



# 2019 “Dine In” for Healthy Families

## Neighbors as Family

### Neighborhood Types

- Military
- Urban
- Suburban
- City
- Rural/Farms
- Single Dwelling Homes
- Homeowners Group
- Subdivision
- Condo/High Rise
- Apartment Building
- Retirement Community
- College Dorm
- College Sorority/Fraternity House
- Campus Neighbors
- Office Building
- Office Staff
- Office Neighbors
- Gym
- Other

### What is “Dine In” Day?

AAFCS honors Founder **Ellen Swallow Richards** by celebrating FCS Day on her birthday. Through the FCS Day initiative, AAFCS provides information, tools, and research on the benefits of families preparing and eating healthy meals together.

**Since 2014, nearly half a million** people have committed to “Dining In” on Family & Consumer Sciences (FCS) Day!

### What You Can Do & How to Get Started

1. Identify neighborhood type for your “Dine In”.
2. Commit to “Dining In” with your neighborhood.
3. Start planning early.
4. Give stickers to your neighbors to save the date.
5. Join the conversation on social media.
6. Change your Facebook profile photo to the “Dining In” logo.
7. Pin your favorite meal recipes on the “Dining In” Pinterest board.
8. Prepare and eat a healthy meal with your family and neighbors on December 3.
9. Have fun and take lots of photos!
10. Tell us about your “Dining In” experience with your neighbors.

[www.aafcs.org/FCSday](http://www.aafcs.org/FCSday)

#FCSday

#healthyfamselfie

Be sure to check the AAFCS website for updates and new resources! If you have any questions or comments about this initiative, please email

[nbock@aaafcs.org](mailto:nbock@aaafcs.org).

