ONIGIRI ACTION
CHANGE THE WORLD WITH “ONIGIRI” RICE BALLS

GETTING STARTED GUIDE
HOW TO GET INVOLVED IN ONIGIRI ACTION

TABLE FOR TWO
Thank you for your interest in ONIGIRI ACTION!

TABLE FOR TWO USA launch the ONIGIRI ACTION campaign every fall around October.

We are asking for your help to change the world with onigiri - Japanese rice balls!

Here are some tips on how to get involved in the campaign and how to plan your own ONIGIRI ACTION event!

Be creative and enjoy planning!

The very first step to get engaged with the campaign is to follow us on SOCIAL MEDIA to keep yourself updated!

and check out our website!

https://onigiri-action.com/en

https://usa.tablefor2.org/
1 in 6 American children may not know where their next meal is coming from.

In 2017, 40 million people struggled with hunger in the United States.

25¢ can provide a healthier school meal full of fresh fruits and vegetables to a student in the US
25¢ can provide a healthy school meal to one student in Africa

School lunch is critical to health and academic performance.
The goal of ONIGIRI ACTION is to make people post as many #OnigiriAction Photos as possible on the campaign website or social media.

2019’s ONIGIRI ACTION Campaign resulted in 295,398 #OnigiriAction photos submitted and 1,605,978 school meals delivered! That gave 8,000 children access to healthy school lunches for 1 year.

The more photos posted, the more school meals will be delivered to children in need! Your support makes more children happy!
How to Get Involved in the ONIGIRI ACTION Campaign

To get more #OnigiriAction photos

POST!
1) Take #OnigiriAction photos and post them!
   ➡️ see “POST” page

FOLLOW!
2) Like and share our social media to let more people know about the campaign!
   ➡️ see “FOLLOW” page

SHARE!
3) Help people around you post #OnigiriAction photos!
   ➡️ see “SHARE” page

ORGANIZE!
4) Plan your own #OnigiriAction event!
   ➡️ see “ORGANIZE” page

Be creative and find your way to support ONIGIRI ACTION!
### What is Counted as a #OnigiriAction Photo

<table>
<thead>
<tr>
<th>Real Onigiri</th>
<th>Onigiri Making</th>
</tr>
</thead>
<tbody>
<tr>
<td>What ever size or shape!</td>
<td>Before/during/after onigiri making!</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Photo Booth Props</th>
<th>Onigiri Pose / Hand sign</th>
</tr>
</thead>
<tbody>
<tr>
<td>Downloadable props available on the website!</td>
<td>Make an onigiri with your arms/hands!</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Craft</th>
</tr>
</thead>
<tbody>
<tr>
<td>Origami, paper craft, crochet, knitting, woodwork, etc.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Artwork</th>
</tr>
</thead>
<tbody>
<tr>
<td>Illustration, drawing, painting, collage, etc.</td>
</tr>
</tbody>
</table>

All these onigiri-related photos are counted!
When & Where to Post #OnigiriAction Photos

Please post your photos during the campaign
*The campaign period changes every year (around October)

A. From our campaign site

https://onigiri-action.com/en

You can add your location and your post is reflected on our world map!

B. From your social media accounts

The photos posted with #OnigiriAction on Facebook, Instagram, and Twitter are valid.

Get more likes by tagging or mentioning us!

facebook tablefor2  |  instagram tablefor2_usa  |  twitter tablefor2_usa

FAQ

Q. How can I make sure my photos are included in the campaign?
A. When you post your photos on Facebook, Twitter, or Instagram, simply include #OnigiriAction. That’s it! Every photo you post with #OnigiriAction will provide a school meal. Please also confirm that your privacy setting is "open to the public."

Q. Can I post multiple photos?
A. Of course! You can upload as many photos as you want!

Q. Can I post video?
A. No, video is not counted as a valid post. Please upload photos!
Why Social Media is so Important

Ever wonder how a school meal is donated by just posting a photo?

Because our generous sponsors contribute donations to fund this campaign.

The more attention the campaign gets on social media, the more generous sponsors will join us next year!

Follow #OnigiriAction and like/share #OnigiriAction photos!

Your action helps!
How to Get Others Involved

Please become our ambassadors!

You can also help us by encouraging your friends / colleagues / neighbors to participate in ONIGIRI ACTION!

