

Ajinomoto Co. Helps Build Further Evidence on the Relationship Between Food and Well-Being

Ajinomoto-Supported OECD Project Points to the Important Role of Food in Addressing Social Challenges Such as Loneliness and Social Isolation

TOKYO, July 3, 2026 – Ajinomoto Co., Inc. (“Ajinomoto Co.”) has supported the publication of a new research report, *Promoting Social Connectedness Through Food*^{*1}, by the OECD Centre on Well-Being, Inclusion, Sustainability and Equal Opportunity (WISE Centre), a specialized body on well-being. The report shows that food-based activities can foster human connections and help address social challenges such as loneliness and social isolation, further deepening the body of knowledge on the relationship between food and well-being.

*1 Source: [Promoting Social Connectedness Through Food | OECD](#)

In recent years, the OECD has positioned the lack of social connection and isolation as a global challenge, and international interest has also been rising, with the OECD publishing a report on loneliness and social isolation in October 2025^{*2}. For its part, Ajinomoto Co. has identified “achievement of well-being through food” as one of the Ajinomoto Group’s Material Themes, aiming to contribute to better lives for people.

*2 Source: [Social Connections and Loneliness in OECD Countries | OECD](#)

In collaboration with the US research company Gallup, Inc., Ajinomoto Co. conducted a global survey on food and well-being and, in December 2023, published the report *Wellbeing Through Cooking*, which demonstrated how cooking enjoyment and eating together relate to subjective well-being. Additional analysis of this survey data was subsequently featured in the *World Happiness Report 2025*, confirming that food can contribute not only to the subjective well-being of individuals but also to societal well-being, including connections between people. Building on this, in 2025 Ajinomoto Co. launched a joint project with the OECD WISE Centre, with the goal of shedding further light on how food relates to loneliness and social isolation.

Romina Boarini, Director at the OECD WISE Centre, said: This report deepens the evidence on the role of food-based activities in promoting social connectedness and broader well-being outcomes, looking at how activities centered around food might be used to strengthen social infrastructure. We have also been able to investigate wide-ranging practical examples, showing how activities such as community gardens, cooking groups and community dining spaces can create everyday opportunities for interaction and connection.”

The report also features Ajinomoto Co.’s AjiPanda Shokudo (Cafeteria) as one example of existing practice of the use of food to help foster social connections. Drawing on this and other evidence, the report examined case studies in OECD member countries, yielding new insights into how food-based initiatives can help strengthen social connections.

Going forward, the Ajinomoto Group will continue to explore how cooking and sharing meals contribute to well-being, and will apply these insights to its business activities and the creation of social value. Through these efforts, the Group aims to fulfil its purpose of “contributing to the well-being of all human beings, our society, and our planet with ‘AminoScience’”.

Reference

Press release dated December 1, 2023:

Ajinomoto Co., Inc. Publishes Survey Report Showing the Relationship of “Cooking Enjoyment” and “Eating Together” with “Well-being”

https://www.ajinomoto.com/cms_wp_ajmnt_global/wp-content/uploads/pdf/2023_12_01E.pdf

Press release dated July 10, 2025:

Ajinomoto Co., Inc. Launches Joint Project with OECD to Help Promote Well-being

https://www.ajinomoto.com/cms_wp_ajmnt_global/wp-content/uploads/pdf/2025_07_10E.pdf

Ajinomoto Group sustainability website:

Working to Achieve Well-Being With Local Communities Through Eating Together at the AjiPanda Cafeteria

<https://www.ajinomoto.com/sustainability/society/17/>

For details on Ajinomoto Co. and the Ajinomoto Group, visit www.ajinomoto.com/

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