



# Tackling Overconsumption

World Home Economics Day 2025

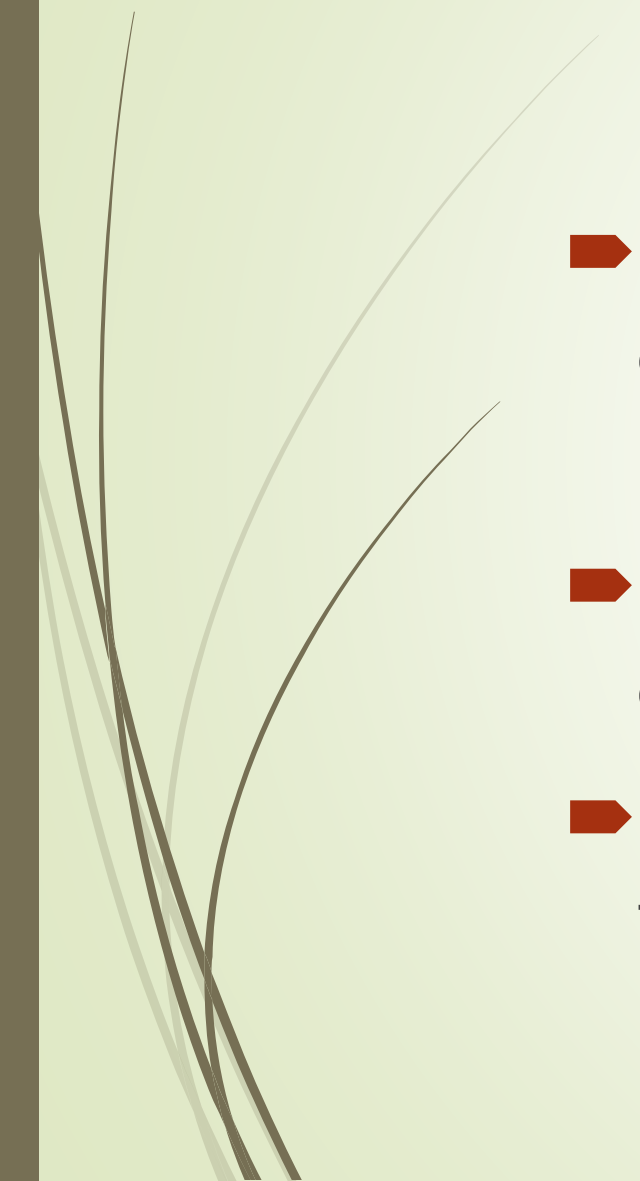


# Introduction to Overconsumption

- Definition: Consuming more resources than necessary or sustainable
- Affects multiple areas of home and family life
- Is relative depending on available resources
- Chosen as 2025 theme due to widespread impact

