



























Important: School Lunches and Fee Payment

The City of Hiroshima serves school lunches as part of education carried out in schools.

1) Our Objectives for School Lunches

   	<ol style="list-style-type: none"> 1. Promote and maintain good health through appropriate nutrition 2. Promote correct understanding of meals in day-to-day life, foster the good judgment needed to maintain a wholesome diet, and encourage desirable eating habits 3. Enrich students' school experience, fostering a lively social life and community spirit 4. Deepen understanding that our food is dependent on nature to foster a spirit of respect for life and nature, as well as willingness to contribute to protection of the environment 5. Deepen understanding that our food is the product of the work of a range of people involved in food, and foster respect for their hard work 6. Deepen understanding of the superb traditional food culture of Japan and its various regions 7. Facilitate correct understanding about the production, distribution and consumption of food 	   
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2) Menu Planning

<div style="border: 1px solid black; padding: 5px;"> <p>Carbohydrate</p> <table border="1" style="width: 100%; text-align: center;"> <tr> <td></td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td>Mon</td> <td>Tues</td> <td>Wed</td> <td>Thurs</td> <td>Fri</td> </tr> </table> <p>Rice Served four times a week. We use Hiroshima Prefecture rice.</p> <p>Bread Served once a week.</p>  </div>						Mon	Tues	Wed	Thurs	Fri	<div style="border: 1px solid black; padding: 5px;"> <p>Milk</p> <p>Every meal includes 200ml of milk. Milk is high in easily absorbed calcium, making it an important source of this nutrient.</p>  </div> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>Dishes</p> <p>In general, a main dish and side dish are served with the carbohydrate. We aim to keep a good balance of cooking methods (e.g. stewing, deep-frying, pan-frying, salads). We try to include food linked to holidays, local food, food from other cultures such as from our Sister and Friendship Cities, and food marking the changing seasons.</p>  </div>
											
Mon	Tues	Wed	Thurs	Fri							

3) Applying for School Lunches

Your child's school is one where you can choose whether to bring a lunch from home or request lunch to be delivered.

To apply for delivery school lunches, you must submit an Application for School Lunches and a Delivery School Lunch Order Form. Please submit one of each form for each child to the school they attend.*

*If you submitted an Application for School Lunches while your child attended a municipal elementary school, then you only need to submit the order form.

4) School Lunch Fees

1. Fees

Fees paid by parents and guardians are used to pay for the ingredients used in meals. Other necessary costs (salaries, utility bills, and facility upkeep) are paid for by the City of Hiroshima.

2. Payment amounts and deadlines

Cost per meal: Junior high school, Hiroshima Municipal Secondary School (first three years), special needs school junior high and high school divisions: **300 yen**

The payment amount is calculated for each grade of each school, based on the planned number of school lunch days in the year. You will pay this in 10 installments (June to March). In principle, the payment deadlines are as outlined below, but if a date falls on a weekend or holiday, the deadline will be the financial institution's next working day.

We inform parents and guardians of each school year's payment amount and deadlines in June.

Period	1	2	3	4	5
Deadline	Last day of June	Last day of July	Last day of August	Last day of September	Last day of October
Period	6	7	8	9	10
Deadline	Last day of November	January 4	Last day of January	Last day of February	Last day of March

E.g.: An junior high school student with 195 planned school lunch days

➤ Planned fees for the year: ¥300 × 195 days = ¥58,500

➤ Amount to be paid: ¥58,500 ÷ 10 payments = ¥5,850 ≈ ¥5,900 (rounded up to the nearest ¥100)

For Periods 1 to 9: ¥5,900 For Period 10: ¥58,500 – (¥5,900 × 9 payments) = ¥5,400

Note 1: The number of planned days varies with school and school year.

Note 2: If the number of planned days changes (e.g. due to a cancelled event), the amount to be paid for Period 10 will be adjusted accordingly. We will notify you of the new amount in March.

