries. In her presentation, Seema covered Important research on successful ageing from different countries as well as resulting challenges for home economists

### Resource Hub

A collection of resources helps members to prepare for WHED 2021. Documents and links can be found in the members area at the IFHE website and offer an international perspective on age friendly homes and communities.



Check the [IFHE website](#) for details on the webinar.

### Resources:

10 Priorities towards a *Decade of Healthy Ageing* ([link](#)); Sustainable Development Goals from the perspective of ageing ([link](#)); Ageing and life-course ([link](#)); The impact of COVID-19 on older persons (UN [policy brief](#) 2020); World population ageing - ten key messages (UN [paper](#) 2019)



## SUCCESSFUL WEBINAR ON TECHNOLOGY & SUSTAINABILITY

On 28 October, the committee on Household Technology & Sustainability held a free webinar moderated by Chair Pamela TURNER, USA. With over 70 home economists attending online, the event was a full success and proof of vibrant academic activity during global lockdowns. Many thanks to Wee Leng SOO, Malaysia, whose report is partly included here.

The webinar featured four presenters who shared their research on technology and sustainability. Presentations highlighted sustainability practices around the world and focused on everyday aspects of responsible use of household resources. The event was promoted among IFHE members and beyond and drew an impressive audience. With over 70 persons from numerous countries attending online, this first webinar was a success - despite the usual challenges posed by unstable internet connections.

INTERNATIONAL FEDERATION FOR HOME ECONOMICS  
 HOUSEHOLD TECHNOLOGY & SUSTAINABILITY PROGRAMME COMMITTEE  
[HTTPS://WWW.IFHE.ORG](https://www.ifhe.org)

**IFHE TECHNOLOGY & SUSTAINABILITY WEBINAR**

Moderated by HT&S Programme Committee Chair Pamela Turner, University of Georgia

OCTOBER 28, 2020  
 9:00-10:30 AM (ATLANTA, USA) | 14:00-15:30 (BONN, GERMANY)  
[HTTPS://ZOOM.US/J/96965733009](https://zoom.us/j/96965733009)

PRESENTERS

*Carja Butijin - Making use of solar cookers, a story of success*  
*Hosea Chishala - Factors affecting food hygiene practices in rural restaurants*  
*Okafor Lucy Nwamaka - Sustainable water management practices of rural households in Agata Local Government Area of Anambra State: Implication for Home Economics*  
*Joy Obunadike - Strategies for enhancing environmental stability of contemporary families for sustainable development*

All presented papers offered interesting insight on current research. A presentation on solar cookers revealed the technology's positive impact acceptance by local populations. However, limited financial resources also limit the use of solar cookers. A second presentation focused on poor food hygiene practices in rural restaurants and addressed the need for comprehensive health and hygiene training. Such training plus regular health inspection check-ups are seen essential strategies for promoting proper food handling practices in rural restaurants.

The role of home economics education in sustainable water management was at the center of the third presentation. It outlined effective approaches to improve technical and managerial capacities for rural households in Anambra State, Nigeria. The fourth presentation highlighted specific challenges posed by grazing herds on the environmental stability in certain Nigerian states and called for government regulation on this issue.

## NEWS FROM THE REGIONS & ANNOUNCEMENTS

### CALL FOR ABSTRACTS - XXVI WORLD CONGRESS 2022

The World Congress 2022 takes place 2-10 August 2022 in Atlanta, USA. Submission of abstracts will open from June - August 2021. Read below about the thematic frame for presentations and updated submission deadlines.

The Planning for the IFHE World Congress 2022 is underway, including preparation for abstract submission. The theme for the Congress remains the same, "Home Economics: Soaring Toward Sustainable Development." As shown in the Congress Model and Matrix, the focus on a human ecological perspective regarding the systems of action impacting quality of life for individuals, families/households, and communities also continues—with deliberate connections to the Sustainable Development Goals.

As you know, IFHE has published position statements on SDGs 1, 2, 3, 5, 6, and 12; importantly, abstracts making connections to the other remaining SDGs are also welcomed. Globally, citizens are confronting many issues that cut across the Congress Model and Matrix, including the impact of the COVID-19 pandemic, Black Lives Matter movement, broader economic and social justice issues, and more. We encourage submission of abstracts that address the work of Home Economics across these multiple contexts.

For those whose 2020 abstracts were accepted, you will need to resubmit to present in 2022. Your abstract may remain the same or be updated as appropriate. All abstract submissions will go through the review process. The details about the World Congress 2022 abstract submission process (incl. Congress Model and Matrix) can soon be found at the World Congress 2022 website.

Please check the [Congress 2022 website](#) for up to date information.

