



Take the First Step

Thank you for your interest in ONIGIRI ACTION!

TABLE FOR TWO USA holds ONIGIRI ACTION, a social good campaign, every fall in October and November. Since its launch in 2015, the Onigiri Action campaign has fed over 1 billion children in need around the world.



How it Works:

When you post an Onigiri related photo on social media with #OnigiriAction or on <u>our global campaign site</u>, our generous partners will donate to deliver 5 school meals to children in need around the world!



TABLE FOR TWO

ONIGIRI ACTION

STEP 2

Understand Why We Do the ONIGIRI ACTION Campaign

In our world of 8 billion,

700 million go hungry,

while another 2.5 billion suffer from obesity

and other health issues related to unhealthy eating.

1 /8



It is not just in other countries, but is also happening here in the US.

47

In 2025, 34 million people struggled with hunger in the United States. 1 in 5 American children may not know where their next meal is coming from. 1/5

How can we make the world a little healthier?



School lunch is critical to health and academic performance

We provide healthier school meals full of fresh fruits and vegetables to students in the US. We also provide healthy school meals to students in East Africa and South East Asia.

ONIGIRI ACTION helps children have a brighter future!



STEP 3

Understand the Goal of the ONIGIRI ACTION Campaign

The more photos posted, the more school meals will be delivered to children in need!



The Goal of ONIGIRI ACTION

To provide more school meals to children by posting as many #OnigiriAction Photos as possible





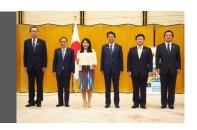




Since its launch in 2015, the ONIGIRI ACTION Campaign has provided over

10 million school meals!

The campaign received **the Deputy-Chief's Award** (by the Minister for Foreign Affairs) at the third Japan Sustainable Development Goals (SDGs) awards ceremony in 2019 held at the Prime Minister's Office.



STEP 4

How to Get Involved in the ONIGIRI ACTION Campaign

Take #OnigiriAction photos

POST!



1) Take #OnigiriAction photos and post them!



FOLLOW!



2) Like and share our social media to let more people know about the campaign!

see "FOLLOW" page

SHARE!



3) Help people around you post #OnigiriAction photos!

see "SHARE" page

ORGANIZE!



4) Plan your own #OnigiriAction event!

see "ORGANIZE" page



POST!

When & Where to Post #OnigiriAction Photos

Please post your photos during the campaign

*The campaign period changes every year (in October and November)

A. From our campaign site https://onigiri-action.com/en

You can add your location and your post is reflected on our world map!



B. From your social media accounts

The photos posted with #OnigiriAction on Facebook, Instagram, and X are valid.

Get more likes by tagging or mentioning us!



tablefor2



tablefor2_usa



tablefor2 usa

FAQ

Q. How can I make sure my photos are included in the campaign?

A. When you post your photos on Facebook, X, or Instagram, simply include #OnigiriAction. That's it! Every photo you post with #OnigiriAction will provide 5 school meals. Please also confirm that your privacy setting is "open to the public."

Q. Can I post multiple photos?

A. Of course! You can upload as many photos as you want!

Q. Can I post a video?

A. If a video is posted as a feed, then we can count.

TABLE FOR TWO

ONIGIRI ACTION (a)

POST!

What is Counted as an #OnigiriAction Photo











Origami, paper craft, crochet, knitting, woodwork, etc.

Artwork











Illustration, drawing, painting, collage, etc.



Why Social Media is so Important

Ever wonder how a school meal is donated by just posting a photo?

Our **generous sponsors** contribute donations to fund this campaign.

It is our hope that he **more attention** the campaign gets on social media,

more sponsors will join us next year!







Follow #OnigiriAction and like/share #OnigiriAction photos!

Your action helps!



HOW to Get Others Involved

Please become our ambassadors!

You can also help us by encouraging your friends / colleagues / neighbors to participate in ONIGIRI ACTION!

Be creative and find your way to help our campaign!







*See the last page to find "ONIGIRI-GLASSES"! Follow us on social media for more downloadable props!

Seeking Sponsors!

Do you know someone who might be our sponsor?

We are always looking for corporations to sponsor our Onigiri Action Campaign as it continues to grow every year. We promote sponsor businesses and provide volunteer opportunities for employees to make a difference in their local communities by holding Onigiri Action events. Interested in helping to sponsor Onigiri Action?

Please get in touch with us.



ORGANIZE!

HOW to Organize an Event

Join us by organizing an ONIGIRI ACTION Event!

You can plan your own ONIGIRI ACTION event with



your school
your work place
your social groups
your neighborhood, etc.



You can organize



- Onigiri making class
 Food education classroom activity
 - Obento making demo
 - Onigiri craft class
- Panel discussion about food issue
 Onigiri Photo session, etc.



Download materials for your event

The following materials can be downloaded from our **website** (download materials)

- Onigiri Action Classroom Slides (Including onigiri recipe & making video)
- Video Material (explaining the culture of rice and onigiri in Japan)
- Onigiri Recipe
- How to Make Onigiri Photo Booth Props
- How to Make Crochet Onigiri stuffie

Contact us for more information!

