Title | Characteristics of Cooking Class Recipes following the Great East Japan Earthquake: Analysis of Dishes, Foods, and Nutrition

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Background and Objectives

- The "Fureai Red Apron Project" aims to <u>support the mental and physical health of victims of the 2011 Great East Japanese Earthquake.</u>
- Since then, Ajinomoto Group, The Ajinomoto Foundation (TAF) and local partners have held 3,771 cooking classes in the Tohoku region with 54,434 participants. 【Fig.1-2】
- In a 2020 survey, approximately <u>90% respondents acknowledged the importance of a balanced diet</u>.
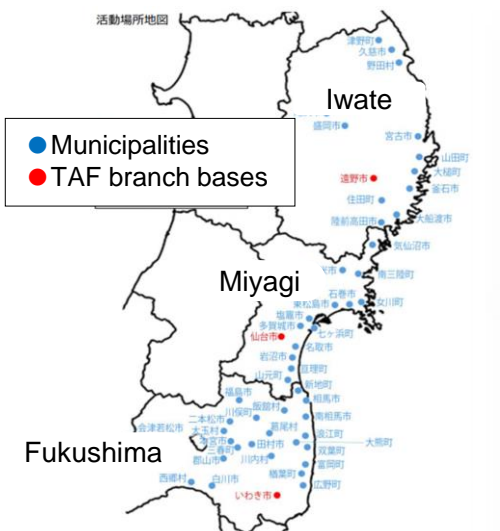- This study aims to list the characteristics of the class recipes through menu analyses.

Fig 1 The areas where cooking classes were held.

- Municipalities
- TAF branch bases

Iwate
Miyagi
Fukushima

Fig 2 Scenery of cooking classes.

Methods

- Recipe records from 2012–2020, from 3,588 cooking classes were analyzed.
- The analysis calculated the menu creator, single-dish meals, foods, nutrients, and ingredient costs.

Results

1. The number of menu creations was 625 by local partners and 2,963 by TAF. 【Fig.3】
2. <u>Four hundred and three recipes</u> out of the 1,435 single-dish meals had known ingredients and were devised by TAF, which collectively used <u>254 different foods 62,221 times</u>. 【Table 1】
3. The main protein sources were 42.1% for meat and 30.5% for seafood. The details of single-dish 【Fig.4】
4. The most frequently used foods in the main food groups ⇒ 【Table 1】
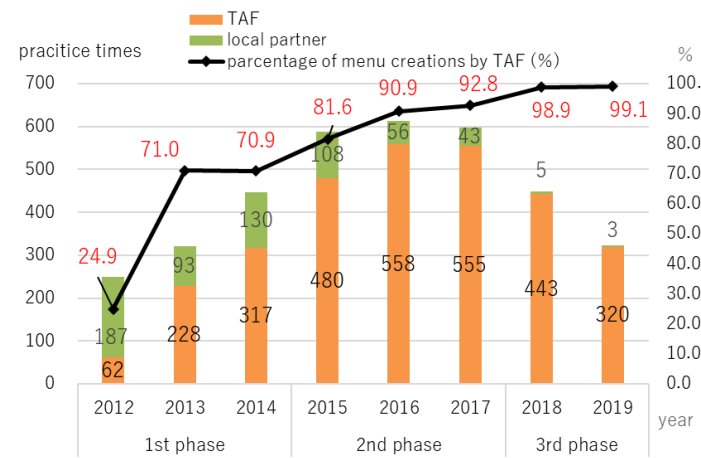

Fig 3 The practice times and parcentage of menu creations by TAF   n=3,588

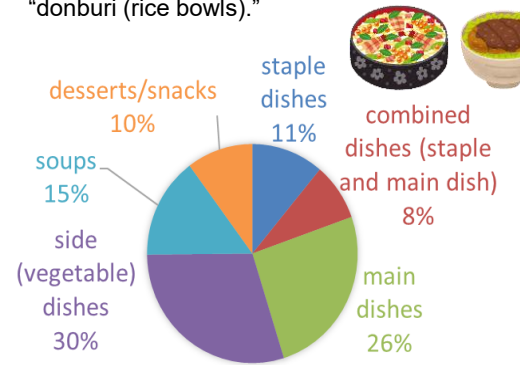Of the 121 combined dishes, 25 (20.5%) were categorized as "sushi," and 16 (13.1%) as "donburi (rice bowls)."

Fig 4 Category ratio of single dish type   n=1435

5. The nutritional composition per meal was in line with the TAF target
   Energy; approximately 500 kcal
   Protein; at least 20 g
   Sodium; less than 3 g
   Cost of ingredients; less than 300 yen

Fig 5 Example of menu
· Colorful chirashi sushi
· Chicken and wakame with wasabi
· Soup with grated yam kelp

Table 1 Most frequently used foods

Food groups	Most frequently used foods	Number of uses
grain	rice	2,920
legume	fried tofu	569
vegetables	ginger	1,500
algae	wakame	485
seafood	canned tuna	400
meat	chicken	675
seasoning spices	"mentsuyu" (soy sauce and dashi)	2,400

Keywords

cooking class, menu, dish, food, post- disaster

Conflict of Interest

Contract research by The Ajinomoto Foundation

Further Collaborators

We sincerely thank the people of the local partners and participants for their cooperation in conducting this project.

Conclusions

Cooking classes in the disaster area used common, simple, economical, and safe ingredients, and considered nutrition, food culture and the living conditions of the victims.