



MINNESOTA

STATE ASSOCIATION

2025-2026 Mini Handbook



FCCLA
MINNESOTA

MISSION POSSIBLE

2025-2026

Commit to Our Mission

Investigate New Perspectives

Discover Your Leadership Style

Reveal Impactful Service Projects

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Contact Us

State Office:

Mailing Address | PO Box 131386, Roseville, MN 55113

E: patrick.mitchell@mfccla.org | P: 651-330-2950

FCCLA Websites:

www.mfccla.org | Minnesota FCCLA

www.fcclainc.org | National FCCLA

Follow us on Social Media:

Facebook | www.facebook.com/MNFCCLA

Instagram | [#MNFCCLA](https://www.instagram.com/MNFCCLA)

Minnesota Association of Family, Career and Community Leaders of America

Motto: “Toward New Horizons”

Mission: To promote personal growth and leadership development through Family and Consumer Sciences education. Focusing on the multiple roles of family member, wage earner, and community leader, members develop skills for life through

- character development
- creative and critical thinking
- interpersonal communication
- practical knowledge
- career preparation

FCCLA is a dynamic and effective student organization that helps young men and women become leaders and address important personal, family, work, and societal issues through career and technical family and consumer sciences education.

 **FCCLA Colors:** Red suggests strength, courage, and determination, personal qualities leading to happiness through a positive self-image. White symbolizes sincerity of purpose and integrity of action, qualities that will help individuals build a better tomorrow.

Purposes of FCCLA

- 1. To provide opportunities for personal development and preparation for adult life.**
- 2. To strengthen the function of the family as a basic unit of society.**
- 3. To encourage democracy through cooperative action in the home and community.**
- 4. To encourage individual and group involvement in helping achieve global cooperation and harmony.**
- 5. To promote greater understanding between youth and adults.**
- 6. To provide opportunities for making decisions and for assuming responsibilities.**
- 7. To prepare for the multiple roles of men and women in today's society.**
- 8. To promote Family and Consumer Sciences and related occupations.**

Careers in Family and Consumer Sciences

HUMAN SERVICES

Career pathway that relates to families and human needs such as counseling and mental health services, family and community services, personal care, and consumer services.

Possible careers include:

- Child, family, or school social worker
- Director of childcare facility
- School counselor • Sociologist
- Social services worker
- Personal or home care aide
- Leisure activities counselor
- Recreation worker • Consumer credit counselor • Personal financial advisor
- Consumer goods or services retailing representative or buyer • Cosmetology

HOSPITALITY & TOURISM

The management, marketing, and operations of restaurants and other food services, lodging, attractions, recreation events, and travel services.

Possible careers include:

- Restaurant, food service, lounge, casino, coffee shop, or catering owner, operator, or manager
- Hotel, motel, resort, or bed and breakfast owner, operator, or manager
- Tour company owner, operator, or manager
- Meeting and convention planner
- Interpreter or translator
- Tourism and travel services manager

EDUCATION AND TRAINING

Planning, managing, and providing education and training services and related learning support services.

Possible careers include:

- Superintendent, principal, or administrator • Teacher or instructor
- Preschool or kindergarten teacher
- Clinical, developmental, or social psychologist • Social worker
- Counselor • Teacher assistant
- Parent educator • Child care worker
- Coach • Recreation worker

VISUAL ARTS AND DESIGN

Designing, producing, exhibiting, performing, writing, and publishing multimedia content including visual and performing arts and design, journalism, and entertainment services.

Possible careers include:

- Stage designer • Costume designer
- Fashion/apparel designer or illustrator • Interior designer
- Home furnishing coordinator
- Textile designer or chemist

Minnesota FCCLA State Exec. Council

State President

RTR Senior HS

State President-Elect

Herman-Norcross

State Secretary

Heron Lake Okabena

Rep to the Board

Kasson-Mantorville

Treasurer

Luverne

VP of Resource Develop.

