Solving Food and Nutrition-Related Issues

The Ajinomoto Group is working to solve issues in the field of food and nutrition in communities around the world. These efforts include the Ajinomoto International Cooperation Network for Nutrition and Health (AIN) program, which seeks to improve nutrition in developing countries, as well as a variety of other initiatives implemented worldwide by group companies and foundations.

### AIN program improves nutrition in developing countries

As a group of companies that contributes to human health globally, the Ajinomoto Group considers the improvement of nutrition in developing countries an important mission. This is why it launched the AIN program in 1999, the 90th anniversary of the company’s founding. The AIN program solicits project applications from NGOs and NPOs around the world, and then determines which projects to give development assistance to based on investigations by experts and onsite inspections by employees of the Ajinomoto Group. After a project commences, a local group company provides various kinds of support, including education on nutrition, to foster effective, independent activities.

### Projects supported under the AIN program in fiscal 2013

<table>
<thead>
<tr>
<th>Project name</th>
<th>Implementing organization</th>
<th>Target group (no. of persons)</th>
<th>Country</th>
<th>Period of support</th>
</tr>
</thead>
<tbody>
<tr>
<td>Providing nutritious lunch to street and working children in Dhaka</td>
<td>Kokkyo naki Kodomatchi (KnK)</td>
<td>Children living on the street (40)</td>
<td>Bangladesh</td>
<td>2012–2014</td>
</tr>
<tr>
<td>Food for Health</td>
<td>Terra People Act Kanagawa (TPAK)</td>
<td>Adolescent girls (5,000)</td>
<td>India</td>
<td>2012–2013</td>
</tr>
<tr>
<td><strong>Empowering Women through Home Gardening and Home Industry</strong></td>
<td>OISCA International</td>
<td>Women in rural communities (250)</td>
<td>Indonesia</td>
<td>2011–2013</td>
</tr>
<tr>
<td>School-based Nutritional Intervention to Promote Healthy Eating and Physical Activity to Prevent Non-communicable Chronic Disease in Primary School Pupils</td>
<td>Ho Chi Minh City Nutrition Center</td>
<td>Students at 2 schools (2,000–5,000)</td>
<td>Vietnam</td>
<td>2011–2013</td>
</tr>
<tr>
<td>Alternative child nutrition improvement project through strengthening food security</td>
<td>Save the Children Japan</td>
<td>Children under 2 years old (approx. 2,700), mothers and pregnant women (approx. 3,700)</td>
<td>Vietnam</td>
<td>2012–2014</td>
</tr>
<tr>
<td>Helping Indigenous Orang Asli Women Improve the Health and Nutrition of Infants and Young Children</td>
<td>Universiti Putra Malaysia (UPM)</td>
<td>Orang Asli women (31); mothers and children in 5 Orang Asli villages</td>
<td>Malaysia</td>
<td>2011–2013</td>
</tr>
<tr>
<td>Nutrition improvement for families by empowering mothers in the poor area of Phnom Penh</td>
<td>Japan Lay Missionary Movement</td>
<td>Local residents (935), mothers (270)</td>
<td>Cambodia</td>
<td>2012–2014</td>
</tr>
<tr>
<td><strong>The nourishment improvement program by the special local cooking ingredient and the dish</strong></td>
<td>Children of Light Association</td>
<td>Residents of Esteveao village (276)</td>
<td>Brazil</td>
<td>2012–2013</td>
</tr>
<tr>
<td>Dietary Education Project for Mothers in Slums</td>
<td>ADRA Japan</td>
<td>Women leaders (60), mothers (240), and guardians (100)</td>
<td>Peru</td>
<td>2012–2013</td>
</tr>
<tr>
<td>Development of School Meal Project with local people’s participation in collaboration of 2 districts in Bangladesh</td>
<td>Japan Bangladesh Cultural Exchange Association (JBCExA)</td>
<td>Elementary school students (approx. 1,200)</td>
<td>Bangladesh</td>
<td>2013–2015</td>
</tr>
<tr>
<td>Project for improving children’s nutrition condition, achieving self-support of foodstuff and expanding preschool education by providing lunch at nursery</td>
<td>Caring for Young Refugees</td>
<td>Children attending preschool (approx. 110), guardians/ family and local residents (approx. 2,000)</td>
<td>Cambodia</td>
<td>2013–2015</td>
</tr>
<tr>
<td>Development of Sustainable Nutrition Improvement Program</td>
<td>PH-Japan</td>
<td>Health volunteers (257), children under 5 years (3,813), women aged 16–35 years (8,862)</td>
<td>Indonesia</td>
<td>2013–2014</td>
</tr>
<tr>
<td><strong>“Shokuku” (Food Education) Programme for Sustainable Improvement of Nutrition of Mothers and Infants in Poor Rural Areas (Phase III)</strong></td>
<td>Hunger Free World</td>
<td>Pregnant/nursing mothers and infants (420), their spouses and mothers-in-law (420)</td>
<td>Bangladesh</td>
<td>2013–2014</td>
</tr>
<tr>
<td>Angel Smile Supporting Project</td>
<td>Komagane grass roots community support group</td>
<td>Residents of Dannmorka Bazaar village (200)</td>
<td>Bangladesh</td>
<td>2013–2014</td>
</tr>
</tbody>
</table>

