

SOYBEAN: The Japanese Superfood

Tuesday, March 15th at 6:00pm ET

by **Table for Two USA**

Join us at 6:00pm on March 15th in the **Global Hub** and enjoy **free soy-based Japanese food!**

*This presentation is also available via Zoom. Please see QR code or link below to register



<https://tinyurl.com/PittTFT22>



Have you had edamame, tofu, miso or natto? They are all made from the Japanese superfood, soybeans. Learn all about soybeans and enjoy a cooking demonstration on bento, the famous Japanese lunch box, using all kinds of soy-based foods! For in-person participants, join a fun chopsticks competition using edamame, in support of TABLE FORTWO USA's #EdamameChamp food education campaign. Your attendance helps children learn to eat healthy. TFT's partner organizations donate 1 food education class for 1 child per participant.



About the Presenters



Mayumi Uejima-Carr is the President of TABLE FOR TWO USA (TFT), a non-profit organization that started in Japan with a mission to both tackle global hunger and health issues related to unhealthy eating. As the head of TFT in the United States, Mayumi has been leading unique award winning programs, "Onigiri (Rice ball) Action", "Wa-Shokuiku (和食育)-Learn. Cook. Eat Japanese!" and "#EdamameChamp" in the U.S., both featuring Japanese food culture to help tackle the critical health issues

Debra Samuels was the recipient of the Japan Society of Boston's 2020, "John E. Thayer III Award," for outstanding contributions to the progress of the understanding and friendship between the people of the United States and Japan. She leads the program content and curriculum development of TABLE FORTWO USA's Japanese inspired food education program, "Wa-Shokuiku-Learn. Cook. Eat Japanese!" She was a food writer and contributor to the Food Section of The Boston Globe and has authored two cookbooks: *My Japanese Table* and *The Korean Table*.