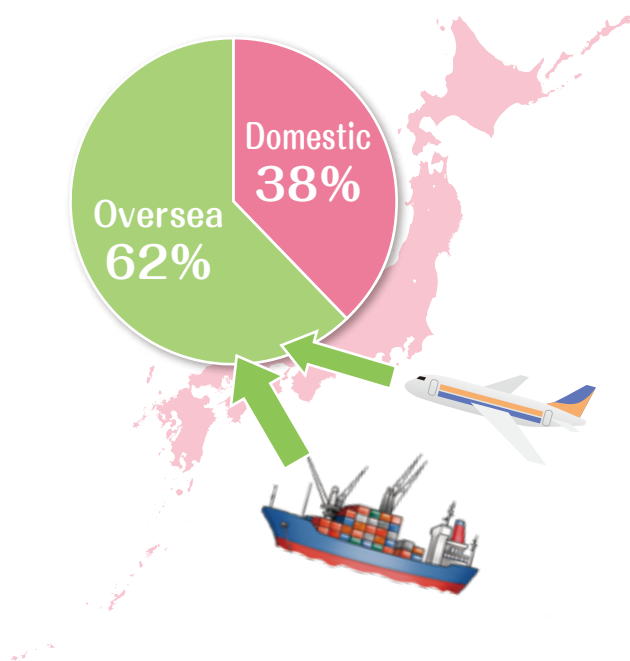


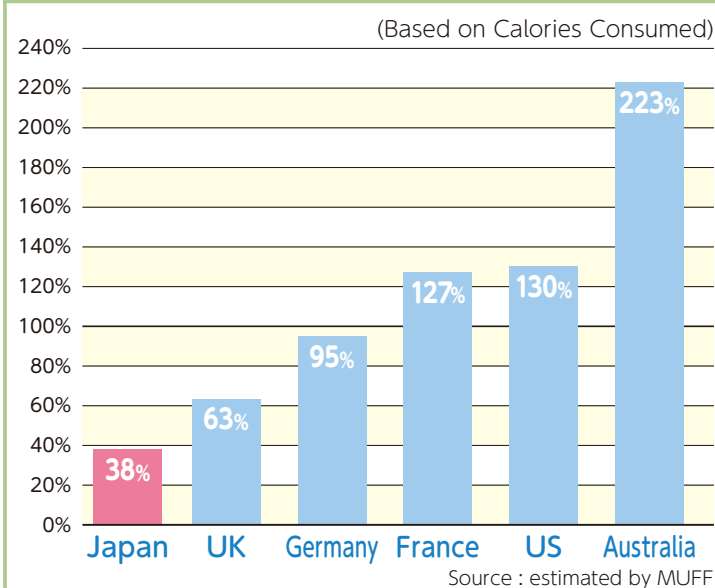
Where Does Our Food

Approximately 38%* of the Calories We Eat are Grown/
Caught/Gathered in Japan and the Rest are Imported

(Based on Calories Consumed in 2017)



Let's Compare Japan's Food Self-Sufficiency Rate with Some Other Countries



※Figures in 2013 (only Japan shows figures in FY 2017)

About 800 Million of the World's People
Suffer from Starvation or Nutrition Shortages.



On the one hand, Japan imports most of its food, but on the other hand, Japanese waste 6.46 million tons of food (food that is still edible which is thrown away) per year.



6.46 million
tons per year

Let's Prevent Waste!

Before going shopping, check to see what foods
you already have. Use foods wisely to prevent waste.

