



HOME ECONOMICS NEWS

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SPECIAL ISSUE: HOME ECONOMICS IN COVID-19 RESPONSE

Worldwide, people are staying at home to slow the pandemic. Especially now, the responsible management of resources at consumer and household level is essential to maintain a quality of life for all.

Home economics education addresses life skills such as health & hygiene standards, sustainable diets, food storage techniques and more. It empowers household members in private homes and institutional ones to improve their everyday living and promotes the advancement of women.

We are proud that IFHE members around the globe continue their commitment to achieve a healthy and sustainable living for all. We gladly share their accounts in this special Newsletter edition. Stay safe!

BEFORE DIY SOURDOUGH STARTERS BECAME POPULAR, THERE WAS HOME ECONOMICS

We start this special edition with an interesting article on "pandemic baking" by Mary-Leah DE ZWAART, IFHE member and lecturer at the University of British Columbia, Canada. She's sharing her thoughts on re-enactment of household activities, stereotypes, our profession's history and its relevance today.

My niece is sheltering at home during the COVID-19 pandemic. She's making sourdough starter for the first time because she couldn't find any dry yeast. It's like having a newborn for the first three days — keep warm, stir three or four times a day, watch for bubbles, feed regularly after use. On cold winter nights, old-timers used to take their sourdough starter to bed with them.

Meanwhile flour is also scarce. A well-known flour company has run out of its usual bright yellow bags and has to use white ones instead. It seems everyone is baking these days.

Questions come to mind. Are people re-enacting the traditional household activities of their mothers and grandmothers? Does this signal a massive change in society?

We don't really know. Søren Kierkegaard, the father of existentialism, once wrote that we live life forwards and understand it backwards. People may simply be stocking up on baking supplies while they're in quarantine. It may or may not be largely limited to women who are baking.

Caring for one's sourdough starter will not alleviate the fear of loss of control, but, as psychologists suggest, it offers the physical and emotional comfort of working with one's hands. It makes me wonder if people are trying to remember what their home economics teachers taught them or wishing they had taken home economics electives.

Integrated systems

Many people assume that home economics only deals with teaching women how to cook and sew, as it did in the early years: the old stereotypes of women's work, including cooking and sewing, are forever present. This definition was appropriate then but isn't now.



Read the full article online at
www.theconversation.com.



Ellen Swallow Richards (picture:
Wikimedia Commons)

The unifying theme of home economics is ecology, where all living beings are parts of an integrated system and where a change in one part affects all other parts of the system. The truth of this theme has become painfully obvious in the COVID-19 pandemic.

When the International Federation for Home Economics turned 100 years old in 2008, it reaffirmed the mission of home economics to improve the quality of life and well-being for all people and families.

Home economics has always been more than passing on technical skills. It also includes communicating about everyday life and developing relationships. Critical thinking is important to ask which relationships matter, which people and what area of life will benefit from choices and how these choices affect the broader world. If people only learn skills, they have not learned how to be flexible in all circumstances, such as during shortages or extreme conditions.

Founder was a chemist

The home economics movement began in the 1800s for economic and societal reasons in England, northern Europe and North America.

Agriculture gave way to industry and commerce; countries needed strong, healthy workers for wars and factories. An opening came for women to further their educations under the guise of scientific housekeeping, later referred to as domestic science, and then home economics.

Ellen Swallow Richards, the founder of home economics in North America, wanted to use the word “ecology” in the name. As the first woman to obtain a chemistry degree at MIT, and an outstanding scientist, she finally agreed to home economics in 1908.

Women’s advocacy

(...) Up to the 1960s, home economics as a profession spread across the world and provided exceptional job opportunities for women in government, education, business, commerce and universities. Its basis was practical hands-on learning with a focus on women’s education.

Societal shifts

(...) The second wave of feminism opened up many new areas of study to women and men. Home economics was no longer only for women, and consumerism and the market economy took over to a large extent.

The discipline of home economics has persisted in its focus on everyday life and the well-being of individuals and families. Over the years much discussion has swirled around the relevance of the name home economics. It sometimes goes incognito as human ecology, family and consumer sciences, family studies, home sciences, home arts, and career and technical studies.

