

What We Can Do to Create a Sustainable Society



Tokushima Bunri University Handbook Items (Proposal)

Human Life Sciences

- Kaito KITA(4th)
- Saki DEMIZU(2nd)
- Honoka NODA(2nd)
- Kaimu KAMO(1st)
- Chisaki KOJIMA(1st)
- Mami HIRONAKA(1st)

Policy Studies

- Hayato OKAMOTO(3rd)
- Yui SUMISE(3rd)
- Rika TAKEICHI(3rd)
- Yousuke NISHIOKA(3rd)

Food Science, Life Science, Junior College

- Honoka BANDO(2nd)
- Yui MURAKAMI(2nd)

Our Concept

- To upgrade our existing work
- To promote zero-waste lifestyles
- To carry out sustainable activities that we can (and want to) continue



About 30 students participating in a brainstorming session for the handbook.

Handbook Items (Proposal)

7 Aspects

To promote
zero-waste
lifestyles



Reduce
Waste



Energy
conservation



Share
unused items



Share correct
information

Solving societal
problems
**by utilizing
university
learnings**



TABLE FOR TWO



Awa Bancha Spots
(Free of charge)



Make recipes that
use deer meat

Existing Initiatives ①

TABLE FOR TWO at the University Cafeteria



- From 2010~ Now on its 13th year
- TABLE FOR TWO is a social enterprise started in Japan that aims to simultaneously solve obesity in developed countries and hunger in developing countries.
- Serving healthy lunches (450 yen) at the cafeteria every Tuesday(20 yen is donated to TABLE FOR TWO)
- **Winner of the TABLE FOR TWO Award 2022 in the PR and Awareness category!**



Online Award Ceremony

Healthy lunches to end world hunger and obesity

Existing Initiatives ②

Gibier Recipes by the Department of Food Science, Junior College of Life Sciences



- From 2015~ Now on its 7th year
- Since 2015, the Junior College's Department of Food Science has continuously carried out food damage protection netting in the forest, venison dismemberment work, and development of venison recipes. In 2020, they received an award for excellence in the Tokushima Prefecture Recipe Grand Prix, and in the same year they received an award from the Forestry Agency for their contribution to forest environment protection.
- Every year, there is a day where gibier dishes are sold in the cafeteria.



Food damage protection netting in the forest



Award from the Commissioner of the Forestry Agency



Gibier lunch box by students



Awa Gibier Recipe Grand Prix

「阿波地産食料調理レシピグランプリ」
優秀賞受賞!

材料(1人分)	作り方
シカ肉 70g	①シカ肉は薄切りにし、3cm幅に切る。
たまねぎ 80g	②たまねぎは半分を削り、5mm幅に切る。U字がいも、にんじんは一口大に切る。
じゃがいも 60g	③鍋を火にかけて熱し、肉を入れたたまねぎを多く炒める。じゃがいも、にんじん、シカ肉を加えてさらに炒め、中濃粉を加える。
にんじん 20g	④油をひいて、肉、塩を入れてひと煮立ちさせ、芋ニグラスソースを加えて強火にして30分煮込む。
じゃがいも 20g	⑤器に盛り、前までおいたブロッコリーを飾る。
小豆粉 9g	
芋ニグラスソース 2.0g	
水 250ml	
ローリエ 少々	
塩 1g	
ブロッコリー 70g	



Prep workshop



School cafeteria selling



Deer meat tomato stew set meal



Deer meat recipe book (43 recipes)

Existing Initiatives ③

Fieldwork in Kamikatsu Town by the Faculty of Human Life Studies

- From 2020~ Now on its 3rd year
- The Department of Human Life Studies has been conducting fieldwork in Kamikatsu Town, Tokushima Prefecture, since the first year of the program, when the town declared its zero-waste goal for the first time in Japan in 2003.
- This year, they became the first educational institution to own a barrel of Kamikatsu Awa Bancha, and students are involved in the entire process of making Awa Bancha, from picking the tea to packing it in bags.



Handbook Items (Proposal)



What one can do individually

■ Bring your own MY bottle and MY chopsticks 

■ Save energy by not using elevators and turning lights off in classrooms 

■ Promote and Participate in TABLE FOR TWO  

■ Utilize shared services  

■ Utilize Awa Bancha Spot (free of charge)    

■ Choose gibier cuisine as a food option   

How often can we do it often















less often

Every day

■ Utilize a knowledge book for living alone       








What we can do in school

- Promote energy conservation by controlling facility temperatures and encouraging the use of stairs 
- Expand and Participate in TABLE FOR TWO  
- Create a system to share unused items  
- Establish Awa Bancha Spots (Free of charge)    
- Promote Awa Gibier by providing deer meat recipes   



What we can do in the community

- Disseminate information by attaching QR codes to ethical products developed on campus     
- Participate in local events to promote zero-waste lifestyles 