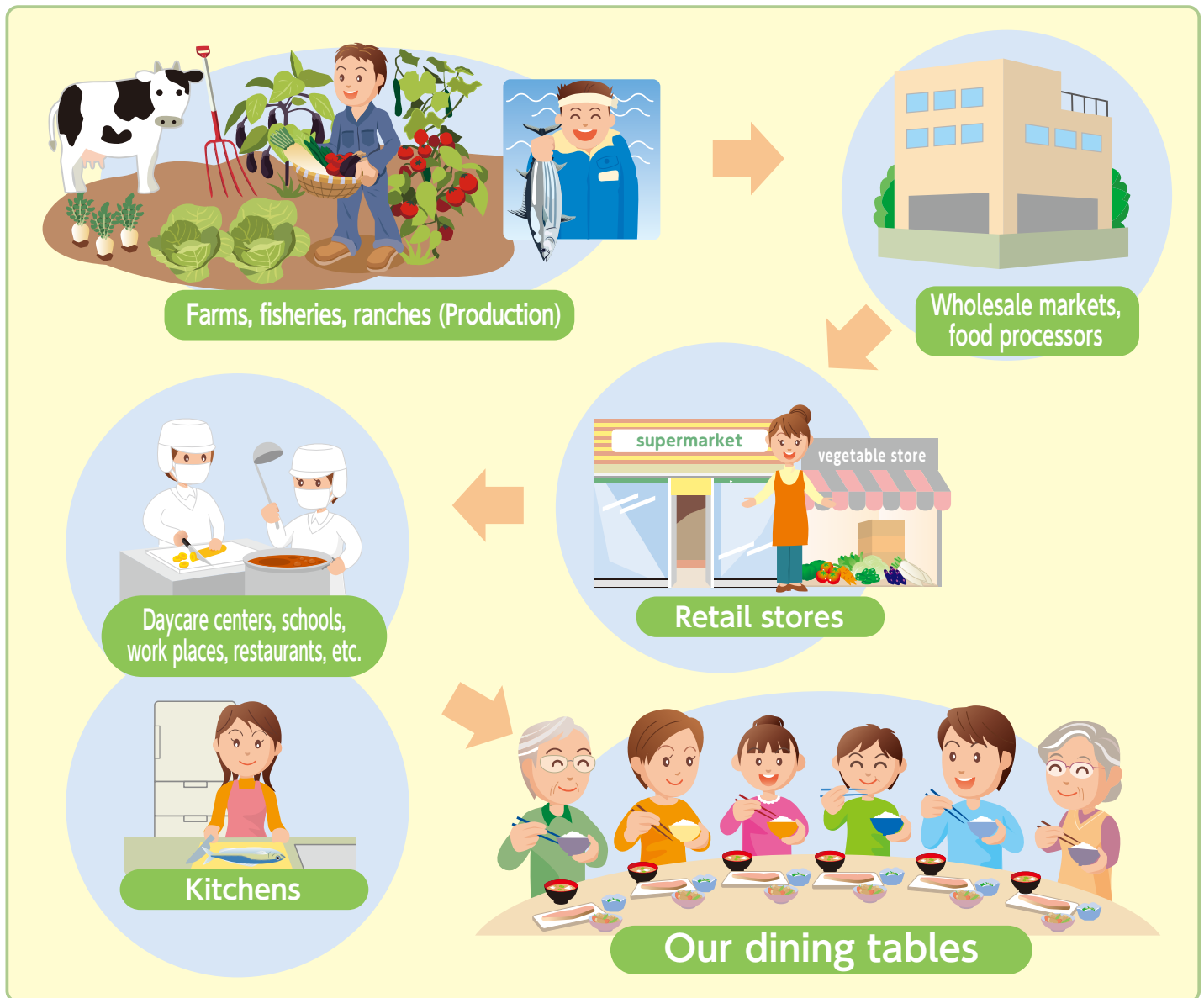


For more information:

- Do you know about the food situation in Japan? [MAFF]
- Food Recycling and Food Loss [MAFF]
- [Reducing Food Loss] A Project for Eliminating Food Waste [CAA]

Come From?

The foods we eat come to us thanks to the efforts of many people in food producing, processing, shipping, and more.



For more information:



- Childrens' exchange project with farming or mountain or fishing villages. [MAFF]
- Promotion of Agricultural, Forestry and Fishery Experience [MAFF]

What Foods Are Most Suitable

From times past, it has been Japanese tradition to celebrate local foods during New Years and other holidays.

