



# *Dine In! Celebrating Family & Consumer Sciences*

Be part of the national event by eating at home:

- **Make the pledge** to prepare and enjoy a family meal together. To be part of the nationwide celebration, visit the American Association of Family & Consumer Sciences at <https://www.aafcs.org/fcsday/home>. **Sign up**, yourself and family or your group to dine in on FCS Day, December 3rd. For the last question, please indicate "Other: OSU Extension, Lucas County"
- **Make it Easy:** Use your resources to plan, shop, prepare and enjoy a meal together. What's the hardest part for you to eat together? (time, menu planning, etc.?) Follow The Ohio State University Extension, Lucas County on Facebook and/or check out ideas on our website [lucas.osu.edu/DineIn](https://lucas.osu.edu/DineIn) (local contact email: [powers-barker.1@osu.edu](mailto:powers-barker.1@osu.edu))
- **Encourage your friends** to pledge. Share your favorite easy recipe! Invite friends and family over to eat together. This year's theme is "Neighbors as Family"
- **Dine In** with your family and friends the week of December 3rd. Enjoy! Remember, "Dine In" is designed to be simple. Make the meal easy and fun.
- **Post your Story, Pictures or Menu** online. If you share your photo on social media use the **national hashtags** #FCSday, #healthyfamselfie and the **local hashtag** #LiveSmartLucas. Follow us on Facebook at [The Ohio State University Extension, Lucas County](https://www.facebook.com/TheOhioStateUniversityExtensionLucasCounty) (national drawings/prizes possible for those who post)

OSU EXTENSION LUCAS COUNTY

FAMILY AND CONSUMER SCIENCES



THE OHIO STATE UNIVERSITY

COLLEGE OF FOOD, AGRICULTURAL,  
AND ENVIRONMENTAL SCIENCES

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