



HOME ECONOMICS NEWS

December 2021

Publication of the International Federation for Home Economics



Learning food skills in
UAE (page 4)

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EDUCATING ON THE IMPACT OF FOOD CHOICES

Educating about the impact of food choices on our health, the environment and economy is core to the home economics curriculum. This Newsletter contains examples of how home economics education and research contribute to seeing the impact of food choices beyond our own personal health and that these impacts are not experienced equitably:

World Food Day provides an excellent opportunity to outline where home economists can **drive the change towards sustainable food production** (page 2). Students in United Arab Emirates explore the **“farm to fork” strategy** (page 4) and an IFHE supported **food literacy education project** is about to launch a website (page 5)

Other relevant Federation activities towards the end of 2021 include **campaigns for digital equity at all ages** (page 6) and the traditional **Kick-Off webinar for World Home Economics Day 2022** (page 6).

Last but not least, don't miss out on the vivid **activities in the regions** (page 7ff) that have been going on despite the challenges this year posed on all of us. . We wish you a peaceful year end and hope to see you all well and safe in 2022.

DRIVING THE CHANGE TOWARDS SUSTAINABLE FOOD PRODUCTION

World Food Day on 16 October is one of the most celebrated days of the United Nations' calendar. This year, it promoted awareness for sustainable food production and consumption. As Home Economists, we engage in a fight for better nutrition and food production at many different levels and contribute to bringing about the necessary change.

Promoting sustainable food production, consumption and healthy diets is one of the core concerns of home economics, IFHE and its global network of members. At many different levels and in various roles, they contribute to realizing more responsible food production and consumption and empower people to take informed decisions, driving the change towards a more sustainable future.

Associations: Including vulnerable communities & building resilience

Food systems can only be transformed if everyone is involved. The work of non-state actors such as IFHE and national home economics associations is crucial for individuals and communities whose voices are not always heard. Based on their key technical expertise, home economics associations mobilize campaigns and events that help individuals, remote or vulnerable communities to participate in relevant processes.

Home economics associations promote sustainable habits, nutrition knowledge and cooking skills among people of all ages. They encourage sustainable food choices, healthy diets, and reduction of food waste. They help promoting local knowledge and innovation by increasing access to education and training, thus building resilience.

Academia & research organizations foster inclusive knowledge

Research and academic institutions with a focus on home economics provide tools to support decision makers. They offer data collection, analyses and monitoring at national level and generate science and inclusive evidence-based knowledge. Inclusive knowledge embraces the new and the old – indigenous, traditional and local knowledge together with new innovations. Through the global IFHE network, higher education and research institutions also actively engage in multi-stakeholder processes and dialogues to improve government policy and decision.

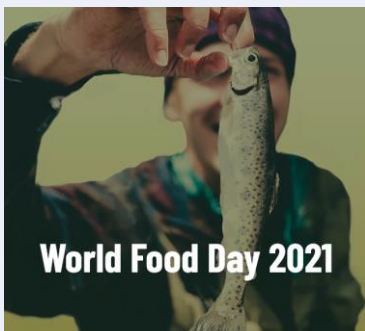
Moreover, universities, schools, technical and vocational education and training centres have instituted nutrition education for students including food technology, health and agriculture. This knowledge equips young people to bring about change.

Sustainable sourcing in institutional households

Institutional households such as care homes for the elderly or hospitals can help to promote nutritious and safe foods, contributing to



World Food Day 2021



World Food Day 2021

sustainable healthy diets. This starts with sustainable sourcing that favours food products or ingredients that are sustainably produced using innovative, climate smart methods. It also includes putting healthy diets on the menu and improving food safety & quality along the supply chain.

Moreover, institutional households have a big role to play in reducing food loss and waste. They can change how they manage food from sourcing to production, leftovers and waste: Donating healthy and nutritious food surplus to charities and food banks, or using leftovers or non-edible food waste for animal feed or turning food waste into energy.