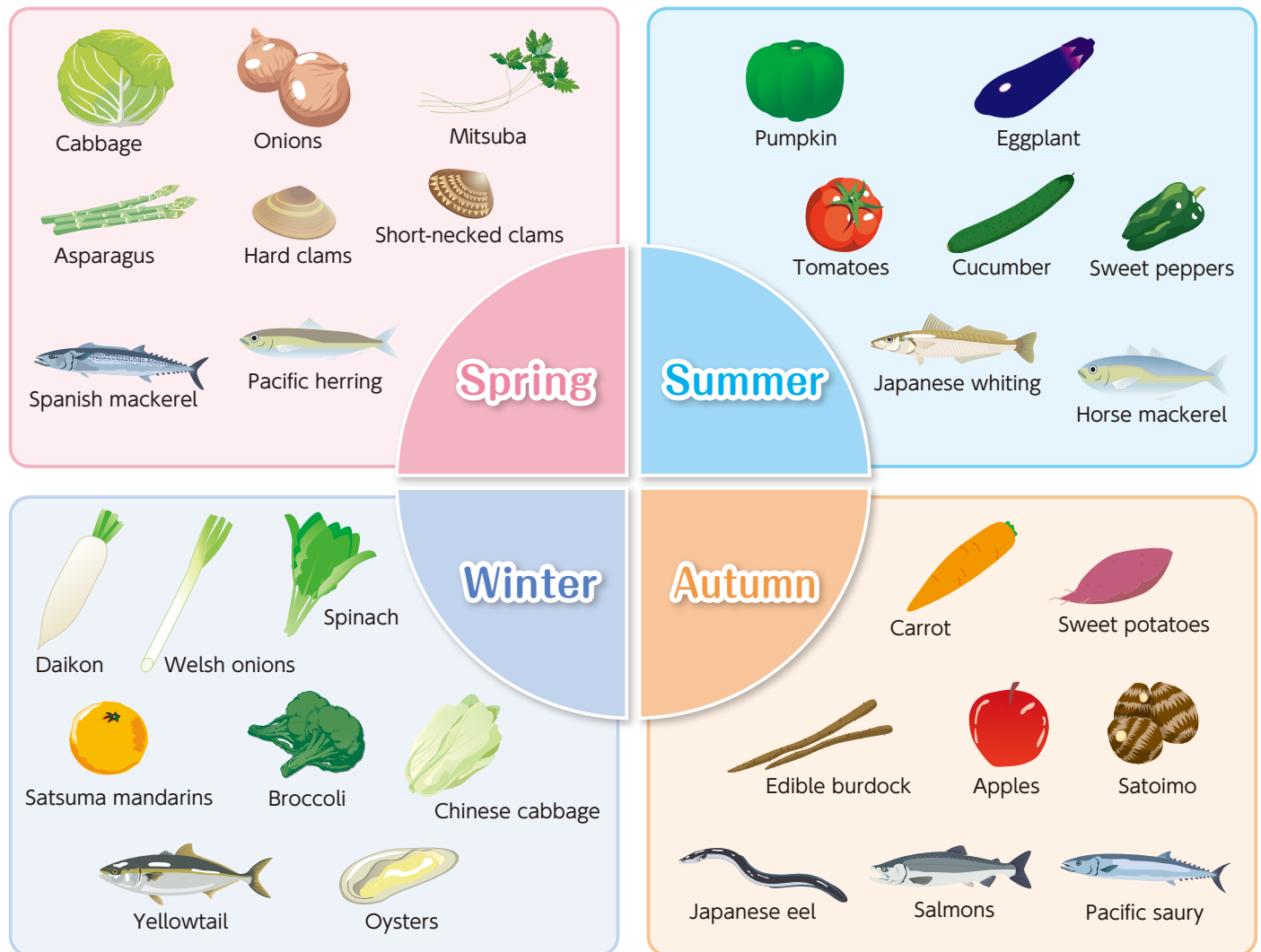
In the calendar below, write foods appropriate for different festivals, including foods unique to your area.

