



World Home Economics Day 2025

Tackling Consumption for a Better World

Our current way of living and consuming is unsustainable. We use more resources than the Earth can provide and often more than is good for us. This overconsumption leads to health and financial problems, climate change, loss of biodiversity, and pollution. It's time for a change.

What Can We Do?

1. **Reduce Waste:** We need to move from a throwaway society to one that values and reuses resources.
2. **Rethink Growth:** Not all economic growth is good. We must focus on necessary growth and reduce harmful consumption.
3. **Change Habits:** Shop more consciously, avoid unnecessary purchases, and support companies with fair and ethical practices.

The Role of Home Economics

Home economics plays a crucial part in this change. It can help us:

- Make better choices in everyday life (cleaning, food, clothing, travel, and leisure)
- Teach skills for sustainable living in schools
- Advocate for policy changes to support sustainable practices

Benefits of Conscious Consumption

Changing our habits isn't just good for the planet – it's good for us too! It can:

- Improve our physical and mental health
- Strengthen our communities
- Help us focus on what really matters (time with loved ones, creativity, sports, community involvement)

Key Areas for Change

1. **Food:** Shifting to a more plant-based diet can reduce emissions and improve health.
2. **Housing:** Consider how much space we really need, use sustainable energy, and adopt eco-friendly technologies.
3. **Travel:** Support and use more sustainable transportation options.

Beyond Individual Action

While personal choices matter, we also need broader changes:

- Better infrastructure for sustainable living (e.g., bike lanes, renewable energy)
- Updated laws and policies to promote sustainability
- Changes in how products are made and sold

Home economics can help guide these changes, making it easier for everyone to live sustainably and enjoy a good quality of life.

Remember: Tackling consumption isn't about sacrifice – it's about creating a better life for all of us and for future generations.