Kasson-Mantorville

VP of Service

John Marshall HS

VP of Public Relations

Herman-Norcross

VP of Marketing

Pine Island SR. HS

VP of Partnerships

Kasson-Mantorville

Isaac Janish

Adviser - Tammy Borman

Kaden Lennes

Adviser - Jayne Oachs

Ellie Rasche

Adviser - Lisa Fest

Raya Olson

Adviser - Michele Lindquist

Anna Reisdorfer

Adviser - Lori Oechsle

Oliver Powell

Adviser - Michele Lindquist

Kongberi Nsameluh

Adviser - Shelly Hansen

Jennaya Pederson

Adviser - Jayne Oachs

Ava Ryan

Adviser - Angela Koster-Sorenson

Delia Alberts

Adviser - Michele Lindquist

The Ultimate Leadership Experience for the 21st Century Workforce

Family, Career and Community Leaders of America (FCCLA) has more than 244,000 youth enrolled in Family and Consumer Sciences courses providing employability skills and rich experiences that are critical for success. As the only career and technical student organization with careers that support families as its central focus, FCCLA develops skills that last a lifetime, from creative and critical thinking to practical knowledge and career preparation.

FCCLA helps members with these fundamentals:

- | | |
|-------------------------------------|-----------------------------|
| ✓ Employability skills | ✓ Competitive Events |
| ✓ Leadership training | ✓ Life skills |
| ✓ Career Preparation | ✓ Advocacy |
| ✓ Conferences and special trainings | ✓ Scholarship & Recognition |

Top 6 employability skills members gain are:

75% Teamwork	41% Conflict Resolution
52% Leadership	65% Creativity
65% Time management	40% Self Confidence

Area Officers 2025-2026

<u>Southeast Area</u>		
President	Emma Matzek	Kasson-Mantorville
Vice Pres	Kaimbre Ann Hanson	Kasson-Mantorville
Secretary	Stella Powell	Kasson-Mantorville
Treasurer	Ashley Hodge	Pine Island Senior
JHC	Calum Sween	Grand Meadow Area
JHC	Brooklynn Flaaen	Zumbrota-Mazepa
<u>Southwest Area</u>		
President	Christopher Stevens	Luverne
Secretary/ Treasurer	Bailey Weedman	RTR Integrated FCCLA
JHC	Alayna Oeschle	Luverne
<u>Central East</u>		
President	Mekdelawit Tesfaye	Eastview
Vice Pres	Melia Galiher	Cambridge-Isanti
Secretary	Amy Nguyen	Eastview
Treasurer	Zayanna Colsrud	Hinckley Finlayson HS
<u>Central West</u>		
President	Miahni Paez	CGB
Vice Pres	Emily Reuda	Wheaton
Secretary	Khloe Hersch	Wheaton
JHC	Anna Timm	Wheaton

Northern Area

President	Emily Burkel	Badger
Vice Pres	Nora Otterstetter	WAO
Secretary	Ava Warne	Badger

Peer Educators 2025-2026

Southeast Area

Sydney Swanson	Kasson-Mantorville
Eleanor Gore	Kasson-Mantorville
Stella Powell	Kasson-Mantorville
Brynlee Schwanke	Kasson-Mantorville
Raya Olson	Kasson-Mantorville
Madelaine Gore	Kasson-Mantorville
Morgan Leen	Kasson-Mantorville

Southwest Area

Nevaeh Groen	Luverne
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Central East

Amira Abdulaqadir	Eastview
Zayanna Colsrud	Hinckley-Finlayson

Central West Area

Hunter Koch	Wheaton
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Chapter Awards

- ✓ Membership Increases
- ✓ Recognize Submissions for National Program Awards
- ✓ Outstanding Chapter Award



Individual Awards

- ✓ Chapter Spark
- ✓ New Member
- ✓ Power of One
- ✓ Ultimate Leadership

Adult Awards

- ✓ Alumni Achievement
- ✓ Alumni Contribution
- ✓ New on The Horizon
- ✓ Spirit of Advising
- ✓ Mentor Adviser
- ✓ Administration

Recognize members hard work throughout the year with FCCLA's member Spotlight.

Email

patrick.mitchell@mnfcla.org

Include the name of who you are nominating, what chapter they are with, why you're nominating them and if possible, include a photo.

National FCCLA Programs

FCCLA offers eight peer-to-peer educational programs to help students develop real world skills for life within Family and Consumer Sciences (FCS) education. Each National Program is designed to be integrated into the FCS classroom to help reinforce lessons with opportunities for hands-on practice.

Connect with the state office to see if your chapter qualifies for a grant to bring this engaging programming to your school.



