

# KUMAGAYA FRIENDS

The official English-language newsletter for Kumagaya city, Saitama, published every second month



October 2020

## KUMAGAYA FRIENDS

### Published and edited by:

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## Let's Reduce Food Loss and Food Waste

When food is lost or wasted, all the resources that were used to produce this food go to waste. The annual value of food wasted in Japan is approximately 6.12 million tons (3.28 million tons in food industries and 2.84 million tons at a consumer level). \* When converted to per capita, it means that about 48 kilograms of edible food are thrown away and wasted annually.

\* Ministry of Agriculture, Forestry and Fisheries and Ministry of the Environment "2017 estimate"

## Here are Some Tips for Reducing Food Loss and Waste

- Buy only what you need. Plan your meals. Check in your fridge or pantry. Make a shopping list and stick to it, and avoid impulse buys.
- Make only as much food as necessary for you and your family.  
If you don't use all the ingredients, use the leftovers as an ingredient in another meal.  
We recommend searching the internet, which is full of recipes you can refer to.
- If you don't eat everything you make, freeze it for later.
- When eating out, try to order just the right amount of food you can eat.  
Ask restaurants to see if you can take the leftover food home with you. (e.g. doggy bag)



◆ Environmental Care Promotion Section

(Konan Administration Center)

Tel. 048-536-1549

## Chinese Language Class for Beginners

☆ Anyone who lives or works in Kumagaya or in the vicinity can apply.

**Date** October 22 ~ November 26 (every Thursday)

**Time** 7:00 pm ~ 8:30 pm

**Venue** Green Center (Ryokuka Center)

**Fee** 2,000 yen

Advance application needed

(You need to be a member of KIFA before attending this event. The membership fee/year is ¥1,000)

For further information, please feel free to contact us.

## 28th Annual Foreigners' Japanese Speech Contest

**On Sunday, October 18th, 12 contestants will deliver speeches on topics such as their opinions regarding Japanese life and their experiences in Japan.**

\* Please note that the contest will be conducted without an audience in order to prevent the spread of the coronavirus.

\* The contestants' speeches will be recorded and uploaded on YouTube at the end of November.

## ☆ KIFA ☆ Information

Kumagaya International Friendship Association



## Japanese Language Class

Japanese class will resume in October.

Please note that participation in Japanese class will now require you to book a seat in advance.

Date & Hours=

2 pm-3 pm Every 1st, 2nd, & 3rd Sundays

Place=Green center (next to the Kumagaya City Hall)

Fee= 100yen (\*free of charge for members)

For further information, please call us on the phone number below.

### Office Information

**Days:** Monday through Friday (Closed on Saturdays, Sundays and national holidays)

**Hours:** 8:30 am to 5:15 pm

**Location:** Public Relations Section, Kumagaya City Hall

**Tel:** 048-524-1111 Ext.220

**Fax:** 048-520-2870

**E-mail:** [info@k-ifa.jp](mailto:info@k-ifa.jp)

**URL:** <http://www.k-ifa.jp>

**City population (As of October 1st, 2020): 195,814**

**Foreign resident population: 3,517**

