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From the team

Thank you very much for your continuing participation and cooperation in the activities of TABLE FOR TWO.

Since its establishment in 2007, as a social enterprise originating in Japan to address obesity and hunger issues around the world, TFT has been working to eradicate poverty and hunger in developing countries and contribute to the achievement of the SDGs by providing educational opportunities for children. In the areas we support, children who have eaten school meals and therefore can continued to learn are advancing to higher levels of education one by one, and the lives of the local farmers who provide ingredients for school meals are improving, all of which are wonderful changes that can be seen because of our continued support. At the end of 2019, in recognition of activities of TFT to date, we received the "Health and Culture Award" and "the Deputy-Chief's Award at the Japan SDGs Awards".

We have been able to continue our activities for 12 years thanks to all those who share our vision, who promote TFT's programs both internally and externally, who have purchased our TFT meals and products, and who have given their warm support and cooperation to our activities. We would like to thank you from the bottom of our hearts.

Today, our world is facing a situation never experienced before, but TFT will continue to push forward in 2020 with the goal of ending the global food imbalance that we have set out as our mission. We express our sincere thanks and hope for your continued support.





Mission of TABLE FOR TWO

In our world, 1 billion suffer from hunger while another 2 billion adults are considered obese. TABLE FOR TWO (TFT) is committed to eliminating this global food imbalance and simultaneously improving the health of people in both developing and developed countries.

The global food imbalance

Hunger
Approx.

0.8 billion

Obesity
Approx.
1.9 billion



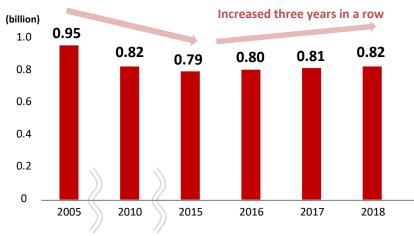
1 in 4 people worldwide suffer from obesity

2.0 Increased four-fold 1.5 1.0 0.5 0 1975 1995 2015

Number of 18 years of age and over with BMI ≥ 25

1 in 9 people worldwide

suffer from huger



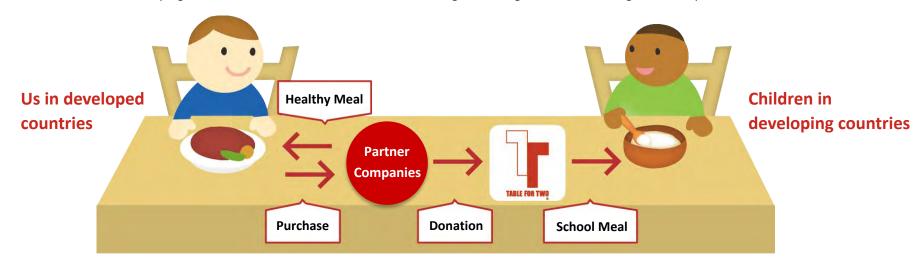
Number of undernourished people

3



How TABLE FOR TWO Program works

TFT promotes a simple program that helps people reduce the amount of calories to prevent obesity and lifestyle-related diseases, and then converts those reduced calories into nutritious school meals that are delivered to children in developing countries, thereby simultaneously delivering both health promotion and food support. We named the program "TABLE FOR TWO", based on the image of us in developed countries and children in developing countries on the other side of the world sharing a meal together, transcending time and space.



Unique features of TABLE FOR TWO

1. "Win-Win" Approach

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

2. 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 in TFT program.

3. 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.



History of TABLE FOR TWO

TABLE FOR TWO in Numbers



School meals served 74 Million meals

Total amount of donations converted; JPY20 per meal



School/community gardens

287



Participants

12 Million people

Cumulative total of TFT participants in 2019 including Onigiri Action and Calorie Offset Program participants.



Member organizations

709

At the end of 2019

Thanks to everyone's support, we have received many awards for our TFT activities. With these encouragements, we will continue to push forward.



