

School Lunch Letter

June 2025 (R7)

<Etajima city School Lunch center>

It is the rainy season. As the temperature and humidity rise and the damp weather continues, it is easy to become sluggish and lose appetite, which can lead to poor physical condition. We should all keep in mind to eat well, 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 1037. The number of patients was 14229.

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)

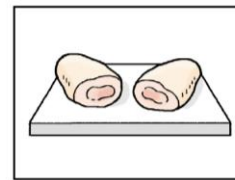
◆◆◆The main causes of food poisoning◆◆◆

Cooked with scarred hands



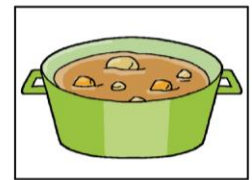
If you got wound in your hand, please don't touch the food with bare hand.

Under cooked meat



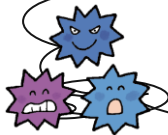
Sufficiently heat the foods.

Food left at room temperature for a long time



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

In the coming season, it will be easier to catch food poisoning. Let's be careful to handling and using food products.



June 10th is "Delicious Etajima Day"

Every June is Food education month



Every June is the "Food educational Month" stipulated by the country. The 19th of every month is the Food educational day. Eating is a fundamental part of life. School lunches are intended to help children develop a foundation for healthy living throughout their lives and deepen their understanding of and interest in local culture and traditions.

【Menu】

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



Etajima Ingredients on June 10th



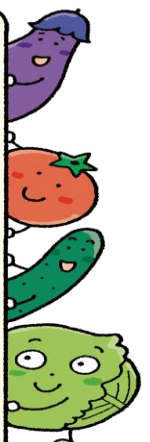
Momen Tofu (Firm Tofu)
(From Tokunaga Tofu shop)



Aimy tomato
(From Deli Mart)



Cucumber
(From Yamada san at Konoura)



School Lunch message from Students

5/ 7(Wed) The black beans and rice were delicious. The soup was also warm and tasty. (Noumi junior high school, 1-1)

5/ 7(Wed) I thought it was a very spring-like school lunch. I was happy to be able to eat a meal that matched the season.

(Etajima junior high school, 1-1)

5/ 8(Thu) The bulgogi was delicious with the rice. The wakame seaweed stems were crunchy and I enjoyed the texture. It was delicious lunch today, too. (Ohgaki junior high school, 3rd grade)

5/ 9(Fri) The best curry in the world may be the one we eat when we are hungry. (Noumi junior high school, 3-1)

5/12(Mon) The teriyaki hamburger steak was delicious. The potato salad was refreshing and tasty. (Kirikushi elementary school 5th grade)

5/14(Wed) The bamboo shoots in the "Spaghetti with Asparagus& Bamboo Shoots" were tasty. (Nakamachi elementary school 5th grade)

5/16(Fri) The potatoes inside the pork beans were soft, fluffy& tasty. I'm glad I could eat so much of it. (Mitaka elementary school 6th grade)

5/19(Mon) The bell peppers in the chinjao Rosu were tasty. The meat dumpling in the soup was tasty. (Kanokawa elementary school 3rd grade)