Be creative and find your way to help our campaign!

Make onigiri and bring them to your school/office/gathering!

Download Photo Booth Props! and take photos with your friends

Make a craft onigiri and have your friend take photos of it!

Seeking Sponsors!

Do you know someone who might be our sponsor?

We are always looking for corporations to sponsor our Onigiri Action Campaign as it continues to grow every year. We promote sponsor businesses and provide volunteer opportunities for employees to make a difference in their local communities by holding Onigiri Action events. Interested in helping to sponsor Onigiri Action?

Please be in touch with us.
How to Organize an Event

Join us by organizing an **ONIGIRI ACTION Event**!

You can plan your own ONIGIRI ACTION event with:
- your school
- your work place
- your social groups
- your neighborhood, etc.

You can organize:
- Onigiri making class
- Food education classroom activity
- Obento making demo
- Onigiri craft class
- Panel discussion about food issue
- Onigiri Photo session, etc.

You can download materials for your event:
- **Onigiri Action Classroom Slides**
  (Including onigiri recipe & making video)
- **Video Material**
  (explaining the culture of rice and onigiri in Japan)
- **Onigiri Recipe**
- **How to Make Onigiri Photo Booth Props**
- **How to Make Crochet Onigiri stuffie**

**Register your organization now!**
Let us know once you set the date & content of the event.
We will share the tips of holding online events, the knowledge & materials we have.
How to Organize a virtual Event

You can host your own online event*
using any virtual event platform
Or we can host a Zoom event for you**
(Please ask for availability and fees.)

*) You can hold your own cooking event and make a presentation using our materials.
**) We can hold a cooking event and make a presentation for your guests!

Register your organization for more information!
https://form.jotform.com/202184798188166

Most events can go online!
- Onigiri / Obento making demo
- Food education classroom activity
  - Onigiri Fundraising
  - Onigiri craft class
- Panel discussion about food issue, etc.
Examples of Implemented ONIGIRI ACTION Events

Case #1 (age range: elementary to high school)

**ONIGIRI ACTION Activity** integrated into existing lesson on Japanese food

- Approximate Time: 45-50 minutes (extended for younger students)
- Brief intro to Japanese food culture and customs. Points of interest include: long versus short grain rice; the history of the rice ball as a food of convenience (like sandwiches); global issues of food security, food waste, and hunger.
- Students make, take and post photos of onigiri.
- Tip! Japanese rice sticks to plastic gloves. Pieces of regular plastic wrap, pre-cut and prepared on the students’ desks work better.

Case #2 (age range: kids to adults)

**Creative Onigiri Mini Cooking Class**

- 90-minute cooking class
- Sell tickets to interested participants in advance for $20 (including donation) per person.
- Participants make creative onigiri art using seaweed, furikake, vegetables, etc.
- Creative onigiri are ideal for encouraging people to pose and post photos. You can make character onigiri (Totoro, Hello Kitty, etc.), animal-shaped onigiri (panda, penguin, etc.), or anything you like!

Case #3 (age range: high school, could be adapted to other levels)

**Onigiri Fundraising**

- Since the students were not allowed to make onigiri at schools, volunteer parents made onigiri and students took photos with the onigiri and ate during the class.
- The teacher collected donation from the students and donated to TABLE FOR TWO to further provide school meals to children in need.
- Also its Japan club members raised funds by selling onigiri to the students and teachers.

Schools are not the only ones that can host an ONIGIRI ACTION Event! Be creative and plan your own event!
Q. Can I get financial support?

A. Please understand that we don’t have budget to fund your event nor offer cooking ingredients. Fundraising will be a part of your event planning. You may collect a participation fee from the participants or you may be able to find a local sponsor.

Q. Can you send instructors who can teach onigiri making?

A. Depending on the location and availability of our instructors, we might be able to send an onigiri making instructor. We would ask you to provide small honorarium and travel expense for an instructor. Please consult us if you are looking for onigiri making instructors. Almost every Japanese know how to make onigiri, so you may ask a Japanese around you to have a class. Otherwise, you can also teach a class using Onigiri Action Classroom Slides!

Q. Do I have to apply in advance to organize an event?

A. You can organize your event by yourself and it is not necessary to report/register the events. We will give you helpful planning tips and presentation materials, etc. Please register your organization from the link below for more information.