2019

- TABLE FOR TWO received the 71st "Health and Culture Award" from the Ministry of Health, Labor, and Welfare.
- Onigiri Action received the "the Deputy-Chief's Award at the third Japan SDGs Awards"

2017

- Onigiri Action received the "Asia Marketing 3.0 Award"
- Onigiri Action received the "Encouragement Award of Japan Marketing Awards"

2013

 TFT received the "Nikkei Social Initiative Award in the International Sector Category"

2012

- The TABLE FOR TWO iPhone app won the "Good Design Award"
- Executive Director was named in Forbes "Asia's 48 Heroes of Philanthropy"

2011

- Executive Director received the "Nikkei Innovator Awards First Prize".
- Executive Director was recognized with a "Social Entrepreneur of the Year Award" from the Schwab Foundation.





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. 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."

TABLE FOR TWO





End poverty in all its forms everywhere



End hunger, achieve food security and improved nutrition and promote sustainable agriculture



Ensure healthy lives and promote well-being for all at all ages



Ensure inclusive and equitable quality education and promote lifelong learning opportunities for all











Reduce inequality within and among countries



Protect, restore and promote sustainable use of terrestrial ecosystems, sustainably manage forests*



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







TABLE FOR TWO at corporate canteens

At canteens TFT partners with corporations to provide healthy meals with donations in line with the TFT Menu Guidelines In addition to set meals, various menus such as lunch plates, rice bowls, bento, small bowls and desserts are delivered.

TFT Menu Guidelines

- 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



Plate lunch: IDEC CORPORATION

Fiber-rich one-plate meals are sold as TFT meals. The menu changes daily, using antioxidant-rich oils and locally produced, locally consumed ingredients, and is designed to keep you coming back for more, even if you come and eat every day.



Café: Mitsui & Co.

Drinks such as blends high in vitamin C, with ingredients that include soy milk, acai, and so forth which have high nutritional value are sold as CFT drinks.



Donburi: AISIN AW CO., LTD.

In addition to the usual TFT meals, regular events such as the chance to try local dishes from Africa are held so that employees feel more connected to the people they are supporting.



Set meal: BANDAI NAMCO Holdings Inc.

Set meals are sold as TFT meals. The menu for this day was "chicken and vegetable black vinegar sauce set". With side dishes and soup, a healthy balance is also considered.



Bento: Deloitte Tohmatsu Group

Some of bento boxes delivered in the office are sold as TFT meals. These are very popular as a healthy lunch choice that can be easily eaten in the office.



TABLE FOR TWO in restaurants and products

Restaurants are now offering TFT donation menus. TFT donation products are sold at supermarkets, online stores, and for home delivery. Some examples are: vegetables and fruits, natto, packaged picked, and microwavable meals.



Home delivery: Oisix Ra Daichi Inc.

Various kinds of healthy TFT products are sold such as drinks using vegetables and fruits, natto, fish, fruits etc. on their grocery home delivery service.



Restaurant meals: J. Front Foods

27 stores nationwide offer TFT meals throughout the year. Meals are also developed in collaboration with students from the TFT University Association.





This product is a support for the Calorie Offset Program (vegetable garden).

Supermarket: Seiyu GK.

A portion of the sales of about 30 local/contract farmer's vegetables and fruits are used as donation for agricultural support in Africa.



Catalogue shopping products: UTSUMI CO., LTD.

Under the theme of "regional revitalization", a series of the "Furusato Gohan", which uses local products such as plums and miso, are sold as a TFT product.



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

TFT held a campaign called ONIGIRI ACTION 2019 to celebrate the World Food Day (16th of October). The campaign aims to provide school meals to children in Africa and Asia by posting a photo of onigiri. In 2019, the fifth year of the campaign, 26 Japan-based companies and 20 US-based companies sponsored and donated. With approximately 300,000 photos posted in 45 days, we were able to deliver more than 1.6 million meals to children in Africa and Asia.

How it works

For each photo of onigiri you post, our partner organizations will donate 5 (or 10) school meals to children in need.



Sponsors

Japan



US







Result of "Onigiri Action 2019"

Event period:

October 7th to November 20th, 2019 (45 days) Number of photo posts:

295,398 (about 6,500 per day)

Number of school meals delivered: 1,605,978

Number of participants: 804,556

Number of countries that photos were posted: 44





Exercise and TABLE FOR TWO

In addition to a healthy diet, moderate exercise is necessary for health promotion. Therefore, we are promoting the activities of "getting healthy while exercising and delivering support to developing countries" in sports teams, fitness gyms, and sports-related events.





