**Week 1 Topic for Social Media Posts - What is family and consumer sciences?**

Family and Consumer Sciences (FCS) content has become a hot topic as the COVID-19 pandemic continues to evolve. Now more than ever, people are turning to social media to reduce social isolation and for advice on family-related topics. We encourage FCS professionals to post to their personal, school district, and professional social media platforms and highlight the critical relevance of FCS and the work that you do.  To facilitate this effort, each week we will offer you research-based content to copy & paste and then add your own photos/videos.

**Goal:** *Post to personal, school district, and professional social media platforms and highlight the critical relevance of FCS and the work that is done.*

***For Instagram & Facebook (image included for Instagram)***

Did you know that Family & Consumer Sciences (FCS) is the field of study focused on the science and the art of living and working well in our complex world?  As a family and consumer sciences professional, I am proud to teach my students the necessary skills to manage life during this unprecedented time. These skills include but are not limited to:

* Creating a budget and managing finances to meet lifestyle changes
* Practicing proper hand-washing and personal hygiene techniques
* Shopping effectively for nutritious ingredients and preparing recipes to feed the family a healthy & economical meal
* Analyzing and balancing the roles, responsibilities, and opportunities for family life by adjusting to routines and schedules
* Solving dilemmas using the practical reasoning approach while being mindful of emotional and physical well being.
* Analyzing and practicing different strategies to obtain consumer goods and services
* Identifying practices that develop the whole child
* Constructing and engineering personal protection equipment (PPE) such as face masks and gowns.
* And so much more!

#sayYEStoFCS #FCSeducate

***For Twitter (include the image from below or attached as text is limited)***

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