



TABLE FOR TWO USA

ANNUAL REPORT 2020

TOWARDS A WORLD OF HEALTHIER EATING

Healthy School Meals &
Food Education for All Children

A Letter from the President

Dear TABLE FOR TWO USA Partners and Supporters,

We appreciate your continued support for TABLE FOR TWO USA in 2020. Thanks to your generous support, we brought many smiles to children around the world by providing nutritious school meals and food education opportunities.

In response to COVID-19, we immediately provided our online Wa-Shokuiku -Learn. Cook. Eat Japanese! course, free of charge to support students, families, and teachers. And, we started online live Wa-Shokuiku classes as well. We found the flexibility of the program and allowed us to reach a total of 2,506 students in 2020.

We also launched a new spring campaign #EdamameChamp to promote healthy eating through Japanese cuisine focusing on SOY & to raise funds for teaching healthy eating to more children. We partnered with various organizations and held 22 online events in only a month and half.

Lastly, thank you to everyone who participated in the 6th Annual #OnigiriAction 2020. It was a huge success and we are grateful to all. We reached the maximum number of school meals supported from this campaign on the last day, thanks to your participation and that of our generous partner organizations. Thanks to 202,143 total photo posts - 900,000 school meals were delivered to children in need.

We continue to forge new friendships and partnerships with schools, community organizations, corporations and government agencies. Let's continue working together in the coming year to provide more fun and meaningful opportunities that lead toward a world of healthier eating!

Sincerely,
Mayumi Uejima-Carr



TABLE FOR TWO USA ANNUAL REPORT 2020

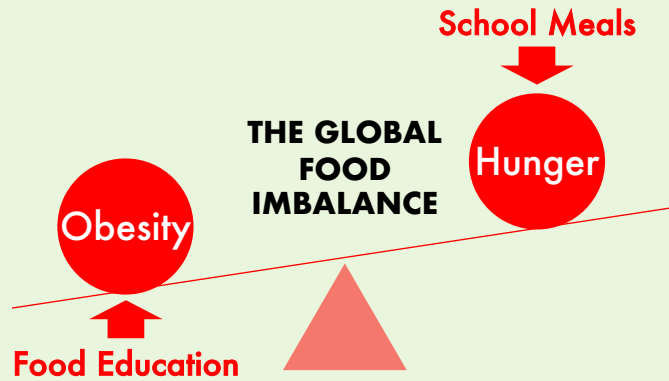
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OUR MISSION



Eliminate Global Hunger

TABLE FOR TWO USA seeks to tackle both sides of **the global food imbalance** by providing **SCHOOL MEALS** and **FOOD EDUCATION** to those in need.

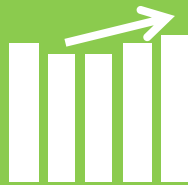


& Reduce Obesity
and health issues related to unhealthy eating

Hunger



While about **1 billion** go hungry,



Increasing

Globally more than 820 million people faced hunger in 2018. A three year consecutive increase since 2015.



42
million

In 2020, 42 million people struggled with hunger in the United States.

1 in 6
Children

1 in 6 children may not know where their next meal is coming from.

Obesity



2 billion suffer from obesity

and other health conditions associated with unhealthy eating.



Adult population with a BMI of 25 or higher increased from 4.7 billion in 1975 to 19.5 billion in 2015



1 in 5

Children

The prevalence of obesity was 20% in children aged 6-19 in 2017- 2018

42%

Adults

The prevalence of obesity was 42.4% in adults over 20 years old in 2017- 2018

NCHS Data Brief No360 February 2020, Web accessed May 24, 2021.

2020 AT A GLANCE



Achievement in 2020

School Meals

More than
5.6M
school meals

were delivered to children in need in 2020 (International*).

ONIGIRI ACTION

About
200K
photos

were posted during the campaign (International*).

Wa-Shokuiku

2,506
people

participated in our Wa-Shokuiku program.

School Gardens

770K
School meals

were delivered to children through the sustainable school garden project.

ONIGIRI ACTION

900K
school meals

were delivered to children in need (International*).

Wa-Shokuiku

153
classes/events

were provided all over the US.

School Meals

More than
81M
meals

were delivered to children in need since 2007 as of Dec. 2020 (International*).

ONIGIRI ACTION

More than
80
schools

from elementary school to university participated in the US.

Wa-Shokuiku

**Started
Online
Live Class**

Wa-Shokuiku online live classes were launched in 2020.