### Results (1999–April 2014)

- **Number of projects**
  - 72 in 12 countries
- **No. of beneficiaries**
  - Approx. 120,000
- **Total funds**
  - 260 million yen

(Bangladesh, Brazil, Cambodia, India, Indonesia, Malaysia, Myanmar, Peru, the Philippines, Sri Lanka, Thailand, Vietnam)
Empowering women through home gardening and home industry

Sukamulya is one of the poorer villages in Sukabumi Province, and there is concern over the health of local residents due to low incomes and lack of knowledge about food and nutrition. In response, the AIN program began providing support in fiscal 2011 for a project designed to improve lives through home gardening and food processing. The project focuses on married women whose time is limited by housework and childcare, but who want to contribute to household earnings.

Under the project, four monthly workshops have been conducted for 54 married women, on topics such as growing seedlings and organic farming. Participants were divided into small groups to study the knowledge and techniques needed for home gardening. The workshops are followed by home visits from instructors. Food processing workshops were also held, and participants received regular guidance and support for home industry in food production. In September 2013, a direct retail store was opened to sell the processed foods made by trainees. A survey of trainees shows that more than 90% of households saw an improvement in nutrition and dietary habits after participating in the project.

Nourishment improvement program reevaluates special local ingredients and dishes

Many people in Estevao, a village located in the Canoa Quebrada region of Ceara, Brazil suffer from lifestyle diseases, and the lack of knowledge about nutrition makes the situation difficult to resolve. To address this problem, the AIN program began providing support in fiscal 2012 for a project designed to create highly nutritious meals using local ingredients.

The project focuses on family prevention and includes activities such as visiting 50 health clinic patients suffering from high blood pressure or diabetes. The project also works to improve the diet of local residents, working with local colleges to evaluate the nutritional value of local ingredients. Two cooking classes were held for ten local opinion leaders on methods for including these ingredients in meals. Seminars on local ingredients and monthly cooking practices were also held for 276 local residents to increase nutritional awareness in the area. Plans are in place to create a pamphlet and cookbook highlighting the nutritional value of ingredients for local families and schools.

Improving maternal and infant nutrition through food education

Roughly 40% of women and children suffer from malnutrition in Chondonbari in Boda county, one of Bangladesh’s poorest places. The program provided food supplements for 70 malnourished pregnant women, nursing mothers and infants each year; educated mothers and elementary school children on food and nutrition; and helped to improve income through chicken farming and home gardening. It also helped with development of breastfeeding trainers, education for community leaders, and visits by journalists.

Although support from the AIN program for the project ended in fiscal 2013, the local program continues to provide support for the independent activities conducted by these women in Sukamulya.
The Ajinomoto Group is committed to making social contributions all around the world. The Group’s wide array of activities focus primarily on the fields of food and nutrition. Working with group companies, the Ajinomoto Group has established foundations in four countries that award scholarships and engage in other initiatives tailored to the local culture and lifestyle, seeking to meet the specific needs of each country.