Let us know once you set the date & contents of the event. We will share tips on holding online events with the knowledge and materials we have. T TABLE FOR TWO

ONIGIRI ACTION (a)

ORGANIZE!

How to Organize a Virtual Event

You can host your own online event*

using any virtual event platform

Or we can host a Zoom event for you**

(Please ask for availability and fees.)

- *) You can hold your own cooking event and make a presentation using our materials.
- **) We can hold a cooking event and make a presentation for your guests!



Contact us for more information!

Most events can be online!



- Onigiri / Obento making demo
- Food education classroom activity
 - Onigiri Fundraising
 - Onigiri craft class
- Panel discussion about food issue, etc.





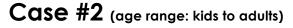
ORGANIZE!

Examples of ONIGIRI ACTION Events

Case #1 (age range: elementary to high school)

ONIGIRI ACTION Activity integrated into existing lesson on Japanese food

- Approximate Time: 45-50 minutes (extended for younger students)
- Brief intro on Japanese food culture and customs. Points of interest include: long versus short grain rice; the history of the rice ball as a food of convenience (like sandwiches); global issues of food security, food waste, and hunger.
- Students make, take and post photos of onigiri.
- Tip! Japanese rice sticks to plastic gloves. Pieces of regular plastic wrap, pre-cut and placed on the students' desks work better.



Creative Onigiri Mini Cooking Class

- 90-minute cooking class
- Sell tickets to interested participants in advance for \$20 (includies ingredients and small donation) per person.
- Participants make creative onigiri art using seaweed, furikake, vegetables, etc.
- Creative onigiri are ideal for encouraging people to pose and post photos. You can make character onigiri (Totoro, Hello Kitty, etc.), animal-shaped onigiri (panda, penguin, etc.), or anything you like!



Onigiri Fundraising

- Some school did not allow make onigiri on site so volunteer parents made onigiri and students took photos with the onigiri and then enjoyed them as a snack during the class.
- The teacher collected donation from the students and donated to TABLE FOR TWO to further provide school meals to children in need.
- Also Japan club members raised funds by selling onigiri to the students and teachers.



Schools are not the only ones that can host an ONIGIRI ACTION Event!



FAQ for Organizing Event

Q. Can I get financial support?

A. Please understand that we don't have a budget to fund your event nor offer cooking ingredients. Fundraising will be a part of your event planning. You may collect a participation fee or you may be able to find a local sponsor.

Q. Can you send instructors who can teach onigiri making?

A. Depending on the location and availability of our instructors, we might be able to send an onigiri making instructor. We would ask you to provide a small honorarium and travel expense. Please consult us if you are looking for onigiri making instructors. Almost every Japanese person knows how to make onigiri, so you may ask a Japanese person you know to teach a class. You can also teach a class using Onigiri Action Step-by=Step Classroom Slides!

Q. Do I have to apply in advance to organize an event?

A. You can organize your event by yourself and it is not necessary to report/register the events.

Questions? Contact us! contact@tablefor2.org

Check our website or contact us if you have further questions!

TABLE FOR TWO OFFICIAL SITE

https://usa.tablefor2.org/onigiri-action

ONIGIRI ACTION CAMPAIGN SITE

https://onigiri-action.com/en/

E-mail to: contact@tablefor2.org



MORE WAYS TO SUPPORT US

1) Get ONIGIRI ACTION merch! https://www.bonfire.com/store/tablefor2

Your T-shirt purchase* will provide 30 school meals to children in need!

*All profits go to provide school meals to children in need. For example, when you purchase one item, 30 school meals will be provided, which means you can feed one child for a whole month.



For your team!

As onigiri making contest awards!

2) We appreciate your donation!

You can also support our cause directly by donating. Your 25 cents can provide a healthier school meal full of fresh fruits and vegetables to a student in the US or a healthy school meal to one student in Africa.

Text **ONIGIRI** to 44-321 to get a donation link!

Or visit https://secure.givelively.org/donate/table-for-two-usa/onigiri-action

\$10 = provides 40 meals, which feeds two children for a month.

\$25 = provides 100 meals, which feeds five children for a month.

\$50 = provides 200 meals, which feeds one child for a whole school year.

\$100 = provides 400 meals, which feeds two children for a whole school year.



ONIGIRI ACTION (a)

ABOUT US

Who are TABLE FOR TWO USA



OUR MISSION





Reduce Health Issues Related to Unhealthy Eating

TABLE FOR TWO USA (TFT) is an award-winning 501(C)(3) organization. First established in Japan in 2007, the organization has expanded to 14 countries, including the United States.

In our world of 7 billion, 1 billion are hungry, while 2 billion suffer from obesity, diabetes, and other health issues. In the U.S., 9 million Americans children (One eighth of the total US child population) live in food insecure households. **TABLE FOR TWO USA helps to address this global food imbalance by promoting healthy eating and providing healthy school meals and food education to children in need.** As one of the most well-known NPOs in Japan, a country known for the longevity of its people, we promote healthy Japanese eating culture as a framework to tackle these critical issues.

