

School Lunch Letter

June 2024 (R6)

<Etajima City School Lunch communal kitchen>

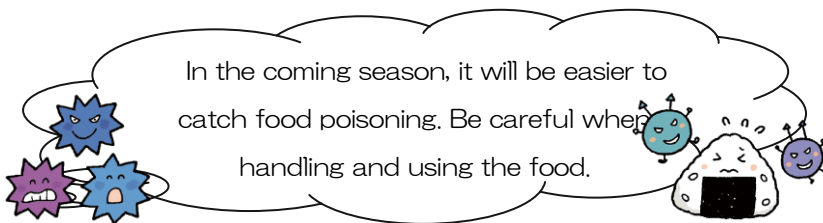
It's time for the rainy season, The temperature is getting higher and the wet weather continues. It is easy to become sluggish and lose appetite and tend to get sick. It's important to eat, exercise, and sleep well.

Let's be careful of food poisoning !

Food poisoning is infected by eating food contaminated with bacteria and viruses causing vomiting, abdominal pain, diarrhea, fever etc.

Last year, the number of food poisoning cases throughout Japan was 1021. The number of patients was 11803, The causative substances are bacteria (Campylobacter, Salmonella, Staphylococcus, Welch bacillus etc), Viruses (Noroviruses, parasites (anisakis, etc.), natural poisons (puffer fish, mushroom, etc.)

(refer from the website of the Ministry of Health, Labor and Welfare)



◆◆◆The main causes of food poisoning◆◆◆

With a hand with a wound

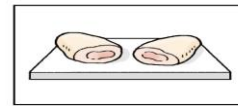
傷がある手で調理したもの



If you got wound in your hand, please don't touch the food with bare hand.

Undercooked meat

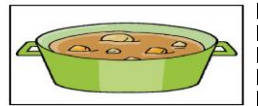
加熱が不十分な肉



Insufficiently heated

Food left at room temperature for a long time

室温で長時間放置した料理



Eat as soon as possible. When storing in a refrigerator, keep in small portions.

June 12th is "Etajima Delicious Day"

Every June is the the"Food Educational Month stipulated by the country. The 19th of every month is the food day. Children aimed at learning is to live healthily throughout their lives and to deepen their understanding and interest in geographical culture and traditions. The meal on June 12th is uses ingredients made in Etajima City. Look forward for it.

Every June is Food education month



【Menu】

- Mori mori mabo don (bowl)
- Etajima dried young sardines&cucumber
- Hiroshima lemon jelly
- Fresh Milk



Etajima Ingridients on June



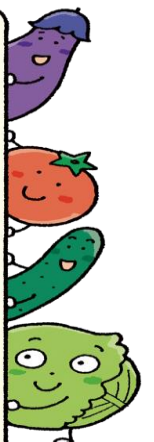
Firm Tofu
(Tokunaga Tofu shop)



Fruit tomato
(Deli Mart)



Cucumber
(Yamada San at Kounoura)



□■□■□■□■ School Lunch message from school □■□■□■□■

- 5/ 1(Wed) Kashiwa Mochi was chewy and delicious. (2nd grade at Etajima elementary school)
- 5/ 2(Thu) The combination of the richly flavored mabo-harusame and the lightly seasoned cabbage and spinach namul made for an excellent match. (2nd grade at Nomi Junior High School)
- 5/ 7(Tue) The kamaboko (fish cake) soup was flavored with bonito and kombu (kelp) broth. (4th grade at Nakamachi elementary School)
- 5/10(Fri) When we eat Etajima Curry, it's delicious. We have a big smile for it. I love potato in the curry.(3rd grade at Ofuru elementary school)
- 5/13(Mon) The potatoes in the minced potato stew were soft and tasty (1st grade at Kanokawa elementary school)
- 5/14(Tue) Lemon-flavored white fish gave me citric acid, which will help me perform better in games. (3rd grade at Etajima Junior High School)
- 5/15(Wed) I enjoyed the food with gratitude.(2nd grade at Oogaki Junior High School)
- 5/21(Tue) The canola flower were delicious with just the right amount of sourness. (1st grade at Mitaka junior High School)