



Reducing Food Waste at Home and in Businesses!

Inquiries: Garbage Reduction Division ☎ 054-221-1361

Food waste comes from both household garbage and business-related waste: about half from each. Let's take action to reduce food waste together!

Three Simple Steps You Can Do at Home:

- **Use It Up:** Before shopping, check what you already have. Try cooking creatively with vegetable peels and stems.
- **Eat It All:** Prepare only what you can finish and avoid being picky. Eat everything you serve.
- **Drain It Well:** Squeeze out excess water from food scraps before throwing them away.

The 3010 Campaign: How Businesses Can Reduce Food Waste

When hosting banquets or parties, remember the key phrase “30-10”!

- **First 30 Minutes After the Toast:** Enjoy freshly prepared dishes during this tasting time.
- **Last 10 Minutes Before the End:** Return to your seat and finish the food on your plate during this clean-up time.

Join Our “Mottainai Cooking” Class!

This cooking class uses non-standard vegetables that are difficult to sell in supermarkets, one of the causes of food waste.

When: Saturday, 28 February, 10:00 a.m. – 1:00 p.m.

Where: Suzuki Academy Central Culinary and Confectionery College, Shizuoka Campus

Who: People living, working, or studying in the city, grade 3 and above (40 participants)

Note: Children in elementary school or younger must be accompanied by a guardian.

Fee: 500 yen

How to Apply: Application form (available from Monday, 5 January to Tuesday, 20 January; participants will be chosen by lottery if applications exceed capacity)

<https://logoform.jp/form/79j2/1246986>



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