#EdamameChamp
全米枝豆選手権
What is #EdamameChamp?

#EdamameChamp is an annual CHOPSTICK SKILL COMPETITION to promote healthy eating through Japanese cuisine & to raise funds for providing food education programs to children.

Challenge! Pick and move edamame with chopsticks in 1 min!
Learn! Learn about "Soy" and healthy eating!
Donate! Donate to support our food education programs!

Dates 5 / 15 (Fri) ~ 7 / 7 (Tue)
The US Championship Finals 7 / 11 (Sat)

Organize your Own Online Events!
Who we are and Why #EdamameChamp?

WHO WE ARE  usa.tablefor2.org

TABLE FOR TWO USA (TFT) is a 501(c)(3) non-profit organization that addresses hunger and health issues related to unhealthy eating.

WHAT IS “Wa-Shokuiku”? www.wa-shokuiku.org

• As an NPO from Japan, TFT provides a unique Japanese-inspired food education program, “Wa-Shokuiku -Learn. Cook. Eat Japanese!”. American students learn about Japanese food and food ways through hands-on/online lessons. Our goal is to equip students with practical food knowledge and encourage lifelong healthy food choices.

• To support students, families and teachers, the Wa-Shokuiku online course have been provided for free during school closures due to Covid-19.

WHY #EdamameChamp?

Use a wide-reaching fun online activity to,

* Promote Healthy Eating through Japanese cuisine
  --- Soy is a key ingredient for Japanese food, healthy and yummy! ---

* Raise funds to provide Food Education opportunities to more students
How to Organize Online Events

You can organize online #EdamameChamp events through your school/organization via any online video conference platform

A) You can host your own online event using any virtual event platform

OR

B) We can host a Zoom event for you
(Please ask for availability and fees.)
What are Online Events like? (sample agenda)

**Part 1**
Presentation about SOY
We will make an interactive presentation about soy.

**Part 2**
Chopsticks Competition
Online participants will compete.

**Part 3**
Cooking Demonstration
We will hold demonstrations with recipes that use soy.

*Optional
Event Part 1: Learn about SOY!

Let’s learn about SOY! (10-15min)

It is healthy, yummy, and key ingredient for Japanese food!

You may choose between the following two programs:

A) Our instructors will make a presentation for your guests!

Using our original presentation slides and videos. Our Wa-Shokuiku instructor will collaborate with you to make a presentation about SOY. Please ask for availability and fees.

B) You can make presentations to your community!

Once you have registered, you will gain access to our original presentation slides and videos. Our presentation notes are included in the files, so you will be able to lead your own lessons by using our materials.
Event Part 2: Challenge the #EdamameChamp!

Let participants compete online! (10-20min)

What to prepare
1. A score sheet* or letter size paper
2. 25-50 Edamame (or any beans available)
3. Chopsticks

Move edamame in 1 minute!

1. Set a timer for 1 minute
2. Move edamame with chopsticks
3. Count edamame transported

The one who moved the most edamame wins!

Share Your Score by posting your movies/photos on SNS with #EdamameChamp

Donate! to support our food education
Text “EDAMAME” to 443-21

The winner of the each event will be invited to the US Championships on 7/11/2020

*Score sheet
Event Part 3: Cooking Demonstrations

Let’s cook an EDAMAME dish! (10-15min)

A) Our instructor will hold a cooking demonstration for your guests!

OR

B) You can hold your own cooking demonstration using our recipes!

*If participants prepare ingredients for a simple recipe like Zunda, they can cook along with an instructor during an event.

EDAMAME recipe samples
with edamame used for “chopsticks competition”

Soy products recipe samples
with tofu, miso, soy sauce, abura-age, etc.
How to Donate

DONATE!
to support “Wa-Shokuiku”
if you enjoyed the event!
Text “EDAMAME” to 443-21

Please encourage your participants to support the “Wa-Shokuiku” food education program during your event!

*Donation is not required to participate

There are two ways to donate

1 TEXT TO DONATE

Text “EDAMAME”
to 443-21
and get a link to donate online!

OR

2 INSTAGRAM & FACEBOOK FUNDRAISER

Facebook @tablefor2
Instagram @tablefor2_usa

Our response to COVID-19: Free online Wa-Shokuiku course

Our immediate focus has been on supporting children, families, and teachers finding the most impactful way to adapt our programs to stay healthy. And we started to provide our online food education program for free to those affected by school closures. We appreciate any support to continue bringing learning opportunities to children to strengthen their bodies and minds.
Click here to Register Your Organizations!

Registered organizations will be invited to the
DEMONSTRATION EVENT
5/15/2020 (FRI)
11AM~(PST) / 2PM~(EST)
Join us to see how the online event looks like!

Visit our campaign site
(launch on 5/5/2020)
www.wa-shokuiku.org/edamamechamp

Registered organization will
1) receive promotion material data,
2) get access to presentation slides
3) be listed on our campaign site
4) receive newsletters for more community engagement ideas
5) have opportunities to collaborate with other organizations
How to Post Your Score Online

Post Your Score
by posting your movies/photos on SNS to win the competition!
#EdamameChamp

Post Your Score!

1. Follow us on Instagram
2. Take a photo or a video while you take on the challenge
3. Post your challenge video/photo on Instagram
   with
   #EdamameChamp
   #score (*put your score)
   and tag
   @tablefor2_usa

The one who successfully moves the most edamame and posts the challenge video by July 7th will be invited to the US final on July 11th!
#EdamameChamp “The Grand Final”

The US Championship #EdamameChamp “The Grand Final” will be held on July 11th, 2020

Who will be invited to the finals?

1) From Registered Event
The winners (or runner-ups) from registered events

2) From General
The highest scoring individuals from each category who tag @tablefor2_usa with #EdamameChamp #score in the challenge video/photo posts by July 7th

Three categories × Two levels in the final

1: Elementary School
2: Middle & High School
3: Adult

A: Expert
(Who grew up using chopsticks)
B: Lerner
(Who didn’t grow up using chopsticks)
Why Soy?

Because Soy is...

1) **Key Ingredient for Japanese Food**
   - Used in a variety of foods such as soy sauce, miso and tofu.

2) **Healthy and Yummy!**
   - An important source of plant-based protein
   - High in nutritional value and low in saturated fat

3) **in Season!**
   - June 15th is the Edamame Day in Japan!
   - Edamame harvest is from May-June.
TFT focuses on the following three programs in the U.S.

1. **TABLE FOR TWO Meal-Sharing program**
   - **Original Meal-Sharing model**
   - TFT partners with corporations, schools, restaurants and consumer product companies, in designating a healthy “TFT Meal.” For every “TFT Meal” sold, $0.25 is donated to provide one healthy school meal in local schools in the U.S. and East Africa.

2. **#OnigiriAction - Change the World with Onigiri Rice Balls**
   - **Annual World Food Day campaign (Oct-Nov)**
   - TFT fans and supporters submit photos of their Onigiri (Rice Ball) related photos to the campaign website or their own social media with #OnigiriAction. Sponsoring companies will donate 5 school meals per photo submitted.

   - **Original Food Education Program**
   - American students learn about Japanese food and food ways through hands-on or online course. Our goal is to equip students with practical healthy eating knowledge and encourage lifelong healthy food habits.