

# FCS WEEK WITH AAFCS

#ElevateFCS

December 1<sup>st</sup>

## THEME: Meal Master Monday

Emphasizing the importance of culinary skills, nutrition, and the impact of food choices on overall health. The goal is to equip everyone with the tools needed to make informed, nutritious decisions in the kitchen.



December 2<sup>nd</sup>



## THEME: Textile Takeover Tuesday

Celebrating the art of fashion and interior design, textile creativity, and self-expression. Explore sustainable fashion, experiment with textile arts, and learn about the importance of creativity in personal style.

December 3<sup>rd</sup>

## THEME: Wellness Wednesday

Focusing on promoting mental, physical, and emotional well-being. It's a reminder that mental health is just as important as physical health. This day encourages all to practice mindfulness, self-care routines, and stress relief techniques that can help balance people's busy lives.



December 4<sup>th</sup>



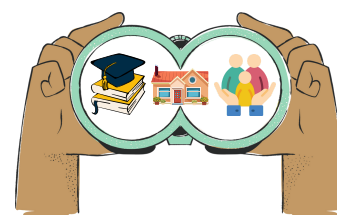
## THEME: Cents & Sensibility Thursday

Highlighting the importance of financial literacy in managing personal finances, budgeting effectively, and making informed spending choices. It fosters a deeper understanding of how to manage money sensibly for both short-term goals and long-term financial security.

December 5<sup>th</sup>

## THEME: Future-Ready Friday

Preparing individuals for their personal and professional futures by emphasizing the development of practical life skills, career exploration, and long-term goal setting with proactive thinking about one's future!



Access information  
and resources!

