

# TABLE FOR TWO

From The Other Side of The Table



**Kenya, Rusinga Island**

**Fish, beans and vegetables are the source of power!**

The Weekly menu of school lunch at Rusinga Island is a small fish called Omena, served twice a week, and Githeri, beans and maize stew is served every two days. One day of the week, cooked rice is served. Rice is the children's favorite lunch menu.

Omena, often called the sardine of Lake Victoria, is cooked for hours with tomatoes and onion. It is served with Ugali, made from maize flour. Children eat Ugali with Omena's sauce on top of it. Cooked rice is served with vegetables such as cabbage and beans. Children also look forward to the days when the fruit is served as a dessert once a week. The area where TFT provides the school lunch program has a high poverty rate. Many children do not eat breakfast. So everyone looks forward to coming to school and having a lunch that changes every day.



On the Children's Table



The COVID-19 Pandemic has taught us the importance of hand-washing as a way of preventing virus transmission. Handwashing has been exercised before meals in schools of Rusinga Island. Portable hand washing tanks are installed in schools without water pipes and students wash their hands before they eat their lunches.



Today's lunch menu is cooked Omena, sautéed cabbage and Ugali. Thinly chopped cabbage is cooked with tomato and onions, and seasoned only with salt. It is a simple dish but children like it very much. They take a small portion of Ugali by hand and eat it with cabbage.

Kenya

**Rusinga Island**



Japan

**Tokyo**

On My Table



GMO Internet Group runs various initiatives to improve its employees' health at a communication space "GMO Yours (a synergy café)". During the special month to support TFT program, a healthy Onigiri (rice balls) made with black rice, glutinous barley, and other ingredients were served every day to encourage employees to participate in "onigiri action".



During Health Charge Week, a "Health Charge Menu" with reduced fat, sugar, and salt was served. Recipes were also distributed at the same time so that employees could recreate the menu at home. They also made efforts to raise awareness by posting on SNS about food tasting by athletes affiliated with the company, and by sharing information about World Food Day and food loss on the internet.

One table connecting the world

When you dine at TABLE FOR TWO, you never dine alone.



TABLE FOR TWO is a social initiative that addresses the conflicting issues of hunger and obesity through a unique "meal-sharing" program.