Extension: Innovative technology & training

Diversity makes agri-food systems and peoples' livelihoods more resilient and adaptable to crises, such as climate change. Innovative technologies and training, among others, can help farmers to provide sustainable healthy diets locally and globally. Agricultural extension services, farmer field schools or informal training that are part of the home economics profession can contribute to build resilience by teaching nutrition, biodiversity and different farming techniques.

Individual IFHE members as role models

Billions of consumers worldwide need to shift old consumption patterns in order to transform food systems for the better. Home Economists have been working towards this goal for a long time and can contribute to change both through their own behaviour and by influencing their environment on an individual level.

This includes many, many areas that are part to the home economics discipline starting from sustainable consumption by supporting local producers, over healthy diets or to choosing sustainably produced fashion. Among others, IFHE has published a series of best practice posters how to improve food storage, food preparation and preservation or how to reduce food waste, trying to get more people to care about how our food is produced and how this affects our planet.

Pictures: World Food Day in
United Arab Emirates (see article page 4)



STUDENTS IN UNITED ARAB EMIRATES EXPLORE „FARM TO FORK“ STRATEGY

World Food Day is a great opportunity to further education and awareness about healthy diets and what our bodies need. Al Yasmine Academy in the United Arab Emirates made the day an occasion for their students to learn food skills and explore the “farm to fork” strategy. Enjoy a slightly shortened version of Denise Buttigieg’s report.

We decided to explore how the “farm to fork” strategy can still be sustained in the United Arab Emirates. Al Yasmina Academy students had the opportunity to visit a local farm, get their own produce and experience how organic food can make a difference in preparing a mediterranean vegetable tart using different preparation skills while also learning about scientific application such as coagulation and dextrinisation which forms the fundamental practice in Food and Nutrition curriculum offered at the Academy. The key focus was to establish how sustainable approaches can lead to better nourishment with the aim to make food systems fair, healthy, and environmentally friendly.



Food systems cannot be resilient to crises such as the COVID-19 pandemic if they are not sustainable. We need to redesign our food systems which today account for nearly one-third of global GHG emissions, consume large amounts of natural resources, result in biodiversity loss and negative health impacts (due to both under- and over-nutrition) and do not allow fair economic returns and livelihoods for all stakeholders, in particular for primary producers. Our students made sure that when buying their produce, they checked that returns to primary producers are well accounted for in UAE.

We at Al Yasmina believe, that putting our food systems on a sustainable path also brings new opportunities for operators in the food value chain. New technologies and scientific discoveries, combined with increasing public awareness and demand for sustainable food, will benefit all

Pictures pages 3–5: Denise Buttigieg



stakeholders. The “farm to fork” strategy aims to accelerate our transition to a sustainable food system that should: have a neutral or positive environmental impact; help to mitigate climate change and adapt to its impacts; reverse the loss of biodiversity; ensure food security, nutrition and public health, making sure that everyone has access to sufficient, safe, nutritious, sustainable food; preserve affordability of food while generating fairer economic returns, fostering competitiveness of the UAE supply sector and promoting fair trade;

The World Food Day activities provided plenty of no-waste food inspiration, which included local or organic produce that can be bought in the local area. We are very proud of our students who have worked hard to showcase their learnt food skills in developing a tart that encompasses produce that they picked.

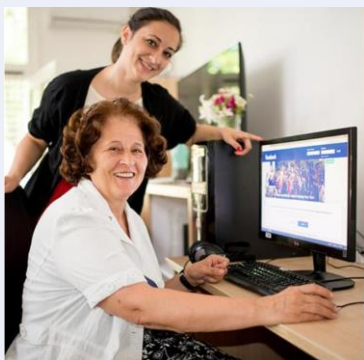


FOOD LITERACY EDUCATION: NEW PROJECT WEBSITE

In the September 2021 edition of the IFHE Newsletter we reported on a successful grant from the Social Sciences and Humanities Research Council (SSHRC), Canada. The partnership includes educators from Deakin University, Australia, Sweet Briar College USA, University of Gothenburg, Sweden and UBC, Canada.

Focused on food literacy, the project is working with IFHE to support educators across early childhood to year 12 to engage with teaching and learning about food that include food-related topics such as social justice and sustainable food systems. The project website is due to be launched by the end of the year, and a webinar series for 2022 proposed to begin in early 2022. Details of both will be announced once they have been finalised.