### EUROPEAN REGION STARTS ONLINE BROWN BAG SERIES



Members of the European Regional Association for Home Economics (EAHE) started a series of online events intended to strengthen academic exchange amongst European home economists. They started on 7 October 2020 with a first "brown bag" meeting on sustainable consumption and care.

The idea of such a "brown bag" is that participants typically bring their lunches, which are associated with being packed in brown paper bags. The first meeting attracted 32 participants from all over Europe joined online. They listened to a presentation on an ethos of care as a pre-condition for achieving sustainable consumption and the fact that sustainable consumption can be an act of care in and of itself. It was followed by a short discussion. The next EAHE brown bag is going to take place on 12 January 2021 (details see <https://eahe.ifhe.ch/>).



## SWEEPING CHANGE TO ONTARIO CURRICULUM: FOOD LITERACY INCLUDED IN EVERY GRADE



Learn more about OHEA & read the full letter at the association's [web-site](#).

The Ontario Home Economics Association (OHEA), Canada advocates for improved food literacy for many years. With the *Food Literacy for Students Act* having passed its 2<sup>nd</sup> reading, there are high expectations for sweeping change to the state's curriculum with food education included in every grade from K-12. OHEA shared their official letter of support for the bill (read excerpts below).

For several years, Ontario Home Economics Association (OHEA) has prioritized the need for increased food literacy. OHEA has been concerned that the elimination of home economics programs from Ontario schools resulted in a generation of children and young parents lacking food literacy and food skills.

Though Home Economics was never fully 'eliminated' from Ontario schools, it was 'reduced and renamed'. Currently, *Family Studies* (FS) is established as multidiscipline 'optional' subject area at the secondary level. FS well-designed to nurture individual and family development through food, nutrition, parenting, financial literacy, and consumer education. Food literacy is deeply embedded in all seven of the current food-and nutrition-related courses.

OHEA strongly advocates that Food Literacy be taught by qualified Family Studies Educators to provide credible, consistent, and accurate nutrition messaging and cooking skills. It is also logical that qualified Family Studies Educators be closely involved in curriculum development.

OHEA believes that experiential food literacy education will better equip Ontario graduates with the essential life skills and knowledge to:

- select/prepare nutrient-rich food to promote growth and development, support positive health outcomes, and help reduce healthcare costs
- appreciate local food, food production challenges, food safety and security
- reduce dependency on food banks and convenience foods
- support family food budgets, promote family mealtime, and reduce food waste
- increase self-reliance, especially in times of emergency or pandemic
- prepare to leave home and make wise consumer choices.

Being food literate is important to help children and adults navigate a complex food environment and enable them to make healthy food choices that satisfy their preferences, cultural traditions, and nutritional needs. Food literacy is particularly important in the early years, when children are developing the eating patterns and skills that they will carry into adulthood and pass on to future generations.

"As COVID-19 unfurls, and families cocoon at home, we observe an even greater need for essential food and life skills education." Mary Carver, P.H.Ec., former OHEA Food Literacy Coordinator.



## IFHE-US PROMOTES YOUNG PROFESSIONAL NETWORK



Visit IFHE-US:

At their [website](#) or on [facebook](#)

The Young Professional Network (YPN) once had an active role within IFHE and many positively remember their activities. IFHE-US with President Sue BUCK started an initiative to revive the network at a national level, an effort that lends itself to imitation in other regions.

One of the many IFHE-US activities is trying to build support and membership of younger home economists in the US. On 22 October, they invited members to attend a webinar on benefits of the Young Professionals Network and the importance of young professionals' involvement. Executive Committee member and chair of YPN, Amanda McCLOAT, Ireland, gave a presentation. Those who participated were engaged in the program and IFHE-US YPN Director, Carmen PEDERSEN, is following up with them as well as developing other programs to engage younger members.

IFHE-US will continue to keep their membership connected during this time apart and offers an online meeting in January 2021 with IFHE President Gwendolyn HUSTVEDT as speaker. Follow the [IFHE-US website](#) for updates.

## JAN SCHOLL RESIGNS FROM THE EXECUTIVE COMMITTEE



The IFHE Executive Committee (EC) is composed of two members from each region who are elected by members from this region. After the resignation of Jan SCHOLL, members from the Americas will decide on steps to replace the now vacant position Vice President Americas.

With regret, IFHE received message from Jan F. SCHOLL, Vice-President Americas in the current Executive Committee, that she decided to resign from her position due to health reasons.

Jan has been elected representative for the Region Americas in 2016. Since then, together with her colleagues from the Executive Committee, she has safely navigated IFHE through turbulent times, an unexpected change in leadership and the postponement of the World Congress this year. She is also a major force behind efforts to preserve IFHE-US history. She not only managed the transfer of IFHE-US documents to the Cornell University archives this summer but made a fairly large donation so the materials can be processed as quickly as possible.