We want you to "Say Yes to FCS"! - There is a huge demand to become a family and consumer sciences educators in secondary schools, Extension Services, and higher education

Top 5 Reasons to Become a Family and Consumer Sciences (FCS) Educator

1. You want to make a difference in people's lives.
2. You enjoy helping others develop skills to be successful at home and work.
3. You like flexibility and variety in your work.
4. You are patient, nurturing, creative, organized, and self-motivated.
5. There is a shortage of FCS educators, which means jobs are available nationwide!





A national peer education program, **Career Connection** helps members learn more about themselves, the workplace, and careers so that they can put themselves on the pathway to future success. The projects that members conduct around Career Connection units will give them the confidence to face the thousands of overwhelming options that come with future career decision.

My Skills - Members learn about themselves and practice being productive, promotable employees as they link their personal interests, skills, and goals to careers.

My Life - Members learn to manage interconnected roles in careers, families, and communities by exploring choices and skills that help balance these roles.

My Career - Members gain a better understanding of work and learn how to find and land a job.

My Path - Members identify steps they can take to reach career and lifestyle goals.

FCCLA chapters apply for cash awards and special recognition for innovative projects with the National Career Connection Award.

- High School Award \$1000
- Middle School Award \$1000
- Runner Up Award \$500



Families Acting for Community Traffic Safety (FACTS) gives members the information and incentives they need to build an understanding of what it means to drive safely, both today and in the future. Through their projects, members work to educate adults and peers about traffic safety and support enforcement of local rules and regulations. FCCLA members are given the tools to help families promote basic safety attitudes that can last a lifetime.

FACTS Essential Topics

People - to understand and promote your role as a driver or passenger and keep yourself and others safe.

Vehicles - understand vehicle safety and the role it plays in safety for you and others

Roads - understand and promote your role on the road, the safety hazards you may encounter and how to avoid or react to them

FCCLA chapters can apply for cash awards and special recognition for their hard work and innovative projects with the National FACTS Award

- **High School Award \$1,000**
- **Middle School Award \$1,000**
- **Runner-Up Award \$500**



Through **Families First**, members gain a better understanding of how families work and learn skills to become strong family members. Its goals are to: help members become strong family members and leaders for today and tomorrow and strengthen the family as the basic unit of society.

Families First Units:

Dynamics - Understanding families and family relationships

Balance - Enabling young people and families to prioritize self-care and overcome the obstacles they encounter.

Development - Learning how to nurture and care for children

Safety - Prioritizing and practicing safety within families

Skills - Developing strategies to be a good family member

FCCLA chapters apply for cash awards and special recognition for their hard work and innovative projects with the National Families First Award

- High School Award \$1,000
- Middle School Award \$1,000
- Runner-Up Award \$500.00

FINANCIAL FITNESS

Financial Fitness engages members in teaching one another how to earn, spend, save, and protect money wisely. Through FCCLA's Financial Fitness program, members plan and carry out projects that help them and their peers learn to become wise financial managers and smart consumers. FCCLA members can build their peers' financial literacy and teach them skills for managing their finances.

Financial Fitness Units:

Each youth-created Financial Fitness project relates to one of the following four units:

- **Earning-** sharpen on-the-job financial fitness
- **Spending-** track and plan personal spending
- **Saving-** conquer bank accounts, credit, and investments
- **Protecting-** keep financial and personal interests safe

FCCLA chapters apply for cash awards and special recognition with the National Financial Fitness Award.

- **High School Award \$1,000**
- **Middle School Award \$1,000**
- **Runner- Up Award \$500.00**

COMMUNITY
SERVICE 

The **Community Service** program guides members to identify local concerns and carry out projects to improve the quality of life in their communities. Through their projects, members experience character development and improve their critical and creative thinking, interpersonal communication, practical knowledge, and career preparation. FCCLA members learn more about themselves, others, and the world so that they can make a difference now and in the future.

Learn Explore personal values, ethics and ethical decision-making while evaluating community needs.

Lead Learn to use leadership characteristics to serve their community and transfer servant leadership skills to the workplace.

Serve Learn the role of partnerships and advocacy to serving others.

POWER of ONE

Power of One helps members find and use their personal power. Members set their own goals, work to achieve them, and enjoy the results. The skills members learn in Power of One help them now and in the future, in school, with friends and family, in their future at college, and the on the job.