DIGITAL EQUITY FOR ALL AGES



Picture: UN

On the occasion of this year's United Nations International Day of Older Persons on 1 October, IFHE issued a news release highlighting the importance of access and meaningful participation in the digital world by all ages.

IFHE shares the concern about digital inequity, which is often experienced by women and older persons to a greater extent than by other groups in society.

2021 saw two IFHE advocacy campaigns dedicated to this important issue. We used our consultative status with the United Nations to make our message heard at this international platform and addressed participants of the 2021 UN Commission for Social Development. IFHE submitted a written statement that raised attention to the fact that women often lack access to technologies and are not benefitting fully from the opportunities provided by technological progress. The statement concluded with a call for digital capacity-building outside the formal education system.

Similarly, World Home Economics Day 2021 made "Age-friendly homes & societies" a priority theme. Numerous webinars, conferences and meetings around the world focused on elderly wellbeing, including protection from cybercrimes and misinformation that threaten human rights, privacy, and security of older people.

WORLD HOME ECONOMICS DAY 2022: KICK-OFF EVENT

Every 21st March, IFHE and its members celebrate World Home Economics Day, a public relations event to raise awareness for household and consumer issues. As in previous years, a kick-off webinar serves as starting signal for preparations around the globe.

"Resilient homes and communities" was made theme of 2022 World Home Economics Day (WHED) – a topic that has become even more important due to the effects of the pandemic and has also been designated a priority theme for 2022 by the United Nations.

IFHE launches its global WHED preparations activities by offering a free webinar that outlines interesting aspects of the topic. Pamela Turner, Chair of the IFHE Household Technology & Sustainability Committee and IFHE President Gwendolyn Hustvedt hold an interview-style information session on resilient homes, housing, recovery from the pandemic and disasters and preparedness that helps building resilient homes.

Please visit the IFHE youtube channel to watch the pre-recorded 30min webinar.



IFHE youtube channel: see
[WHED 2022 playlist](#)

NEWS FROM THE REGIONS & ANNOUNCEMENTS

AFRICAN REGIONAL CONFERENCE

The 11th IFHE African Regional and Home Economics Professional Association of Nigeria (HEPAN) Annual Conference and was held in Nigeria. Find excerpts of Liaison Officer Felicia Titilayo Adenigba's report below.

The event was held at the University of Benin, Nigeria from 25th to 29th October 2021. The conference theme was "Securing the family future for sustainability in retirement: A Home Economics perspective" and attracted around 250 participants from Nigeria, Zambia, Cameroon and Egypt, both through virtual and physical attendance. The conference aimed at discussing aspects of stability of individuals and families after retirement, with sub-themes cutting across many disciplines in line with the United Nation Sustainable Development Goals.

Highlights of the event included: Opening by Prof. Lilian. I. Salami, Vice Chancellor of the University of Benin; a welcome address by IFHE President Prof. Gwendolyn Hustvedt; a welcome speech by Vice President of IFHE Africa Region, Prof. Patricia Etuna Mbah who emphasized the need for people to prepare adequately for retirement to avoid discomfort. Just like HE core issues such as home management and family planning require advance planning, retirement should be approached long-term.

The conference saw a keynote address and four lead papers by eminent scholars, as well as the presentation of eighty-one scholarly articles at technical sessions. The Young Home Economics Professional Association of Nigeria (Y-HEPAN) was inaugurated during the conference.

Conference participants (picture: P.Mbah)



PHILIPPINE NATIONAL CONFERENCE & TRAINING

The Philippine Home Economics Association (PHEA) held its 72nd National Conference and Training October 22–24, 2021 virtually. With 1000+ members, PHEA has strong ties with IFHE and the Asian Regional Association ARAHE.

The event's theme "Home Economics: Soaring Towards Sustainable Development" was adopted from the upcoming IFHE World Congress. The opening ceremonies, among others, included a keynote by ARAHE Secretary Dr. Johana Soo. Dr. Gwendolyn Hustvedt, IFHE President, also gave her congratulatory message. Various members were awarded for their active participation at the 2020 PHEA Virtual Photo Exhibit, PHEA Affiliation Certificates were awarded, and local Home Economics related associations acknowledged.