This product is a support for the Calorie Offset Program (vegetable garden).

Donating Calories Burned from Rugby Games: NTT Communications ShiningArcs

We convert calories burned by athletes and fans into donations to support of gardening in Africa in the games of ShiningArcs in "Japan Rugby Top League".



TFT Membership at a fitness gym: Taikanz

The gym provides "TFT Monthly Membership" which will deliver 15 school meals at an extra monthly fee of 300 yen. It is popular among office workers because doing exercise "for someone", not "for yourself", makes it easier to continue.



Photo provided : Nomura Securities Co., Ltd.

Walking event that contributes to the number of steps: Nomura Securities Co., Ltd.

An event was held where 500 school meals were donated every time every participant achieved an average of 7,000 steps per day. With the slogan "Let's walk to donate!", the average number of steps per participant increased by 900.



Donate with birdies: Golf Digest Online (GDO)

If you register your golf score through the score management app "GDO Score", 10 yen per birdie goes to donation for the support of vegetable gardens. Many golfers participated and recorded about 5.28 million birdies from 2016 to the end of 2019.





Initiatives in the United States

In the US, restaurants and offices offer menus and products with TFT donations. Wa-Shokuiku (Japanese food education program) is expanding across the U.S. In addition to schools and local events, online courses have been launched in 2019, and in the two years since the launch of Wa-Shokuiku in 2017, the program has been offered to more than 4,500 people in total.



TFT Vending Machine Program at office

More than 20 vending machines with TFT donations have been installed at MUFG and Itochu offices in New York City.



TFT Lunch at Michelin Sushi Restaurant

Sushi Taro, one of the most famous Japanese restaurants in Washington, D.C., offers lunchboxes and sushi with TFT donations.

Focus areas of Wa-Shokuiku pogram

1.Preparing oishii (delicious) and healthy washoku

Practice through the cooking of colorful bento boxes and miso soup, a typical healthy food.

2. The "washoku" world

Manners and customs such as "Itadakimasu," "family reunion," etc.

3. Making a difference the Wa-Shokuiku way Global food issues and actions such as "Food waste and Mottainai Spirit" and "Hunger and Onigiri Action"



Wa-Shokuiku @ National Cherry Blossom Festival

At the National Cherry Blossom Festival, the largest festival to introduce Japanese culture in the U.S., we held an edamame-grabbing contest and a bento lesson school. The event was so popular that there was a long queue in front of our booth.



Wa-Shokuiku @ elementary, junior high and high schools

Wa-Shokuiku has been introduced in schools as part of afterschool classes and regular classes.



Wa-Shokuiku @ Online

In order to bring Japanese food education to as many people as possible, we are now offering online courses. https://www.wa-shokuiku.org/onlinecourse





TABLE FOR TWO in Germany

In Europe, more and more people are reconsidering their eating habits in response to growing concern about climate change and the environment. TFT established a non-profit organization in Germany in 2017.





Onigiri Action Charity Cooking Classes

Charity cooking classes were held all over Germany, and part of the participation fee was donated to a school meal program.







Sales of Japanese ingredients and homemade natto with donation: UMAKIYA

Donation was made based on the sales of the Japanese ingredients and homemade natto necessary to cook onigiri. It is the only company in Germany that manufactures and sells natto, which is popular with Germans.





Olympus Europe

Through a charity cooking class in which volunteer employees participated, a school meal program was supported. The cooking class was taught by a teacher who specializes in Japanese food and the class was very popular.