Power of One Units

- **A Better You-** Improve personal traits
- **Family Ties-** Get along better with family members
- **Working on Working-** Explore work options, prepare for a career, or sharpen skill useful in business
- **Take the Lead-** Develop leadership qualities
- **Speak Out for FCCLA-** Tell others about positive experiences in FCCLA

FCCLA offers national recognition to members who complete all five FCCLA Power of One units. This honor includes special recognition on the FCCLA website and at the National Leadership Conference.

To gain recognition for the Power of One accomplishments, send the five unit recognition to the State FCCLA Office by March 1.

STAND UP

The FCCLA **Stand Up** national peer education program guides members to develop, plan, carry out, and evaluate advocacy activities to improve the quality of life in their communities. Members develop their voice to make a positive impact. Through their projects, members experience character development and improve their critical and creative thinking, interpersonal communication, leadership, practical knowledge, and career preparation. *FCCLA members learn to:*

- Access current needs.
- Educate others regarding concerns
- Advocate so that they can make a difference now and in the future.

FCCLA chapters apply for cash awards and special recognition at the National FCCLA Conference, online, and in Teen Times magazine for the top chapters for their hard work and innovative projects with the Stand Up Program Award.

- **High School Award \$1,000**
- **Middle School Award \$1,000**
- **Runner-Up Award \$500.00**

STUDENT BODY

The **Student Body** program helps members learn to make informed, responsible choices for their physical and mental health while also providing opportunities to teach others. The teen years are an ideal time to establish healthy attitudes and habits to last a lifetime.

Student Body Focus Areas:

- **The Healthy You-** Empowering teens to make wise food and lifestyle choices.
- **The Fit You-** Empowering teens to take charge of their health and their level of fitness
- **The Real You-** Empowering teens to maintain positive mental health
- **The Resilient You-** Empowering teens to live in ways that build emotional health

FCCLA chapters apply for cash awards and special recognition for their hard work and innovative projects with the National Student Body Award.

- **High School Award-** \$1,000
- **Middle School Award-** \$1,000
- **Runner- Up Award-** \$500.00

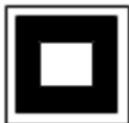
The Planning Process



Identify Concerns



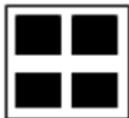
Set a Goal



Form a Plan



Act



Follow Up

The FCCLA Planning Process is a decision-making tool that supports the organization's overall philosophy about youth-centered leadership and personal growth. It can be used to determine group action in a chapter or class or to plan individual projects.

Go For the Red Awards

You could win an award when you Go For the Red! Awards are presented each year to individuals and chapters who have excelled in their recruitment efforts.

INDIVIDUAL AWARD Individuals who recruit 3 or more members can apply for the individual award. All participants that meet the qualifications and deadline will be entered into a drawing for one of the three prize options listed below. Five awardees will be picked at random from those that qualify. All awardees will be provided with an electronic certificate of achievement. Prize options: Air pods, \$150 Amazon gift card, JBL Flip 5 speaker

CHAPTER AWARD Chapters that increase their members by 10 (bronze), 15 (silver), or 20 (gold) members from the previous year can apply for the chapter award. All participants that meet the qualifications and deadline will be entered into a raffle for a chance to win one of three \$200 cash prizes. All chapter awardees will also be provided with an electronic certificate of achievement.

- Bronze Level -1 entry into the raffle for cash prize
- Silver Level -2 entries into the raffle for cash prize
- Gold Level -3 entries into the raffle for cash prize

Important Dates



Dates	Events	Locations
Sept 11	911 Day of Service	Chapter locations
Oct.	Fall Area Rallies	Various Locations
Oct 15-19	National Fall Institutes	Orlando, FL
Oct 22-25		Anaheim, CA
Nov 14-15	Fall Leadership Summit	St. Cloud, MN
Jan.	Mid- Winter Area Meetings	Various Locations
Jan 19	MLK Day of Service	Chapter locations
Feb 17	Legislative Capitol Day	St. Paul, MN
Mar 27-29	State Conference	Minneapolis, MN
April/May	State Officer Training	TBD
April	Global Youth Service Day	Chapter Locations
June 16-18	Leadership Camp	St. Paul, MN
July 6-10	2026 Natl Conference	Washington, DC

