

Using Culinary Culture for Community Development



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Th



old



Obama City's many temples and shrines



Festivals passed down from generation to generation



Seafood and unique processing techniques



Fermenting fish to preserve it while retaining its taste and health benefits



Japanese chopsticks that are both beautiful & easy to use

Obama City is the largest producers of lacquered chopsticks in Japan

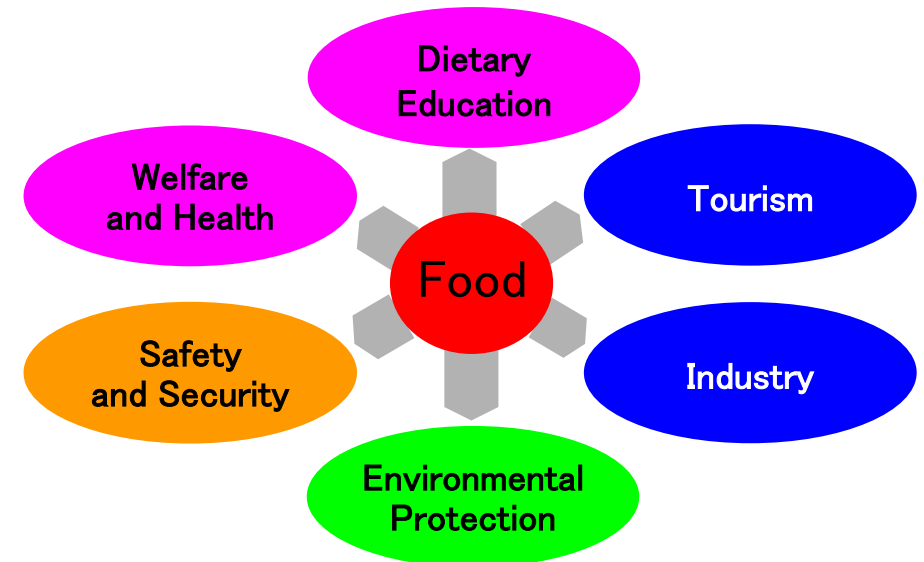


After applying a dozen or so coats of the finest lacquer, with patterns made of seashells, eggshells and gold leaf, the chopsticks are polished to reveal a glittering result.

In 2000

“Food Strategy for Community Development” was launched

1. Promotion of industry
2. Environmental protection
3. Promotion of welfare and health
4. Promotion of dietary education
5. Promotion of tourism
6. Ensuring food safety and security



In 2003

“Miketsukuni Wakasa Obama Food Culture Museum” was established







The museum's kitchen studio

Participants' age ranges from 2 to 80 years old, and recipe videos in foreign languages are also available