* The number of meals is total of number of meals provided through TFT International and TFT USA

Charity Concert for TABLE FOR TWO

**Ms. Mitsuru Claire Chino organized
a fantastic charity concert
for TABLE FOR TWO
at Carnegie Hall on January 20, 2020.**

The recital was completely sold out (all 266 seats), and Ms. Mitsuru Claire Chino generously donated all the proceed (\$7230.00) to TABLE FOR TWO. We can't thank her enough for all of her kindness. We will continue our work to provide healthy school meals and food education to children in need to bring many more smiles.



Our Response to COVID-19

The Need for Initiatives to **Promote Healthy Eating and Prevent Obesity** in Childhood is growing.



The Impact of Obesity

People with obesity and associated diseases tend to become sicker and are more likely to die when COVID-19 strikes.



The Importance of Healthy Eating

The importance of good nutrition is even more important because a well-balanced diet of nutritious foods help support a strong immune system.

Our Actions to Promote Healthy Eating and Prevent Obesity

Our immediate focus has been on supporting children, families, and teachers finding the most impactful way to adapt our programs to **stay healthy**.

To support them, we brought **learning opportunities** to **strengthen their bodies and minds**.

1

Free Online Wa-Shokuiku



We offered free online on-demand course during school closures.

2

Online Live Wa-Shokuiku



We have been providing online live courses since April 2020.

3

#EdamameChamp Campaign



We organized 22 virtual events nationwide to raise awareness of healthy eating.

OUR PROGRAMS



Programs & Campaigns

School Meals

Year Around

1. Meal-Sharing Program



TFT partners with corporations, schools, restaurants and consumer product companies, 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.

Autumn Campaign

2. ONIGIRI ACTION



TFT fans and supporters submit photos of their Onigiri related photos to the campaign website or their own social media with #OnigiriAction every fall. Sponsor companies donate 5 school meals per photo submitted.

Food Education

Year Around

3. Wa-Shokuiku

Learn. Cook. Eat Japanese!



Wa-Shokuiku – Learn. Cook. Eat Japanese!- is a unique food education program targeting American students. Children will learn about Japanese food and food ways through in-person / online activities to strengthen their bodies and minds.

Spring Campaign

4. #EdamameChamp



#EdamameChamp is our newly launched campaign to promote healthy eating through Japanese cuisine focusing soy and to raise funds for teaching healthy eating to more children.



1: Meal Sharing Program

We partnered with corporations and organization to provide healthier options in cafeterias, restaurants, and vending machines. Twenty-five cents from the proceeds are donated to provide school meals in areas of need.



Highlighted Partnerships



Genji Sushi Bar

in Whole Foods Markets across the U.S.

Genji Sushi Bar, which organizes sushi bars in over 160 Whole Foods Market locations across the US, created a custom "TFT Roll" with brown rice, quinoa, avocado, and cucumber and "TFT Happy Bento".

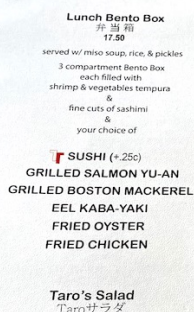


Calbee North America Harvest Snaps Snack

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

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.



Bento (BentOn)

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

Sushi (Sushi Taro)

When you dine at Sushi Taro, Michelin-starred restaurant in DC, and order a sushi lunch bento box, 25 cents is donated. We participated together in Shinshun Matsuri in January.

Impact of Meal Sharing Program

Through our collaboration with partner organizations, we provide meals to schools in East Africa and local communities in the U.S.

of meals provided

2020: **5.6 million** meals

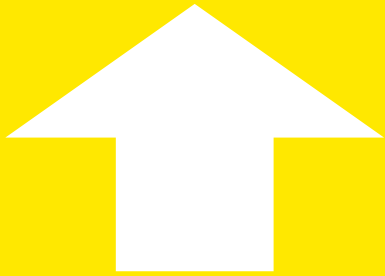
2007-2020: **81 million** meals

*The number of meals is total of number of meals provided through TFT International and TFT USA

*TFT USA supports providing school meals in Kenya and Rwanda in East Africa and the U.S..



Graduation Rates



60% → 100%



Health Issues

27% → 4%



(% of students who have physical development problem)

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)





2: ONIGIRI ACTION

Onigiri Action is our fall annual social good campaign. Since its launch in 2015, the Onigiri Action campaign has fed millions of children in need around the world.



