

TABLE FOR TWO

Ethiopia
Uganda
Rwanda
Kenya
Tanzania



Number of meals shared to date (as of July 31st, 2013):

44,375,196 Meals

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ヘルシーメニュー1,000食で!
アフリカに1,000食を届けよう

世界の人に健康を。届えている人には栄養を。肥満人には健康食を。
みんなの知識を集めて、日本中のヘルシーメニューを集める
プロジェクトを開始しました。ぜひご協力ください!

Asia

Top&1) The Seowon Valley Country Club in South Korea launched the "Seowon Valley Green Table with TABLE FOR TWO" program. Pictured is the club house and a golf cart with the TFT program sticker. 2) TFT Executive Director Masa Kogure and Dan Goldstein visit Hong Kong and meet with TFT HK leader Katy Yung and Victor Chu, Chairman of First Eastern Investment Group and TFT's Global Council member. 3&4) TFT's HK members gather for a meeting and some drinks. 5) In Japan, TFT launched a campaign with Retty, where one school meal is donated for every healthy restaurant's information uploaded to their website.



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

This Month's Guest:
Daniel Goldstein
TABLE FOR TWO International

North America

6) Selfless Tee designed TFT t-shirts in a one week campaign, resulting in a donation of 1932 school meals. 7) Bird Rock Coffee Roasters now offers coffee from East Africa as the TFT option! 8) Students at RSM Business School in Holland prepare for their first event – and the first ever TFT event in the Netherlands!

August is a good time to pause and reflect about what we've accomplished, and prepare for the opportunities that lie ahead. Working with TFT



chapters in countries worldwide, I'm reminded of the importance of acting locally. While we continue to fight hunger head-on in Africa and now Myanmar, we are also addressing malnutrition in local communities adjacent to otherwise prosperous cities. At the same time, TFT's healthier meals and snacks are becoming available to consumers in new markets, so we can eat better wherever we are!



9&10) TFT supports nutritious school meal programs at 8 pre-schools in Mayange, Rwanda. Children aged 3-5 enjoy a daily porridge (called *Sosoma*) and at least two eggs per week. 11) Donatha Mukamana, a teacher at Mayange A Pre-School, says, "The program is good: it has eased the learning for the children and retention and attendance has increased. We had 80 children before the feeding program and now it has almost doubled to 145."



Africa

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