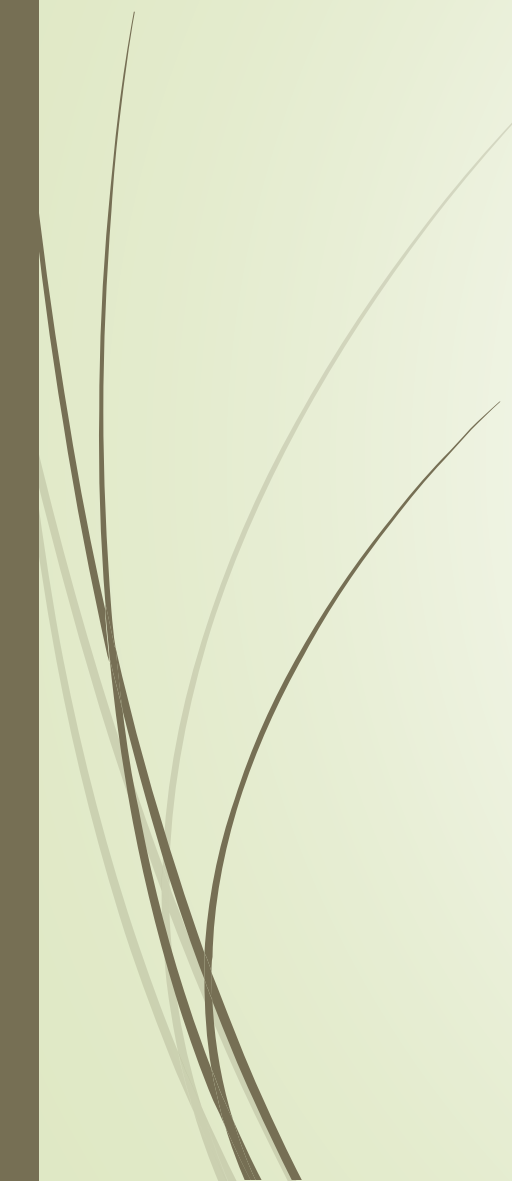


# Areas Impacted by Overconsumption

- Home Environment: Excessive buying contributes to clutter and potential hoarding
  - Health: Overeating can contribute to obesity and related health issues
  - Waste Generation: Excess purchases lead to increased food and clothing waste
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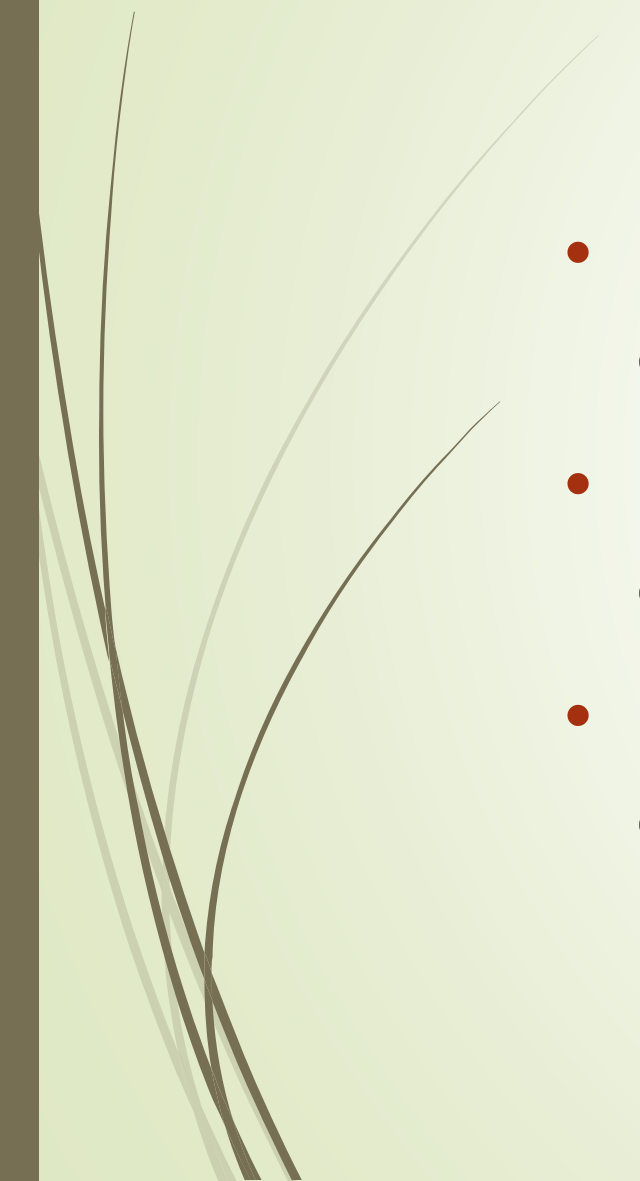


# Areas Impacted by Overconsumption

- Family Finances: Overconsumption strains household budgets
  - Family Relationship: Excess screentime or consumption of media damages relationships
  - Energy Use: Overuse of electricity impacts the environment
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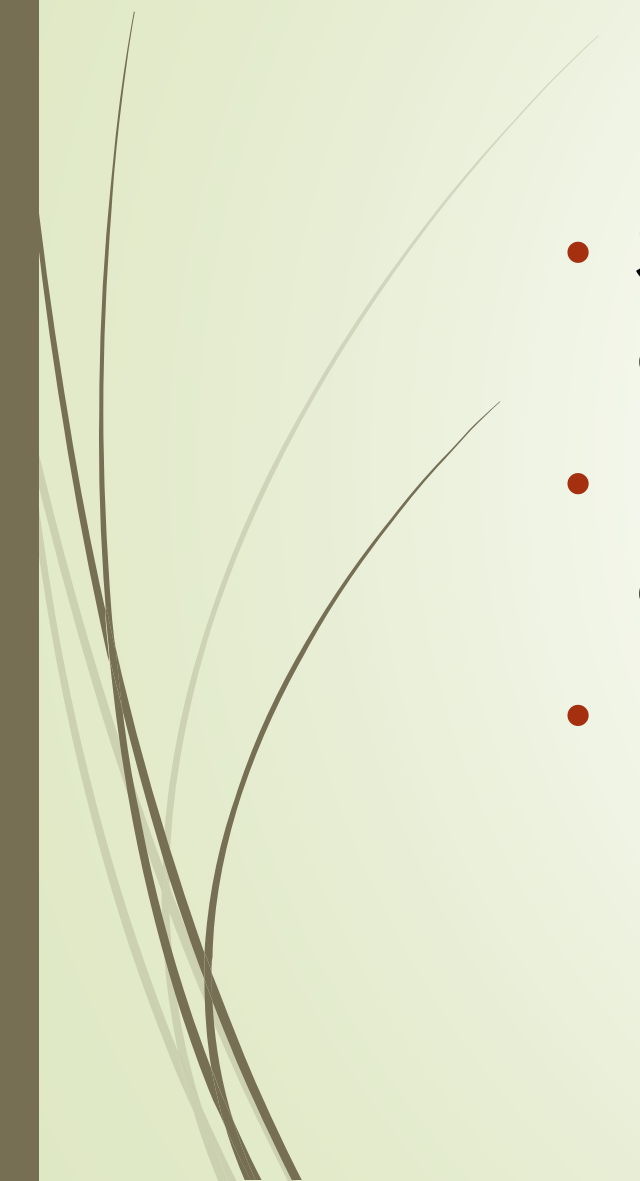


# Addressing Overconsumption

- Promote mindful consumption in all aspects of home life
  - Educate families on sustainable practices and their benefits
  - Encourage budgeting, meal planning, and thoughtful purchasing
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# Addressing Overconsumption

- Support initiatives for energy efficiency and waste reduction
  - Empower individuals to make informed choices about consumption
  - Emphasize the "Reduce" in "Reduce, Reuse, Recycle" hierarchy
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# World Home Economics Day 2025

## Friday, March 21st

- Plan events related to how Home Economics helps families tackle overconsumption
- Incorporate projects or lessons on overconsumption in curricula
- Choose one area or cover holistically
- Document your efforts and share with IFHE and on social media using #WHED2025