3. Fee Payment Method

In principle, payments should be made by direct debit. Please set up a direct debit as follows. (The City of Hiroshima will cover direct debit fees.)

If a) your child did not attend a Hiroshima City municipal school before junior high or b) your child did attend a Hiroshima City municipal school, but you have not filed the paperwork for direct debits for school lunch fees or the Japan Sport Council Mutual Aid Premium: Please complete and submit a School Lunch Fee and Japan Sport Council Mutual Aid Premium Direct Debit Form (application form for automatic bank transfers) **to a financial institution no later than your child's entrance ceremony.**

Note 1: You do not need to resubmit the forms if you submitted them while your child previously attended a Hiroshima City municipal elementary school.

Note 2: You must submit one Direct Debit form per child.

Note 3: As it will take around two months from your submitting the form to complete the direct debit setup process, we may initially ask you to pay with payment slips if the form isn't submitted by the date of the entrance ceremony.

Note 4: If a payment fails (e.g. due to insufficient funds), we will not reattempt the direct debit. We will send a collection letter (with a payment slip attached) to your home. Please use this to make the payment at a convenience store or financial institution.

Note 5: In principle, if you are receiving financial support such as public welfare or school expense subsidies, you do not have to pay school lunch fees, as they will be paid from these services.

However, if you stop receiving support, you will need to start paying by direct debit. So that we are ready to quickly change your payment method, please submit the form even if you are receiving support.

If your application for school expense subsidies has not yet been approved, you still need to pay for school lunch fees, and so you are also asked to submit the form.

Financial institutions (31) that can be used for direct debit

Banks	Hiroshima, Momiji, Mizuho, MUFJ, Resona, SMBC, Yamaguchi, Saikyo, Chugoku, San'in Godo, Tottori, Shikoku, Ehime, Hyakujushi, Iyo, Fukuoka, Nishi-Nippon City, Japan Post		
Trust Banks	Mizuho, SMBC, MUFJ	Credit Unions	Hiroshima, Kure
Credit Associations	Hiroshima Prefecture, Hiroshima City, Shogin, Chogin-Nishi	Agricultural Cooperatives	Hiroshima City, Aki
Other	Chugoku Rokin, Hiroshima Prefectural Fisheries Cooperative (JF Marine Bank Hiroshima)		

Inquiries: Food and Nutrition Education Section, Health and Education Division,
School Education Department, Hiroshima Municipal Board of Education Executive Office
1-4-21 Kokutaiji-machi, Naka-ku, Hiroshima 730-8586
Tel: 082-504-2490 **Email:** kyo-kenko@city.hiroshima.lg.jp

Delivery School Lunches

In 42 of our junior high schools and in the first three years of Hiroshima Municipal Secondary School, we offer the choice whether to bring a lunch from home or have one be delivered.

Delivery meals are planned by a nutritionist employed by the Board of Education, following the government's standards for school meals, so that they provide the nutrition that a junior high school student needs. A meal consists of a lunchbox containing a carbohydrate (rice or bread) and around four dishes, along with a serving of milk.

In the interests of food education, we also make efforts to incorporate local dishes, food linked to holidays, local produce, and traditional ingredients, to pass on our food culture to the next generation.

Ingredients are purchased in bulk by the Hiroshima City School Lunch Association, following standards that include not using unnecessary additives or GMO. The preparation and delivery of meals, as well as the cleaning and storage of lunchboxes, is carried out by a private contractor

Examples of Meals



ごはん・ひれかつ・ぽてとさらだ・ごまあえ・かしわもち・ぎゅうにゅう



ぱん・たんどリーちきん・ふらいどぽてと・てっちゃんさらだ・にんじんのたまごとじ・なし・ぎゅうにゅう



ぱん・しろみざかなのかれーあげ・せんちゃんやきそば・たまごさらだ・みかん(かん)・ぎゅうにゅう



ごはん・さけのしおやき・あかじそあえ・にくじやが・おひたし・きなこふらいびーんず・ぎゅうにゅう

Note: Please have your child bring their own cutlery from home.