‘I’m so happy about those buns’

Mother’s Day, the second Sunday in May, has become the time for North Americans to commemorate motherhood. The day dates back to about 100 years



ago, around the same time that home economics was becoming recognized as a body of study. Many women, including myself, avoid Mother's Day because it's become so commercialized.

However, I cannot discount the connections between baking and mothering. My own mother used to visit my young family in the early 1980s and bake bread, including air buns. Once, when the buns were almost ready, my then-five-year-old son started dancing at the bottom of the stairs. She asked him, "Why are you dancing?" He said, "I'm so happy about those buns." Time passes, circumstances change and my memory of my mother baking is still very strong. Pandemic baking may also give indelible and sustaining outcomes to those who went through it. (And for the record, the bread my niece made with her first ever sourdough starter was pretty good!)

The links between home skills, home economics and love (not necessarily Mother's Day) acknowledge all people's desires for connection, activity and being part of a system. Home economics is not dead. It's needed more than ever. Look for it.

COVID-10 IMPACT ON WOMEN: IFHE SUPPORTS CAMPAIGN FOR GENDER EQUALITY

UN Women is greatly concerned about the impact of the current crisis on gender equality. IFHE shares this concern and supported the campaign through social media channels. [Read our post.](#)

Gender equality is essential to achieve a quality of life for all. Due to COVID-19, millions of people currently find themselves indoors. But at home, women do three times as much unpaid work as men. Women also make up 70% of workers in the health and social sector. This unfair burden is highlighted by the UN campaign #HeForSheAtHome. IFHE actively supports this campaign and continues to promote "home" as a place of value that men and women act within on equal terms.

Read about the campaign background at [UN Women's](#) website.

Associated Country Women of the World (AWCC) who IFHE holds working relations with currently invites non-members to participate in a [survey](#) on the impact Covid-19 is having on rural women.



Women make up **70%** of workers in the health and social sector and do **THREE TIMES** as much unpaid care work at home as men



FAMILIES BEAR THE BRUNT OF THE CRISIS. ON THE OCCASION OF THE INTERNATIONAL DAY OF FAMILIES ON 15 MAY



(picture: pixabay)

There are some UN observances that hold a special place in the IFHE calendar. The United Nations International Day of Families is celebrated annually on May 15 and provides an opportunity to remind of the importance home economics has for the well-being of families and household members. Our news release, as shown below, was published on May 13.

Families and households are at the very center of the *International Federation for Home Economics' (IFHE)* activities. Our membership promotes the responsible management of household resources to transform societies towards sustainable practices and to improve personal and public environments.

In 2020, the UN International Day of Families is observed amidst a challenging global health and social crisis. COVID-19 brings into sharp focus the importance of families, because they are bearing the brunt of the crisis, sheltering their members from harm, producing food, educating and caring for out-of-school children and, at the same time, continuing their work responsibilities.

Continued support for families and household members

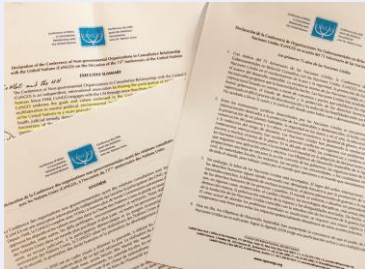
IFHE members often work with the most vulnerable. Our continued support for families and household members is needed now more than ever. Families have become the hub of intergenerational interactions that support us in this crisis. Under economic duress, poverty deepens. In times of uncertainty stress increases - often resulting in growing violence against women and children. Women are taking part in the labour force, while continuing to shoulder a disproportionate burden of the physical and emotional work required to manage a household. The imperative of ensuring gender equality within the family is, therefore, gaining more attention.

Promoting equality at an international level

IFHE is also promoting equality at an international level. We actively support the global #HeForSheAtHome campaign launched by UN Women to highlight the unfair burden of the pandemic on women. Together with other NGOs consultative relationship with the UN (CoNGO), we used our special status to call on UN Member States to use recovery after COVID-19 as a starting point to rebuild economies that are inclusive and based on sustainable production and consumption.

