



Thinking About the Environment: *Washoku* [環食]*

You can value food and show your concern for the environment by not buying more food than you need; cooking up what you have so as to reduce waste; and, showing thanks to the person that prepared your meal by eating all that you were given. Using locally grown foods also helps to reduce CO₂ emissions and contributes to *Washoku* [環食].

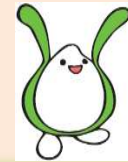
* (The characters used to write *Washoku* on this page are “environment” (環) and “food,” (食) asking us to think about our environmental impact. Read *Washoku* on this page with that meaning in mind.)

[Taking Care of the Planet from Your Kitchen]

Please see the City's website for details on "Eco-Cooking":

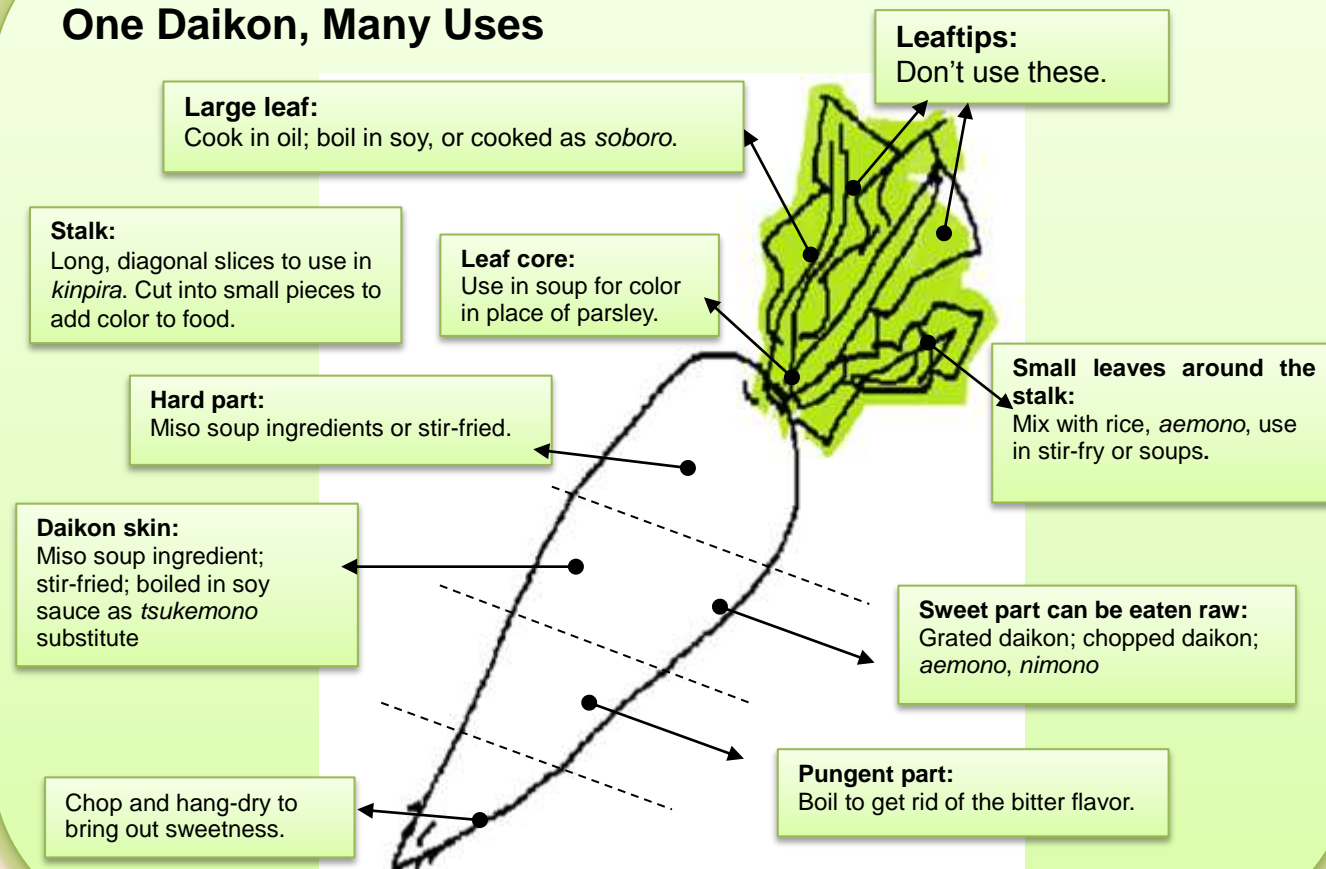
<http://www.city.hiroshima.lg.jp/kankyoeccocook/>

(Japanese only)