How ONIGIRI ACTION Works

Every time someone takes a photo of a Japanese rice ball and posts with #OnigiriAction during the campaign,

Five School Meals are Donated to Children in Need

by Our Sponsoring Organizations.



**Enjoy Onigiri!
And take photos!**



**Post your photos on our website
or on your SNS with
#OnigiriAction**

THANK YOU!



**School meals are
delivered to children in need
through TABLE FOR TWO**

New Feature in 2020



ONIGIRI ACTION KIT

We launched "ONIGIRI ACTION KIT" that included basic ingredients and materials to make onigiri as part of our Japanese inspired food education class for students. Kits were provided through the new partnership between TFT USA, The Ministry of Agriculture, Forestry and Fisheries of JAPAN (MAFF) and The Japan External Trade Organization (JETRO) Los Angeles.

Impact of ONIGIRI ACTION



Just in 31 days of 2020 campaign,

202,143

Onigiri Photos

were posted, and over

900,000

School Meals

were delivered, and more than

4,500

children

could be supported
with warm school lunches
for an entire year.

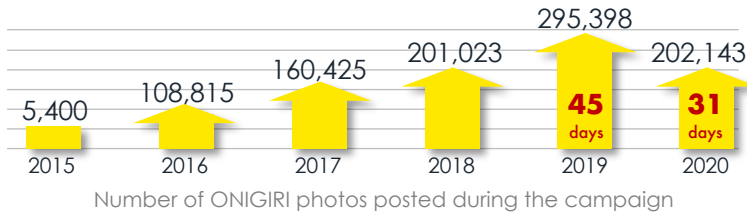


Impact of ONIGIRI ACTION



Point 1

Over 200,000 photos posted just in a month!



Same pace as last year, even among COVID19 pandemic

Point 2

Participants from all over the US



More than **80 schools** from elementary schools to universities in the US

Point 3

Sponsoring organizations from various fields



Highlighted Partnerships

JAPAN-RELATED ORGANIZATIONS

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

Photo: (Left) Japan Foundation LA (Right) JCAW & Bishop John T. Walker School for Boys



CORPORATIONS

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

Photo: (Left) MUFG Union Bank, N.A., (Right) Sumitomo Corporation



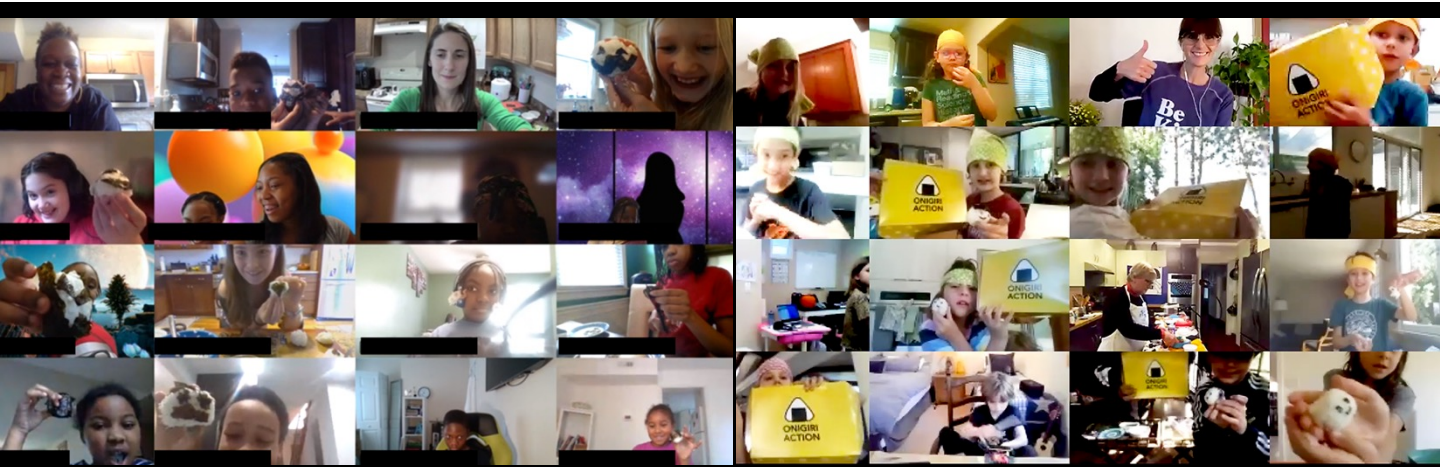
Highlighted Partnerships



SCHOOLS

We worked with schools around the United States from elementary schools to colleges to hold Onigiri Action events, where students could make a difference around the world while learning about Japanese food culture.