During the three-day conference and training, school trainers offered skill demonstrations, best practices and innovations were featured, the Manila Bay Thread Corporation conducted a training on macramé, bracelet making, and crocheting and eleven papers were presented at the Research Presentation segment of the event.

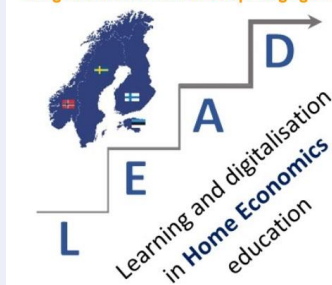
At the closing ceremonies, the best outputs of the Manila Bay Thread Corporation training were awarded, as well as best skill demonstrations and other presentations. PHEA also conducted its constitutional tasks such as hearing a report by the auditor, treasurer Ms. Carmelina D.M. Tan and President Ms. Susana V. Guinea. Mr. Albert M. Rosarda, PHEA Vice President was Master of Ceremonies.

PHEA Board of Directors
(picture: PHEA)



DIGITAL TOOLS IN HOME ECONOMICS EDUCATION

blogs.helsinki.fi/kotitalouspedagogikka/



LEAD resources online ([here](https://blogs.helsinki.fi/kotitalouspedagogikka/))

Funded by the European Union, home economics experts from five Northern European countries have developed a curriculum for digitalization in HE education. IFHE has already participated in similar EU-projects and gladly assists in disseminating the outcomes of this one.

All countries involved in this project (Finland, Sweden, Estonia, Norway) have met similar challenges in using digital tools in home economics education and aimed to find methods to implement digital technology into subject teaching in a pedagogically meaningful way. The participating Universities developed a package of material for 12 different home economics lessons which offers many interesting possibilities how to implement digital tools purposefully in home economics lessons. Each lesson includes didactic explanations for teachers on how to apply these concepts in your home economics lessons. The lessons promote knowledge construction and student experimentation which helps students to transfer their knowledge into everyday life situations.

The aspects of home economics education covered in the proposed lessons are manifold. “Meatfree Monday – sustainable food choices”, “Consumer rights and financial awareness – QR walking tour”, “The life cycle of clothes – a home economics adventure game” or “Solving consumer dilemmas through gamification and fictionality” are just a few examples of these free to download inspiring resources for home economics teachers.

IFHE AT THE UNITED NATIONS IN 2022

Holding consultative status with the United Nations, IFHE regularly exerts its right to address UN Commission members. As in 2022 some UN priority themes relate to home economics, we preparing to offer a home economics perspective.

IFHE is currently preparing statements to address the 2022 Commissions on the Status of Women (CSW) and for Social Development (CSocD). For CSW, we joined forces with Widows’ Rights International, a UK based NGO focussing on widows as most vulnerable members of communities and advocating for the integration of their rights into human rights agendas.

Priority theme of CSocD in February 2022 is “Inclusive and resilient recovery from COVID-19 for sustainable livelihoods, well-being and dignity for all”. IFHE will take this as an opportunity to highlight that any society that embeds home economics literacy into educational programs will be better positioned to achieve SDGs related to the reduction of poverty and hunger. A detailed report of both events will be published in the next Newsletter.



PACIFIC REGION'S 2021 ACTIVITIES

IFHE Executive Committee member Jay Deagon, Australia together with Kerry Renwick, Australia/Canada, represents the Pacific Region and provided this report of what has been happening there in 2021.