***Adviser's Zoom meetings the first Thursday of Every Month**

FCCLA Terms

Board of Directors (BOD)	Legal decision- making body of the organization; primary focus on policy making and fiscal responsibility.
Chapter Adviser	Family and Consumer Science teacher or adult who acts as a consultant to the local chapter.
Career Pathways	CTE Education- organized into marketable skills through 16 Career Clusters in the National Career Clusters Framework, representing multiple Career Pathways.
Executive Director	Full-time employee of the organization responsible for management of the association; oversees personnel; reports to the BOD.
FCS	Family and Consumer Sciences
Peer Education	Process of education; teens teaching other teens.
Planning Process	A five step decision making process; Identify Concerns, Set a Goal, Form a Plan, Act and Follow up.
Skill Events	Competitions to demonstrated college and career ready skills in FCS.

FCCLA Minnesota Adviser Mentor Program

We are thrilled to provide new Advisers (years 0-3) with a structured mentor program to help them establish and grow their chapters.

Mentors:

- At least 5 years of experience
 - Available for spontaneous support
- Committed to supporting the new adviser

Mentees:

- Advisers in years 0-3
- Committed to steady growth
- Chapter stipends for meeting goals

Both Commit to:

- Ongoing informal check ins as needed
- 1 initial meeting and 2 formal check-ins with progress reports
- Working towards achieving chapter goals around:
 - Membership
 - Chapter Management
 - Integration
 - Service
 - Events

FCCLA Opening Ceremony

President: *(Gives the rap of the gavel signaling officers and members stand)*

We are the Minnesota Family, Career and Community Leaders of America. Our objective is to help individual growth, improve personal, family and community living.

Officers: Focusing on the multiple roles of family member, wage earner, and community leader, members develop skills for life through character development, creative and critical thinking, interpersonal communication, practical knowledge, and career preparation.

Members: As we work toward the accomplishment of our goals, we develop leadership qualities, learn cooperation, take responsibility, and give service.

President: The _____ Chapter of Minnesota FCCLA is now in session. Let us repeat our creed.

We are the Family, Career and Community Leaders of America
We face the future with warm courage and high hope
For we have the clear consciousness of seeking old and precious values
For we are the builders of homes
Homes for America's future
Homes where living will be the expression of everything that is good and fair
Homes where truth and love and security and faith will be realities not dreams
We are the Family, Career and Community Leaders of America
We face the future with warm courage and high hope

FCCLA Closing Ceremony

President:

(Gives the rap of the gavel signaling officers/ members stand)

We are challenged to accept the responsibility of making today's decisions that affect tomorrow's world. Let us repeat our creed.

Let us repeat our creed.

We are the Family, Career and Community Leaders of America.
We face the future with warm courage and high hope.
For we have the clear consciousness of seeking old and precious values.
For we are the builders of homes,
Homes for America's future,
Homes where living will be the expression of everything that is good and fair,
Homes where truth and love and security and faith will be realities not dreams.
We are the Family, Career and Community Leaders of America.
We face the future with warm courage and high hope.



MINNESOTA STAR EVENTS

(MN Members will be able to do all of the National STAR Events plus these MN Events) for Regional Midwinter and State/ National opportunities.

Everyday Equations

Ethical Essays

See What We've Done

FCCLA Buzz (Team)

Show Me

Professional Presentations

(Formerly called Illustrated Talks allowing for a number of topics)



**COMPETITIVE
EVENTS**

Resources & when these STAR Events occur	
National Skill Events Rules in Natl Handbook	Natl Conf.
Minnesota STAR Rules in MN Handbook	MN State Conference and Midwinter Conferences
Natl STAR Events Rules in Natl handbook	At Midwinter and State Conference Advancers at Natl Conf.
Natl Online STAR Events Rules in Natl Handbook	Online and Advancers at National Conference

FAMILY AND CONSUMER SCIENCES KNOWLEDGE BOWL

The Family and Consumer Sciences Knowledge Bowl is a four level, team competition that challenges students' knowledge. Look for more information on these events in the National Competitive Events guide to be posted online at

www.fcclainc.org

STAR Events

Baking and Pastry- An individual event to demonstrate baking and pastry skills in the preparation of a quick bread, choux pastry, cookie, and shaped yeast bread.

Career Investigations- An individual event, to perform self-assessments, research and explore a career, set career goals, create a plan for achieving goals, and describe the relationship of Family and Consumer Sciences coursework to the selected career.