Dietary Education for All Ages

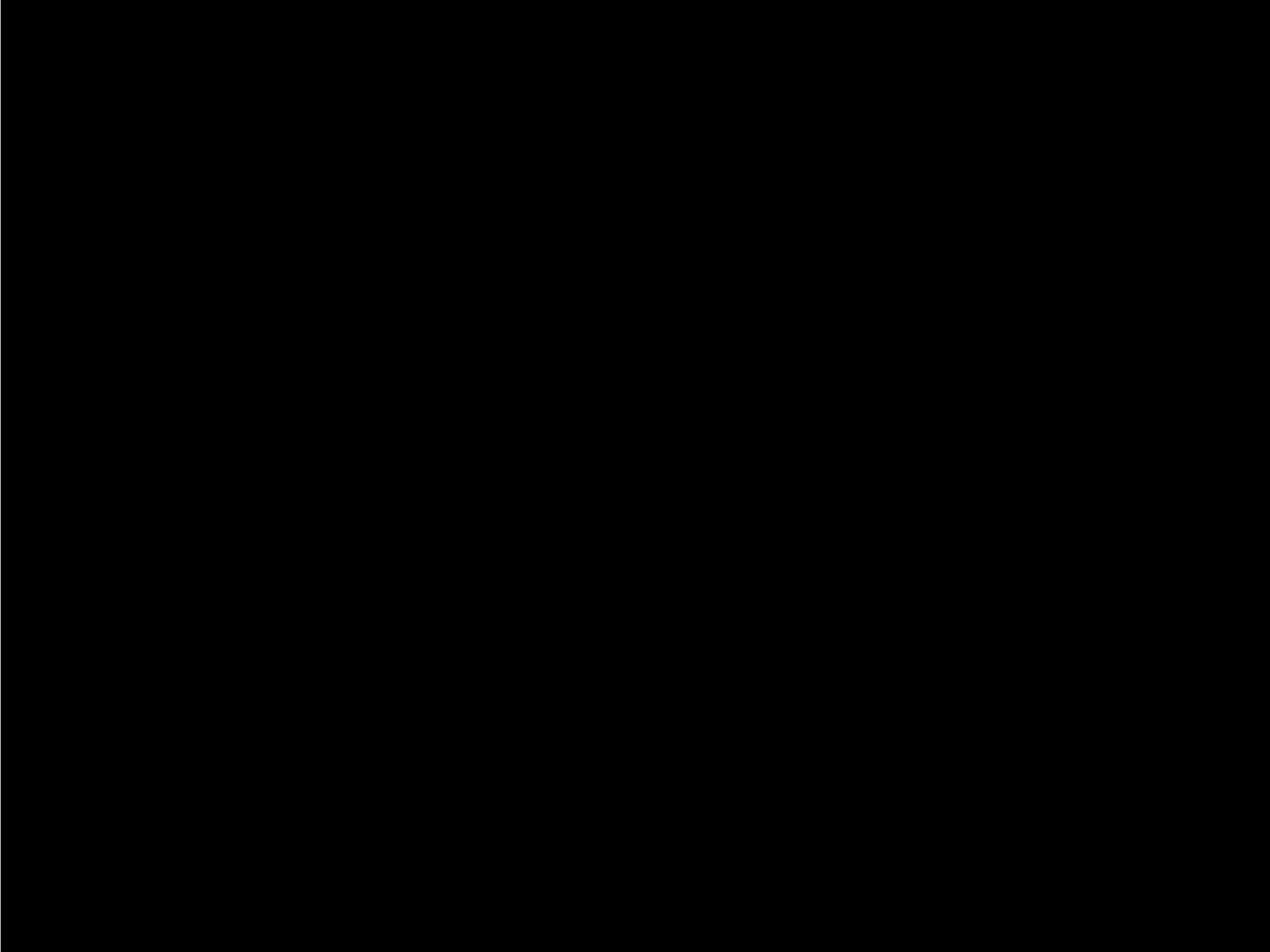
All generations are included in the various programmes and can learn about healthy eating

Dietary Education as a Compulsory Subject

Providing equal access to dietary education and experiences to all children in Obama city



Cooking classes for all six-year-old children in the city
“Kids’ Kitchen”



Cooking = Excellent educational method to bring out the best in children

Survey of parents of the children who took part in this programme

- Positive changes in their eating habits
- Had more confidence in themselves
- Were more active in other aspects of their life
- The experience impacted positively the rest of the family (especially the parents)

Reaching out to children ⇒ Impact on adults as well

Cooking classes are also held for primary and secondary school students as part of the school curriculum in Obama City.

Locally sourced school meals

All primary and secondary schools prepare their meals in their own school kitchen.



The children know who made the school lunches, so they are grateful and there are very few leftovers.



Sea Bream School Lunch Day

The children learn to hold their chopsticks and eat fish properly



It is very difficult, but when children learn those proper manners, they also feel more confident.

Summary of the results

- Remembered taking part in dietary education programmes as children, such as the Kids Kitchen Programme - approx. 97%
- Believed local school meals, farming and fishing experiences should be continued - approx. 86%
- Felt that taking part in those was still useful in their lives today - approx. 92%
- Felt like they grew up in close contact with their local community - approx. 85%
- Happy to have been born in Obama - approx. 88%
- Would like to raise their own children in Obama - approx. 74%

Taking part in dietary education programmes from a young age

- Positive influence on participants' eating habits even after they reach adulthood
- Sense of pride and affection for one's region
⇒ Pride in oneself.



We are happy to share with people from the UK our experience of dietary education, which uses local ingredients and culinary culture to nurture physical health as well as mental wellbeing, and we hope you will come to visit us at the Food Culture Centre.