Photo: (Left) Collaboration with DCPS schools (Right) Wonderland with OA Kit



COMMUNITY ORGANIZATIONS and MORE

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.

Photo: (Left) Harvard Reischauer Institute (Right) JETAA





3: Wa-Shokuiku

Wa-Shokuiku - Learn. Cook. Eat Japanese! is a unique Food Education Program in which American students will learn about healthy eating through Japanese food, known as one of the world's healthiest diet.



Unique Wa-Shokuiku Program



Learn

Students learn about each topic



Cook

cook a few recipes to prepare a bento box



Eat

and enjoy eating!



Our Goal

Our goal is that students will be equipped with practical knowledge and skills regarding

Healthy Eating Habits

to

Strengthen their Bodies and Minds

And prevent obesity and other health issues related to unhealthy eating.

Wa-Shokuiku combines two Japanese words

和食

WA SHOKU
= Japanese food

Why Japanese Food Education?

1 in 5
Children

We promote healthy eating by providing **“Wa-Shokuiku” Japanese-inspired food education**, targeting students in the US, where about **1 in 5 children has obesity**.

Students will learn Japanese cooking, balanced diet, nutrition, manners,

Various Japanese Recipes

- Rice (Onigiri rice balls)
- Seafood & Seaweed (Tuna roll)
- Vegetables (Vegetable CHA-HAN)
- Soy Products (INARI-Sushi)
- B-class Cuisine (Ramen, Okonomiyaki)
- Japanese School Lunch (Nikujaga)
- Sweets (Dorayaki, Anmitsu)



“Japanese food” & “food education.”

+

SHOKU IKU
= food education

食育

Balanced Diet & Longevity

Japanese food, which has been registered as a UNESCO Intangible Cultural Heritage, is known as one of the healthiest diets in the world and is of great interest to people.

Shokuiku Experience

Japan is the only country in the world to implement the "Basic Law of Shokuiku" and have food education as a mandatory curriculum to cultivate a healthy mind and body.

Rich Food Culture

In Japan, food education has multiple levels, not only eliminating obesity, but focusing on gratitude for food, inheritance of a rich food culture, and solving food-related problems in the world.

respect towards food, hygiene, food-related issues, and much more.

Japanese Food Culture & Concepts

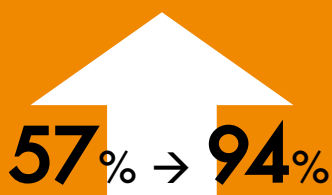
- **5 colors** (balanced meal)
- **Harahachibu** (eat to 80% full)
- **Itadakimasu** (appreciation for food)
- **Mottainai** (importance of not wasting)



Impact of Wa-Shokuiku

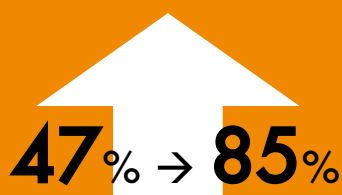
of Wa-Shokuiku class/event provided in 2020

153 classes/events
2,506 students



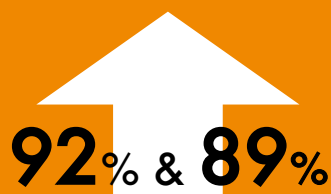
Identify a Balanced Meal

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



Confidence in Cooking

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



Understanding on Itadakimasu & Mottainai

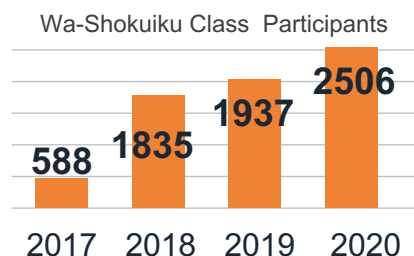
93% of the students understand the meaning behind the concepts of appreciation towards food "itadakimasu" "gochisosamadeshita".
99% of the students understood mottainai concept.

Impact of Wa-Shokuiku



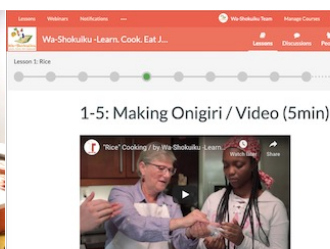
Point 1

The program has been reaching about 7,000 students just since the launch!