Through our members' work we continue to contribute to realizing the UN Sustainable Development Goals and achieving a sustainable living for all. We share the belief that families and a family-oriented approach are vital for this.

BUILDING BACK BETTER. IFHE CALLS TO BUILD INCLUSIVE ECONOMIES AFTER COVID-19



(picture: CoNGO)

IFHE joined other NGO holding consultative status with the UN and demanded recovery after COVID-19 be used as a starting point to rebuild economies that are inclusive and based on sustainable production and consumption. Here are excerpts from the statement.

(...) The pandemic is casting a shadow on hopes for sustainable development, achievements in the status of women, and other human and environmental concerns. The impacts of the virus magnify existing inequalities and vulnerabilities, making us painfully aware of gaps in social protection systems. (...) the misuse of emergency measures may further erode human rights.

We representatives of international NGOs in consultative relationship with the UN fear that while attention is focused on the global health crisis, efforts to address the ongoing climate crisis, achieve sustainable development and gender equality, protect human rights and promote peace are being neglected.

We continue to work in partnerships to develop a global plan of action to address the multiple challenges we all face, while promoting human rights, democracy, climate action, gender equality, justice, peace and security, and sustainable development. We are determined to emerge from this crisis and build a better world for all.

We call on the 193 UN Member States to renew their commitment to the UN and to turn this international crisis into an opportunity, using it as a starting point to rebuild economies that are inclusive, and based on sustainable production and consumption;

to accelerate climate action by rebuilding economies, transport and industries in a carbon neutral manner;

to recognize and address the disproportionate impacts of the pandemic on women, children, older persons, and other vulnerable and marginalized groups;

to change the militarized discourse of war and threat to one of care and solidarity, within countries as well as between Member States;

to provide universal access to and funding for health and social protections for all people;

to reallocate military spending and increase investments in meeting human needs to create a healthier and more peaceful planet and achieve Agenda 2030;

to support non-governmental community organizations, human rights defenders and women's groups, and include them in national and global recovery and reconstruction efforts;

to strengthen the UN System and provide the necessary funding to achieve the Sustainable Development Goals and ensure inclusive societies and economies, a sustainable environment and a more peaceful world.

IFHE MEMBERS SHARE THEIR STORIES: OUR WORK AS HOME ECONOMISTS IN COVID-19-RESPONSE.

When the IFHE Office called on members to share their stories about home economics and COVID-19 response, we were surprised by the impressive response rate. To handle the flood of information, we had to shorten/edit most articles.

HOW TO ENSURE FOOD SECURITY WHILE ALSO CUTTING DOWN ON FOOD WASTE (CANADA)

Peggy O'Neil is a professor at Brescia University College and was interviewed by CTV News, Canada where she explained how to reduce food waste and demonstrated making a vegetable strata from leftovers.

When the COVID-19 pandemic hit our province and city, many grocery stores had empty shelves. "When we all started to worry and we headed to the grocery store the shelves started to empty at a rate quicker than they were ready to respond to at that time," says professional home economist and professor at Brescia University College Dr. Peggy O'Neil.

O'Neil says the good news is there is enough food to stock the stores, but the bad news is we are a very wasteful society. "If you look at the United Nations food and agriculture organization statistics, not just Canada but also in the developed world, most of the food waste is on the plate."

O'Neil says there are several forms of food waste, and now more than ever with many Canadians on limited incomes, it's important to cut down on the waste. She says number one thing is to plan what you're going to shop for. "That's why staples like bread milk and eggs go with so many things, they've got a lot of economies of scale."

O'Neil says it's also important to find ways to use up your food, rather than tossing it in the trash. "We don't need another job but we need to start somewhere so maybe the next time you will think about your bread and realize, 'Oh this bread is about to go maybe we will toast this before we open another one.' It starts with baby steps."



See full interview and video [here](#)
(don't miss Peggy demonstrating
how to make a vegetable strata)
(picture CTV News)

EXPLORING INTO NEW CHANNELS OF HOME ECONOMICS EDUCATION (CHINA)



Ban-Quan JIN, Vice-President of Jiangsu Association of Home Economics (JAHE) and Chinese Federation of Home Economics (CFHE) shared this report about her colleagues working hard to uphold home economics education and advice.

