Dear TABLE FOR TWO USA Partners and Supporters,

Thank you for your generous support in 2018. We enjoyed working with all of you to bring many smiles to children around the world.

Ever since 2015, we have promoted healthy Japanese food culture as a pillar of our strategy. That focus has been very well received. In particular, we have been overwhelmed by the positive responses from K-12 students, teachers, parents, and community members to our Wa-Shokuiku curriculum. The program is quickly expanding beyond our expectations.

Through our Wa-Shokuiku curriculum, as well as Onigiri Action campaign, we made new friendships and partnerships from schools and community organizations to government agencies. I believe our unique programs will help us deliver many healthy meals around the world and generate opportunities for food education.

We seek to create lasting, sustainable change. To ensure that the future of our food education program, we trained more instructors this year. We also forged new partnerships with educational institutions, such as afterschool programs and the New York City’s Department of Education. To secure a continued supply of healthy schools meals, we build schools gardens in East Africa. Now those schools can source ingredients from their own gardens. Moving forward, we will continue to prioritize our efforts to implement programs that foster long-term, sustainable social impact.

At TABLE FOR TWO USA, we have fun, while making a difference. We look forward to working together in the coming year to continue providing fun and meaningful opportunities that help make the world a better place.

Sincerely,
Mayumi Uejima-Carr
Executive Summary

This report highlights our work to end hunger around the world, and to promote healthy eating in the United States.

THE REALITY

While about 1 billion go hungry, 2 billion suffer from obesity and other health conditions associated with unhealthy eating. TABLE FOR TWO seeks to tackle both sides of the global food imbalance by educating about healthy eating practices and providing nutritious meals to those in need.

OUR WORK

2018 was an exciting year for TABLE FOR TWO USA. We continued our commitment to one of our core priorities, providing healthy school meals to children in need in Africa and to students in underprivileged communities across the United States. Our meal sharing program and annual Onigiri Action social good campaign provided warm, nutritious meals to school children who might not otherwise have had access to a healthy lunchtime meal. Another one of our core priorities has been to build awareness and promote healthy Japanese eating. We launched our Wa-Shokuiku – Learn. Cook. Eat Japanese! program to share Japanese cuisine and bring food education to American students to promote a healthy and mindful appreciation of food. The response exceeded our expectations. We expanded and started to build new partnerships with government agencies like the New York City Department of Education.
Our Innovative Approach to Ending Hunger and Promoting Healthy Eating

TABLE FOR TWO began in Japan as a social entrepreneurial project aimed at improving the health of people all around the world. In 2010, TABLE FOR TWO USA was launched in New York to bring the innovative work of the organization so the United States.

OUR THREE CORE PROGRAMS

1. Meal Sharing – We partner with corporations, schools, restaurants, and consumer product companies to offer healthy, nutritious food options. A portion of sales, 25 cents goes towards providing a healthy school meal in areas of need throughout the world.

2. Onigiri Action – We invite people from around the world to join a social movement by posting photos of onigiri (Japanese rice balls) during the months of October and November. Every photo helps feed 5 children in need.

3. Wa-Shokuiku – Learn. Cook. Eat Japanese! – We designed and now implement the Wa-Shokuiku – Learn. Cook. Eat Japanese! curriculum to share Japanese cuisine (washoku) and bring food education (shokuiku) to American students to promote a healthy, vibrant, and mindful appreciation of food.
We partnered with corporations and organization to provide healthier options in cafeterias, restaurants, and vending machines for an extra $.25, which is donated to providing school meals in areas of need around the world.

**Genji Sushi Bar in Whole Foods Markets across the U.S.**

Genji Sushi Bar, which organizes sushi bars in over 160 Whole Food Market locations across the United States, created a custom “TFT Roll” with brown rice, quinoa, avocado, and cucumber.

**Calbee North America, Harvest Snaps Snack**

Calbee North America provided healthy snacks to events and schools. For every bag, Calbee donated 25 cents, enough to feed 80,000 children.

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**Meal Sharing Program**

**Highlighted Partnerships**

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*World Economic Forum Annual Meeting 2018, Davos, Switzerland*

We served a healthy lunch at this yearly gathering of economic leaders with the theme “Creating a Shared Future in a Fractured World.” A portion of the proceeds from the lunch helped to feed children in need.
Meal Sharing Program
Highlighted Partnerships

We partnered with corporations and organization to provide healthier options in cafeterias, restaurants, and vending machines for an extra $.25, which is donated to providing school meals in areas of need around the world.

Our partner BentOn Café introduced Bento On Demand, allowing customers to select healthy TABE FOR TWO choices from the items offered daily.

Vending Machine Program

Companies, organizations, and schools work with their vending machine contractors to provide healthier snack options. A portion of the proceeds from the healthy TFT Vending Machine is donated to supporting our programs.

Chef Hitomi Okuna (aka, groupiechic)
Donated portion of profits from Bento Boom Box created in the style of Japanese kaiseki-ryori cuisine.
Onigiri Action is our annual social good campaign. From mid-October to mid-November, every time someone takes a photo of a Japanese rice ball and posts with #OnigiriAction 5 meals are donated to children in need around the world. Since its launch in 2015, the Onigiri Action campaign has fed millions of children.