Chapter in Review- A team event - recognizes chapters that develop and implement a well-balanced program of work and promote FCCLA and Family and Consumer Sciences and/or related occupations and skills to the community.

Chapter Service- A team event - to develop and implement an in-depth service project that makes a worthwhile contribution to families, schools, and communities. Students must use Family and Consumer Sciences content and skills to address and take action on a community need.

Culinary Arts- An individual event participants enrolled in occupational culinary arts/food service training programs for their ability to produce a quality meal using industrial culinary arts/food service techniques and equipment.

Culinary Math Management- An individual or team event to demonstrate the application of mathematical concepts in the culinary arts industry.

Early Childhood Education- An individual event - to use knowledge and skills gained from their enrollment in an occupational early childhood program.

Entrepreneurship- An individual or team event - recognizes participants who develop a plan for a new small business using Family and Consumer Sciences skills and sound business practices. The business must relate to an area of Family and Consumer Sciences education or related occupations.

Event Management- An individual or team event to plan an event for an educational institution, community or non-profit organization, business, or government institution.

Fashion Construction- An individual event- recognizes participants who apply fashion construction skills to create a display using samples of their skills.

Fashion Design- An individual or team event - design and market clothing styles.

Focus on Children- An individual or team event to plan and conduct a child development project that has a positive impact on children and the community.

Food Innovations- An individual or team event - to demonstrate knowledge of the basic concepts of food product development by creating an original prototype formula, testing the product through focus groups, and developing a marketing strategy.

Hospitality, Tourism and Recreation- An individual or team event - recognizes participants who demonstrate their knowledge of the hospitality, tourism, and recreation industries and ability to translate their knowledge into a hypothetical or real business. Project must relate to culinary, lodging, recreation, tourism, or event coordination.

Interior Design- An individual or team event - recognizes participants who apply interior design skills learned in Family and Consumer Sciences courses to design to meet client needs.

Interpersonal Communications- An individual or team event - recognizes participants who use Family and Consumer Sciences and/or related occupations skills and apply communication techniques to develop a project designed to strengthen communication.

Job Interview- An individual event - recognizes participants who use Family and Consumer Sciences and/or related occupations skills to develop a portfolio, participate in an interview, and communicate a personal understanding of job requirements

Leadership- An individual event to investigate your leadership ability, assess leadership and employability skills, and develop and implement a plan to further your leadership development.

National Programs in Action- An individual or team event - to plan and implement a national program project.

Nutrition and Wellness- An individual or team event - to track food intake and physical activity for yourself , your family, or a community group and determine goals and strategies for improving overall health.

Parliamentary Procedure- A team event - chapters develop a working knowledge of parliamentary law and the ability to conduct an FCCLA business meeting.

Professional Presentations- An individual or team event - participants make an oral presentation about issues concerning Family and Consumer Sciences and/or related occupations.

Promote and Publicize- An individual or team event - recognizes participants who use communications skills and techniques to educate their schools and communities about FCCLA to grow chapters and strengthen FCS and FCCLA programs.

Public Policy Advocate- An individual or team event - recognizes participants who demonstrate their knowledge, skills, and ability to actively identify a local, state, national, or global concern, research the topic, identify a target audience and potential partnerships, form an action plan, and advocate for the issue in an effort to positively affect a policy or law.

Repurpose and Redesign- An individual or team event where participants who select a used fashion, home, or other postconsumer item to recycle into a new product.

Say Yes to FCS Education- An individual event - participants explore and experience the career of being a Family and Consumer Sciences educator. Participants must prepare a portfolio, conduct classroom observations, plan and execute a lesson, develop an FCCLA integration plan, and deliver an oral presentation.

Sports Nutrition- An individual or team event, participants plan and develop an individualized nutritional plan to meet the needs of a competitive student athletic in a specific sport.

Sustainability Challenge- An individual or team event - participants address environmental issues that adversely impact human health and well-being and who actively empower others to get involved.

Teach and Train- An individual event - recognizes education and training fields through research and hands-on experience.



Minnesota FCCLA | PO Box 131386 Roseville, MN 55113

Phone: 651-330-2950 | Web site: mnfccla.org

National FCCLA | 13241 Woodland Park Road Suite 100

Herdon, VA 20171

Phone: 703-476-4900 | Website: fclclainc.org
