

2HJ celebrates 5th anniversary

On March 11th, 2002 a group of concerned individuals met at the Catholic Center at Sophia University for the purpose of incorporating the first food bank in Japan. They came because they shared a belief that there had to be a better way to collect food donations and get them to people in need. For two years, starting in January 2000, a coalition of representatives from various groups serving the homeless had attempted to work together to collect food for their own organizations. By 2002 it had become apparent that there was a greater vision to create a viable and self-sustaining food bank that would serve anyone in need and not just those a part of the coalition. Our slogan, *Food for All People*, was born out of this struggle to create an organization that would serve anyone in need.

It goes without saying that we have grown tremendously since that meeting in 2002. At the time of our incorporation we did not have a warehouse, a vehicle, or even our own office. Our only funding was a donation from Tokyo Union Church Women's Society and most of us were not sure how far we would go. But we had many people who believed in us and wanted to see us succeed.

I started writing down the names of those who have helped us along the way but I soon realized it would take a book to acknowledge everyone. Second Harvest Japan is moving from the vision of a few to an expression of action from a concerned community. There is no single person who has made it possible. Each person in their own way



GAINING GROWING ROOM

Thanks to increasing donation volume, 2HJ has outgrown the current warehouse and office space and is looking for additional storage space.

has helped us along the road to where we are today. Many of the steps we've made have started with one person sharing the Second Harvest story with another person who happened to be the right person at the right time to hear that story. That person in turn either took direct action or passed along the story to someone who could take action. No matter where we have gone, there has always been someone who went before us to help the relationship get off on the right foot.

I personally thank you for all you have done to help foster the vision of creating a society where people have an alternative to going hungry or taking food from garbage cans in order to survive. We live in a world of abundance. Let us continue creating the infrastructure that will put food into the hands of those who need it.

With sincere thanks,

Charles E. McJilton

Executive Director

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About Second Harvest Japan

Food banking is an alternative to dumping food products that are still safe for human consumption. Stores, food manufacturers and importers all face conflicts of having food that must be disposed of because it cannot be sold. Food banking helps these companies save money along with making a positive impact on the community.

Second Harvest Japan was incorporated in 2002 as a non-profit corporation, modeled after the successful US food bank network, America's Second Harvest.

Nu Skin Japan Shares Time and Money



By Patricia Decker

“I first heard of Second Harvest Japan about three years ago when I was having a meal at Fujimamas restaurant,” recalls Robert S. Conlee, president of Nu Skin Japan, part of an international company specializing in personal care products and nutritional supplements. In 2004, Fujimamas—a long-time 2HJ supporter—was giving patrons a little meal-time education with chopstick wrappers featuring information about hunger in Japan and 2HJ. “I thought, ‘What a great idea!’ I took my wrapper with me and looked at it from time to time as it sat on my desk. So I was already familiar with 2HJ when I met Charles [McJilton, 2HJ Executive Director] while doing a service project with my kids through the American School in Japan.”

“Our social contribution activities focus on creating a better world for children, and 2HJ fits that profile well,” said Conlee one Saturday afternoon in Ueno Park after lending a hand at the soup kitchen with some colleagues. He noted the majority of 2HJ’s food goes to women’s shelters, orphanages, and families, with only around 20 percent going to the homeless. “2HJ is one of three groups we work with here, the other major one being Hokkaido University for research on a genetically-transmitted skin disorder that afflicts children,” explained Conlee.

“Our social contribution activities focus on creating a better world for children, and 2HJ fits that profile well”

—Robert S. Conlee, President,
Nu Skin Japan

“Being involved with Nu Skin, I’ve come to feel that charitable activities are part of daily life,” says Nu Skin Japan’s Mika Yamada, who coordinates the company’s relations with 2HJ and has volunteered several times. “That’s because such a great number of the people I deal with are making sincere efforts every day to practice the ‘Force for Good’ philosophy of enriching the lives of people connected to our company and its products.” Nu Skin Japan’s Force for Good Fund recently provided 2HJ a grant of 18 million yen (monthly 1.5 million yen).

In addition to making financial contributions, employees and distributors are encouraged to contribute their time to help 2HJ provide food to those who need it in Japan. After helping to serve over 500 meals one Saturday in February, Courtland Pearson, another Nu Skin Japan volunteer, said the experience “makes you feel grateful for people who care, and makes you realize the world needs more people who care.” Companies like Nu Skin Japan make a positive impact in their communities. As Yamada says, every contribution is important: “Each person has only a limited power, but when you combine that power, you can make a big difference. Since learning about Second Harvest Japan’s activities, I feel that just by knowing the current situation, you can make the first step.” ■

SERVICE WITH A SMILE

A group from Nu Skin Japan provided service with a smile for Ueno Park distribution. “Even though I live in Tokyo, this was the first time I’ve done something like this. It was a great experience,” said Akemi Yoshida, a Nu Skin Japan distributor.

