

SUSTAINABLE DEVELOPMENT GOALS

2 飢餓を
ゼロに

3 すべての人に
健康と福祉を

4 質の高い教育を
みんなに

5 ジェンダー平等を
実現しよう

What We Can Do for Sustainable Living

A Consumption Handbook that Benefits
You and the Planet

4 海の豊かさを
守ろう

15 陸の豊かさも
守ろう

16 平和と公正を
すべての人に

17 パートナーシップで
目標を達成しよう

Online Exchange with Overseas Universities Team for FY22
Tokushima Bunri University Junior College



Consumption for the Future

Our Concept

✓ Promoting zero-waste living

Zero-waste means eliminating unnecessary waste, excessive waste, and garbage. The idea is not how to dispose of waste, but how to prevent the creation of waste in the first place.

Source: ZERO WASTE TOWN Kamikatsu

✓ Incorporating class/research learnings into our daily lives

Major SDGs Initiatives of Tokushima Bunri University

◆TFT(TABLE FOR TWO)

Healthy lunches served every Tuesday, since 2010

◆Gibier (deer meat) recipe creation and selling

Program by the Food Science Major, Human Life Sciences Department, Junior College Division, since 2016

◆Fieldwork in Kamikatsu Town

Conducted by the Human Life Sciences Dept., Human Life Sciences Faculty, since 2020

In 2022, Awa Bancha tea production started, as owners of Kamikatsu Awa Bancha tea vat

concept1

Zero-Waste Promotion



Waste
Reduction



Energy
Conservation



Correct
Information
Sharing



Unused Items
Sharing

concept2

Solving Social Issues

By Utilizing University Learnings



TABLE FOR TWO



Ethical Food
and Product
Development



Hot Water
Spots for Awa
Bancha and others



SDGs You Can Do

1



Bring your own MY bottle and MY chopsticks



Bring your own bottle, and you could find yourself meeting new people at a free water spot!

Let's protect clean oceans and living creatures by reducing plastic waste.

Make it a habit to use your own chopsticks and bags, and enjoy your days being kind to both your finances and the earth!



Save energy by not using EVs and turning off lights in rooms



Did you know that in most cases, CO₂ is emitted when electricity is generated?

Energy-saving behavior will help prevent global warming and, of course, reduce your electricity bill!



Join TABLE FOR TWO

check
1



You can help reduce hunger in developing countries by eating a healthy lunch. GO to the university cafeteria for lunch every Tuesday!



SDGs You Can Do

2



Utilize sharing services

check
2



A quick word before you buy something new or before you throw away something you don't need!
How about sharing with friends, seniors and juniors first?



Utilize Awa Bancha Spots

check
3



Awa Bancha, produced by the Human Life Sciences Dept., will be offered for free at university events. By drinking Awa Bancha, you can contribute to the continuation of Awa culture. Be sure to bring your own bottle!



Choose gibier cuisine as a food option

check
4



Deer meat food, created by the junior college's food department, is served as lunch several times a year at the university. Deer meat is nutritious and can contribute to ethical consumption. For more information, check out their website!

Ethical consumption is a consumption activity in which each consumer considers the resolution of social issues as personal matters and supports businesses that address such issues. *Source: Consumer Affairs Agency*



SDGs You Can Do

3



Utilize a wisdom book for living alone



Many of you must be experiencing living alone for the first time as a university student!
 The Wisdom Book for Living Alone is an easy-to-understand collection of **wisdom** that will enrich your life as a one-person household.

Just a few small changes
 to your routine can save you



Point1

When choosing things, it is important to have an **ethical** perspective!

Ethical consumption is consumption behavior that considers people, society, community, and the environment, including local revitalization and employment.

Why not think about the stories behind the products and services as clues to **care for people and society**?

The first step is to choose products for which a portion of the sales proceeds will be donated, Fair Trade certified products, or products that support people with disabilities.

Ways to **care for the local community** include choosing local foods such as Awa Bancha, purchasing locally produced and consumed products and traditional crafts, and buying products that support disaster-affected areas.

