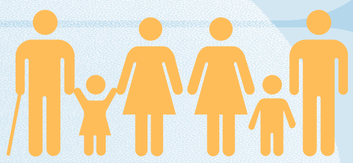
POWERING THE SDGS: THE ROLE OF HOME ECONOMICS

The UN's 2030 Agenda for Sustainable Development includes 17 interconnected Sustainable Development Goals (SDGs). Household consumption accounts for more than 60% of global greenhouse gas emissions and is linked to around 50–80% of global land, material, and water use. Home economics connects these global goals with everyday decisions and promotes more sustainable ways of living.

1. Household Management and Resource Efficiency
(SDG 12 and 13)
- Use energy, water, and other household resources wisely.
- Reduce waste and sort materials for reuse or recycling.
- Make everyday activities more resource-efficient.

2. Family and Child Development

(SDG 3, 4 and 5)
- Support children's physical, social, and emotional development.
- Create a healthy and supportive home environment.
- Share caregiving and household responsibilities more equally to reduce time poverty.

3. Family and Community Resource Management
(SDG 1, 8 and 11)
- Plan and manage household income and expenses carefully.
- Build financial security and develop work and business skills.
- Use local resources and foster cooperation to build stronger communities.



4. Healthy Food and Food Waste Reduction
(SDG 2, 3 and 12)
About one-third of food produced for human consumption, or around 1.3 billion tonnes per year, is lost or wasted worldwide.
- Choose foods that support both health and the environment.
- Plan meals and use ingredients wisely to reduce waste.

5. Sustainable Textiles and Circular Materials
(SDG 12 and 13)
The fashion and textile sector contributes around 2–8% of global greenhouse gas emissions and generates more than 92 million tonnes of waste each year.
- Wearing clothes for another nine months can reduce carbon, water, and waste footprints by up to 20%.
- Repair, reuse, and recycle clothing.
- Choose more sustainable and recycled materials.



Everyday decisions > Responsible resource use > Healthy families

Sustainable development < Strong communities

Sources: Ivanova et al. (2016); FAO (2011); EAT-Lancet Commission (2019); United Nations SDGs; UNRISD (2016); UNEP (2025); WRAP (2017).

Home economics is a remarkably broad discipline — far more than recipes and meal preparation. It spans nutrition science, textiles, family studies, consumer education, and resource management, equipping individuals with the practical life skills needed for personal well-being and confident household management at every stage of life.

Asian Regional Association for Home Economics

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Written by Sarunya Puakpong, Kasetsart University

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