Volunteer Opportunity

Japanese Food Education Cooking Volunteers

Opportunity:

The Wa-Shokuiku Project (https://www.wa-shokuiku.org) is a new initiative from TABLE FOR TWO USA (*). Wa-Shokuiku combines the Japanese words “Washoku” which refers to Japanese food and, “Shokuiku”, food education. It is a 7-part series of classes on Japanese food and food culture for American elementary and middle school-age students. Our goal for the Wa-Shokuiku program is that students will be equipped with practical knowledge and skills regarding healthy eating, Japanese foodways, and best practices. The objectives are (1) to expand students’ palates by teaching how to prepare tasty and healthy dishes using washoku preparation techniques, (2) Include discussion about nutrition, manners, respect toward food and simple relevant Japanese words, and (3) introduce food related concerns, such as obesity and waste while discussing do-able daily actions inspired by shokuiku. Our instructors and volunteers will implement and teach the Wa-Shokuiku curricula in designated schools. They will help to introduce children to a cuisine and culture, which many are learning about for the first time. TABLE FOR TWO USA is seeking Wa-Shokuiku volunteers.

Please view these 2 videos of recent programs in New York City and Washington, D.C. to give you an idea of how the program is run.


Volunteer Responsibilities:

- Assist the Wa-Shokuiku Instructor in cooking and curricula implementation.
- Oversee and assist the safe participation of young student cooks.
- Encourage interest in Japanese food and culture.
- Coordinate with the Instructor and other key Wa-Shokuiku staff to gather information, data, and resources on the success of our programs through provided surveys.
- If you are unable to attend a session it is your responsibility to notify the Wa-Shokuiku coordinator as soon as possible and no later than 24 hours in advance of the class.

Contact: wa-shokuiku@tablefor2.org
Time Commitment:

- Approximately 2-2.5 hours per week for lesson preparation, travel time, class time, set-up and clean-up during program period duration.

About the Wa-Shokuiku Project:

- * TABLE FOR TWO USA (TFT) is a 501(C)(3) organization that addresses the opposite issues of hunger and obesity through a unique “meal-sharing” program. TFT partners with corporations, restaurants, schools and other food establishments to serve healthy, low-calorie, TFT-branded meals. For each one of these healthy meals served, a small portion of the cost is donated to provide one school meal for a child in need. In this way, TFT has served healthy meals to both sides of the "table" and helped to right the global food imbalance. TFT started in Japan and now operates in 14 countries. As one of the most well-known NPOs in Japan which is noted for the longevity of its people, TFT promotes Japanese healthy eating culture as well to tackle the critical health issues. Learn more at: http://usa.tablefor2.org