In 2021, COVID-19 continued to disrupt face-to-face teaching and meetings but did not dampen spirits or enthusiasm for Home Economics in the Pacific Region. Dr Kerry RENWICK and Dr Jay DEAGON invited members from Papua New Guinea, New Zealand, Fiji and Vanuatu to start a conversation about their unique Home Economics needs. Members from these regions expressed frustration about a lack of visibility or acknowledgement from their more stable and prosperous Pacific neighbours. First Nations, Papuan and our Island Nations peoples are in dire need of assistance. Natural disasters caused by the growing threat of climate change, humanitarian crises, food insecurity, lack of educational opportunities, equipment and basic technology, insufficient health and wellbeing care, and governments who do not deliver basic human rights or needs for their people all hamper efforts for individuals, families and communities to thrive and achieve autonomy and self-determination. Australian and New Zealand Home Economists are encouraged to engage in education opportunities, finance and resource support to get projects off the ground. There is much that can be done.

With this meeting in mind, Dr Jay Deagon initiated conversations with associations in the region to seek potential partnerships and locate a project that would benefit from such coordinated support. Dr Deagon proposed that a Disaster Assistance Program (DAP) would be modelled on a similar IFHE-US DAP project in Guyana. Watch this space – work continues. Meanwhile, teacher shortages and out-of-field teachers continue to be a monumental challenge throughout the region. Solutions will require collaboration between government departments, higher education institutions, industry partners, associations, and school communities. On a happier note, despite COVID and another year of global uncertainty, 2021 provided many opportunities for Home Economists to extend their content knowledge, receive tertiary education scholarships, ask critical questions, and participate in social activism. Some amazing undertakings were reported. We hope you enjoy this snapshot of Pacific Region's 2021 activities.

We wish all members of the Pacific Region and our International Home Economics community a peaceful, healthy and happy exist to 2021 and an invigorated passion for Home Economics as we enter 2022.

Home Economics in Australia: Igniting critical agendas

From 27–29 September 2021, the Home Economics Institute of Australia (HEIA) held its National Conference in Brisbane. Following efforts to include planetary wellbeing into focus, the event aimed to identify critical agendas relevant to the HE profession that challenge the status quo.

While retaining its historical focus on individual and family wellbeing, the Australian home economics profession has in more recent times expanded its focus to include planetary wellbeing. Contributing to personal, family and planetary wellbeing requires the profession to proactively speak up—to challenge the status quo and to disrupt those systems, processes and policies that mould critical agendas in ways that threaten the basic rights of individuals, families, communities, populations, and indeed the planet—agendas such as keeping women safe from violence, achieving mental wealth for all, building sustainable and culturally rich food futures, addressing fast fashion’s shameful squandering of physical resources and abuse of human resources, and ensuring that artificial intelligence and other technologies work for and do not control the consumer, to name but a few.

The aim of this year’s HEIA National Conference *Home Economics 2021: Igniting critical agendas* was to identify and ignite critical agendas relevant to the home economics profession by engaging in deep dialogue and critical thinking to develop creative solutions and challenge the status quo to help build genuine, meaningful and positive change in the local and global communities in which we live and work. And for those working in the education sector, the deep thinking about these critical agendas that ensure their content knowledge is current were complemented by equally deep thinking about contemporary curriculum, pedagogy and assessment agendas.

For the first time, the conference was presented in a hybrid-model with in-person and online participants. Across the three days, there were 170 in-person delegates and 94 online delegates. Each presentation was streamed live. Audience members and online participants were given opportunities to interact and ask presenters questions. Recordings of the presentations were also made available, so all participants could review presentations they missed. Given the unstable COVID environment, this hybrid-model of delivering a conference proved to be a huge success.

Teacher Education Sponsor
CQUniversity (left) and HEIA
National Conference hybrid-
model (right) (pictures: Jay De-
agon)





Home Economics in New Zealand: Activities for the year 2021

HETTANZ National Conference Theme “Talanoa, Whanake – Share, Reflect, Grow”. HETTANZ encourages the lifelong value of home economics, technology and associated fields of fashion and design, textiles, soft materials, health, human development, food and nutrition, hospitality, home and life sciences in education for individuals, families and whanau. HETTANZ is a future orientated teachers association promoting professional support for all our educators.

On 11th February 2021 the Minister for Education, Chris Hipkins, announced that there would be a review and refresh of the New Zealand Curriculum. At the same time, there is a review of achievement standards being undertaken. In a year of big changes within education, HETTANZ members have been active participants in the consultations, helping to guide and shape learning for the 21st Century.