Professor Xiao-Yan XIONG, who is Executive Vice President of JAHE and CFHE, is a professor of Home Economics with a focus on home economics promotion and education. She not only lectures online, but also has a Home Economics column in the Journal of Family Service. The column disseminates home economics knowledge to Chinese citizens, giving advice how to clean the house to improve healthy conditions to fight COVID-19 and improve living conditions.

Professor Bang-Quan JIN's passion is to spread professional knowledge on Food Nutrition and Health in the community (she is also a Vice President of JAHE and CFHE). She reached out to Chinese citizens via broadcasting and sent her message at video, television and radio stations in Jiangsu and Nanjing. She educated on nutritional health and advised how to cook healthy meals. Through this, people can take in more protein and healthy food and improve their body immunity in COVID-19 pandemic.

During COVID-19 period, teachers from Ginling worked hard and quickly established distance learning courses. This allowed to discuss questions online although teachers and students needed to stay at home. Course examples are An Analysis of China's Pension System (Dr. Wei ZHOU) to teach students how to protect the elderly rights and interests or Food Biological Technology and Security (Dr. Yao YANG) on food safety and human health.

On April 19, 2020, we held the Jiangsu Association of Home Economics (JAHE) Congress 2020 online due to COVID-19 pandemic. We built a web-based network and more than 100 delegates took part via computer and mobile. They together online to discuss the association's development in the next 4 years (2020-2024) and selected our new President and Council Board.



(pictures: Bang-Quan JIN)



GETTING YOUR HOUSEHOLD BUDGET THROUGH THE CRISIS IN GOOD SHAPE (GERMANY)

The German Society for Home Economics published advice under the title "*Corona cleaning*" of the budget. The article was written by Birgit Bürkin, member of the expert committee on advice for household and consumption.

The corona pandemic poses major challenges for private households in terms of everyday life and daily care. While for many people the focus is on health issues and the procurement of supplies, as well as hygiene and nutrition in the household sector, the impact on the household budget should not be overlooked. Many people have to struggle with financial losses due to reduced work or sudden job loss.

"This makes it all the more important now to take a look at household finances and - if necessary - to put them in order," says Birgit Bürkin. An initial overview can be obtained by recording all income and expenditure, and then checking them in detail in a further step. "An income check can, for example, clarify whether there are entitlements to benefits such as housing benefit or child allowance - especially if income has suddenly decreased,".

If one looks at the expenditures, those fixed positions that go beyond securing livelihoods should first be examined. These include, for example, subscriptions and membership fees - which are too high, which are perhaps superfluous? Then the focus is on the variable expenses, such as food, clothing or gifts, because usually there is no exact idea how much is spent on these items. Writing them down by the week or over a month brings clarity and, above all, the dispensable to light.

It is also important to bear in mind that some households may be able to save money at present - if, for example, restaurant, cinema, stadium visits or shopping trips are omitted - but more money may be spent on online purchases. This is where "writing it down" helps to keep control and put money aside - even for deferred purchases. With the help of all the data collected, a plan can then be drawn up that will help you get through the Corona crisis in good financial shape - and also keep your household budget firmly under control in the period after the crisis.



(picture: pixabay)

MASKS4ALL: SEWISTS PRODUCE OVER 12.000 HIGH QUALITY MASKS (IRELAND)



This message was sent to us by Frances CLARK from Ireland who is part of the group #Masks4AllIreland.

I am currently making fabric masks for those working on the front line. I am one of over 500 sewists in Ireland, North and South, making and donating these fabric masks, as part of the group Mask4AllIreland -Sewists Against Covid-19.

We have made well over 12,000 masks to date, from the start of lockdown from the pandemic. The masks are made from high quality 100% cotton (quilters cotton), dense enough to capture viral particles but breathable so we can wear them.

