

TABLE FOR TWO

Ethiopia
Uganda
Rwanda
Kenya
Tanzania

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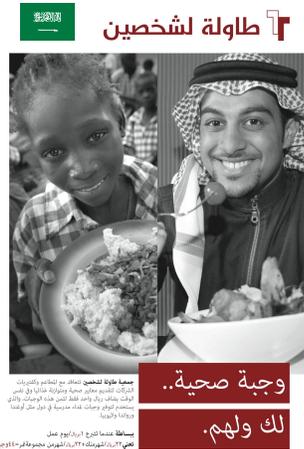
Number of meals shared to date (as of October 30th, 2013):

47,913,640 Meals



Asia & the Middle East

Top) TFT Korea and "Mad for Garlic," a popular restaurant chain in South Korea, kicked off a month-long campaign to donate school meals at 17 Mad for Garlic outlets in Seoul. 1) A once-a-year New Year's "osechi" will be served TFT-style. Start the year off with a healthy feast for yourself and for someone in need! 2) A poster from TFT's first partner in the Middle East - the Tamer Group - says, "A healthy meal... for you & them."



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

North America and Europe



3&4) Holland's RSM Business School shows off various cuisines at its International Food Festival, with proceeds benefiting TFT. 5) TFT joined food-conscious students and faculty at the CUNY FoodFEST in New York. 6) TFT kids sold 100% organic TFT carrot cookies at Tsumiki preschool's festival in San Diego. 7&8) TFT held a "Thanksgiving back" event at a farmer's market at San Diego State University. All 13 food vendors participated and set up TFT donation boxes.



Africa



TFT supports ancillary projects that complement school meal programs and help recipient schools and communities move towards sustainability. Thanks to the generous support of the Caterpillar Foundation, one such initiative launched in 10 different sites across Africa, using school, clinic and community gardens as "living classrooms" and promoting nutrition education. 9) Students at a school in Mwandama, Malawi, are eager to answer questions on Nutrition Education Day. 10) Estere Lafael says, "My teacher taught me about the importance of different types of foods during the day. I learned that foods have different vitamins that help us not to get sick."

This Month's Guest:

Tomoko Kobayashi
TABLE FOR TWO International



The end of 2013 is approaching quickly. I hope you will have a chance to get together with your families and friends over delicious and warm food. We'll be expanding the program so that more and more children in Africa and Asia will be able to have warm and nutritious meals. When you dine at TABLE FOR TWO, you never dine alone.