The process, like the journey, is still ongoing. Covid-19 has caused widespread disruption, as a result of which, pilot schemes have been deferred for a further 12 months. Although teachers are excited with the possibilities, the process of change can be very unsettling in these times of great uncertainty. HETTANZ supports its 700+ members with regular communication through its weekly newsletter and other social media. Feedback is that our members are appreciative of the support and view HETTANZ as a trusted organisation.

The annual conference was held in May at a beautiful spa resort in Taupō in the heart of the North Island. Over the years this event has grown from strength to strength with its emphasis on presentations and interactive workshops which are “for the teachers, by the teachers”. This year’s theme – Talanoa, Whanake – Share, Reflect, Grow – allowed members to have a future focus for Māori and Pasifika learners. Over the course of 3 days members listened to inspirational speakers including Psychologist James Driver from Black Dog Therapies and the pioneering Dr Michelle Johansson and left energised to be the change that they wanted to see.

Successive lockdowns in different part of the country have left many teachers struggling with the limitations of online teaching and how to ensure a high level of student participation. As always, the HETTANZ community has supported each other magnificently and the guidance of the two kaiārahi has helped to engage the teacher audiences through webinars and the publication of high-quality digital resources. One of our social activism initiatives had members and students making “Trauma Teddies”. Over 150 of these were made and donated to the Skylight charity which works with vulnerable young people.

So many events have sadly had to be cancelled but a brief reprieve allowed the popular HETTANZ Fashion Awards to go ahead as planned. It was a delight to be able to share, enjoy and celebrate the craft and creativity of students who have achieved so much against such difficult odds.



Social Activism: Over 150 Trauma Teddies were made by students and donated the Skylight Charity (picture HETTANZ)

The positive effects of our subject area on mental health and wellbeing have been strongly demonstrated. Now, more than ever, there is a need to develop and expand our subject area to ensure both academic success and resilience.

The Executive has continued to meet, in person wherever possible and online when not, and remains positive, enthused, and excited to continue with growing success.



Participants at the National
Conference (picture: HETTANZ)

A new look website for The King & Amy O'Malley Trust, Australia

The King and Amy O'Malley Trust Fund awards Australia wide, annual undergraduate and postgraduate scholarships to students enrolled in, or applying for, tertiary Home Economics or related programs – e.g. Primary and/or Secondary Teaching, Nutrition and Dietetics, Child and Family Studies, Food Science, Community Studies and Consumer Science.

The King & Amy O'Malley Trust is pleased to announce the launch of its new website (see left). 'A new website was overdue,' said Dr Leanne Compton, who was appointed as Trust Chairperson in August 2021. 'The new site is interesting from an historical perspective and clearly outlines the philosophy behind the Trust. The site is informative and gives visitors an insight into the workings of the Trust and very clear guidelines as to the requirements and procedures associated with scholarship applications.'

The Trust invites current and prospective students of Home Economics and related programs, and other interested parties, to explore the new format and features of the updated site.

Website link:

www.omalleytrust.org.au

CALENDAR OF EVENTS

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Next issue:
MARCH 2022

Please submit information and
articles by 15 February 2022.

7th–16th February

60. Session of the United Nations Commission for Social Development:
Inclusive and resilient recovery from COVID-19 for sustainable livelihoods, well-being and dignity for all. IFHE participation through official statement (New York, USA)

14th–25nd March

66. Session of the United Nations Commission on the Status of Women:
Achieving gender equality and the empowerment of all women and girls in the context of climate change, environmental and disaster risk reduction policies and programmes. IFHE participation through joint official statement (New York, USA)

10th–12nd May

South African Association of Family Ecology and Consumer Science (SAAFECS), 15. International Conference: *Consumer Sciences at a Distance: Creating Social and Economic Value* (virtual)

24th–25th May

16. International Conference on Home Economics and Technology (Barcelona, Spain)

4th–10th September

International Federation for Home Economics (IFHE), XXIV World Congress: *Home Economics: Soaring towards Sustainable Development* (Atlanta, USA)