

The Harlan County High School FCS Program would like to personally invite you participate in the 7<sup>th</sup> Annual Family and Consumer Sciences Day on Thursday, December 3, 2020. Family and Consumer Sciences Day calls attention to something simple families can do to be physically, mentally, and financially healthier—prepare and eat a nutritious meal together. KY Family and Consumer Sciences is proud to take part in this important initiative. We are excited to participate in the dine-in initiative with a HAWAIIAN OHANA theme: Ohana Means Family, Family Means KY FCS! We are going celebrate Family and Consumer Sciences all.day.long. Join the fun!

[Family & Consumer Sciences Day](#), launched by the American Association of Family & Consumer Sciences (AAFCS), has set a goal of 200,000 “Dining In” commitments. December 3<sup>rd</sup> was chosen as Family & Consumer Sciences Day to honor AAFCS Founder Ellen Richards, first female graduate of MIT and pioneer for Family and Consumer Sciences.

Studies show that intentional family mealtime:

- Decreases the likelihood your family will be overweight or obese
- Improves family relationships
- Saves money
- Increases your families consumption of healthy foods

Please join us and Kentucky Family and Consumer Sciences by making a commitment to dine-in with your family on Thursday, December 3, 2020 by clicking [here](#). Also, feel free to use the following hashtags to show your support! #FCSDAY #KYFCSohana20

We appreciate you! Thank you for your support!

Sincerely,  
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PS If you dine-in with your family please send me a picture!