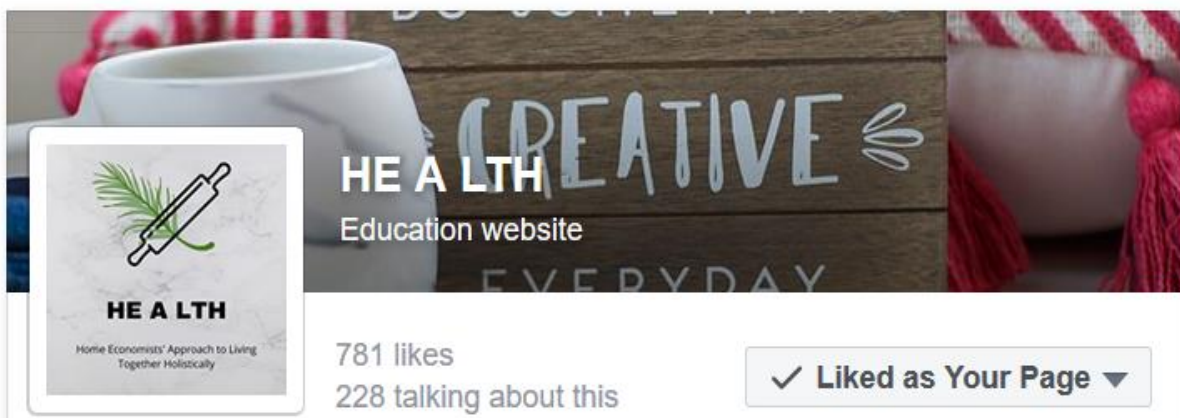
I am also making 'Healing Hearts' which are given to hospitals to give to families who have lost a loved one to Covid-19. The hearts are made from felt, a pair for each family.

STUDENTS LAUNCH A FACEBOOK PAGE ON SUSTAINABLE LIVING IN COVID-19 TIMES (MALTA)

<https://www.facebook.com/holistic-livingindoors/>

3rd year students in Malta set up an education website on social media. Read Suzanne PISCOPO's post which she shared on the IFHE facebook page.

On March 26th, the University of Malta BSc. Home Economics 3rd year students together with their lecturer Dr Erika Marie Pace launched a facebook page with practical tips and guidance around sustainable living in covid-19 times. The HEALTH page has made quite a hit. 6 weeks later they have 780 followers and they have posted a broad selection of original materials which they produced themselves or shared info by competent health, consumer or other authorities. Their work has also featured on the University news portal and on local newspapers. Check it out and do consider becoming a follower.



CHILDREN PLAY AN ACTIVE ROLE TO CHANGE DAILY LIFE (JAPAN)

Yukiko KUDO is Vice-President Asia in the IFHE Executive Committee and send us this report about the impact of the pandemic on children and a specific perspective home economics provides on their role.

Throughout Japan, elementary schools, junior and senior high schools, and schools for special needs education were requested in late February 2020 to close temporarily due to the COVID-19 pandemic. The “normal” daily life and a sense of security, that had been available up until then, were taken away by the urgent decision to temporarily close schools. This has posed numerous challenges, including how and where children can spend time, how to support working parents, as well as how to handle stress between parents and children (and sometimes abuse) as they are confined at home. When discussing measures to improve the situations, people tend to see children as those receiving protection. In contrast, home economics teachers see children as autonomous individuals with their own rights and strive to create opportunities for them to actively participate.

For example, considering the critical shortage of face masks in our society, some teachers are working to produce and distribute a video on how to sew the running stitch, which students would learn in elementary school, and how to make a face mask by using this sewing skill, providing opportunities for children to start playing an active role to change daily life. Through this initiative, the teachers strive not only to address the shortage of face masks but also to promote conversations between parents and children, improve their relationships, and built social connections. This activity effectively highlights the characteristics of home economics: empowerment of individuals, families and communities.

THREE MILLION CLICK VIDEO "HOW TO MAKE A MASK" (JAPAN)

Home economists shared much needed information on how to make masks. Read Ayako KURAMOTO's account which includes reflections on the impact of COVID-19 on teaching (Ayako is a Professor at the Department of Childhood Education Seinan Gakuin University in Japan).