Point 2

Flexible model
(in-person, online live, online on-demand)



Point 3

Events with popular venues & organizations



Photo: (Left) Japanese Food Expo, (Middle) Kid Museum with the Embassy of Japan (Middle and Right)

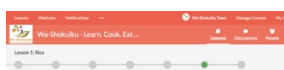
New Feature in 2020

Free Online On-Demand Program for support during the pandemic

The Wa-Shokuiku online on-demand program is designed for students studying by themselves at home.



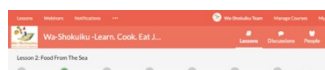
The on-demand program consists of 6 lessons and each lesson has 10 units. Students can learn at their own pace. Each lesson contains fun educational videos, which were well received and helped engage the students.



Test Your Knowledge



Here are some questions based on what we have studied in this unit on RICE. And of course, quiz results are not shared. Like polls and surveys, they are private. Let's see how you do!



2-2: "Food From the Sea" Cookoff! / Video (7m-)



Launched Online Live Course

The Wa-Shokuiku online live course is designed for students studying interactively at home.

We partner up with major online live class providers (Outschool, Baroody Camp, etc.), schools and after school classes.



New Sessions

Sweets 2

Tofu Shiratama

Learning about an appropriate way to enjoy sweets through Japanese sweets



Sea 2

Salmon Teriyaki Bowl

Exploring different types of common sea products found in Japanese food



Bento 2

Tri Color Bento

Learning about Japanese Bento and balanced meals



Winter

Nabe

Learn about seasonal food and traditions





4: #EdamameChamp

#EdamameChamp is a campaign to promote healthy eating through Japanese cuisine focusing on soy and to raise funds for providing food education opportunities to children.





We partnered up with **various organizations** and held **22 virtual #EdamameChamp virtual events** in a month and half from May 15th to July 7th 2020.

Our Partners: JICC, Embassy of Japan, ITOCHU International, Japan-America Society of Washington DC, The Japan Foundation LA, Sushi Chef Institute, Japan America Society of Colorado, US JETAA, National Japan Bowl, Gen-J, Novi Library, Belle Isle Conservancy, etc.

How #EdamameChamp Works

TWO WAYS TO PARTICIPATE

1

Join Virtual Events

to challenge your chopsticks skills using edamame and learn all about soy and cooking!



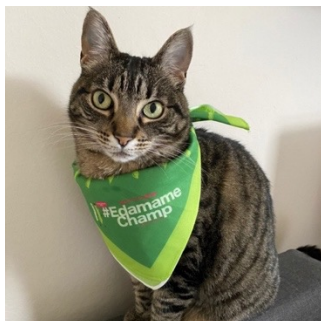
2

Join Soy Photo Challenge

Participants find "soy" related food and post on Instagram or Facebook with the hashtag #EdamameChamp.



WINNERS GET PRIZES



How #EdamameChamp Works



**Have fun with challenges,
learn about soy and
support our mission of
teaching healthy eating to more children
for a healthier world!**



**1 participant or
1 photo posted = Food education
for 1 child**

Our partner organizations donate
based on the number of
#EdamameChamp event participants and
#EdamameChamp photos posted.

OUR STORY



Kristina. F, Parent of a student



“AMAZING class! I’ve never much liked cooking classes, but this one was interesting and so much fun to do with my kid! It was interesting to cook so many different types of food and not just common ones. All the ingredients for every week of the class were given to you at the beginning, including measurements of each so you were always prepared. The pacing was perfect for kids and the fun videos and information that went with each week was a great addition! They talk to each kid individually about their dishes as they are making them, so you feel apart of the class. My kid and I enjoyed every minute together making food from our favorite country!”

Andrea. G, Parent of a student

This was a great class. The short introduction to ethnic foods, Japanese culture, and nutrition was really nice. The process was a joy and the final product was delicious!



2nd grade teacher

“Thanks so much for providing an exciting and enriching experience!”

“Thank you! It was a great experience for us –we enjoyed it a lot. I did get a few notes from parents with photos of their kids expressing how much they enjoyed it.”

5th grade teacher

“You did a fantastic job teaching the workshop. One of my students asked today if we were going to be having it every week. LOL! Thanks so much and take care!”