Improveing childhood nutrition

Thailand

Building 50 canteens at 50 schools

In 2010, the Ajinomoto Foundation in Thailand launched a project to build canteens at 50 schools in five years to mark the 50th anniversary of Ajinomoto Co., (Thailand) Ltd. Working with Thailand’s Ministry of Education, local governments and educators, and NGOs, the project supports the health of children by giving each school a hygienic environment for school meal preparation. Ten canteens were added in fiscal 2013, bringing the project’s total reach to 40 schools serving about 7,900 students.

The project aims to complete 50 school canteens by 2014 by constructing 10 more school canteens in the current fiscal year. Consideration is also being given to extending the project to the entire country (77 provinces) by 2019.

The Ajinomoto Foundation is preparing to provide nutritional education, starting in 2015, to local residents, students, and teachers at the elementary schools that have received project support, in order to further improve the eating habits of Thai children. Through its support for better diet and health among children, the project is putting into practice the concept on which Ajinomoto Co., (Thailand) Ltd. is based: “Ajinomoto always grows with Thais.”
The Ajinomoto Group has launched the Vietnam Nutrition System Establishment Project (VINEP) in an effort to expand education and systems for dietetic science in Vietnam. The project emerged from joint research conducted by NIN and the Institute for Innovation of Ajinomoto Co., Inc. in 2009.

Among the challenges in Vietnam, there are some regions where school meals are not provided. Even at primary schools in urban areas where school meals are provided, it is difficult to develop a variety of menus that are suitable for the age of the students within the monthly budget for school meals. There is also a lack of adequate information about nutrition and importance of daily food intake among students. The project aims to improve food nutrition for students by enhancing the availability and variety of school lunches, as well as providing nutritional education.

In fiscal 2013, staff from participating schools in Ho Chi Minh met to compare notes on the new menus and pilot programs. In Da Nang, an orientation session was held to promote the use of school menu guides and nutrition-related educational materials for students. These initiatives are also being implemented in northern Vietnam in 2014.

### Initiatives and Future Plans

<table>
<thead>
<tr>
<th>Fiscal 2012</th>
<th>Fiscal 2013</th>
<th>By Fiscal 2016</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ho Chi Minh</td>
<td>Ho Chi Minh</td>
<td>Making nutritionally balanced school lunches available across Vietnam</td>
</tr>
<tr>
<td>• Held project meeting with 350 school principals</td>
<td>• Provided schools with menu books and nutritional education materials for students, and carried out nutritional education</td>
<td></td>
</tr>
<tr>
<td>• Exchanged opinions concerning new menus with 800 school lunch staff, health personnel, and parents</td>
<td>• Held meeting to compare notes on new menus and pilot programs</td>
<td></td>
</tr>
<tr>
<td>• Developed and introduced pilot menu</td>
<td>Ho Chi Minh</td>
<td></td>
</tr>
<tr>
<td>Da Nang</td>
<td>• Held orientation to promote use of menu books and nutritional education materials for students</td>
<td></td>
</tr>
<tr>
<td>• Held project meeting with 113 principals</td>
<td>Hanoi</td>
<td></td>
</tr>
<tr>
<td>• Developed a menu with NIN and culinary experts</td>
<td>• Began discussions with Vietnam’s Ministry of Education and Training about implementing the project</td>
<td></td>
</tr>
</tbody>
</table>

### Main steps of the project

1. Developing and standardizing school lunch menus that are delicious and nutritionally balanced, and developing nutritional education tools for students
2. Building school kitchen model
3. Building school canteen facilities

**Highlight**

Helping to create a dietician education program, national certification system and legal framework in Vietnam