Jan has promised to continue to work on getting the international history of IFHE in the Cornell library and we dearly hope she also remains an active contributor to IFHE, even though now giving up her formal leadership role.

The IFHE community is sending best wishes for Jan's health and continued happiness.

## AUSTRALIAN HOME ECONOMICS PROFESSIONAL LEARNING SERIES

See recordings of the Professional Learning Series at [HEIA](https://www.heia.org.au/) website.



Thanks to Home Economics Institute of Australia (HEIA) for sharing how they managed the challenging year 2020 (the following report was slightly shortened): Many events have regretfully been cancelled. But this did not stop us! On the contrary, like all good home economists, we shifted focus to what could be achieved with the resources we had at hand. In this case, technology...and some very generous and knowledgeable humans. With that, the HEIA 2020 Professional Learning Series was born.

Throughout September to November, HEIA Inc. hosted 13 online professional learning opportunities where our members participated in a range of discussions and workshops. We heard from Dr. Jay Deagon regarding how to protect and support Home Economics, and Catie Kirke from *A.R.T. Your Life* with tips on how to protect and support our own wellbeing. *Genesis Creations* showed us “Safe, Simple and Sustainable Techniques for Fabric Designing I the Classroom”, Jane Milburn (*Textile Beat*) talked to us on “Upcycling as a Way of Life” and Monica Andrews shared her love and knowledge of Repair Cafes. Nutritionist Peta Craig helped us understand “Nutrition in the 21<sup>st</sup> Century” and we learned about the wonderful work of *The Wholesome Collective*. Renowned Chef, Andrew Fielke, gave us a sneak-peek of the *Creative Native Foods Education Kit*, and we workshoped ideas to “Improve technologies learning through effective feedback practices” with Rosie Sciacca, HEIAQ President. Last but not least, we had the opportunity to network with our friends and colleagues reflecting on the year that has been.

We sincerely thank all of the presenters who graciously shared their time and expertise, and we also thank all of the members and participants who attended, contributed or hosted the discussions. In the words of one of our members who participated in most of the series, “each of the events were fantastic, interesting and very relevant”. By all accounts, the HEIA 2020 Professional Learning Series was a huge success and we look forward to a bigger and brighter 2021.

## TEACHING & LEARNING DURING PANDEMIC IN ASIA



The Malaysian Association for Home Economics (MAHE) in September organized a live webinar to strengthen exchange and support amongst home economists in the south-east Asian region. The webinar was titled “New Insight on Teaching and Learning : Lesson from COVID-19” and aimed at sharing teaching and learning strategies in face of the exceptional challenges posed to institutions by the pandemic.

The event met with great response. 110 home economists from Malaysia, Singapore, the Philippines and Indonesia participated. Keynote speakers included Dr. Rahimah Jamaluddin (Malaysia), Dr. Johannah Soo (Singapore), Assoc. Prof. Dr. Ana M.Pd (Indonesia) and Assoc. Prof. Dr. Rosalie A Ocaris (Philippines).



## CALENDAR OF EVENTS

Published by the International  
Federation for Home Economics  
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Next Issue:  
MARCH 2021

Please submit information and  
articles by 15 February 2021 to the  
IFHE Office Bonn, Germany

### 26<sup>th</sup>-28<sup>th</sup> February 2021

**University of British Columbia, Canada (host)**

**Issues & Directions**

16<sup>th</sup> Canadian Symposium on Home Economics Education (virtual)

### 4<sup>th</sup> April 2021

**Caribbean Association for Home Economists Inc. (CAHE)**

**Home Economists Mindset, Reset: Navigating the New Normal**

24<sup>th</sup> Biennial Conference (virtual)

### 8<sup>th</sup>-9<sup>th</sup> May 2021

**University of Agriculture/Institute of Education and Home Economics**

**Rural Environment. Education. Personality (REEP-2020)**

13<sup>th</sup> International Scientific Conference, Jelgava, Latvia

### October 2021

**IFHE African Region**

**Securing Family Future for Sustainability in Retirement: A Home Economics Perspective**

11<sup>th</sup> African Regional Conference, City of Benin, Nigeria

### 4<sup>th</sup>-10<sup>th</sup> September 2022

**International Federation for Home Economics (IFHE)**

**Home Economics: Soaring towards Sustainable Development**

XXIV IFHE World Congress, Atlanta, Georgia, USA

### 7<sup>th</sup>-11<sup>th</sup> August 2023

**Asian Regional Association for Home Economics (ARAHE)**

21. Biennial International Congress, Malaysia