Register your organization!
https://form.jotform.com/202184798188166

Check our website or contact us if you have further questions!
1) Get ONIGIRI ACTION merch!  https://www.bonfire.com/store/tablefor2

Your T-shirt purchase* will provide 30 school meals to children in need!
*All profits go to provide school meals to children in need. For example, when you purchase one item, 30 school meals will be provided, which means you can feed one child for a whole month.

![Merchandise Examples]

For your team! As onigiri making contest awards!

2) We appreciate your donation!

You can also support our cause directly by donating. Your 25 cents can provide a healthier school meal full of fresh fruits and vegetables to a student in the US or a healthy school meal to one student in Africa.

Text **ONIGIRI** to 44-321 to get a donation link!

Or visit  [https://secure.givelively.org/donate/table-for-two-usa/onigiri-action](https://secure.givelively.org/donate/table-for-two-usa/onigiri-action)

$10 = provides 40 meals, which feeds two children for a month.
$25 = provides 100 meals, which feeds five children for a month.
$50 = provides 200 meals, which feeds one child for a whole school year.
$100 = provides 400 meals, which feeds two children for a whole school year.
TABLE FOR TWO USA (TFT) is an award-winning 501(C)(3) organization. First established in Japan in 2007, the organization has expanded to 14 countries, including the United States.

In our world of 7 billion, 1 billion are hungry, while 2 billion suffer from obesity, diabetes, and other health issues. In the U.S., 12 million Americans children (One sixth of the total US child population) live in food insecure households. **TABLE FOR TWO USA rights this global food imbalance by promoting healthy eating and providing healthy school meals and food education to children in need.** As one of the most well-known NPOs in Japan, a country known for the longevity of its people, we promote healthy Japanese eating culture as a framework to tackle these critical issues.

The Onigiri Action Campaign highlights the making of onigiri as a reflection of the organization’s Japanese roots. Onigiri - or rice balls - are simple comfort food made with love for someone special. During the campaign, TFT supporters post onigiri photos to our websites and social media accounts using #OnigiriAction. For each photo posted, our sponsors will donate a school meal to children in need.

We also run the “Wa-Shokuiku: Learn. Cook. Eat Japanese!” program. It offers a Japanese-inspired food education curriculum for K-12 students in the United States. Please contact us if you are interested in learning more!
How to Make **ONIGIRI**

Watch “How To Make Onigiri” Video!

Download Onigiri Recipe for details!

**Simple steps for cooking rice!**

1. Measure
2. Pour
3. Wash
4. Swish
5. Drain
6. Soak
7. Cook
8. Steam

**Simple steps for making onigiri!**

1. Let cooked rice cool in a small bowl!
2. Sprinkle a little salt on the plastic wrap!
3. Mold the rice into a triangle or ball!
4. Wrap the seaweed around the rice or decorate as you like!
ONIGIRI ACTION

Capture a screenshot on Zoom and Post It!

Download Zoom Background!
https://usa.tablefor2.org/onigiri-action

Download Snap Camera Lenses!

For Snap camera: Copy lens links below and paste it into the search bar in Snap Camera.

How do I use Snap Camera with Zoom?

For Snapchat: Scan Snapcodes below!

How to scan a Snapcodes?
ONIGIRI PROPS Vol.1

“GIANT RICE BALL”
“巨大おにぎり”

1. Print on thick paper or card stock
2. Cut out along the outside lines
3. Take a photo, and post it!

POST YOUR PHOTO!
#OnigiriAction
EVERY PHOTO POSTED PROVIDES 5 SCHOOL MEALS TO CHILDREN IN NEED

POST YOUR PHOTO!
#OnigiriAction

ONIGIRI ACTION
EVERY PHOTO POSTED PROVIDES 5 SCHOOL MEALS TO CHILDREN IN NEED

ONIGIRI PROPS Vol.2
ONIGIRI PROPS Vol.3
“RICE BALL MASK”
おにぎりメガネ

1. Print on thick paper or card stock 
   (or print on regular paper and paste onto thin cardboard)
2. Cut out along the outside lines
3. Cut out holes for the eyes
4. Wear them, take a photo, and post it!

More downloadable props coming soon!
Follow us on social media for the information!