The Onigiri Action Campaign highlights the making of onigiri as a reflection of the organization's Japanese roots. Onigiri - or rice balls - are simple comfort food made with love for someone special. During the campaign, TFT supporters post onigiri photos to our websites and social media accounts using #OnigiriAction. For each photo posted, our sponsors will donate 5 school meals to children in need.

We also run the "Wa-Shokuiku: Learn. Cook. Eat Japanese!" program. It offers Japanese-inspired food education curriculum for K-12 students in the United States. Please contact us if you are interested in learning more!



MAKE ONIGIRI!

How to Make ONIGIRI

Simple steps for cooking rice!



Simple steps for making onigiri!



Watch "How To Make Onigiri" Video!

http://bit.ly/OnigiriVideo

Download Onigiri Booing for detailel



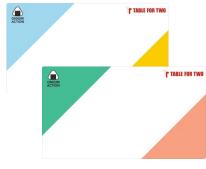
Zoom Background

Capture a screenshot on ZOOM and Post It!

Download Zoom Background!

https://usa.tablefor2.org/onigiri-action#dowonload







Download Snap Camera Lenses!

For snap camera: Copy lens links below and paste it into the search bar in Snap Camera.

How do I use Snap Camera with Zoom?

For Snapchat: Scan Snapcodes below!

How to scan a Snapcodes?



OnigiriAction Ear



https://www.snapchat.com/unloc k/?type=\$NAPCODE&uuid=a2ecd d55a63944b6babf5e9a21bdf053 &metadata=01



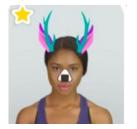
OnigiriAction Eye



https://www.snapchat.com/unloc k/?type=\$NAPCODE&uuid=f1e415 6153d74877af42bdbca9b2d436& metadata=01



OnigiriAction Nose



https://www.snapchat.com/unloc k/?type=SNAPCODE&uuid=760be c7fd2ad4244b59599d3cdbd73ed &metadata=01



OnigiriAction BG



https://www.snapchat.com/unloc k/?type=\$NAPCODE&uuid=f10941 6cfa044beb8cfc4765b9b422e3& metadata=01



PHOTO PROPS

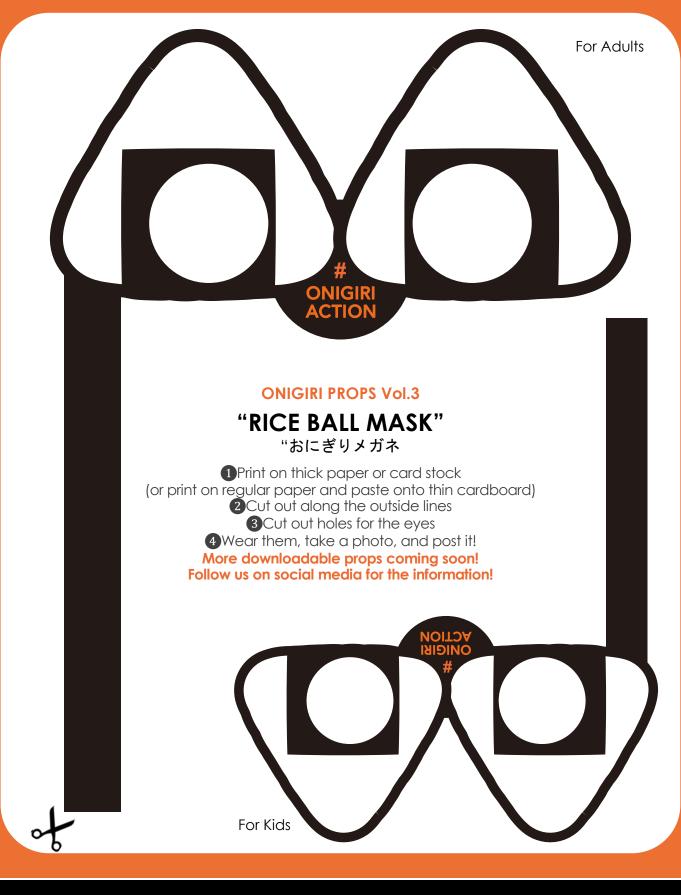
Take a Photo With Photo Props and Post It!





ONIGIRI ACTION 6

EVERY PHOTO POSTED PROVIDES 5 SCHOOL MEALS TO CHILDREN IN NEED





POST YOUR ONIGIRI PHOTOS with **#OnigiriAction**

Rice balls are called "ONIGIRI" in Japanese

2025.10.7 - 11.15







YOUR POST PROVIDES

to children in need

Upload your photo on our website: onigiri-action.com/en or post on your social media with #OnigiriAction *Make sure your post is "public." Every photo provided, our generous sponsor organizations donates five school meals to children in need.