Sustainable School Garden Project

At the schools we support in Malawi, Zambia and Tanzania, innovative sustainable school gardens with irrigation pumps powered by solar energy have been built. Schools along with community members can grow vegetables and maize and sell the crops to purchase enough maize for school meals. Plus, children and community members can learn about agriculture practices, food, nutrition education and environmental conservation.





SUSTAINABLE DEVELOPMENT GOALS

17 GOALS TO TRANSFORM OUR WORLD



School meals provide a chance to acquire knowledge to get out of poverty



We try to end hunger by providing school meals to children in need



We teach how to eat healthy and provide balanced school meals



Providing school lunches increases the school attendance rate



Donating to schools in need reduces inequality



Refuse-derived fuel is used to prepare school meals to protect the forest



Internationally, we partner with about 1,000 organizations

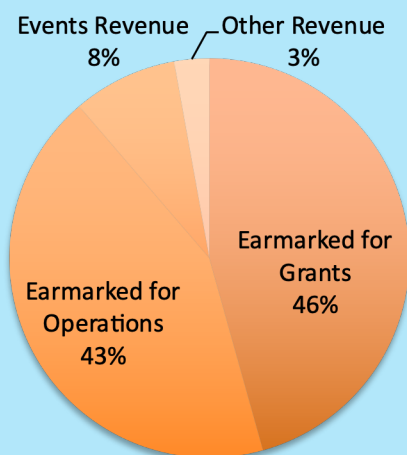
We are achieving
7 of
17 goals
of
SDGs
through our
activities

FINANCIAL



Financial Information

INCOME



Earmarked for Grants
\$160,000

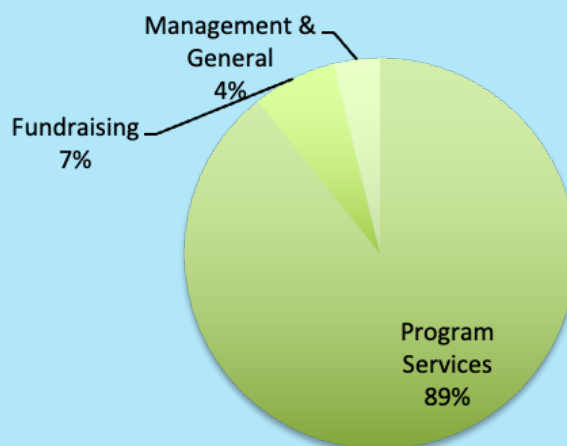
Earmarked for Operations
\$150,781

Events Revenue
\$29,605

Other Revenue
\$9,911

Total \$350,297

EXPENSES



Program Services
\$283,977

Fundraising
\$22,092

Management & General
\$12,191

Total \$318,260

*This is preliminary data and final data will be published after the financial review is completed.

THANK YOU SO MUCH FOR YOUR SUPPORT

Companies generously supported our events financially, as well as by donating products and ingredients, and volunteers to help make our events successful in our efforts to make a difference.

Our Partners

Sponsoring Organizations



Implementing Partner Organizations



Embassy of Japan, Japan Foundation Los Angeles, The Ministry of Agriculture, Forestry and Fisheries of JAPAN (MAFF), The Japan External Trade Organization (JETRO) Los Angeles, Japan-America Society of Washington DC, National Geographic, NYC Department of Education, Sanrio-Tanaka Farms, Children's Museum of Manhattan, Japanese Friendship Garden, Japanese Exchange and Teaching Program, HAA, JAA, Consulate General of Japan in New York, Mitsui, U.S.-Japan Council, NY JA Lions Club, and NY de Volunteer, University of Texas at San Antonio, Baroody Camps, Baltimore Sister Cities, Harvard Reischauer Institute, Japan America Society of Colorado, US JETAA, National Japan Bowl, Gen-J, Novi Library, Belle Isle Conservancy

Supporters

Hakubai, Taco Grill, Walt Whitman High School, Paros Verdes Peninsula High School, Thomas Jefferson High School for Science and Technology, Globalize DC, Misaki Harada, Melanie Dair, John Lee, Nancy Castro

ABOUT US

TABLE FOR TWO was initiated by and is an official affiliate of the World Economic Forum's Young Global Leaders. As a non-profit organization which started in Japan and has expanded globally, TABLE FOR TWO USA has started the unique programs, Onigiri Action and Wa-Shokuiku -Learn. Cook. Eat Japanese!- featuring Japanese food culture to tackle the critical health issues.