Home Economics Teachers from various Japanese universities provided explanations how to produce masks and about sewing skills through the internet. These were widely shared by members of the Home Economics Education Division and the Division of the Principles of Home Economics in the Japan Society of Home Economics. Many people and home economics teachers in schools welcomed this information because they need to teach and make cloth masks by themselves.

An example of these instructions can be found at Saitama University's Department of Home Economics website (Clothing Environment Laboratory) or at the



Saitama University:

http://park.saitama-u.ac.jp/~hi-huku/material_basic.html

Mukogawa Women's University:

https://www.mukogawa-u.ac.jp/~kateika/kyozai_digital.html

Youtube video:

<https://www.youtube.com/watch?v=9S8ImUr5368>

website of Mukogawa Women's University which even includes instructions for left-handed people. An instruction was shared by pdf and at youtube. The video at youtube was clicked almost 3 million times since it was uploaded!

I have also asked my students to make cloth masks and to do related discussions in Home Economics Education Research class (33 students), Food and Nutrition for Children class (27 students), and Seminars (15 students) in my Childhood Education Department. The Students made masks with needles and strings or sewing machines by themselves, and reported about their works, meaning, and relations. They and their families are using the masks!

In addition, I asked them to draw a mindmap about COVID-19 and related problems. Most of them worked on the tasks, re-acknowledged the importance of basic sewing skills, and understood how they wasted products and energy. Now they are discussing to make whole picture of COVID-19 and its influences on their lives as a mindmap as groups.

A PASSION FOR SUSTAINABILITY TURNED INTO SHARING FOOD (NIGERIA)

Chinyere EKOMARU is a lecturer of home economics at Alvan Ikoku College in Nigeria. She accounts how she uses her passion for sustainable farming to help people in her community who are affected by the pandemic.

As a practitioner and lecturer of Home Economics at Alvan Ikoku Federal College of Education . I am passionate about sustainability and usually cultivate my own cassava tubes, corn and vegetables like pepper, tomatoes other green vegetables . Farming is also a physical activity which I find therapeutic and which can be done while social distancing.

During this period, I decided to share some food in our native community, which is Obeakpu, Umuhoja in Mbaitolu LGA of Imo State, Nigeria. Because the main COVID-19 control measure in my state is a lockdown which significantly impacted people's income and access to food and money.

Here are some pictures of the cassava cultivated from my farm which I processed into Garri (a staple food in Nigeria) and distributed.



(pictures: C. EKOMARU)

NUTRITION AND FINANCES: PRACTICAL TIPS SHARED BY WHATSAPP (NIGERIA)

Patricia MBAH, Vice-President Africa at the IFHE Executive Committee shared with us messages from a whatsapp group between home economists in Nigeria any beyond. Most messages focused on nutritional advice, here's a post on how to deal with household finances.

Financial advice at a time like this:

1. Put all projects on hold for now, such as building project or any other ongoing project.
2. Get enough food in the house.
3. Don't rush to invest your money in anything at the moment, wait till everything calms down.
4. Reduce your movement to and fro as much as possible. Not a time to pay for Visa application/processing to any country.
5. Avoid rushing to buy material things such as clothes, shoes, bags, etc. Let your priority at the moment be the essential and unavoidable expenses.
6. Subscribe to your DSTV, Gotv or any other cable Tv to keep your family busy and make the home more accommodating.
7. Financial demands will increase from friends and family this period, make sure you do not do more than you can, so you don't go stranded.
8. Hold unto enough money as much as possible in your Bank Account.
9. This isn't the best time to change accommodation, try as much as possible to wait till this is over.
10. Reach out to less privileged around you in your own little way...

SCRUBS FOR THE LOCAL HEALTH SERVICE (UNITED KINGDOM)



(picture: R.GIBBONS)

Ruth GIBBONS, IFHE Country Liaison for United Kingdom, shares how she volunteered to sew scrubs for health staff in operating rooms.

I thought I would add a little about what HE skills I have been using lately - apart from making a variety of good nutritious meals from whatever basic food we can buy in our local village shop (as opposed to the supermarkets in town) or which have been hiding in my store cupboard - sometimes for too long!

