



School Lunch Report

September, 2024

We can still feel the remnants of summer, but the days are gradually getting shorter and autumn is approaching. Many children are tired of summer. Even though it is hot during the day, the mornings and evenings are getting cooler, so take care of our diet and physical condition. In last month's parent survey, we received many requests for noodles to be provided on weekdays in addition to weekends. We have decided to make this change immediately. We are planning to provide a variety of noodle dishes in the future, so please look forward to it. Thank you for your responses.

September 1 is Disaster Preparedness Day



Do you have a stockpile of food and other supplies in case of emergency? Emergency rations include water, rice (alpha rice), bread, canned food, chocolate, and cookies. When a major disaster occurs, food may be unavailable for a long period of time, so it is advisable to stockpile **at least 3 days to a week's** worth of food and

Rolling Stock Method

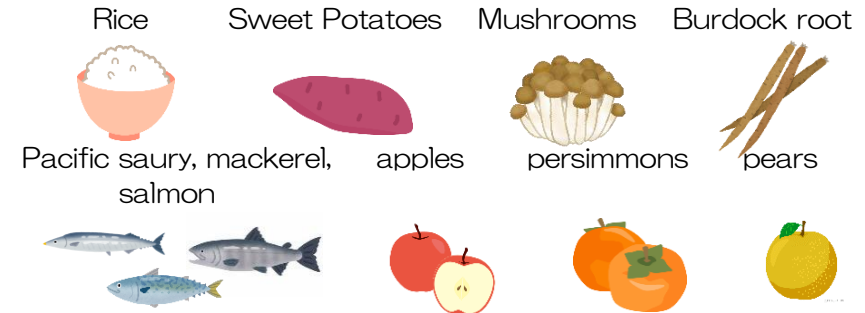
Keep in mind the "rolling stock method," in which you stockpile a little extra of the food you normally eat and buy more when you use it, to make stockpiling easier. Suitable foods...rice, retort pouch foods, dried noodles, canned foods, dried foods, etc.



Eat seasonal foods!

"Season" refers to the time of year when foods are at their freshest and most delicious. Foods harvested in season are more nutritious and less expensive, so we encourage you to include them in home-cooked meals.

Seasonal ingredients for Autumn



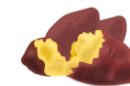
Menu using "sweet potatoes" in season

Sweet potatoes are rich in **dietary fiber** and contain **vitamins B, C, and E**, as well as **potassium**, and have an excellent nutritional balance. In particular, the vitamin C contained in sweet potatoes is **resistant to heat**, so it can be efficiently consumed even when heated.

○Sweet Potato Salad○

〈Ingredients 4 servings〉

- Sweet potato
...150g (1/2 of a large)
- Cucumber
...1/2
- Salt
...Small quantity
- Mayonnaise
...1.5 Tbsp.



〈How to make〉

- ①Cut sweet potatoes into 1.5 cm cubes, boil and set aside to cool.
- ②Cut cucumber into half-moon slices, boil, cool and remove excess liquid.
- ③Mix 1, 2 and seasonings. (You can also mash them together if you like.)