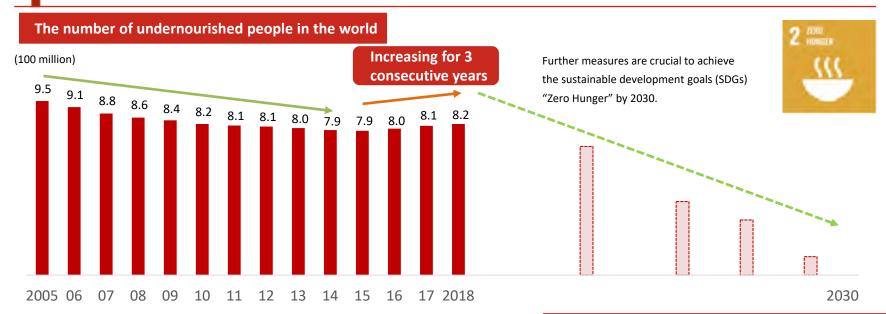


Publishing Books: Mahoroba Verlag

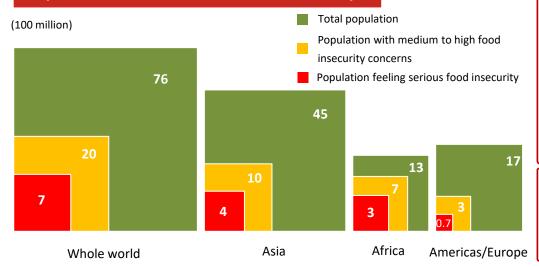
For each sale of Japanese and German recipe books and picture books, one school meal was donated. The recipe book which you can enjoy Japanese taste with German ingredients is also popular with Germans who are interested in Japanese food.



The state of hunger and malnutrition around the world







Overview of areas supported by TABLE FOR TWO

Africa

Prevalence of undernourishment

In East Africa, about one third of the population is undernourished. In sub-Saharan Africa, one in three children is stunted.

Concerns about food security

Even if you are not undernourished, More than half are in a situation where it is difficult to obtain nutritious food.

Asia

While 500 million people are starving, obesity of children is increasing. Households who cannot afford to pay for food tend to choose cheaper, higher-calorie, lower-nutrition foods.

Sources: FAO, WFP, WHO



Program overview

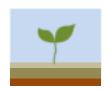
We support school meals, community and school gardens, and sustainable school meals in seven countries in East Africa: Uganda, Ethiopia, Kenya, Tanzania, Malawi, Rwanda and the Philippines.

Types of programs



School meals

We work with schools and local communities to deliver hot school meals to children in elementary and junior high schools and kindergartens. Wherever possible, we provide nutritious school meals using locally harvested and produced ingredients.



Community and school gardens, agricultural guidance

Most of the residents in the supported areas are small scale farmers. We provide guidance and infrastructure development to improve agricultural productivity. At school gardens, the harvest is used as part of the food for school meals.



Measures to make school meals sustainable

Regarding school meals, we are focusing on the issues that many regions have in common and embarking on advanced initiatives to solve them. We will implement measures to establish a sustainable school meal system that will lead to a reduction in the ratio of dependence on external support over the medium to long term.



We have partnered with local support organizations to implement the program.

Local support organizations	Region	School meal	Vegetable garden	Sustainability measures
ACTION	Philippines	0	0	
Foundation for Irrigation and Sustainable Development	Malawi	0	0	
Kageno	Rwanda, Kenya	0	0	
Ministry of Education and Vocational Training, Zanzibar Partnership for Child Development	Tanzania	0	0	
Slow Food Foundation for Biodiversity	Ethiopia, Kenya, Tanzania, Malawi, etc.		0	
Partnership for Child Development	Kenya			0
World Food Programme	Uganda, Kenya	0		0











School Meal Program



School meals delivered by TFT vary from country to country. Wherever possible, we use locally harvested and produced ingredients to provide students with nutritious school meals.

Total number of meals served since 2007

73.9 million meals

Funds raised in 2019

9.12 million meals

Daily school meal schedule example of Banda Village, Rwanda



7:00 AM Cooking

Porridge for 2,300 children is prepared in two shifts each day in a kitchen with three large cooking stoves.



11:45 AM bon appétit

Students look forward to school meal time. Porridge made of millet, soybean and maize flour with sugar and milk is sweet and children eat every last drop of it.



10:30 AM Carrying The finished porridge is

transferred to blue containers. Porters carry the container on a cushion made of banana leaves on top of their heads. It takes about 30 minutes to carry the 20 liters of hot porridge from the kitchen to the school.



11:30 AM Serving

In kindergarten, teachers are responsible for serving food, but in elementary and middle school, students are in charge of serving food.

Related programs at Banda Village



Special meals for malnourished children

Special diets with vegetables, eggs and small fish are provided for malnourished and sick children.



