



## ANNUAL REPORT 2018

**– Order For One. Feed Two. And Help the World Eat Better. –**

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## TABLE FOR TWO International

### Directors Masa Kogure, Michiko Ando

Thank you very much for your continuing participation and cooperation in the activities of TABLE FOR TWO (TFT). On behalf of the directors and the administrators, we express our heartfelt gratitude. Over the last decade more than 800 organizations and over 90 million people have joined TFT program. 64 million meals have been served to children in need and 237 school/community gardens were built. One of students in Rwanda says, "The school meal encouraged me to go to a school and learn. I truly appreciate the continuous support." Education has the power to change children's lives. Your support is critical to keep this movement going.

In 2018 we made organizational changes to respond to the growth of our activities and to improve governance. New board members were assigned and they appointed a new co-representative Director. Our team will accelerate collaborations with various companies and supports to tackle hunger and obesity issues. As we continue with our mission, we express our sincere thanks and hope for your continued support.



1

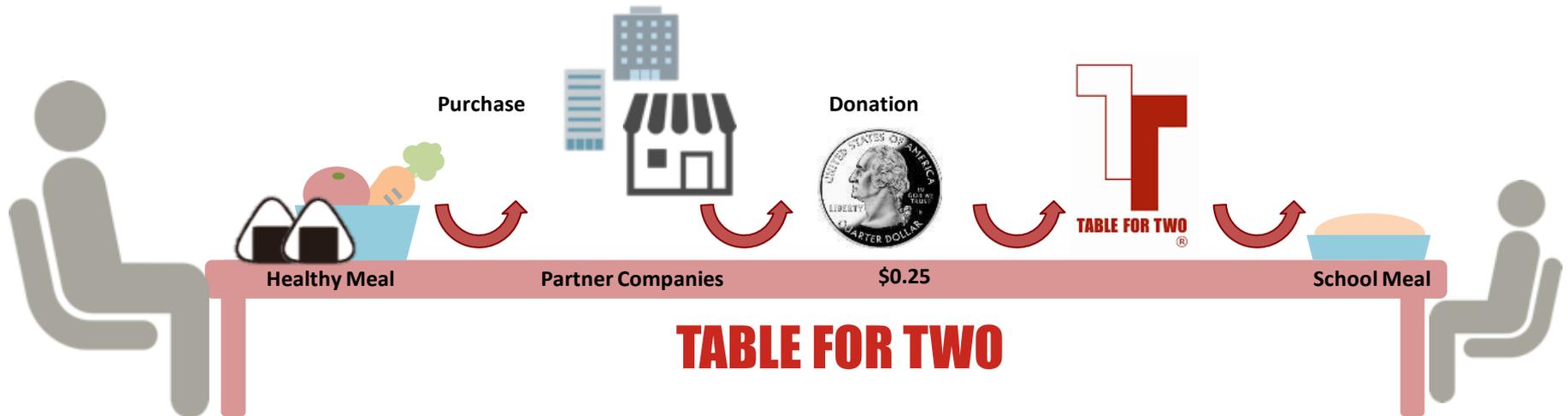
## About TABLE FOR TWO

In a world population of seven billion, one billion people are suffering from hunger and poverty, while two billion people are suffering from obesity and other health issues – related to unhealthy eating. In order to eliminate this food imbalance, TABLE FOR TWO (TFT) began in Japan as a social project aimed at simultaneously improving the health of people in both developing and developed countries.

TFT partners with corporations, schools, restaurants and consumer product companies, designating a healthy, slightly low calorie “TFT Meal”. For every “TFT Meal” sold, \$0.25 is donated to provide one school meal in areas of need throughout the world. By expanding TFT at home and abroad, we’ll help to eliminate world hunger, malnutrition, obesity, and lifestyle-related diseases.

# T How TABLE FOR TWO Program works

Our innovative “Meal Sharing” program tackles obesity and hunger at the same time. We partner with corporations and organizations to provide healthier options in cafeterias, restaurants, food trucks, and vending machines. \$.25 from the proceeds will be donated to provide school meals in areas of need throughout the world. We support schools in East Africa, Southeast Asia as well as low income communities in the United States.