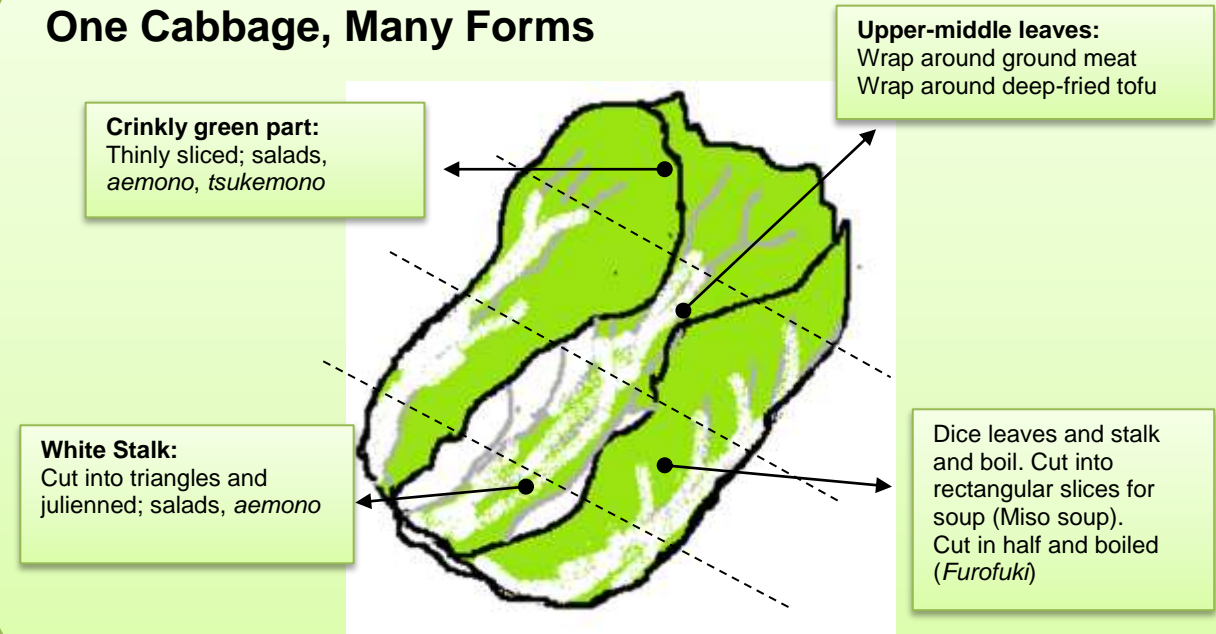


① Do Not Waste Vegetables

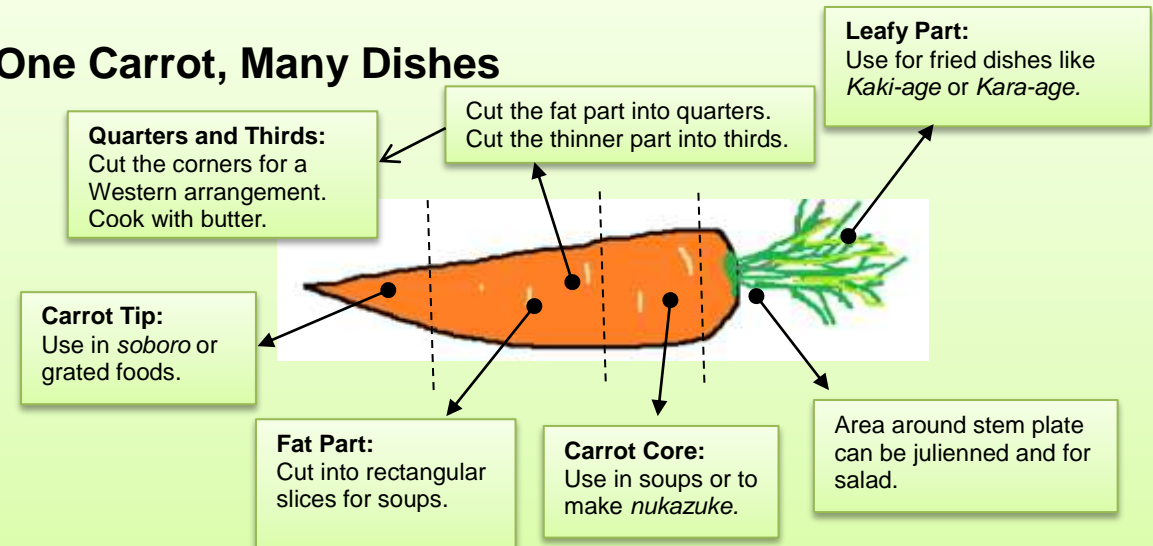
One Daikon, Many Uses



One Cabbage, Many Forms



One Carrot, Many Dishes



Chew on This: Food Waste

Food is wasted when it's thrown away, despite still being edible. Half of food waste comes from the average household. It's believed that each year, 15kg of food waste per person is created.

"*Mottainai*" is a Japanese word used when something is wasted. It represents our feelings of thanks and consideration towards the person that made the food, and nature for providing us with it.

