

# Creating an Ethical University Festival

In terms of ingredients, garbage sorting, and containers and packaging

## Ingredients (Used many products from Tokushima Prefecture)

- Yuzu Fried Chicken (Tokushima yuzu)
  - Churros (Tokushima rice flour)
  - Sudachi Juice (Tokushima sudachi)
- Connects to local production, local consumption
- Uses ingredients consumers feel comfortable with



## Garbage Sorting

- Garbage sorted into five categories: burnable, non-burnable, plastic bottles, cans, glass bottles
- Placed garbage cans in multiple places on campus



## Containers and Packaging

- Used paper cups, plates, etc.
- in place of plastic
- Utilized low waste materials



## Containers and Packaging Improvements

- Balance between product quality and environmental friendliness
- Paper not well suited to hold liquids
- Need to focus on containers
- Using the properties of paper to enhance the design



For Ecologies.  
For Economies.

Promoting the ethical consumption of food.  
In order to achieve this, spreading the idea of local production for local consumption and to reducing packaging waste are vital.

The keys to ethical food consumption are:  
“Local production, local consumption” and waste reduction!

We have compiled a handbook with contents that are easy for students to put into practice and that will change the way they think about food for the better.

Here are some of our best ideas for achieving these two goals.

☆  
**Ethical  
Consumption**  
☆

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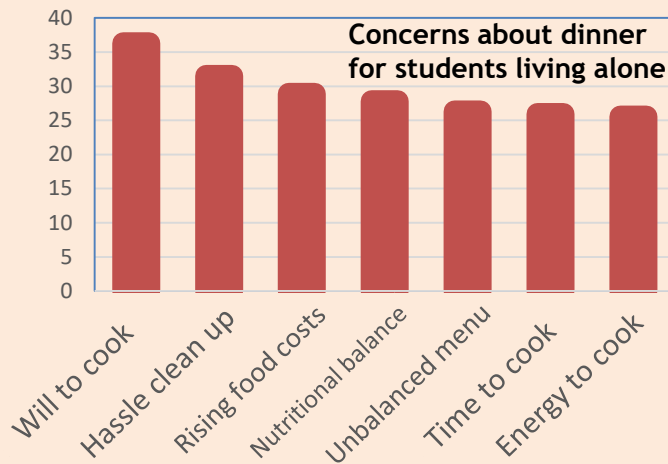


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## Eating Ethically by Cooking at Home



My Navi News

<https://news.mynavi.jp/article/20230320-2630373/>

With one soup and one dish, it's easy to cook for yourself ethically!

Easy to make

Uses local ingredients

Doesn't waste food, water, or packaging

Healthy meal

- ◎Efficient use of resources and reduction of environmental impact
- ◎A socially and environmentally responsible choice
- ◎Balances healthy eating and environmental conservation

## One Soup, One Dish! Ethical Eating in Practice



### One Soup, One Dish Seminar

We held a seminar based on the philosophy of "One Soup, One Dish," advocated for by Yoshiharu Doi.

### One Soup, One Dish Testimonials

Here's what people who tried making "One Soup, One Dish" meals based on the seminar had to say.



I didn't have to use a knife, and the number of dishes to wash decreased. Cooking feels easier to approach this way.

I feel like I'm doing what I need to do efficiently. I think I can keep this up!



### Other impressions after trying it out:

- Less washing up to do → Less soap & water used
- Can be made with things left over in fridge → less food waste
- Can easily prepare with local ingredients
- Cooking at home became much easier



Reference Yoshiharu Doi 「一汁一菜でよいという提案」 Shincho Bunko, 2021

## What We Hope to Achieve Next

### Revitalizing the Cafeteria

- Use in the Univ. Festival
- Enrichment of the menu
- Lower prices by using local products



### Spreading "One Soup, One Dish"

- Can customize dishes, adding bread or pasta
- Cooking at home can help establish a lifestyle rhythm and routines



### Utilizing Water Servers

- Increase the number of water servers by one in each building
- Summarize on paper in an easy-to-understand manner how to use the water server.



Naruto University of Education: Natural and Living Sciences Education (Home Economics)

<https://www.naruto-u.ac.jp/course/home/>