## Unique features of TABLE FOR TWO

### “Win-Win” Approach

One does good for oneself and for another less fortunate. TFT program helps people to reduce/prevent obesity. Small amount of donation can support a school meal program for children in need.

### Anyone can participate

TFT program allows people to think and eat well while doing good for society. And it's very easy to participate. Even children can participate into TFT program.

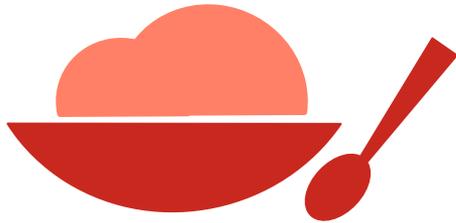
### Simple concept and flexible approaches

With “One for one” concept, TFT program has been implemented in various industries and venues such as corporate cafeterias, restaurants, Supermarkets, international conferences, sport events etc.,

# TABLE FOR TWO in Numbers

## School meals served

**64 Million meals**



Total amount of donations converted; JPY20 per meal

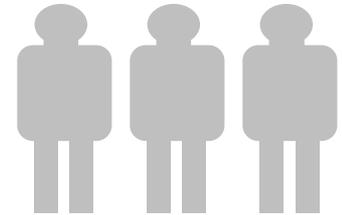
## School/community gardens

**237**



## Beneficiaries

**+280,000**



Cumulative total since 2007

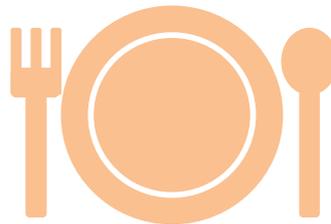
## Member organizations

**+800**



## Participants

**+90 Million**



Cumulative total since 2007

## Global footprint

**14 countries**



# TFT's contribution to achieve Sustainable Development Goals

TABLE FOR TWO contributes to the achievement of the Sustainable Development Goals (SDGs) through its meals sharing program by promoting healthy eating in developed countries and serving school meals to children in need.

## SUSTAINABLE DEVELOPMENT GOALS

The Sustainable Development Goals (SDGs) are a collection of 17 global goals designed to be a "blueprint to achieve a better and more sustainable future for all." The SDGs was set in 2015 by the United Nations General Assembly and intended to be achieved by the year 2030.



**1 NO POVERTY**  
End poverty in all its forms everywhere



**2 ZERO HUNGER**  
End hunger, achieve food security and improved nutrition and promote sustainable agriculture



**3 GOOD HEALTH AND WELL-BEING**  
Ensure healthy lives and promote well-being for all at all ages



**4 QUALITY EDUCATION**  
Ensure inclusive and equitable quality education and promote lifelong learning opportunities for all



**10 REDUCED INEQUALITIES**  
Reduce inequality within and among countries



**15 LIFE ON LAND**  
Protect, restore and promote sustainable use of terrestrial ecosystems, sustainably manage forests\*



**17 PARTNERSHIPS FOR THE GOALS**  
Strengthen the means of implementation and revitalize the global partnership for sustainable development



\*(cont.) , combat desertification, and halt and reverse land degradation and halt biodiversity loss



# 2

## **TABLE FOR TWO's Meal Sharing Program**

TABLE FOR TWO aims to eliminate the challenges of obesity and hunger that the world is currently facing. We are promoting a simple program that does two things at once: recommending healthy menus and helping developing countries by providing school lunches. We started in Japan in 2007 and expanded to 14 countries (including Japan) across the globe. Approximately 800 companies and organizations in Japan and abroad have joined us so far.

# TFT Meal Sharing Program at corporate canteens and restaurants

TFT partners with corporations, schools, restaurants and consumer product companies, designating a healthy “TFT Meal.”

## TFT Healthy Menu Guideline

### 1. The calories of one meal is lower than the standard\*

- A canteen of a workplace mainly of desk work : 680-800kcal
- A canteen of a factory or a workplace requiring physical movement : 720-870kcal

### 2. Well balanced nutrition

### 3. Includes a lot of vegetables

\*Refer to “Dietary Reference Intakes for Japanese” set by the Minister of Health, Labor, and Welfare. It may vary depending on the amount of exercise during the day.