January (Mutsuki) 	February (Kisaragi) 	March (Yayoi) 	April (Uduki) 
May (Satsuki) 	June (Minaduki) 	July (Fumiduki) 	August (Haduki) 
September (Nagatsuki) 	October (Kannaduki) 	November (Shimotsuki) 	December (Shiwasu) 

for Each Season, or for Where We Live?

Japan is blessed with four seasons, so we have come to value foods special to each season.

Seasonal foods tend to have a fine taste and smell, as well as being nutritious. Let's make efforts to use seasonal foods in our cooking, and to appreciate their taste. Let's also remember how our area's climate and environment have resulted in the quality of our area's seasonal foods. Put a circle by foods from your area.



Japanese-Style Food Life

Japan's climate and environment is suitable for producing rice for staple dishes, fish, meat, and so on for main dishes, and vegetable, seaweed, legumes, and so on for side dishes. These diverse ingredients combine in different ways to create our Japanese-style food life.

Not only are foods from throughout Japan nutritionally balanced, but eating them together provides a rich food life. This is all connected to improving Japan's food self-sufficiency rate, and continuing the food traditions of local areas in Japan.

Eating locally

This means eating foods grown or caught or gathered in your area. Let's be aware of our local area's foods.

For more information:

- FOOD ACTION NIPPON [MAFF]
- Local Production for Local Consumption/Boosting Consumption of Domestic Agricultural, Forestry and Fishery Products [MAFF]
- Washoku (Japanese cuisine) registered as an example of UNESCO Intangible Cultural Heritage! [MAFF]

Let's Take a Close Look at Food Labels

In general, processed foods, whether boxed, bottled, bagged, etc., have various kinds of information printed on their packaging. Have you ever looked closely?

Let's take a look at what's printed on food packages.

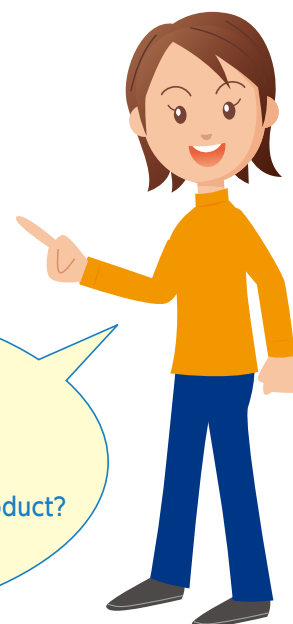
Product name:	Vienna sausage
Ingredients:	Pork (U.S., Japanese, Danish), lard, protein hydrolysate, reduced sugar syrup, salt, spices/flavorings (MSG, etc.), phosphates (Na, K)...
Weight:	150g
Expiration date:	September 30, 2019
Storage:	Keep at 10°C or below.
Manufacturer:	○○○ Food Company +AK ×××-△△△, Chiyoda Ward, Tokyo

Nutrition facts:	per 100g
Energy:	321kca
Protein:	13.2g
Fat:	28.5g
Carbohydrate:	3.0g
Sodium chloride equivalent:	1.9g



Can you answer these questions?

- What is the product's name?
- How much food is in the bag?
- What company manufactured this product?
- How much protein is in the food?



What is the difference between Use By Date and Sell By Date?

Use By Date

The information is displayed on perishable food products such as box lunches or prepared food. Food quality for unopened packages is guaranteed until the date.

Sell By Date

The information is displayed on nonperishable food products such as canned goods or snack foods. They need not be eaten immediately upon reaching the date.

※ Whether a product is labeled with a Use By Date or Sell By Date depends upon the food and how it has been preserved. It is only applicable to unopened packages. If the package has been opened, or if the food has been preserved in a nonstandard way, the food's quality or safety may decline before the posted date.

Food Allergen Labeling

Be sure to carefully read food labels to tell if any foods you are allergic to are included.