Hygiene guidance

We are also involved in activities to instill hygiene habits, such as washing hands before eating and brushing teeth after eating.



Community and school gardens, agricultural guidance



This product is a support for the Calorie Offset Program (vegetable garden).



TFT supports the establishment of school and community gardens for sustainable development in the areas we support.

Many of the residents are small scale farmers who have not had an opportunity to learn about efficient agricultural practices and have limited knowledge of how to grow high value crops. We work to improve the knowledge of children and farmers by providing guidance on how to improve agricultural productivity.

Tanzania

We have adopted 'orange sweet potatoes', which are high in vitamin A, as an ingredient in school meals. We provide technical guidance to local farmers and purchase the harvested orange sweet potatoes for use in school meals.





Rwanda

In community gardens, we introduce methods that residents can practice at home.

For example, building a fill and cultivating it allows you to plant more crops in relation to the land area and improves water infiltration.

The Philippines

We held workshops for mothers who are responsible for cooking school meals and for the 6th grade students. They learned how to use familiar materials, such as eggshells to grow small seedlings and substituting tires and crates as planters.



Total number of gardens: 287

New gardens in 2019 : **50**



area	Installation
Kenya	15
Tanzania	12
Malawi	15
Ethiopia	3
Zambia*	5



^{*} TFT-USA support

Positive changes

Increase in a cash income



They have been able to earn cash income by selling vegetables as ingredients for school meals. Some families have moved from simple thatched-roof houses to stone houses. (Tanzania)

Overcome dislike of vegetables



Due to the prevalence of fast food and other factors, less vegetable intake has become a problem. Some children were able to overcome their dislike of vegetables by growing their own vegetables. (Philippines)



Measures to make school meals sustainable



Through our experience with the school meal program, we have found that there are some challenges that many communities have in common regarding the provision of school meals.

For example, poor food storage conditions cause damage to maize and soybeans due to insects and mold, and high prices due to lack of knowledge about the market price of ingredients are common challenges not only in the areas TFT supports, but also in many other communities. We are also proactively working on measures to resolve these issues.

Initiatives to improve food storage conditions Uganda

Challenges



- It is estimated that 30-40% of harvested grain in the East African region is discarded due to insect damage, moisture and fungus.
- Lack of awareness of proper grain storage practices is one of the reasons.

Approach



- Drying grains the right way and using tightly sealed storage containers can help prevent deterioration.
- We teach residents involved in the operation of school meals how to properly store grain. We expect to improve grain storage not only for school meals but also in their homes.

Outcomes



- In comparison to other schools in the region, incidences of insect damage has been reduced by 1/3 and the incidence of food damage by rats has been reduced to zero.
- By storing food for longer periods of time, grain can be purchased and stored when prices are lower. This is expected to allow residents to buy more food for the same budget.



Messages from graduates and mothers



Namboto, Zanzibar, Tanzania

Since the school meal program started, the children don't get sick as often as they used to. This was not the case three years ago, so I am very happy that the school meals are motivating them to come to school and study.



Gerald, Banda Village, Rwanda

After graduation, he won a scholarship and was able to go to college.

'School meals have changed my life in a big way, allowing me to focus on my studies instead of going to work to eat.

When the school meals program started, I thought the support would end soon. However, it continued, and I felt that the people in Japan, far away from us, were watching over us as we grew up.

From now on, I want to make our own generation to be a driving force to help people get out of poverty.'

Josephine, Banda Village, Rwanda

She has a blind husband, six biological children and one child from another family and supports the household.



'The agricultural training I received has enabled me to sell the vegetables I harvest. I grow dodo*, cabbage, bananas, onions, carrots and cassava. Now I feel that I am not in poverty.'

Mother, Rusinga Island, Kenya

'I couldn't finish primary school. I want my children to study hard and have a good life.



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About the Organization



【 Classification 】

About the Organization

TABLE FOR TWO International

Founding Date 24th October, 2007

Certified Non-Profit Organisation Under Article 66-11-2, Line 3 of the Special Taxation Law

(Date of Certification: 14th January, 2015. Updated on 3rd April 2020.)