**POLA (Canteen Operator: Green House)**

Various healthy menus are served as TFT meals every week, such as skinless chicken sauté, Quiche made from soy milk and mushroom with chia seeds, and seasoned red cabbage with almond.



**Tokyo Electron**

Donations to TFT came from sales at the salad bar, which is prepared with different kinds of fresh vegetables every day. The salad bar is very popular among a variety of employees.



**BLUE POINT**

Various healthy menu such as salad, hummus, gluten free pasta, soup are served as TFT meals.



**Mitsubishi Estate**

Smoothie is one of popular drinks at a corporate cafe. Employees enjoys healthy smoothie while supporting the school feeding program.



**BentOn**

A lunch box called ‘Bento On Demand’ is offered where people can make healthy TFT choices of their favorite items from the menus that are offered daily.

# T Onigiri Action - Change the World with Onigiri (Rice balls) -

TFT holds an annual social action program called ONIGIRI ACTION every fall to celebrate the World Food Day.

# ONIGIRI ACTION



**Eat Onigiri!  
And take photos!**



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

**Healthy  
School Meal**

**THANK YOU!**



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

**For every onigiri-related photo posted, five school meals is provided to children in need by our sponsoring organizations**

**Sponsoring Organizations** More than 40 companies/organizations in Japan and USA supported Onigiri Action.

## Japan



## USA



# Onigiri Action - Change the World with Onigiri (Rice balls) -



Just in 42 days of 2018 campaign, **201,023 Onigiri Photos** were posted from **51 countries** to make a big impact and over **1 million school meals** were delivered, which can feed 5,200 children for one year.

# of "Like" on SNS: **45,234,102 likes**

# of participants: **648,110 participants**



# Wa-Shokuiku - Learn. Cook. Eat Japanese!



Wa-Shokuiku is a unique food education program in which students will learn about Japanese food and food ways through hands-on activities. Wa-Shokuiku combines the Japanese words “*Washoku*(和食)” which refers to Japanese food and “*Shokuiku*(食育)”, which means food education.

## Japanese food culture and concepts

### 5 colors

(balanced meal)



### Itadakimasu

(appreciation to food)



### Mottainai

(importance of not wasting)



### Hara-hachibu

(eat to 80% full)



## Delicious, healthy, and daily washoku



Onigiri



Bento



Miso Soup



Sushi Roll



Okonomiyaki



Nikujaga

Our goal for the Wa-Shokuiku program is that students will be equipped with practical knowledge and skills regarding healthy eating, Japanese foodways, and best practices.

# Wa-Shokuiku - Learn. Cook. Eat Japanese!

Students learn about each topic, cook a few recipes to prepare a bento box and enjoy eating. They use their bandana, bento box and chopsticks every class and bring them back home after the final lesson.



Learn



Cook



Eat



We sent our Wa-Shokuiku instructors all over the US and reached more than 2,000 people in total.



Elementary to High Schools



Collaboration with Hello Kitty and Tanaka Farms



Freer and Sackler, Smithsonian Institution

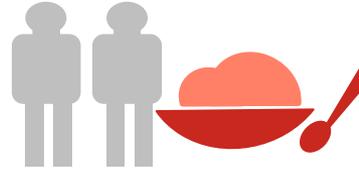


# 3

## School Meal Program

By having a TFT healthy menu item in a developed country, a participant helps to provide a warm school meal in African or Asian countries. In African and Asian countries, school meals are important for children. They are not only helping children to maintain good health, but also helping them to start school. Satisfied children will be able to focus more on their classes. Furthermore, running the school meals program has been helping adults realize the importance of education and nutrition in the local community.

