

●Outcome Learning (summary of member)

○Identified facts
 (1) Women's salt intake aim at 7g (members average was 9.4g).
 (2) Food label shows amount of sodium
 (3) Salt is contained not only in seasoning but in unpredicted food too.

○Method of low salt taking learned
 - Use of stock from chicken bone etc.
 - Season with vinegar or lemon
 -Wash kelp before using for stock
 - Moderate the amount of food
 - Decrease the amount of soup
 - Do not place salt nor soy sauce on table
 - Replace Soy sauce container which pours drop by drop
 - Make sure salinity when shopping
 (2) Sodium chloride amount is shown on food label
 (3) Salt is contained not only in seasoning but in unpredicted food too.

○Future activities
 - Confirm proper quantity
 Too much food take leads to excessive salt
 Study to find suitable amount -
 -Dissemination of health recipes
 In cooking class, ingredient which is cheap and available is easy to practice, and easy to convey.
 Disseminate health food through simple recipes.

City is building up system where members convey what they felt and spread the community of health promotion in word-of-mouth.

●Food education

“Food Education Festa” was held as shown in the following outline for deepen knowledge and share experience of dietary education.

- (1) Date: September 27, 2015
- (2) Place: Yawatahama Port Community Hall
- (3) Target: Public civilian
- (4) Organized by Yawatahama City in cooperation with Yawatahama Association for Food Education and Yawatahama City Dietary Improvement Association
- (5) Attendants: 200 people
- (6) Content
 - Opening ceremony (Dietary education promotion song and dance)
 - Dietary education contest awards ceremony (Painting, poster, pictures letter, haiku, breakfast recipes)
 - Dietary education lecture
Theme: "easy recipes with good balance"
 - Dietary education and workshop for children (Vegetables catch, vegetable stamps, origami, etc.)
 - All you can eat breakfast (Recipes for dietary education contest)



Yawatahama City's web site:
<http://www.city.yawatahama.ehime.jp>