



1. October is Food Waste Reduction Month!

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Food loss refers to “still edible food that gets thrown away”. In October of 2019, the Act on Promoting Food Loss Reduction was enacted, creating Food Loss Reduction Month (October) and Day (October 30th).

How to Prevent Food Loss:

- **Only buy what you need.**
Try making a shopping list before heading out.
- **Don't over-order at restaurants**
Certain “Shizuoka Tabekiri Collaboration Restaurants” offer smaller portions on their menus.
- **Make sure to pick from the front of the shelf when buying food to be eaten immediately.**
Food approaching its expiration date is packed on the front of the shelves at stores. By actively picking these products, you can help reduce the amount of food that stores have to dispose of.

Take Part in Food Drives

These are initiatives whereby excess food from homes is collected and donated to food banks. See the city website for the types of food that can be donated and the location of collection boxes.

<https://www.city.shizuoka.lg.jp/gomi/s000707.html>

October Food Drives	Where
Tues 1 to Sun 24, 09:30-17:00 (closed every Wed)	Shizuoka Gas Eneria Show Room Shizuoka
Sat 19 & Sun 20, 10:00-17:00	Shizuoka Isetan
Sun 20, 09:30-15:00	Shimizu Port Okitsu Fair (Okitsu International Distribution Center)
Sat 26 & Sun 27, 11:00-13:00, 14:00-1600	Halloween Event (Gofuku-cho Shopping Street)

Shizuoka Tabekiri Collaboration Restaurants

The city accredits restaurants helping to reduce food loss from leftovers and wasted foodstuffs with the title “Shizuoka Tabekiri Collaboration Restaurant.” We post food loss reduction initiatives and menus from a variety of restaurants on the city Instagram, so why not check it out! www.city.shizuoka.lg.jp/gomi/s012187.html

Food Loss Reduction Recipes

We showcase recipes that make use of the vegetable skins you would normally throw out as well as other foodstuffs prone to being left over! The recipes are created by the students at Suzuki Academy Cooking and Confectionery School, Shizuoka Campus. Take a look!

Instagram: www.instagram.com/gomigenryou_shizuokacity/



Translated by:
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