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Until now, there has been no education system for training dieticians in Vietnam or even a certification system for dieticians. In March 2012, Ajinomoto Co., Inc. and Ajinomoto Vietnam Co., Ltd. signed an agreement with Hanoi Medical University and NIN to develop dieticians as part of VINEP. The Nutrition and Dietetics Laboratory was established in October that year with funding from Ajinomoto Co., Inc. In November, Vietnam’s Ministry of Education and Training approved the country’s first four-year bachelor program in dietetic science and nutrition at Hanoi Medical University. Fifty students joined the inaugural class in September 2013. An inauguration ceremony was held the next month, attended by some 130 persons including government education officials and nutritional management officials from the nation’s 18 main hospitals. At the ceremony, Ajinomoto Vietnam Co., Ltd. presented full-year scholarships to the students who placed in the top 10 on the entrance exam for the program.

Ajinomoto Vietnam Co., Ltd. and Ajinomoto Co., Inc. have been assisting the development of the curriculum for the undergraduate program and course materials for
Indonesia

- **Ajinomoto IPB Nutrition Project improves nutrition among children**

  Under the Ajinomoto IPB Nutrition Project, PT Ajinomoto Indonesia and Bogor Agricultural University (Institut Pertanian Bogor, or IPB) established a committee and conducted a three-year project starting in 2011 to ensure that children have safe, nutritional meals to help them grow. In the project’s first year, a student survey about nutrition at the target elementary school found that girls, in particular, had serious vitamin and mineral deficiencies.

  In fiscal 2012, the project provided students, teachers, parents/guardians, and food vendors near the school with information about great-tasting food that is safe and highly nutritious. Employees of PT Ajinomoto Indonesia also volunteered as instructors. Also supported were better nutritional balance in the meals served to students by food vendors, construction of a school canteen, planting of a vegetable garden, and regular provision of vitamin supplements to students. Children not only got a better understanding of health and nutrition, but also got better nutrition. The number of anemic students went down from 79 to just 5.

  In fiscal 2013, the final year of the project, the committee provided guidance to project participants to empower them to independently plan and continue these efforts. As a result, the school canteens, including those built by the project, not only serve nutritional lunches and snacks to students at these schools, but also prepare meals for nearby health centers and other public facilities, as well.

  In order to share the knowledge gained in the project with other elementary schools, PT Ajinomoto Indonesia conducted a workshop for 125 elementary school principals in the Bogor area. Similar activities will be introduced at other elementary schools, as well, to help improve nutrition among children in Indonesia.

1. In cooperation with the Japan Dietetic Association, Jumonji University, and the Kanagawa University of Human Services.
2. Operated by the Japan International Cooperation Agency, this project promotes private-sector technology to facilitate social and economic development in developing countries.
France

I Bringing Japanese food culture to homes in France

More people eat Japanese food in France than anywhere else in Europe. In the 1980s, there were only about 50 Japanese restaurants in Paris and its suburbs, mainly yakitori (barbequed chicken) restaurants. Today, there are more than 1,000 Japanese restaurants offering a selection ranging from traditional foods such as sushi to light meals such as ramen. The demographic of Japanese food lovers has also changed, now including everyone from young to old. Many people also aspire to prepare Japanese food at home.

Since 2007, Ajinomoto Europe S.A.S. has held seminars on Japanese cuisine as part of a program at the Maison de la Culture du Japon à Paris. In addition to showcasing Japanese cuisine, the seminars expose participants to the many different aspects of Japanese cuisine by teaching how to cook rice, use basic seasonings that bring out the umami of ingredients, and make dashi as well as use it, so that participants can make and enjoy Japanese cuisine at home. These demonstrations also talk about the social background behind Japanese cuisine, touching on the culture and history of Japan.

Since the Great East Japan Earthquake of 2011, Ajinomoto Europe S.A.S. has been engaging the people of Paris in supporting people in the hardest-hit areas through food culture exchange programs focusing on the products of the Tohoku region.

Japan

I Maintaining and preserving the culture of washoku

Washoku refers to the traditional dietary culture of the Japanese, notably for the celebration of New Year. On December 4, 2013, washoku was officially designated as an Intangible Cultural Heritage by UNESCO. The Ajinomoto Group pursues ongoing initiatives to maintain and preserve the washoku culture of Japan.

