

## ***Home Economics as a foundation for life skills and livelihood***

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Home economics is more than just a subject, it serves as a way of life for people. Rooted in the values of care, responsibility, and self-reliance, it is the foundation that is essential for life skills that will strengthen an individual, help build a family, and inspire and promote the development of a community. In the challenges of the new era, it remains a guide, teaching us to live with purpose, dignity, and courage.

According to the Merriam-Webster collegiate dictionary (2018), home economics deals with nutrition, food preparation and serving, home design, clothing, child development, family relationships, and household economics. But more than any other skill, its goal is to develop the total well-being of the individual, their family, their community, and the world of work (Bank, 1993).

Home Economics is a pathway to livelihood and the ability to support oneself and one's family. It is part of the Technical Vocational Livelihood (TVL) track in education in the fields of tourism, clothing, health, food processing, and community service. These skills are not only practical but also life-changing, opening the door to many job opportunities, entrepreneurial ventures, and self-realization (Di Giovine, 2016).

In recent years, the value of Home Economics has become increasingly apparent, especially when the pandemic hit. As families had to adjust their lifestyles, home economics skills became a cornerstone. Knowledge of budgeting, food storage, hygiene, and nutrition became essential to overcome the daily challenges of life (Chuat et., 2023). In other words, home economics has helped and saved many families from hardship.

Furthermore, Home Economics teaches us how to make a wise decisions in our day-to-day lives. It teaches us perseverance in every stitch sewn, discipline in every meal prepared, and care in every caregiving task. Through these simple tasks, the unseen qualities of character, purpose, and quiet confidence are gradually shaped to stand up for ourselves and help others. It teaches us to be prudent, caring, and responsible in everything we do. It is an education that aims to create better futures, not only for ourselves but also for others.

The home economics strand also offers TESDA-recognized certifications. Therefore, the connection of the Home Economics to the world of work is certain. (Arago et al., 2023). Ultimately, Home Economics teaches us not only how to live, but how to live with knowledge, skills, hope, and heart.

It is the silent force behind every home, the hands that build the future and the hearts that unite every community.

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