# School Meal Program in Africa and Asia and its impact



Total number of meals since 2007

**64 Million meals**

Funds raised in 2018

**7.9 Million meals**

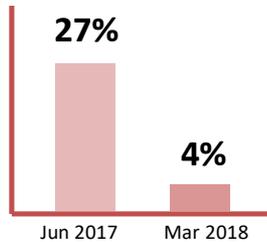
Beneficiary schools and students (as of 2018)

Country	Number of schools	Ave. number of students (per day)
Uganda	20	3,040
Kenya	9	2,822
Tanzania	9	5,883
Rwanda	4	2,150
Philippines	1	130

Regular school meals are important for children. They are not only helping children to maintain good health, but also helping them to start school. Satisfied children will be able to focus more on their classes. Furthermore, running the school meals program has been helping adults realize the importance of education and nutrition in the local community.

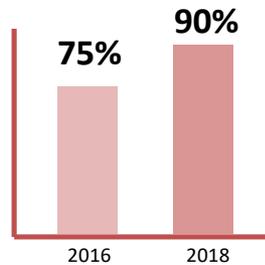
## Impact of the school meal program

### Improvement in health status



Ratio of severely wasted children among beneficiaries (Philippines)

### Access to a primary education



Students who master fundamental literacy skills and the four basic arithmetic operations (Kenya)

### Academic development



Some students successfully entered a university (Rwanda)

### Increase in a cash income



Local farmers gained cash income thanks to Home Grown School Feeding programs

# Support for Sustainability - Gardening program

## School and community gardens

TABLE FOR TWO supports school and community garden projects. Children and community members can learn about agricultural practices, food, nutrition education and environmental conservation.



**Tanzania** Near Dar es Salaam

Students grow 8 to 10 varieties of vegetables. They participate in regular agricultural lessons and learn how to grow vegetables. They also leverage techniques that they have learned in the school vegetable garden at home.

**Ethiopia** Amhara Region

Some areas of Ethiopia experienced the worst drought in 50 years. Solar powered water pumps can ensure continuous flow of power to pump water from the underground and allow communities to cultivate crops that require less water.



**Rwanda** Banda Village

Special meal program covers children who are diagnosed as severely undernourished or HIV positive. Targeted children receive special, superlative nutritious meals three days per week in addition to ordinary lunches.

Vegetables from a community garden are used for the special meals.



Total number of gardens **237**

New gardens in 2018 **50**



Country	Number
Kenya	10
Tanzania	10
Malawi	10
Ethiopia	8
Zambia	2
Benin	10

## Impact of the gardening program

**Towards self-sustainable school feedings**



Increase in harvest at the vegetable garden will reduce the frequency and costs of buying ingredients and will allow to sell surplus crops.

**Food and nutrition education**



Not only students but also community members have opportunities to learn about agriculture by running vegetable gardens.

# T Voice from the Field

## Hermina (Grade 6), Tanzania

We asked her, “what the most important thing for her?”

**“Education. It helps me to improve my life. I will continue my study and would like to become a pilot when I grow up.”**



## Students, Rusinga Island, Kenya



**“My father has been drinking a lot after he lost his job. He has become harsh and does not bring any food home. Mother struggles to provide food for all five of us. I am happy that three of us are able to get very good meal every school day when we come to school. (Boy, 4th grade)**

**I am always happy to be in school because I play with my friends and get a good meal everyday. I am not happy when weekends come because I miss the nice lunch I am served in school. (girl, 2nd grade)**



## Josephine, Banda Village, Rwanda

She is a mother to 5 children and known as the vegetable lady in the village.

**“All of my children are in primary school and eat lunch provided. I am happy none of my children have ever suffered malnutrition.”**



## Chantal and her daughter Blade, Banda Village, Rwanda



When Chantal gave birth to Blade, she could not afford health care, food and could not breast-feed. A health care worker noticed that Blade was suffering from severe malnutrition. They had Chantal bring Blade to a feeding program. It took a whole year until she got well.

**“This year Blade was admitted to a Nursery school. My wish for her is to study further and specialize in forestry, because all my neighbours who work in Nyungwe National Park have the best living situations.”**

## Pili, Zanzibar, Tanzania

Thanks to a series of agricultural and marketing trainings, she increased the harvest of vegetables and developed new sales channels.