Caring for the environment is not just about convenience and affluence for now and for yourself, but also about shopping with the future in mind on a global scale, such as the consumption of deer meat, which is a wild animal.

12 つくる責任
 つかう責任

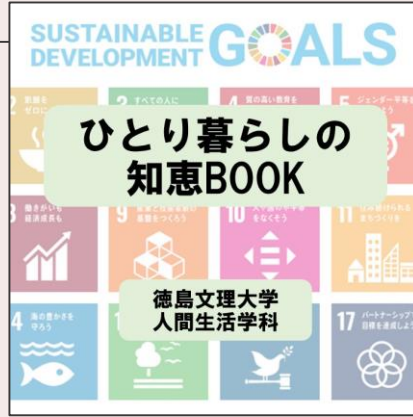


SDGs
 Educational
 Materials by
 Tokushima
 Prefecture



For more information on the deer meat initiative, please scan the QR code here!

The official IG account of the Human Life Sciences Dept. regularly have posts based from the **Wisdom Book for Living Alone!**



Human Life Sciences IG

Useful in many situations!



Point2

The initiatives below can be your first steps towards the **SDGs!** For details, see the explanations in the WISDOM BOOK!

Buy

- Take note of what you need so you don't overbuy
- When grocery shopping, buy those closer to expiry dates
- Buy in bulk when the price is low, divide and store in the freezer
- Buy eco-friendly products such as refillable ones
- Carry your own shopping bag everywhere

Eat



Wisdom BOOK
[Food Edition]

- Know how much you can eat so you don't overcook
- Cook rice in batches and freeze for later use
- For dishes where you can make a lot at once, such as curry, hayashi rice, stew, you can enjoy the changing flavors as you finish it slowly
- Carry your own chopsticks and bottle

Wear

- Utilize thrift shops
- Utilize the clothing collection system of companies
- Learn how to remake clothes by yourself
- Create a reuse system in clubs, etc.
- Try to wear sustainable fashion
- Cut up old cotton clothes and use them as disposable rags

Live

- Turn off lights when not in use
- Unplug unused appliances
- Know the time you have (e.g., a bath can be ready in -- minutes)
- Be creative in the use of washing detergents, such as using orange peels to remove grease stains, or making good use of baking soda
- Cover the pots or bathtubs when heating

**Results from the "Tree of Wisdom for Living Alone" surveys at the 2022 Univ. Festival and Livelihood Festival



SDGs that Can Be Done in Schools and Communities



Disseminate information by attaching QR codes to ethical products created on campus



We live in an age where a great deal of information is available in the palm of your hand with a smartphone. However, some of the information is unreliable. Through the QR codes, we will share the correct and accurate information about the ethical products created at the university and other topics such as social issues. With the product in hand, consumer education is available to anyone, anywhere!



Graduates acting as smart consumers



Tokushima Bunri University students who use this handbook should act as consumers who can propose new values and lifestyles in the digital society and continue to be smart consumers after graduation!

check
1

TABLE FOR TWO

Tokushima Bunri University has been working on TFT since 2010, serving healthy lunches (450 yen) at the school cafeteria every Tuesday.



TABLE FOR TWO is a social enterprise started in Japan that aims to simultaneously solve obesity in developed countries and hunger in developing countries by providing low-calorie meals and donating 20 yen of the meal price to support school lunches in Africa. For every set meal or food item purchased, 20 yen is donated to TABLE FOR TWO to be used for school lunches for children in developing countries (20 yen = cost of one school lunch in a developing country).

Source: NPO TABLE FOR TWO International

check
2

Sharing Service

Sharing service is a system that allows one to pass on unneeded items to those who need them, so that usable items do not go to waste. If you have a few people in your seminar, club, or department, who are game to try this, you can easily take on this challenge!

Is there anyone who wants tableware, appliances, groceries, etc.?

Is there anyone moving and has trouble with disposing of things?



