



CrEAT Chance for KIDs

~The effect to young generation can be seen by "Shared Dining"~

Ritsumeikan Uji Senior High School

Vision

Shared Dining into the future

★ Cook Together, Eat Together ★

Experience
Shared Dining

positive cycle

Create the Same
for Children

Appreciate
the Joy

Our message behind Shared Dining

Ate alone abroad ⇒ Felt lonely

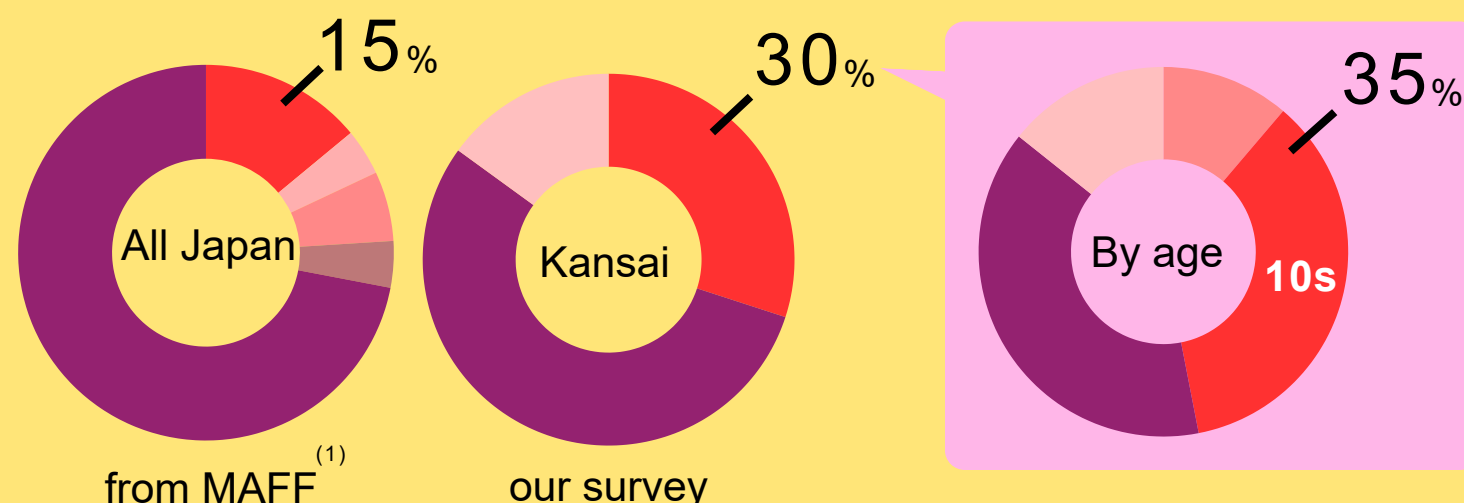
Ate together ⇒ Found warmth & joy

Our mission ⇒ Share this with others

Let's create
this positive cycle
together.

Current situation

Solo Dining frequency (4+ times a week)



Negative impacts⁽²⁾⁽³⁾

1. Lack of communication

Fewer chances to talk
and connect with family



3. Reduced happiness

Meals lose meaning,
eaten mechanically without joy



2. Poor diet quality

Unbalanced nutrition and
irregular meals



4. Social isolation

Growing loneliness from eating
alone

Problem

High rate of Solo Dining
among teenagers



Root cause

Eating habits are formed
early in childhood



Solution

Teach elementary students the joy of Shared Dining
BEFORE they reach high school



Action we did ~collaboration with TSUMUGI, Kodomo-Shokudo~



i) cook & eat together

Purpose Sharing the joy: from Cooking to Dining together



menu planning



cooking together



sharing meals

ii) recreation

Purpose Gaining food knowledge through experience



treasure hunting



rewards for children

Discover & Challenge
Find quiz sheets and answer
questions on food and culture

Learn & Understand
Review correct answers and
deepen knowledge

Celebrate & Reward
Receive Christmas presents

Results

Joy & Connection

1. Children ate joyfully
Smiles filled the dining table.
2. Positive responses
"It was fun!" during cooking and eating

What we realized

Power of Shared Dining

1. Food opens hearts
Even strangers connect through meals
2. Meals break down barriers
Shared Dining brings people together

What was difficult

Reaching Every Child

1. Including all children
Kids have different interests and personalities
2. Getting the message across
Some ideas were difficult to explain simply

What is next

Pilot Project

1. New collaboration
Working with new partners
2. On our own
Testing our original at local cafés

Pilot to permanent



carrying it forward
beyond graduation



creating our own
Shared Dining spaces

References

(1) Ministry of Agriculture, Forestry and Fisheries. (2018). 一日の全ての食事を一人で食べている「孤食」の状況 [The situation of "eating alone"]. In 平成29年度 食育白書 (Part 1, Ch. 1-3). https://www.maff.go.jp/j/syokuiku/wpaper/h29/h29_h/book/part1/chap1/b1_c1_1_03.html

(2) Ministry of Agriculture, Forestry and Fisheries. (2018). 平成29年度食育白書[2017 Food Education White Paper]. https://www.maff.go.jp/j/syokuiku/wpaper/attach/pdf/h29_wpaper-30.pdf

(3) Ministry of Health, Labor and Welfare. (2020). 子どもの孤食と精神健康に関する調査[A survey on children's solitary eating and mental health]. <https://www.mhlw.go.jp/shingi/2004/02/s0219-3.html>