[Website URL] https://jp.tablefor2.org/

[Executive Director] Masahisa Kogure

【 Board Members 】 Atsushi Kuromatsu

Shunji Sato Tatsundo Maki

【 Controller 】 Nobuyuki Watanabe – Attorney at TMI Associates

【 Accounting Period End 】 31st 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] 709 Corporations and Organization (as of 31st December, 2019)

- 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 2019

Statement of Activities

January 1, 2019 ~ December 31, 2019 (Unit: USD)

♦ Statement of Financial Position

As of December 31, 2019

			(Unit : USD)
ets	USD	Liabilities and net	USD

	Unrestricted	Restricted	Total
Ordinary Revenue			
Membership fees	1,552	-	1,552
Contributions for admin and general	57,137	-	57,137
Donations received	346,584	1,386,336	1,732,920
Income from development activities	385,364	-	385,364
Miscellaneous income	18,330	-	18,330
Net assets released from restrictions	1,167,840	-1,167,840	-
Total revenue	1,976,807	218,496	2,195,303
Ordinary Expenses			
Contributions	10,145	-	10,145
Personnel expenses/professional fees	537,748	-	537,748
Office expenses	39,232	-	39,232
General operating expenses	52,812	-	52,812
Other expenses	47,270	-	47,270
Total ordinary expenses	1,788,588	-	1,788,588
Net assets released from unrestrictions	-58,980	58,980	-
Net change in net assets	129,239	277,476	406,715
Net assets at the beginning of the year	589,365	2,080,577	2,669,941
Net assets at the end of the year	718,603	2,358,053	3,076,656

Assets	USD	Liabilities and net assets	USD
Assets		Liabilities	
Current assets		Current liabilities	
Cash & deposits	777,048	Accounts payable	41,049
Accounts receivable-other	88,305	Accrued expenses	34,958
Prepaid expenses	3,912	Deposits received	16,574
Promises to give	2,358,053	Total current liabilities	92,581
Total current assets	3,227,318	Fixed liabilities	
Fixed assets		Long-term debt	95,838
Lease deposits	7,629	Total fixed liabilities	95,838
Investments in capital	30,047	Total liabilities	188,419
Long-term prepaid expenses	81	Net assets	
Total fixed assets	37,758	Total restricted net assets	2,358,053
		Unrestricted net assets	718,603
		Total net assets	3,076,656
Total assets	3,265,075	Total liabilities and net assets	3,265,075

FY 2019 Overview and Outlook for FY 2020

In 2019, the 13th fiscal year, the total revenue exceeded 200 million yen for the third year in a row, bringing the total number of participating organizations in Japan to 709 and the total number of participants to 12 million for the year.

The total amount of sponsorship for "Onigiri Action," now in its fifth year, was 63 million yen, an increase of 8 million yen over the previous year, making it the largest ever. Approximately 300,000 photos were posted, and interest from consumers is increasing year by year.

Corporate Canteen Program and Calorie Offset Program, which are our core programs, remained at the same level as the previous year. New initiatives this fiscal year included the introduction of the program with Japan Rugby Top League team and a school trip plan to learn about and experience the SDGs through TFT. In the next fiscal year, we will continue to expand our core programs and explore new initiatives such as those mentioned above.

As for our support activities in developing countries, we were able to increase the number of schools we support in Tanzania due to increased revenues from our ongoing programs. In addition to school meal programs and programs such as setting up vegetable gardens and agricultural instruction, we are also working on measures to make school meals sustainable. In Uganda, we have improved grain storage containers and provided guidance on storage methods. These efforts are expected to lead to a reduction in the ratio of external support in the medium to long term. We will continue to work on measures that contribute to a sustainable school meal system, such as improving the efficiency of food procurement and sanitary conditions.

List of recipients of donations (January to December 31, 2019) (in yen)

Partner Institutions	Project Areas	Remittance Amount
Ministry of Education and Vocational Training (Zanzibar), Partnership for Child Development	Tanzania	435,888
Kageno Worldwide	Rwanda, Kenya	320,362
United Nations WFP Headquarters	Uganda	252,373
Slow Food Foundation	Ethiopia, Kenya, Uganda, Malawi (Vegetable garden)	61,925
ACTION	Philippines	22,087
United Nations WFP Association	No region designation	18,891
total		1,111,526