Don't miss the annual call for **bicycle reuse** from the Student Support Division around April!

Checkpoints for Sharing

① Food

- Make sure the food is new or unopened
- Be aware of consumption and expiration dates
- Food that can be stored at room temperature
(**Raw food will spoil, so ✕**)

② Furniture and Appliances

- Check if they are still usable before handing them over
- Give contact information in case no one claims it



Food Share Store at the 2022 University Festival

check
4

Serving Gibier Food

Since 2016, the Food Studies of the Junior College Human Life Sciences Department has been promoting ethical consumption through the creation of deer meat recipes by students and the serving of deer meat dishes, with the aim of solving environmental problems and effectively utilizing harmful wild animals.

Gibier refers to the wild animal meat obtained through hunting or trapping. In the old days in France and other countries, gibier was so precious that only the upper class nobility could afford to eat it. Powerful and full of vitality, the natural meat that ran through the mountains and fields is a gift from the forest, with little fat, firmness, and high nutritional value.

Source: Japan Gibier Promotion Association



Recipe Video ①



シカ肉のオイマヨ炒め



Recipe Video ②



シカセサミカツの甘味噌かけ

For more information on their initiatives, please visit their official Instagram page!



Official Instagram ↑



シカ肉シチュー

材料 (1人分)

シカ肉……………70g	デミグラスソース……………20g
たまねぎ……………60g	水……………250ml
じゃがいも……………60g	ローリエ……………少々
にんじん……………20g	塩……………1g
バター……………3g	ブロッコリー……………70g
油……………2g	
小麦粉……………5g	



作り方

- ① シカ肉は薄切りにし、3cm幅に切る。
- ② たまねぎは半分に割り、5mm幅に切る。じゃがいも、にんじんは一口大にきる。
- ③ 鍋を火にかけて熱し、バター、油を入れたまねぎをよく炒める。じゃがいも、にんじん、シカ肉を加えてさらに炒め、小麦粉を振りかける。
- ④ ③にローリエ、水、塩を入れてひと煮立ちさせ、デミグラスソースを加えて弱火にして30分煮込む。
- ⑤ 器に盛り、茹でておいたブロッコリーを飾る。

1. Held a workshop to brainstorm about the draft handbook items with students from the Faculty of Policy Studies, the Faculty of Human Life Sciences, and the Junior College Life Sciences Department Food Sciences Program
2. Opened a food fair store (SDGs Market) at the university festival
 - Distributed uneaten food to those who needed it (Donors:15 people, Recipients:75 people)
3. Collected eco-friendly lifestyle tips that are useful for students living alone (Tree of Wisdom for Living Alone) from participants at the university festival and local events (Participants: 44 people)
 - The opinions were used to create the “Wisdom Book for Living Alone” and published on the Human Life Sciences Department’s Instagram account.
4. Production of original Awa Bancha, with taste testing
 - Conducted a survey on awareness of Awa Bancha, use of MY bottle, use of MY bottle for possible hot water supply spot
 - Proactive approach to university students found necessary
5. Sold bentos made with TFT X deer meat gibier collaboration recipes
 - Created deer meat recipes, served lunches, collaborated with TFT to serve awa bancha to people who bring MY bottles

Our Activities



Promoting the TFT Onigiri Action at the university festival



Collecting ideas for Wisdom for Living Alone at the university festival



Awa Bancha Taste Testing; My Bottle Survey; Collecting ideas for Wisdom for Living Alone at a community event



Awa Bancha Tasting x My Bottle Survey at the university festival



Serving Awa Bancha for those who bring their own bottles

短期大学部生活科学科食物専攻 2年
私たちがシカ肉メニューを考案しました!



