



# 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 ★



Create the Same for Children

Appreciate the Joy

positive cycle

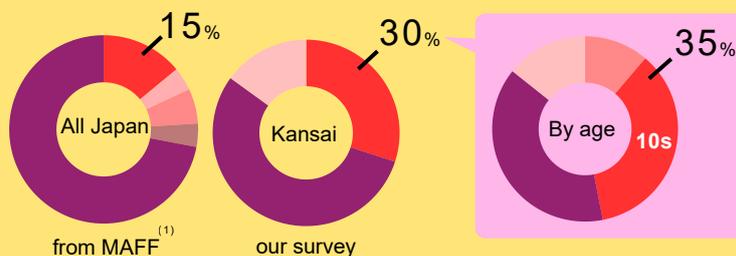
## Our message behind Shared Dining

- 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<sup>(2)(3)</sup>

- Lack of communication**  
Fewer chances to talk and connect with family
- Poor diet quality**  
Unbalanced nutrition and irregular meals
- Reduced happiness**  
Meals lose meaning, eaten mechanically without joy
- 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

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

## What we realized

### Power of Shared Dining

- Food opens hearts**  
Even strangers connect through meals
- Meals break down barriers**  
Shared Dining brings people together

## What was difficult

### Reaching Every Child

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

## What is next

### Pilot Project

- New collaboration**  
Working with new partners
- On our own**  
Testing our original at local cafés

## Pilot to permanent

carrying it forward beyond graduation

creating our own Shared Dining spaces

## References

- 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\\_hbook/part1/chap1/b1\\_c1\\_1\\_03.html](https://www.maff.go.jp/j/syokuiku/wpaper/h29/h29_hbook/part1/chap1/b1_c1_1_03.html)
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