

The Emergency Food to Preserve Lives



Sanjo high school, Niigata

★Background

1. Frequent natural disaster

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

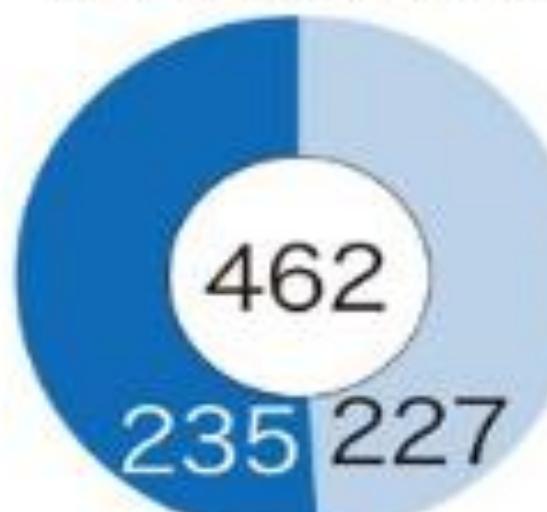
2021/08/11~19 : 令和3年8月の大雨、死者13

2021/07/03 : 热海市伊豆山地区土砂災害、死者27、行不1

2021/02/13 : 福島県沖地震、死者2、負傷186

2. Severe situation of disaster-related death

能登半島地震
(2024年1月)



死者全体 直接死 関連死

★Main Points

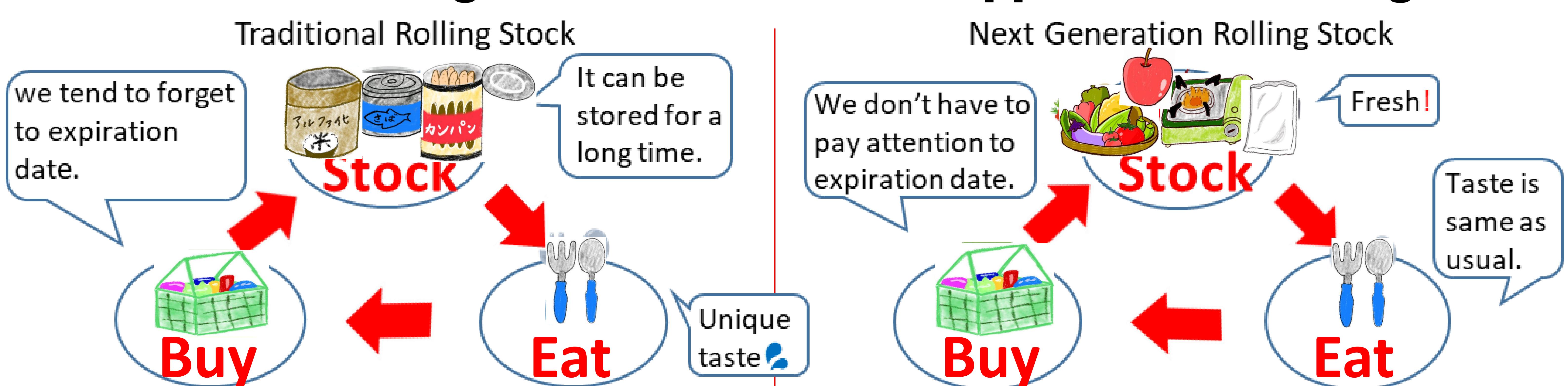
- Nutrition saves lives.
- Health = Body + Mind
- Rolling stock : Keep, Eat, Restock

★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
- Need portable gas stove for pack-cooking
- Poor habits ⇒ unbalanced diets

★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 (X 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」<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:2025年11月28日