

TABLE FOR TWO Site Report

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Thank you very much for supporting TABLE FOR TWO. 25 cents from your lunch will be donated overseas and used to provide school meals for children in Africa. I visited an elementary school in Ruhira, one of our supporting villages in Uganda. Below is my report from our visit.

Masa Kogure / TFT International, President & CEO

185,049 meals*

*approximately 850 children can have school meals for one year.

Report of Uganda Visit ~How does your 25 cents are used~



Children in Nyampikyie elementary school.

Impact of school meals

Mrs. Bonabana, the school principal at Nyampikyie elementary school said that less children have been coughing since the school meals have been provided. She also mentioned that the children's basic physical strength has increased. Children in other schools who cannot eat school meals do not have classes in afternoon but in Nyampikyie elementary school, thanks to the school meals, children are able to attend classes in the afternoon, improving their academic performance.



Mrs. Bonabana, Nyampikyie Elementary School principal.



Parents making meals.



Washing hands before lunch.



Waiting in line patiently.



Eating.



Washing dishes together.

[The Republic of Uganda Basic Information]

- Land area: 241,000 km²
- Population: 9.9 million
- Capital: Kampala
- Ethnic: Baganda, Lango, and Acholi

- [Our visit this time]
- Elementary schools in Ruhira village: Nyampikyie, Omwicwamba, Rwabyemera.



What does 25 cents lunch look like?

Currently we are providing "POSHO", typical African meals made from cone flour with boiling water along with a bean and vegetable stew as school meals. To make this meals, we get the ingredients from the local farmers. We use a program called "payback", where we provide seeds and fertilizer to the farmers, and in return they provide us with a portion of their harvest. However, due to inflation in fuel prices, the volume of payback materials have decreased. We are also facing the problem of maintaining the current level of meals do to a lack of some of the cooking resources, such as water and firewood. Because of this, some of the schools that we support are trying to change the meals to lower cost biscuits to meet nutritional needs.

We are currently providing meals in three countries in Africa, Uganda, Rwanda, and Malawi. We are planning to extend our program to other regions with your support.

What is TABLE FOR TWO?

TFT is a NPO started in Japan to help address issues regarding obesity in developed countries while also addressing under nutrition in developing countries. If you choose a healthy lunch from TABLE FOR TWO you help yourself by not overeating while also helping to provide a school meal to children in developing countries.

25 cents included in the price of your lunch goes toward a school lunch in developing countries. Every time you eat a healthy lunch from TFT you help save a child from poverty. Although the lunch you buy is only for you, you are vicariously eating with someone else in the world. The name "Table for Two" came from the idea that a person from a developed country can share lunch through space and time together with a person from a developing country.