

GAFCS NEWSLETTER

American Association of Family and Consumer Sciences

Georgia Affiliate | November 2016

GAFCS Awards and Recognition

GAFCS is offering a variety of awards to recognize and honor family and consumer sciences professionals and other individuals who have made significant contributions toward improving the lives of individuals, families, and communities.

Applications/Nomination forms may be downloaded, completed and mailed to the VP for Awards and Recognition; however, it is preferred that they be completed in electronic format and emailed. Award winners will be recognized at the annual GAFCS conference.

For more information about our awards and recognition, please contact Arlene Fitts Winfrey at afwinfrey@gmail.com



Dining In Day December 3rd, 2016

With obesity at an epidemic level, all look for easy solutions. There is something simple families can do to be healthier . . . prepare and eat a nutritious meal together. . . "Dine in for Healthy Families".

Governor Deal has proclaimed December 3, 2016, as "DINING IN DAY" in Georgia. Mrs. Deal has been invited to participate by Dining In with her family. The Georgia Association of Family and Consumer Sciences (GAFCS), an affiliate of the American Association of Family and Consumer Sciences, urges families who live and work in Georgia to join the hundreds of thousands of families across the nation who will "Dine In for Healthy Families" and prepare and eat a meal together on December 3, 2016.

"Dining In Day" was begun by the American Association of Family and Consumer Sciences to honor AAFCS founder Ellen Swallow Richards, first female graduate and faculty member of MIT, as a celebration on her birthday, December 3rd. Make a commitment to "Dining In" on December 3rd by going to the AAFCS website (www.aafcs.org/FCSDay) to sign up and see family meal-related websites and articles.

"Dine In" With Us!

www.aafcs.org/FCSDay

 #FCSDay #healthyfamselfie

Save the Dates!

- National FCS "Dining In Day",
December 3, 2016
Marks the birthday of Ellen Swallow Richards, founder of our profession. Log in on the AAFCS web site and commit to "Dining In" with your family. . . OR your work group. . . OR your school. . . OR your friends and neighbors. Visit www.aafcs.org
- FACS Day at the Capitol,
February 16, 2017 in Atlanta, Georgia
- GAFCS Annual State Conference, **March 31, 2017**, Athens, GA
- AAFCS National Conference: Dallas, TX - **June 25-28, 2017**, Dallas Hyatt Regency
- 2018 AAFCS National Conference: Atlanta, GA - **June 24-27, 2018**

Tips for Dining In

- Prepare a simple dinner like soup and sandwich.
- Use a slow cooker to save time in the evening.
- Spice up the meal with a theme: breakfast for dinner, one-pot dinner, winter picnic in the family room, or international night.
- Make family meals fun and

#FCSDay

#DiningInDay

Benefits of Dining In

- Decrease the likelihood your family will be overweight or obese.
- Save your family money.
- Improve your family relationships.
- Increase your family's consumption of healthful foods.

#GAFCS

#HealthyFamSelfie



Leadership Council

Meeting Recap

As President, I represented the Georgia Affiliate at the Leadership Council meeting in Arlington, VA. November 4-6. Our agenda was full of information and ideas from Friday afternoon until Sunday at lunch! Some highlights of the meeting related to members are

We were encouraged as individuals to use social media to promote FCS as a profession as well as our state information and activities. The AAFCS Say Yes to FCS campaign is receiving excellent attention. Our social media has reached over 867,000 people.

Let's aim for one million! For full information regarding background, goals, design of the campaign, as well as Media posting tips for Say Yes to FCS visit:

http://www.aafcs.org/res/Educator_Recruitment/ER_Social_Media_Campaign_7-18-16.pdf

(article continued on next page)

(Continued from above)

Speaking of our profession, don't forget that free access to AAFCS' webinars is now one of the benefits of membership. Previously, there was a cost of \$30 each to view them. If you are an educator, there might be some appropriate topics for you or a substitute teacher to utilize. To activate your pass visit the AAFCS Store, click on "archived Webinar Training Pass" and add it to your cart. When you click "confirm order" and check out the price will zero out. For more details go to: <http://www.aafcs.org/DevelopmentCenter/Webinars.asp>

FCS*fit* is an AAFCS **Signature Initiative** focused on setting small, realistic goals and delivering resources and community support to our membership and supporters as they model our mission and make informed decisions about their own well-being relationships, and resources with the goal of achieving an optimal quality of life. National and State conferences over the next three years will follow these themes:

2016: Physical Well-being (launched at annual conference in Bellevue)

2017: Financial & Resource Well-being

2018: Emotional Health & Relationship Well-being

Related to this year's topic, are you or your students busy working on computers? Spending hours searching the internet? Get active with the Google Chrome app *Move It*, an easy way to be reminded that you should integrate a break into your work online. Simply add the Move It extension to your browser, set the notification interval, and your screen will present you with a random brain break and exercise to complete, such as hop from left to right foot for 10 seconds. Once you complete it, hit done and the next will arrive after the designated interval elapses again. Fun and physical!

We look forward to seeing you at our GAFCS state conference in Athens on March 31, 2016!



FCS is for Millennials, it's just not Home Ec anymore!

Visit www.fcs.uga.edu/college/visit-us to learn more about everything FACS at UGA has to offer!

If you would like to see your college or university represented in the next newsletter, contact Ivy Odom at ivyodom@gmail.com.

GAFCS needs your help!

The 2018 National Conference will be held in Atlanta, GA. GAFCS will be inviting AAFCS members to come to Georgia at the Dallas, Texas, conference with Georgia promotional materials, "give a ways", a decorated booth (staffed throughout the conference), educational tour survey, special Georgia name badges, and more.

If you are interested in helping promote the conference, or have any ideas for promotions, or would just like to get involved, contact Joanne Cavis JSCavis@gmail.com.

2018 Conference
Atlanta Marriott Marquis
June 24-27, 2018

Interested in getting more involved with GAFCS?

Here are some ideas:

- Say YES to FCS. . . Fill the family and consumer sciences educator pipeline. WHY??? There is an established and growing shortage of family and consumer sciences professionals to serve in educator positions in secondary education, higher education and Extension educators. Shortages of these professionals too often result in program closures. YOU CAN HELP. . .Commit to recruiting FCS educators. . . Download and use the tools. . . Involve yourself monthly. . . Visit www.aafcs.org/FCSEdPipeline.asp
- Be sure to go to the AAFCS web site to get the latest information on "Taking It To The Streets" and use the Public Policy Tools for members. Remember, YOU can make a positive difference for individuals, families and consumers.



The GAFCS website is currently under construction. Please pardon our progress as we make this much needed transition to a more modern and accessible website!

