**Week 3: Balancing Family, Work & Community Responsibility**

**Goal**: *Promote the integrationof Balancing Family, Work & Community Responsibility into FCS programs or career.*

***Post for Facebook/Instagram:***

Many families have begun to cope with a new normal. Family and Consumer Sciences Professionals teach the skills needed to help balance everyday challenges like teaching from home, working from home and learning how to use social media and other platforms to communicate. Many of the different skills taught in FCS, can be applied to the planning and preparation of our new daily routines from making our own meals, exercising at home, and keeping up with multiple schedules and balancing our time. All these skills and more are what build a solid foundation for Family and Consumer Sciences Professionals. #SayyestoFCS #FCSeducate

***Post for Twitter:***

Many of the different skills taught in FCS, can be applied to the planning and preparation of our new daily routines from making our own meals, exercising at home, and keeping up with multiple schedules and balancing our time. #SayyestoFCS #FCSeducate

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***Do you need a digital resource for your students?***

***Here are some resources for your child/students. The FCCLA planning process and a virtual job fair along with career ready skills, you can help your child prepare for the next level.***

FCCLA Planning Process [https://docs.google.com/viewer?a=v&pid=sites&srcid=cGFmY2NsYS5vcmd8cGVubnN5bHZhbmlhLWZjY2xhfGd4OjM2YTliNTg4OTk2MDEyZjA](https://gcc01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fdocs.google.com%2Fviewer%3Fa%3Dv%26pid%3Dsites%26srcid%3DcGFmY2NsYS5vcmd8cGVubnN5bHZhbmlhLWZjY2xhfGd4OjM2YTliNTg4OTk2MDEyZjA&data=02%7C01%7Cjekelleher%40pa.gov%7Ce09f1d7c6a144cdc729f08d7f1c2d228%7C418e284101284dd59b6c47fc5a9a1bde%7C0%7C0%7C637243691800207124&sdata=F0L4reVtxJya3vRz8fxzFULBRyyV15Md%2BLgvRGq3FR0%3D&reserved=0)

***Regional JA Inspire-Virtual Career Fair on Thursday, May 21***

***Signup here***[***https://www.juniorachievement.org/web/ja-delaware-valley/ja-inspire***](https://gcc01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.juniorachievement.org%2Fweb%2Fja-delaware-valley%2Fja-inspire&data=02%7C01%7Cjekelleher%40pa.gov%7Ce09f1d7c6a144cdc729f08d7f1c2d228%7C418e284101284dd59b6c47fc5a9a1bde%7C0%7C0%7C637243691800207124&sdata=T%2Fn6VZ8Kohlu4kL5HY0rIxB3IY6N4dWCDFYGDpqMdfY%3D&reserved=0)

***Career Ready Skills***[***https://www.education.pa.gov/Documents/K-12/Safe%20Schools/PA%20Career%20Ready%20Skills/The%20Pennsylvania%20Career%20Ready%20Skills%20Continuum.pdf***](https://gcc01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.education.pa.gov%2FDocuments%2FK-12%2FSafe%2520Schools%2FPA%2520Career%2520Ready%2520Skills%2FThe%2520Pennsylvania%2520Career%2520Ready%2520Skills%2520Continuum.pdf&data=02%7C01%7Cjekelleher%40pa.gov%7Ce09f1d7c6a144cdc729f08d7f1c2d228%7C418e284101284dd59b6c47fc5a9a1bde%7C0%7C0%7C637243691800217093&sdata=tR20HVNz%2FRsWOecWx7kBeWBqrlU3Tc6QFNhQfZ9jbZw%3D&reserved=0)

**Week 4: Food Science and Nutrition**

**Goal:**  Promote how you integrate Food Sciences and Nutrition into your FCS programs or career.

We encourage FCS professionals to copy & paste the message below & share throughout your social media platforms. Personalize the message by your own pictures of family and/or things you are teaching your students. Please use the hashtag suggestions ( #SayyestoFCS #FCSeducate#FCSActionPA) in your post.

***Post for Facebook/Instagram:***

Family and Consumer Sciences professionals are challenged to teach their students during this time of online education. Family kitchens have been turned into cooking labs with families cooking together to master new cooking techniques.Nutrition, eating habits, and preparation choices impact overall health and wellness throughout the lifecycle at individual and societal level. Emotional, psychological and physical factors can have an impact on health too. Family and Consumer Sciences Professionals have the skills and knowledge to help not only teach basic cooking skills but also the background knowledge of why we cook and the ability to analyze our food intake and look closely at what we are actually eating.

 #SayyestoFCS    #FCSeducate     #FCSActionPA

***Post for Twitter:***

FCS professionals are challenged during this time. Kitchens have been turned into cooking labs, families cooking together. Nutrition, eating habits, and preparation choices impact overall health and wellness throughout the lifecycle at individual and societal level. #FCSActionPA

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***Do you need a digital resource for your students?***

[***https://www.pdesas.org/ContentWeb/Content/Search#***](https://gcc01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.pdesas.org%2FContentWeb%2FContent%2FSearch%23&data=02%7C01%7Cnstandley%40pa.gov%7Cb40ca7374d1b4dcb37e508d7f6082f88%7C418e284101284dd59b6c47fc5a9a1bde%7C0%7C0%7C637248387334304752&sdata=0csxB8g6YqodZO%2FLXw8GiwRq7JeBguo1dQcIXpqlxqA%3D&reserved=0)

[***https://www.foodsafety.gov/***](https://gcc01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.foodsafety.gov%2F&data=02%7C01%7Cnstandley%40pa.gov%7Cb40ca7374d1b4dcb37e508d7f6082f88%7C418e284101284dd59b6c47fc5a9a1bde%7C0%7C0%7C637248387334304752&sdata=P%2FIuDkmQqL874aEAgXJePDF4q5FBrFht52cQofgsP9c%3D&reserved=0)

[***https://www.choosemyplate.gov/***](https://gcc01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.choosemyplate.gov%2F&data=02%7C01%7Cnstandley%40pa.gov%7Cb40ca7374d1b4dcb37e508d7f6082f88%7C418e284101284dd59b6c47fc5a9a1bde%7C0%7C0%7C637248387334314707&sdata=KILBnZ%2BmOFxqzKc9KQ0vZwFlDGr5Vw6G0pYuTlnh8Rc%3D&reserved=0)

[***http://www.myfoodrecord.com/***](https://gcc01.safelinks.protection.outlook.com/?url=http%3A%2F%2Fwww.myfoodrecord.com%2F&data=02%7C01%7Cnstandley%40pa.gov%7Cb40ca7374d1b4dcb37e508d7f6082f88%7C418e284101284dd59b6c47fc5a9a1bde%7C0%7C0%7C637248387334314707&sdata=uE6AaiJz0N%2BbUgN1p2lhd8FzFHlYTCBsxrdMauDBJ8Y%3D&reserved=0)

[***https://6abc.com/teacher--week-randolph-high-school-culinary-arts-shares-special-bond/6158087/***](https://gcc01.safelinks.protection.outlook.com/?url=https%3A%2F%2F6abc.com%2Fteacher--week-randolph-high-school-culinary-arts-shares-special-bond%2F6158087%2F&data=02%7C01%7Cnstandley%40pa.gov%7Cb40ca7374d1b4dcb37e508d7f6082f88%7C418e284101284dd59b6c47fc5a9a1bde%7C0%7C0%7C637248387334324664&sdata=2CYM8%2BSFJ7QnT5TAY0RtpNrcywqb%2Bt0YxIC3%2B16yVZg%3D&reserved=0)