These 7 food allergens must be listed on a label if any of them are in a product

Prawns/shrimp, Crab, Wheat, Buckwheat, Eggs, Milk, Peanuts

It is suggested that these 20 food allergens be listed on a label if any of them are in a product

Abalone, Squids and cuttlefishes, Ikura, Oranges, Cashew nuts, Kiwifruit, Beef Cattle, Walnuts, Sesame, Salmons and trouts, Mackerels, Soybeans, Chicken, Bananas, Swine, Matsutake, Peaches, Yams, Apples, Gelatin

※ Labelling requirements for food allergens may change from time to time.

※ Alcohol products are not currently required to declare presence of allergens on their labels.

For more information



- Basic Things About Food Labelling to Know [CAA]

To protect your children, inform your their daycare center or school of any food allergies they may have.

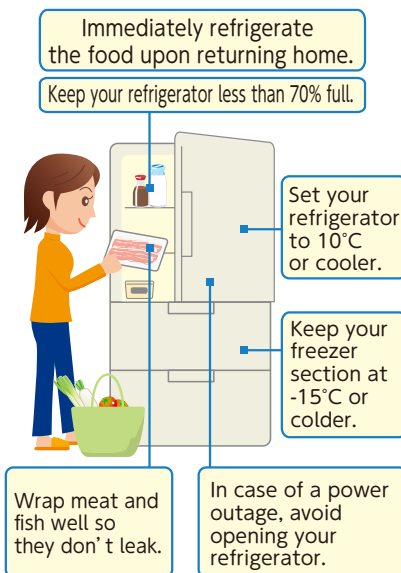
How Can We Prevent Food Poisoning at Home?

Six points for preventing food poisoning at home

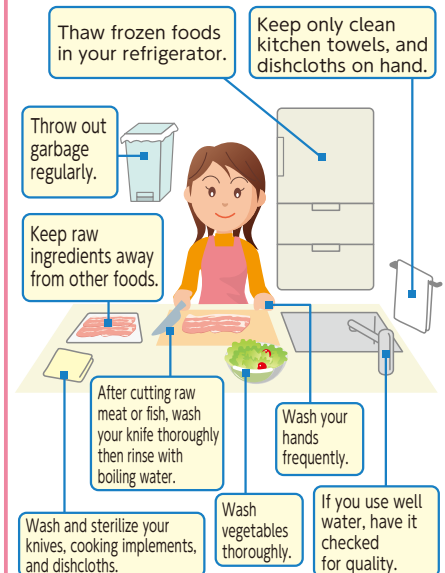
point 1 Buying food



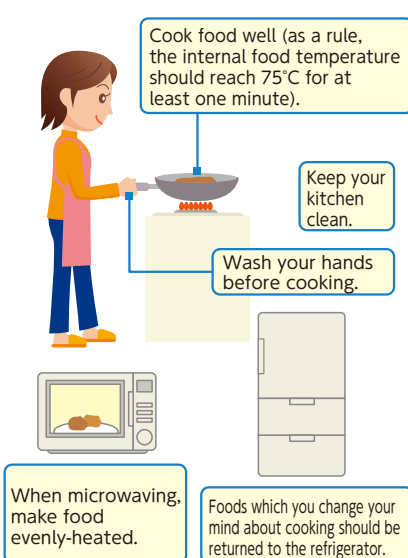
point 2 Storing food at home



point 3 Food preparation



point 4 Cooking



point 5 Eating



point 6 Leftovers



3 rules for preventing food poisoning

Avoid food poisoning by keeping away microorganisms that may cause it, not allowing such organisms to propagate, and fighting off any that are present.

For expectant mothers

Pregnancy weakens a woman's immune system leaving her more susceptible to food poisoning. Take extra care when washing fresh foods, cooking, and handling food.

For more information

- 6 points you can do at home to prevent food poisoning [MHLW]
- Advice for Pregnant Women [MHLW]