

The Emergency Food to Preserve Lives

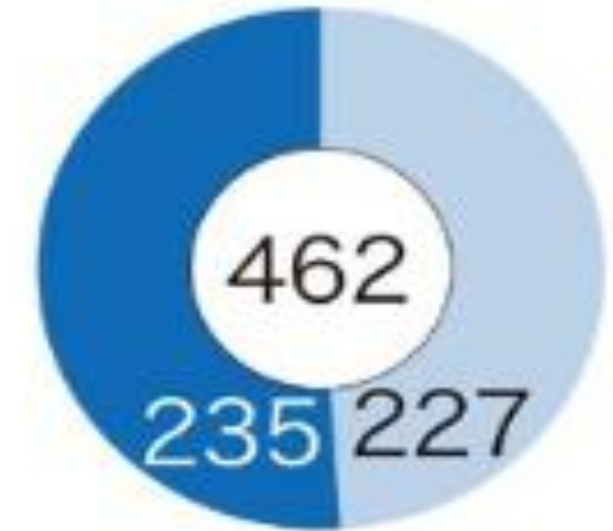


Sanjo high school, Niigata

★Background 1.Frequent natural disaster 2. Severe situation of disaster-related death

2024/01/01 : 能登半島地震、死者245、負傷1546
2022/03/16 : 福島県沖地震、死者3、負傷248
2021/08/11~19 : 令和3年8月の大雨、死者13
2021/07/03 : 熱海市伊豆山地区土砂災害、死者27、行方不明1
2021/02/13 : 福島県沖地震、死者2、負傷186

能登半島地震
(2024年1月)



死者全体 直接死 関連死

★Main Points

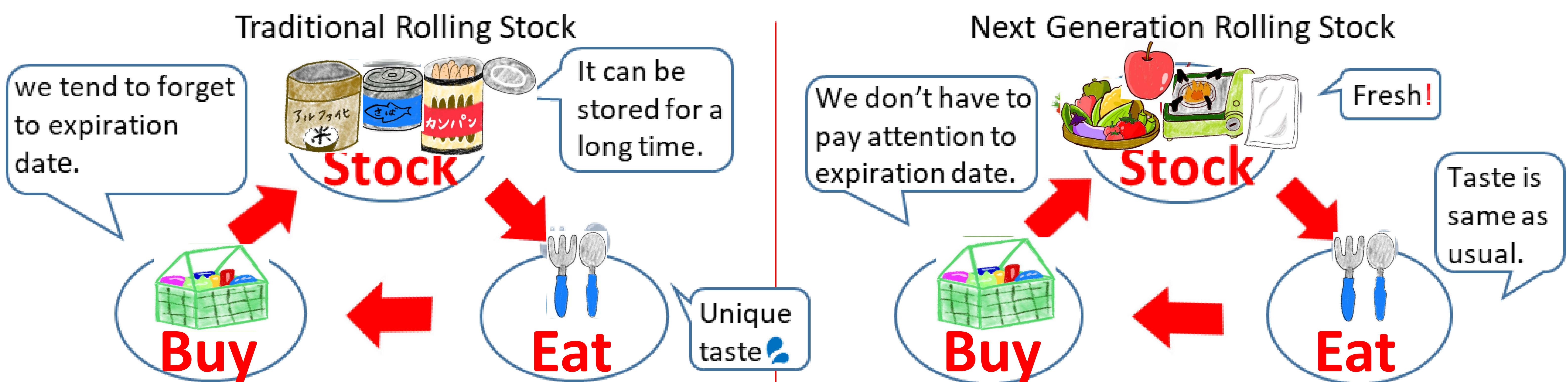
- Nutrition saves lives.
- Health = Body + Mind
- Rolling stock : Keep , Eat , Restock

★Issue “How to reduce disaster-related death ?”

★Solution Improve the Concept of Rolling Stock

→ Use normal meals in disasters → Safe at home, suitable for everyone!!

★Traditional Rolling Stock vs. Our New Approach to Rolling Stock

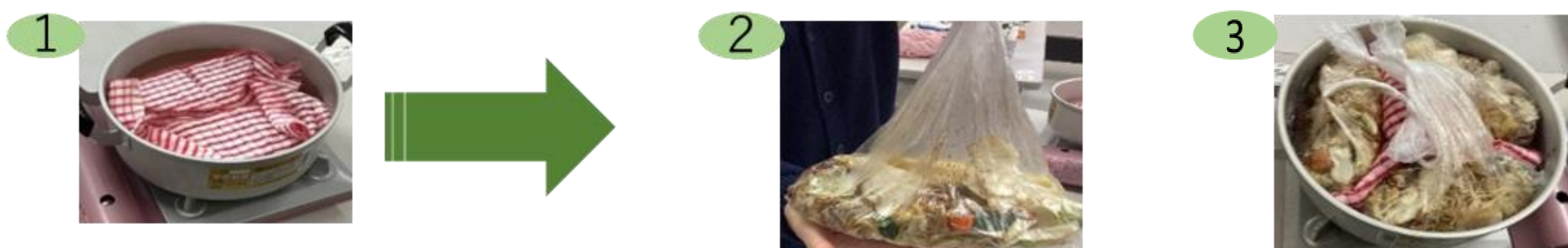


★The Disadvantages of New Rolling Stock

- Fresh food ⇒ check expiration dates
- Poor habits ⇒ unbalanced diets
- Need portable gas stove for pack-cooking

★Information from Ms.Tsuchida!!

- Due to recent improvement in housing safety, we can stay in our home during disasters.
- It is more effective to focus on rolling stock based on everyday food.
- “Pack Cooking” can be done with things you have at home.



★Important!!

- Actual tastings
- Practice eating regularly(✗ one session)

★Actions We can Do Right Now

- ◎ Promote “next generation rolling stock” & pack-cooking
- Cultural festival: pack-cooking session
- Join local disaster-prevention events(few diet booths)
- Share recipes & tools for regular practice

★References
・防災情報ナビ「日本の自然災害年表」https://www.ibousai.jp/disaster/saigai_japan.html アクセス日:2025年12月11日
・日本農業新聞「大災害、減らぬ関連死 9割が後期高齢者 ぎょう阪神・淡路大震災30年」<https://www.agrinews.co.jp/news/index/282624> アクセス日:2025年11月12日
・土田直美「一般市民の食品の備蓄状況と知識・意識・行動との関連」http://www.udri.net/journal/10-1/j10pp1-9Tsuchida_et al アクセス日:11月28日