In fiscal 2013, the Ajinomoto Foundation for Dietary Culture conducted 19 events on washoku culture including lectures, discussion meetings, seminars, and symposiums in Inami-cho, Wakayama Prefecture (August 2013), Noto-cho, Ishikawa Prefecture (September 2013), Rikuzentakata City, Iwate Prefecture (March 2014), and other places. A symposium was also held in Tokyo in March 2014 on the topic of preserving washoku culture for future generations. The event featured presentations and discussion by experts from different fields, focusing on government support of cultural heritage and the topic of food education and school meal programs.

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I School Tour of Education on Eating

Since 2006, Ajinomoto Co., Inc. has organized classroom workshops for youth to taste dashi and umami firsthand, teaching them about Japan’s proud food culture. Employees visit schools and talk about the five basic tastes including dashi and umami, which are the foundations of washoku. Students learn about the wonderful dashi culture of Japan and make dashi themselves.

Washoku culture has been designated as an Intangible Cultural Heritage by UNESCO, raising its profile worldwide. The
Activities of the Ajinomoto Group’s charitable foundations

The Ajinomoto Group has established foundations in four countries that award scholarships and engage in food and nutrition activities tailored to meet the specific needs of each country and region.

Ajinomoto Foundation for Dietary Culture
(Established in Japan in 1989)
Main activities
- Operates the Dietary Culture Library
- Plans and runs food culture forums (interdisciplinary panel discussions on food culture)
- Holds public symposiums and public lectures
- Publishes and distributes *vesta®,* a magazine on food culture, and other materials
- Collects information, and exhibits material related to food culture

Food Culture Symposium on Preparing Food
Symposium held in February 2014, exploring changes in what it means to prepare food and the background relationship between people and society.

Exhibition on Food in the Early 20th Century
Exhibition from November 11, 2013 to March 11, 2014, showcasing food in the early 20th century as featured in three food magazines of the time.

Ajinomoto Scholarship Foundation
(Established in Japan in 2005; forerunner Suzuki Scholarship Foundation established in 1957)
Main activities
- Grants scholarship to international students.
- Grants scholarships to students from five ASEAN countries (Indonesia, Malaysia, the Philippines, Thailand, and Vietnam) for a total of three years of study in a master’s course (majoring in one of the sciences, including one year as a research student) at the University of Tokyo.
- Provides student loans for Japanese students taking upper division classes at the undergraduate level or in science programs in graduate school.

Scholarships being awarded to international students and ASEAN international students
**Ajinomoto Foundation**
(Established in Thailand in 1976)

**Main activities**
- Runs a project to build canteens at 50 schools to mark the 50th anniversary of Ajinomoto Co., (Thailand) Ltd.
- Administers support for a building educational facilities at a camp for university student volunteers
- Provides support (scholarships) for students majoring in science, technology and engineering
- Promotes employee volunteer projects (local temple cleaning, etc.)
- Provides support to people in the colder regions of north and northeast Thailand (has provided 2,100 coats and 9,123 blankets to local residents and students at 20 schools in 3 provinces)

**INSTITUTO AJINOMOTO**
(Established in Brazil in 1999)

**Main activities**
- Donates to Japan-related organizations and NPOs
- Supports a sports organization for children with disabilities
- Implements activities to contribute to the local community (Provides support for establishment of facilities related to food and health; donates school supplies to public schools)
- Provides support (scholarships) for students majoring in food chemistry and dietetics

**Fundación Ajinomoto para el Desarrollo de la Comunidad**
(Established in Peru in 2003)

**Main activities**
- Supports projects to prevent anemia and malnutrition in children, in alliance with other institutions such as the World Food Programme (WFP)
- Holds health and nutrition workshops and lectures (53 events in fiscal 2013, with 1,109 participants in total)
- Provides economic support (scholarships) for students majoring in dietetics
- Promotes and supports social welfare activities

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See “Building 50 canteens at 50 schools” on p. 123.

Reference

Ajinomoto Group Sustainability Report 2014