**201,023**
Nearly a quarter of a million photos were posted from around the world.

**1,050,000**
More than one million warm meals were provided to children in need.

**200%**
Nearly 200% more postings in 2018 compared to when the campaign was first launched in 2014.

**5,200**
Over 5,000 children could be supported with warm school lunches for an entire year.
Highlighted Partnerships

JAPAN-RELATED ORGANIZATIONS

We worked with Japan-related organizations to hold Onigiri Action events, and share about our annual social good campaign.


Women’s Leadership Conference by the Japan-American Society of Tennessee (Sponsored by Nissan North America)

Japan Foundation Los Angeles
Japan House
PRIVATE CORPORATIONS

Companies generously supported our events financially, as well as by donating products and ingredients. Even more, companies sent volunteers to make our events and success and join us in our efforts to make a difference.

1251 Office Building in NYC

Japan Day @ Central Park
Onigiri Action Campaign
Highlighted Partnerships

SCHOOLS

We worked with schools around the United States from grade schools to colleges to hold Onigiri Action events, where students could make a difference around the world while learning about Japanese food culture. In 2018, we were excited to partner with organizations like the Girl Scouts to hold events as well.

With Girl Scouts

With the Embassy of Japan and Washington, D.C. Public Schools
COMMUNITY ORGANIZATIONS

Every year, we continue to expand the reach of our Onigiri Action campaign by working with local libraries, community centers, and more to encourage even more people to join our effort to feed children around the world.

Anime Fest in New York City

Japanese Friendship Garden at Balboa Park (San Diego)  Tanaka Farms (Irvine)
#OnigiriAction

TABLE FOR TWO @ JAPAN FES
Our curriculum offers a Japanese-inspired food education for K through 12 students in the United States. Our program fills a gap in food education by teaching American students about the principles of Japanese food culture, as well as providing practical hands-on learning. In 2018, we worked with:

**Highlighted Partnerships**

**Afterschool Program Providers**

We worked with programs to teach children about healthy eating with engaging, hands-on activities.

**Community Organizations**

We expanded the program by hosting events introducing healthy, vibrant Japanese cooking workshops at libraries, community centers, local museum, and more.

**Government Agencies**

By working with government agencies, we introduced our program to public schools around the U.S.
We introduced our Wa-Shokuiku curriculum across the United States to equip American students with lifelong practical knowledge about one of the world’s healthiest diets and to encourage lifelong healthy eating habits.

**Girl Scout Troupe, Fort Lee, NJ**

We taught members of a Girls Scout troupe in Fort Lee how to make Japanese style Bento.

**Delicious Little Tokyo, Los Angeles, CA**

In Downtown Los Angeles, we demonstrated how to make beautiful, delicious, and nutritious bento boxes!

**Office of School Wellness Programs Conference, NYC Department of Education, New York, NY**

We were invited to present our curriculum to health and physical educators from New York City.

**Freer and Sackler Gallery, Smithsonian Institute, Washington, D.C.**

We held an “Onigiri as Art Workshop” where participants could explore their creativity while making rice balls.
Highlighted Classes and Events

Embassy of Japan, Washington, D.C., public schools, and Otafuku

At the Old Ambassador’s Residence – Embassy of Japan, a special guest from OtaJoy joined us to teach Washington, D.C. elementary students how to make Japanese okonomiyaki.

KID Museum, Washington, D.C.

Together with the Japan Information & Culture Center, Embassy of Japan, we hosted an onigiri workshop activity as part of Japan Day at the KID Museum.

Sanrio/Tanaka Farm, Irvine, CA

With Sanrio, we created a Hello Kitty-themed onigiri workshop at Tanaka Farms. Participants made Hello Kitty shaped onigiri from fresh vegetables!

Schools across the United States

We implemented our Wa-Shokuiku curriculum in elementary and middle schools across the U.S. to teach kids about healthy, fresh Japanese cooking.
OUTCOMES – Feeding children in need

Through our nonprofit organization partner Kageno and FISD, we provide meals to schools in Kenya, Rwanda, Malawi and Zambia. Students at schools with meals provided by TABLE FOR TWO show:

# of meals provided
2018: 7,950,000 meals
2007-2018: 64,780,000 meals

75% → 90%
Better Academic Performance

27% → 4%
Decreased health issues (% of students who have physical development problem)

Decreased Drop Out Rates

Children who eat properly in the school meals program increase concentration, enabling us to have longer classes. Students' grades have improved by about 20% compared to the ones before the school meals started. I feel happy when they do their best when studying.

Vincent (Teacher, Rwanda)

* The number of meals is total of number of meals provided through TFT International and TFT USA
OUTCOMES – Promoting Healthy Eating

TABLE FOR TWO USA provides healthy meals to 6 schools in the U.S., where the majority of students come from low income families with over 80% qualifying for free or reduced-price school lunches.

TFT USA provided total 145 Wa-Shokuiku food education classes to 1,835 students.

A healthy school lunch and food education supports:

44% → 80%

The percentage of students who could correctly identify a balanced meal nearly doubled from 44% to 80%.

31% → 94%

The number of students who reported confidence in their Japanese cooking ability nearly tripled up to 94%.

Improved performance on statewide tests
0.03 to 0.04 standard deviations higher
Thank you. We are excited for 2019!