

Home Economics is a profession which helps families and individuals to improve their quality of life. The majority of families in Kenya live and work in rural areas where facilities and resources are limited. Women provide 60-80% of the farm labor. Despite the hard working conditions, rural women have a major responsibility in promoting the standard of living in rural areas. They need professional help in order to utilize the available resources wisely. Home Economics curriculum at all levels of education should include some subsistence farming, food storage, and utilization and should incorporate family and population concepts in all Home Economics related subjects. There is a need to carry out research and to develop appropriate labor and time saving tools and equipment for the tasks performed by rural women both in their homes and on their farms. Training institutions offering Home Economics should develop outreach programs as an extra-curricular activity to visit and educate the rural community around the institutions. When dealing with an area that is as comprehensive as rural families' welfare, a proper coordination and integration within all the government and non-government agencies working for rural development is needed in order to avoid wasting of resources and to minimize duplication and confusion that would be created in the field. (ABL)