**“After I learnt new agricultural techniques, I could increase cash income and now I can pay school fees for my children. I’m now building a new house built of stone.”**



# 4

## About Organization



# T About the Organization

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Official Name	TABLE FOR TWO International
Founding Date	24 <sup>th</sup> October, 2007
Classification	Certified Non-Profit Organisation Under Article 66-11-2, Line 3 of the Special Taxation Law (Date of Certification: 14 <sup>th</sup> January, 2015)
Website URL	<a href="https://jp.tablefor2.org/">https://jp.tablefor2.org/</a>
Executive Director	Masahisa Kogure
Board Members	Michiko Ando Atsushi Kuromatsu Tsuyoshi Komori Shunji Sato Tatsundo Maki
Controller	Nobuyuki Watanabe – Attorney at TMI Associates
Accounting Period End	31 <sup>st</sup> December

**【Summary of Activities】** TFT is a social enterprise founded in Japan which seeks to simultaneously address hunger in developing countries and obesity (and other lifestyle-related diseases) in the developed world. This is accomplished through the provision of healthy meals in the developed world, with donations used to provide school meals in developing countries.

**【Countries Supported】** Ethiopia, Kenya, Malawi, Tanzania, Rwanda, Uganda, Philippines

**【Participating Organization】** 800 Corporations and Organization (as of 31<sup>st</sup> December, 2018)

- 【Programs】**
1. Corporate cafeteria program
  2. Restaurant/ Retail program
  3. Café/ Drink program
  4. Programs for other food products
  5. Calorie Offset program
  6. Programs to raise awareness of the global food imbalance
  7. Individual donation program

# TABLE FOR TWO International - Financial Statements 2018

## ◆ Statement of Activities

January 1, 2018 ~ December 31, 2018  
(Unit : USD)

	Unrestricted	Restricted	Total
<b>Ordinary Revenue</b>			
Membership fees	811		811
Contributions for admin and general	25,430		25,430
Donations received	343,076	1,372,303	1,715,379
Income from development activities	335,581		335,581
Miscellaneous income	19		19
Net assets released from restrictions	996,619	-996,619	
<b>Total revenue</b>	<b>1,701,536</b>	<b>375,684</b>	<b>2,077,220</b>
<b>Ordinary Expenses</b>			
Contributions	940,167		940,167
Personnel expenses/professional fees	444,610		444,610
Office expenses	38,652		38,656
General operating expenses	74,134		74,134
Other expenses	8,252		8,252
<b>Total ordinary expenses</b>	<b>1,505,814</b>		<b>1,505,814</b>
<b>Net change in net assets</b>	<b>195,722</b>	<b>375,684</b>	<b>571,406</b>
<b>Net assets at the beginning of the year</b>	<b>385,997</b>	<b>1,677,901</b>	<b>2,063,898</b>
<b>Net assets at the end of the year</b>	<b>581,719</b>	<b>2,053,585</b>	<b>2,635,304</b>

## ◆ Statement of Financial Position

As of December 31, 2018  
(Unit : USD)

Assets	USD	Liabilities and net assets	USD
<b>Assets</b>		<b>Liabilities</b>	
<b>Current assets</b>		<b>Current liabilities</b>	
Cash & deposits	713,441	Accounts payable	47,686
Accounts receivable-other	1,194	Accrued expenses	24,048
Prepaid expenses	3,033	Deposits received	6,907
Promises to give	2,053,585	<b>Total current liabilities</b>	<b>78,641</b>
<b>Total current assets</b>	<b>2,771,254</b>	<b>Fixed liabilities</b>	-
<b>Fixed assets</b>	-	Long-term debt	94,595
Lease deposits	7,530	<b>Total fixed liabilities</b>	<b>94,595</b>
Investments in capital	29,658	<b>Total liabilities</b>	<b>173,236</b>
Long-term prepaid expenses	99	<b>Net assets</b>	-
<b>Total fixed assets</b>	<b>37,287</b>	Total restricted net assets	2,053,585
		Unrestricted net assets	581,719
		<b>Total net assets</b>	<b>2,635,304</b>
<b>Total assets</b>	<b>2,808,540</b>	<b>Total liabilities and net assets</b>	<b>2,808,540</b>