

**Family and Consumer Science
Teacher In-Service
Thursday, April 7th, 2022
Toledo Botanical Garden, Crosby Conference Center
5403 Elmer Drive, Toledo, OH 43615**

AGENDA

8:45 **Registration (Coffee and Muffins)**

9:00 **Introductions**

9:20 **Secret History of Home Economics and Family and Consumer Sciences**

-Patrice Powers- Barker, Lucas County and Melissa J. Rupp, Fulton County

"A people without the knowledge of their past history, origin and culture is like a tree without roots" – Marcus Garvey. Join us as we explore our roots and the challenging path extraordinary people travelled to give us modern day Family and Consumer Sciences.

10:15 **Digital Detoxing in a Social World** – Susan Zies, Wood County

Look at the harms of technology in many aspects of our lives from sleep to relationships as well as strategies to help step away from technology to refocus and get grounded again.

11:00 **Nature and Wellness** - Laura Stanton, Extension Educator, Warren County

No matter what age you are or what stage of life you are in, nature is beneficial to your health and wellbeing. We'll explore research that documents the positive impact nature can have in your life and get you passionate about the perks of spending more time outside.

11:35 **Nature Walk-** Explore the beautiful Botanical Gardens with a new friend.

12:00 **Boxed Lunch from Panera**

12:45 **Mindful Moment: Laura Stanton**

1:00 **Targeted Topics from OSU (Ohio State University) Extension**

- What's new in the Kitchen? Air Fryers - Katie Schlagheck, Ottawa and Sandusky Counties
- Careers in Food and Nutrition - Jennifer Little, Hancock County
- Personal Finance Programs and Resources – Melissa J. Rupp, Fulton County

2:00 **FCS Teacher Sharing Time** What's working in your classroom?

- Bring an idea, project, lesson or tech tool to share with your peers.

3:15 **Evaluation, Door Prizes and Adjourn**

QR Code, Finish at your tables

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