

Home Ec at home

with the



New Brunswick Women's Institute



Home Economics class, and the skills learned therein, are essential for health and well being. However, many New Brunswick schools no longer offer these courses.

“Bring Back Home Ec” has been a New Brunswick Women’s Institute (NBWI) project since 2014. As a branch of that initiative, the ladies of the NBWI have prepared **“Home Ec at Home”**, a list of suggested tasks to provide middle school students with similar learning experiences that can be applied at home.

Look for tutorials on any of these tasks on YouTube, on personal blogs, and, of course, on the [NBWI website](#) and [Facebook page](#).

Have fun!

Personal Hygiene

- Hand washing
- Learn about self care
 - skin care,
 - dental care,
 - hair care,
 - eye care,
 - hearing,
 - mental health, and
 - physical health
- Positive self image
- Learn about care of family members (children, people with disabilities, and older family members)

Home Management

- Write thank-you notes
- Time organization
- Assemble home tool kit
- Assemble home safety kit
- Hang a picture
- Make a bed
- Laundry-stain removal, use of washer & dryer, clothesline, folding and storage
- Organize closets and drawers
- Interior decorating
- Read and draft floor plans
- Learn how to use fire extinguisher
- Create and practice fire escape plan
- Safely learn how to use cleaning supplies including hazmat symbols
- Change batteries on smoke detectors (when time changes; twice per year)
- Collect and dispose of garbage and recyclables
- Shine & polish shoes and boots
- Learn how to share household tasks
- Learn how to read thermostat and adjust room temperatures safely
- Follow weather changes for home security

Finances

- Write a cheque on cheque account
- Balance a bank account
- Budget to save money on a regular basis
- Budget to meet home expenses on a regular basis
- Learn current banking skills
- Manage personal credit
- Learn about home, life, auto and other insurances
- Practice filling out forms for various applications etc
- Learn about credit cards, payday financing, etc
- Learn about purchasing and leasing vehicles, homes, etc
- Learn about educational debt
- Learn about getting social insurance number
- Learn about jobs connected to home economics, including:
 - chef,
 - seamstress,
 - server,
 - clothes designer,
 - interior decorator,
 - meat cutter,
 - farmer,
 - teacher,
 - early childhood educator,
 - human services attendant,
 - Registered Nurse,
 - Licensed Practical Nurse,
 - social work,
 - insurance agent/admin,
 - architect,
 - baker,
 - hospitality management,
 - party planner,
 - decorator,
 - florist, tailor,
 - dry cleaner,
 - dietician,
 - nutritionist,
 - food safety inspector,
 - food science tech or researcher

In the Kitchen

- Read nutritional and ingredients labels
- Learn about food safety
- Learn to operate cooking appliances safely, including BBQ
- Learn about cooking knives, their uses and care
- Pack a nutritious lunch
- Plan healthy meals for every member of the household
- Read and follow directions/recipes
- Unbaked recipes
- Cake decorating
- Wash dishes and clean up kitchen, proper loading of dishwasher
- Set table
- Create weekly menus and grocery lists
- Set up and use recipe collection (incl. family & cultural favourites)
- Measure dry and liquid ingredients
- Learn abbreviations for measurements
- Prepare traditional meals from NB and around the world
- Prepare and serve tea and coffee
- Estimate and compute quantities for purchasing and prep
- Know and use Canada Food Guide
- Learn to cook basics such as;
 - pasta,
 - potatoes,
 - eggs,
 - cake mixes,
 - frosting,
 - cookies,
 - muffins,
 - jello,
 - biscuits,
 - grilled cheese sandwich,
 - desserts,
 - bread,
 - red sauce,
 - white sauce,
 - oatmeal,
 - pancakes,
 - waffles,
 - fruit & vegetable trays and dips, and
 - muffins.
- Dehydrate foods such as jerky and fruits
- Know how to read and follow expiry dates
- How to store leftovers safely
- Cleaning out the fridge and safely dispose of discarded food
- Finding locally grown/produced food
- Freeze vegetables and fruits for winter use (also set up best before dates)
- Learn properties and best practices for storage containers
- Learn preservation properties of salt, sugar, vinegar etc

Sewing

- Learn hand sewing stitches for hemming, mending, patching, and button repairs
- Learn top stitching techniques such as embroidery & quilting
- Identify sewing implements and learn their use and care
- Cut out pattern and fabric
- Observe use of sewing machine (threading, attachments, care/cleaning, troubleshooting)
- Collect a home sewing kit
- Learn to upcycle (recycle) garments and home decorating items
- Learn fabric properties, label reading, and proper care of fabrics
- Learn to iron a shirt and use a press cloth on a hem
- Practice and learn the properties of shrinkage and its affect on garments and home décor
- Calculate and prepare small scrap quilt project
- Plan, purchase, preshrink, cut, trace, sew, press, and complete sewing project (suggestions-drawstring/ tote bag, pillow cover, shorts, apron, tablecloth, scrunchies, curtain).
- Complete no sew project with fabric medium
- Learn basics of garments in NB and other countries and understand their significance and construction
- Measure for garments, furnishing, home decor

In the Garden

- Grow from cuttings, seed, transplants etc
- Windowsill gardening
- Container gardening
- Backyard gardening
- Learn about gardening zones
- Learn soil & nutrient guidelines required for food growth
- Flower arranging
- Learn to safely compost