Soon after the lock down started here, one of my neighbours asked for volunteers to help sew scrubs for our local Health Service. Although my sewing machine had hardly been used for years, I volunteered and, since then, have sewn several pairs of scrubs. The system is very efficient - someone cuts out all the garment pieces, someone else delivers the set to my door and then they are collected a couple of days later. I may have to start on masks next!

BETHERSDEN COMMUNITY NEIGHBOURHOOD SCHEME (UNITED KINGDOM)



(picture: C. WINCH)

Christine WINCH sent an account on how a small village parish set up a community response scheme in trying times.

Our small village parish, set 6 miles west of Ashford in Kent, shares many similarities with other small village communities all across England; yet during the past 6 weeks extraordinary things have been happening here.

As soon as lockdown was set to become our new reality, the newly formed Bethersden Community Cinema Committee held a socially distanced gathering in the local park to hatch a plan on how they could support each other through these trying times. Their aims were to support and champion local businesses by helping them to deliver essentials to those who were now keeping safe and sheltering in their homes. Meanwhile, further down the street, the local Girl Guide leader received a call from the Parish Council Chair to discuss a plan to be of assistance to those who might need some help.

Two organisations joined to manage community response

The two organisations quickly joined together to form one large group of volunteers who, through online communication, came together to formulate a cohesive and collaborative plan. With the rulebooks torn up, we made a clear and simple plan. This is how we've managed our community response:

We hand delivered a note to every household within the parish boundary offering help to those who needed it and requesting volunteers from the community. A phone number was provided as the primary form of contact, with different members of the group taking turns to man the helpline. We then recorded on one central list both those who were able to help, in addition to those who had initially requested some support. The central list is continually updated and held in one place. Throughout this time, we sought out funding streams and external support to ensure the success and longevity of this scheme. We anticipated that some parishioners, especially the families might need some extra support as the weeks passed by.

Promoting general health of village residents

Whilst our scheme was evolving, we established that our response was to be an initiative focused on promoting the general health of our village residents. This health initiative aimed to reach out to families, the isolated elderly, those with health problems and other vulnerable individuals. We discovered the importance of taking the initiative within the community, reaching out to others and building new bonds and friendships. It was incredibly important to us that everyone felt included. Whilst fresh food, including fresh fruit, vegetables and sources of protein, help to maintain physical health and wellbeing; this initiative also helps with mental health and tackling social isolation. The ability to check up on others and have a conversation whilst maintaining social distance can

help people struggling with loneliness. We hope that knowing that others are thinking of you and are there for you can help people feel included and positive during this extended period of quarantine.

"Nominate My Neighbour" scheme

We then initiated our 'Nominate My Neighbour' Scheme – this enabled members of the community to nominate others to receive food boxes and special treats. Nominations could be made for a multitude of reasons; if you knew of others who were struggling, as a thank you to those who had gone above and beyond, or just as a sign of appreciation and to show that you cared. We provided vouchers for home delivery Sunday Lunches from our local pub, The George, bedding plants from the local nursery and food from the butcher's shop, to show our continued support and loyalty to local businesses. We also offered toiletry gift bags with some treats in them to the ladies, top up goodies and snacks for the elderly who have their lunches delivered and family boxes for those now at home with the kids all day (...).

This gentle and inclusive approach has found pockets of desperate hidden need and enabled us to get to better know our neighbors, fostering a strong and steadfast community spirit. We are supporting and caring for each other more now than ever before; bringing back community ties and strengthening our relationships with others. The village is committed to growing this scheme, and we have seen a phenomenal amount of support from our residents. We will continue to adapt as our needs change and rise to the challenges that we have been faced with. We remain optimistic and hope that when we all return to a world that may be different in so many ways, that the bonds we have formed during this time will help us to grow and support each other with whatever comes next.

