

# Eating Out

## 1 How to select a restaurant

Choose a restaurant making active efforts to reduce Food loss and waste.

- ▶ Choose a restaurant where you can choose a size of a meal



## 2 How to order

Order dishes in range you can eat.

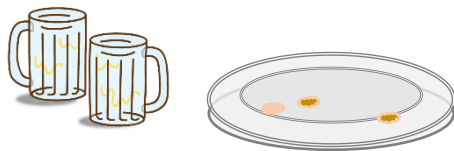
- ▶ Utilize small serving or a half size meal



## 3 Eat

Enjoy all dishes

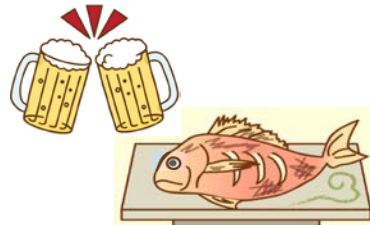
- ▶ Share meals and eat up everything



# Party

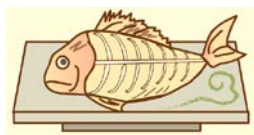
## 1 At first, enjoy your meal

- ▶ Eat freshly cooked dishes for 30 minutes after giving a toast



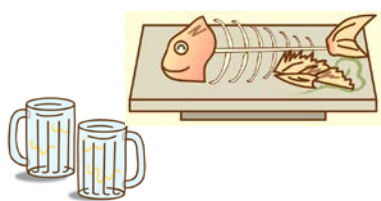
## 2 Then, have a fun

- ▶ Deepen the friendship while eating



## 3 Eat up everything

- ▶ Enjoy your meal again for 10 minutes before closing the party
- ▶ Call on eating up everything



Your action may link to Food loss and waste.

You might be wasting foods corresponding about 140 g per a day. What is important is that each of us takes action being aware of "It's a waste".

あなたも1日でお茶碗約1杯分の食べものを無駄にしているかも?!

大切なのは、一人一人が「もったいない」を意識して行動すること

Japan has thrown away edible foods, so-called Food loss and waste, more than 6 million-ton per year.

Left-over food is also Food loss and Waste. Let's take action for eating all meals.