Japan SDGs Award ceremony held at the Prime Minister's Official Residence

Timeline

2020

#EDAMAMECHAMP LAUNCHED

TABLE FOR TWO launches the #EdamameChamp campaign, an annual social good campaign to help more children learn to eat healthy.

2019

RECEIVED TWO PRESTIGIOUS AWARDS FROM THE JAPANESE GOVERNMENT

The ONIGIRI ACTION campaign received the Deputy-Chief's Award at the third Japan SDGs awards ceremony held at the Prime Minister's Office. TFT also received the 71st "Health and Culture Award" from the Ministry of Health, Labor, and Welfare. Honoring the award, TFT was invited to an audience with their Majesties Emperor and Empress.

2017

WA-SHOKUIKU PROGRAM LAUNCHED

In schools across the United States, we launched our Wa-Shokuiku – Learn. Cook. Eat Japanese! program to bring Japanese-inspired nutrition and cooking education to American students.

2015

ONIGIRI ACTION LAUNCHED

TABLE FOR TWO launches the worldwide "Onigiri Action" campaign, an annual social good campaign to feed children in need by taking a photo.

2013

SCHOOL MEALS PROVIDED IN USA

TABLE FOR TWO USA began partnering with local schools to provide healthy school options to American students.

2010

TABLE FOR TWO USA STARTED

TABLE FOR TWO USA was launched in New York. A launch event was held at Columbia University featuring Professor Jeffrey Sachs.

2008

MEAL SHARING PROGRAM LAUNCHED

The first TABLE FOR TWO Meal Sharing program was launched in Japan.

2007

TABLE FOR TWO STARTED

A group of young global leaders met at "Forum of Young Global Leaders" established by the World Economic Forum to begin developing the concept for TABLE FOR TWO.

Our Team

Executive advisor

Professor Jeffery Sacks

Director of the Earth Institute;
Quetelet Professor of Sustainable
Development at Columbia
University; Special Advisor to UN

Ambassador Motoatsu Sakurai

Former President of Japan Society New
York; Former President of Mitsubishi
International Corporation; Former
Ambassador and Consul General of
Japan in New York

Board of Directors

Satoru Murase

Partner, Mayer Brown LLP

Masahisa Kogure

Executive Director, TF International

Atsushi Kuromatsu

President, Mitery Associates

Hideharu Kojima

Managing Director, KPMG

Fumitsugu Tosu

Programme Officer, UN World Food Programme

Daniel Goldstein

Business Development, Yamamotoyama

TABLE FOR TWO International: Founders

James Kondo

President, Asia Pacific Initiative Foundation;
Chairman, International House of Japan;
Co-Chair of World Economic Forum

Motohisa Furukawa

Member of the House of Representatives

Nobuo Domae

Former Group Executive Vice President at
Fast Retailing Co., Ltd.

Keiichiro Asao

Former Member of the House of
Representatives

Syokei Suda

President of Enigmo Inc.

Kohey Takashima

President of Oisix ra daichi Inc.

Kumi Fujisawa

Co-Founder of SophiaBank

Chikara Funabashi

Chairman of WILL Seed Co. Lt

Kota Matsuda

Founder of Tully's Japan

Our Team

Core Members

Mayumi Uejima-Carr
Debra Samuels
Merry White
Nazumi Takeda
Sanae Uchinaka
Miwako Felix
Torie Silverstone
Daiei Onoguchi
Chie Abe

President of TABLE FOR TWO USA
Curriculum Development
Academic Consultant
Program Coordination
Communications Planner
Partner Development & Program Coordination
Communication
Online Curriculum/Video Design
Nutrition Curriculum Development

Advisors

Masa Kogure
Katsura Omori
Koji Otani
Chef Andy Matsuda
Chef Nobu Yamazaki

Executive Director, TABLE FOR TWO International
Professor at Yamagata University in Japan
Teacher at Thomas Jefferson High School
Sushi Chef Institute Owner
Sushi Taro Chef

Instructors & Class Assistants

Yumiko Tarr, Junko Stuart, Hiroko Deegan, Takako Taniwaki, Yu McKinster, Yuka Seyama, Nodoka Hiromoto, Chisato Kinoshita, Misa Amano, Seiko Nishida, Yumi Komatsudaira, Noriko Imura, Atsuko Namaki, Kana Koide, Setsu Matsuda, Joshua Evan Schlachet, Yukiko Sato





THANK YOU
SO MUCH FOR YOUR
SUPPORT

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<https://usa.tablefor2.org/>