TFT × SDGs
TABLE FOR TWO シカ肉ランチBOX

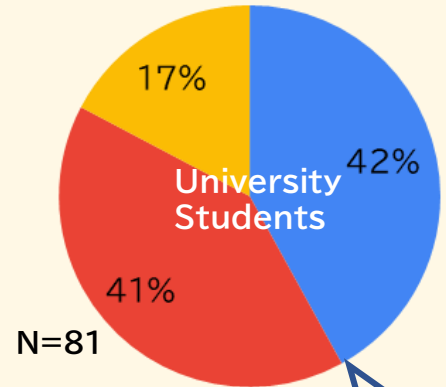
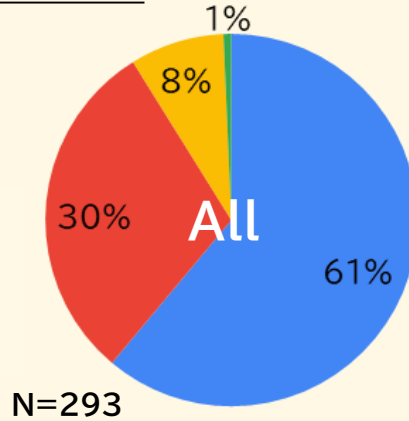
TFT X Deer Meat Lunch Box Selling

My Bottle x Hot Water Spot Survey

Awa Bancha Tasters at the university festivals n=157
 Awa Bancha Tasters at local events n=136
 Analysis of results from a total of 293 respondents

What do you do for drinks when you go out?

- Bring own bottle
- Buy drinks at destination
- Do not drink a lot
- Others

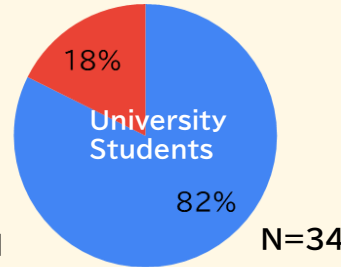
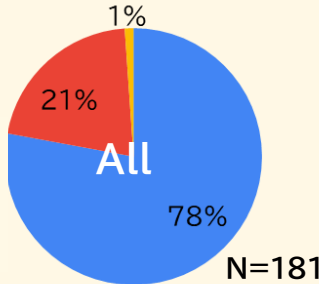


Bunri Univ. students are less likely than overall to bring their own bottles!

[People who bring their own bottle]

If there is a free hot water spot where you go, will you use it?

- Yes
- No
- Not sure

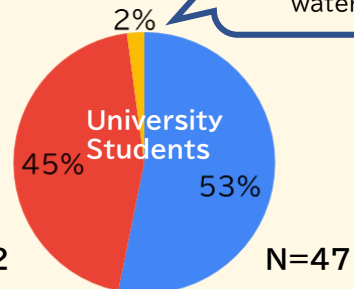
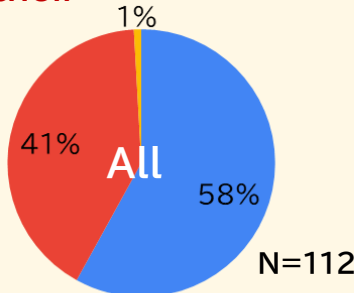


More than half will bring bottles if there is a free hot water spot

[People who DO NOT bring their own bottle]

Will you bring your own bottle if there is a free hot water spot where you go?

- Yes
- No
- Not sure



徳島文理大学



Tokushima
130th **BUNRI**
2025



Tokushima Prefecture Online Exchange Program with Overseas Universities 2022-2023

Human Life Sciences,
Faculty of Human Life
Sciences

Kaito KITA(4th)

Saki DEMIZU(2nd)

Honoka NODA(2nd)

Kaimu KAMO(1st)

Chisaki KOJIMA(1st)

Mami HIRONAKA(1st)

Policy Studies,
Faculty of Policy
Studies

Hayato OKAMOTO(3rd)

Yui SUMISE(3rd)

Rika TAKEICHI(3rd)

Yousuke NISHIOKA(3rd)

※ Year levels are those at the
time of participation

Food Science, Department
of Life Sciences,
Junior College Division

Honoka BANDO(2nd)

Yui MURAKAMI(2nd)

We are always looking for university
activities related to sustainable
consumption that we can include in our
handbook. Please contact us at the
following address.

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