Photo: Nu Skin Japan

Food drives feed Harvest Pantry

By Michelle Ryan

Every week, Second Harvest Japan's Harvest Pantry feeds close to 100 individuals, including 47 children. The majority of critically needed non-perishable foods come to us through food drives held by schools, businesses, and associations. With over 650,000 people in Japan lacking food security, food drives—no matter how big or how small—play an important role in helping to alleviate hunger.

Mark Valens, an English teacher at the Tokyo Korean School, helped to organize a food drive with his students, grades one through six. Approximately 450 students participated in the five-day drive. To motivate and build enthusiasm, the teachers put forth a challenge. If the students



A TEAM EFFORT

Student council members at Tokyo Korean School hand over the non-perishable food items they collected for 2HJ's Harvest Pantry.

Photo: Tokyo Korean School

“...many people go to bed hungry every night, even in a wealthy developed country”

—Mark Valens, Tokyo Korean School

collected over 500 items, the teachers would sing a Japanese song in front of the student body. If the school fell short of the target, the sixth grade students would have to sing an English song on stage.

In the end, the students collected over 1,100 items and “everyone involved with the food drive agreed that it was a great success,” said Valens.

“Donating food showed students how they could make a difference in people's lives as well as educated them about the fact that many people go to bed hungry each night, even in a wealthy developed country.” Most of the teachers also spoke about the need some have for food and why they felt it was important to help others.

Many food drives are organized around World Food Day (October 16), which was established in 1979 by the Food and Agriculture Organization of the United Nations to increase international awareness of the issues behind hunger and poverty around the world. World Food Day is an excellent occasion to run a food drive for 2HJ and help spread awareness about hunger in Japan.

But since hunger is a year-round problem, there's no need to wait until autumn to plan a food drive. See the reverse side of this page for some pointers for organizing a food drive and contact 2HJ today to get started! ■

Be sure to contact Harvest Pantry Coordinator Michelle Ryan (michelle@2hj.org) before you start collecting food.



CARE PACKAGES

2HJ sends packages tailored to the needs of nearly 100 individuals, including 47 children.

Pointers to run your own food drive

Plan

- Create a committee to organize the food drive
- Set a target for how much food your group will collect
- Determine the duration of the food drive

Collect

- ✓ Rice
- ✓ Canned vegetables
- ✓ Canned and dried fruits
- ✓ Tuna, canned fish and meat
- ✓ Dried and canned beans
- ✓ Pasta and sauce
- ✓ Hot/cold cereals
- ✓ Oatmeal
- ✓ Peanut butter
- ✓ Soups
- ✓ Juice
- ✓ Powdered milk
- ✓ Baby food

NO PERISHABLES!

Do NOT accept

- ✗ Items that are past the "use before" date
- ✗ Items not marked with an expiration date
- ✗ Glass items that can easily break (with the exception of baby food)
- ✗ Opened food packages
- ✗ Items not in their original packaging

Promote

- Educate your group about the issue of hunger in Japan
- Schedule a kick-off event to build enthusiasm
- Place posters and collection boxes in visible locations
- Distribute memos or e-mails

Upcoming event: Food Donor Meeting

May 24 14:00 – 16:00

Location: Kuramaebashi

What are the alternatives to dumping food that is still edible but can no longer be sold in the market? Until recently, the alternatives were rather limited. But more and more companies are learning what food banking can do for their bottom line and more. If you are interested in attending, please register by sending an e-mail to donor@2hj.org.



Thanking our partners in working toward "Food for All People"

Primary Food Donors

Costco Wholesale ◆ Nichirei ◆ CP ◆ Heinz Japan ◆ Master Foods ◆ Eco Business ◆ Hikari Miso ◆ Tengu Natural Foods ◆ Fujimamas ◆ Nestlé Japan ◆ Foreign Buyers Club

Major Financial Support

Lehman Brothers ◆ Morgan Stanley ◆ American Chamber of Commerce in Japan ◆ Nu Skin Japan ◆ FIT for Charity ◆ State Street ◆ Tokyo American Club Women's Group ◆ Costco Wholesale ◆ Alishan Natural Foods ◆ Credit Suisse First Boston ◆ Mr. Kei Sato ◆ Seisen International School Hunger Fast ◆ Seisen International School Social Outreach ◆ Sayuri Orphanage ◆ Orrick ◆ Dentsu ◆ Philip Morris Japan ◆ Black Ale Pub ◆ Orca Wines

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Schools

Tokyo International School ◆ Seisen International School ◆ American School In Japan ◆ Sacred Heart ◆ Nishimachi International School ◆ Marist Brothers International School ◆ Tokyo Korean School ◆ Canadian Academy

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