PROMOTING FOOD PRESERVATION TECHNIQUES (ZAMBIA)



(picture: R. MHLANGA)

[Mhlanga Rossetta MHLANGA and Anna PHIRI](#) circulated valuable best practice tips amongst home economists in Zambia. [Read part the introduction below.](#)

It is basically known that most of the food goes wasted every year if not preserved. This trend of letting food go to waste has left lots of families with no food in most developing countries. We are now living in a critical situation where COVID-19 has made economies unstable in different societies (...). It is important that in these difficult times of lockdown, families engage in health practices to keep food accessible within the home. Many countries lying in the southern hemisphere including Zambia have plenty of foods in season which can be preserved for future use (...).

As per definition, Home Economics is a field of study that deals with the relationship between individuals, families, communities, and the environment in which they live. In view of this definition, during this time of COVID -19 and lockdown, it is time to show our skills as Home Economists in preservation of food to promote food security.

ANNUAL MEETING 2020 HELD IN BONN JUST BEFORE PANDEMIC SEIZED PUBLIC LIFE IN EUROPE



It seems like a different time. When the IFHE Annual Meeting took place in Germany from 4-6 March 2020, the pandemic hadn't yet seized public life and 35 participants from all over the world gathered in Bonn for a fruitful working meeting. All have travelled back healthy and safely.

This year's IFHE Annual meeting was designed as a working meeting and centered around the thematic focus "n Advancing IFHE: Success stories and learning examples." The first day started with input from three keynote speakers. Our first guest was Carolyn JACKSON, CEO of the American Association for Family and Consumer Studies (AAFCS) who gave an interesting account on how AAFCS underwent a re-branding process and improved public outreach. Second guest was Teri OUDRAAD, President of Graduate Women International. She shared her experience on best ways to maintain volunteer membership commitment and offer services that are appealing to an International clientele. Last but not least, IFHE Office intern Sandhya KHADKA introduced the participants to IFHE social media activities and the specific challenges this holds for successful communication.

All three keynotes provoked lively discussions and participants highly appreciated the opportunity to work on practicable ideas on the advancement of IFHE in working groups. When the results were presented the next day, interesting suggestions by participants showed that the traditional workings of IFHE with regard to communication and organisation of events might profit from a more modern approach. All ideas were collected and will be followed up.

A second focus of the Annual Meeting was thematic preparation of World Home Economics Day themes 2022 to 2024. Working groups were led by Audrey JONES-DRAYTON from Barbuda (Building resilient homes & communities), Mona SHARAF ABDELGALIL from Egypt (Waste Literacy) and Acting President Gwendolyn HUSTVEDT from the US (Home Economics 3.0.).

As always, the Annual meetings also provided an opportunity for regional meetings and meetings of thematic working committees.



(pictures: A. PTASSEK)



XXVI WORLD CONGRESS POSTPONED TO SEPTEMBER 2022



please check the [World Congress website](#) for details

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It quickly became clear that the worldwide health crisis also affected the IFHE World Congress and that holding the event 2020 in Atlanta was not an option. IFHE-US and the IFHE Congress Committee worked intensively on alternatives and we are glad to announce that the XXIV Congress will now be held at the same venue from 4-9 September 2022. Here are parts of the announcement.

As the pandemic is challenging our way of life, we are seeing that many conferences are being cancelled. For over 100 years, the IFHE World Congress has been a source of inspiration to home economists around the globe, but we care about your health and want to do our part to keep everyone safe. We have therefore decided to postpone the IFHE World Congress 2020.

Thanks to the commitment of our host IFHE-US, today we are announcing that the XXIV IFHE World Congress will be held 4-10 September 2022 in Atlanta, Georgia USA at the Hyatt Regency Hotel. We already look forward to welcoming you there!

Postponing the Congress comes with many organizational decisions. Over the next month plans will be announced regarding accepted abstracts and refund options. These will be posted on the XXIV World Congress website (see link below).

On behalf of IFHE, we would like to express our profound thanks to IFHE-US President Roxie Godfrey and Co-Chairs of the IFHE Congress Committee Janine DUNCAN and Bev CARD (from right; picture: M. ECKART). Organising a huge event like the IFHE World Congress and having to manage its postponement just two months before it was scheduled to start is a tremendous effort. IFHE sincerely thanks all those who are involved from our US host's side for their commitment to make the XXV World Congress happening in 2022!

