



# KENTUCKY DEPARTMENT OF EDUCATION

## NEWS RELEASE

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## **FAMILIES ENCOURAGED TO PREPARE HEALTHY MEAL AND EAT TOGETHER**

(Frankfort, Ky.) – In recognition of the first Family and Consumer Sciences Day on Wednesday, Dec. 3, Kentucky families are encouraged to prepare a healthy meal and eat together.

Family and Consumer Sciences Day aims to teach families simple steps they can take to be healthier by preparing and eating a nutritious meal together. While finding time for a family meal can be difficult, research indicates there are multiple benefits.

- Regular family meals promote healthy eating habits and create a bond between parents and their children.
- Homemade family meals are usually more economical than eating out.
- Eating dinner together improves academic performance in school: 52 percent of children are mostly A or B students when their families eat dinner together up to twice a week.

The first Family and Consumer Sciences Day, launched by the American Association of Family and Consumer Sciences (AAFCS), has set a goal of 200,000 families preparing and eating a healthy meal together on December 3. Participants are encouraged to take a [pledge](#) toward that goal.

Family and Consumer Sciences (FCS) students across Kentucky will be participating in a variety of activities on Family and Consumer Sciences Day to promote FCS education in our schools. FCS encompasses skills, research and knowledge that help people make informed decisions about their well-being and relationships and provides resources to achieve optimal quality of life. The field includes many areas, including human development, personal and family finance, housing and interior design, food science, nutrition, and wellness, textiles and apparel, and consumer issues.

Kentucky FCS students enroll in courses that help prepare them for a career in a secondary pathway such as: Consumer and Family Management, Culinary and Food Services, Early Childhood Education, Fashion and Interior Design, Food Science and Dietetics, Fundamentals of Teaching and Hospitality Services. Many students across Kentucky are earning industry recognized credentials and certifications that are preparing them for both their college education and career endeavors.

The co-curricular student organization, Family, Career and Community Leaders of America (FCCLA), has launched a national campaign, [FCCLA@TheTable](#), in an effort to get its members to prepare and eat meals at home with family members.

(more)

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Page 2 – Family and Consumer Sciences Day

The national student organization focuses on the family and promotes personal growth and leadership development through Family and Consumer Sciences Education. Members develop skills for life through character development; creative and critical thinking; interpersonal communications; practical knowledge and career preparation.

For more FCS Day information and resources go to [www.aafcs.org/FCSDay](http://www.aafcs.org/FCSDay).

For more FCCLA@TheTable information, visit <http://www.fcclainc.org/content/fccla-at-the-table/>.

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