

# The Emergency Food to Preserve Lives



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## ★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

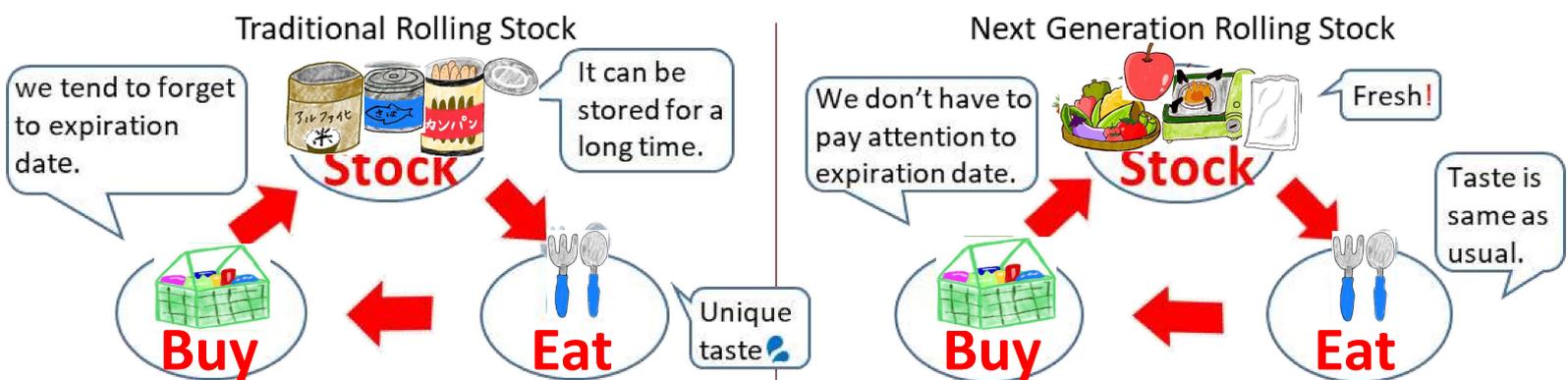
- Nutrition saves lives.
- Health = Body + Mind
- Rolling stock : Keep , Eat , Restock

## ★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( 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](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 きょう阪神・淡路大震災30年」 <https://www.agrnews.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/i10pp1-9Tsuchida\\_etal](http://www.udri.net/journal/10-1/i10pp1-9Tsuchida_etal) アクセス日:11月28日