



2Rs Action Guide for Reducing Waste

“Shimatsu-no-Kokoro” Manual



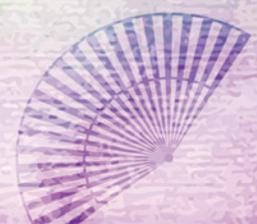
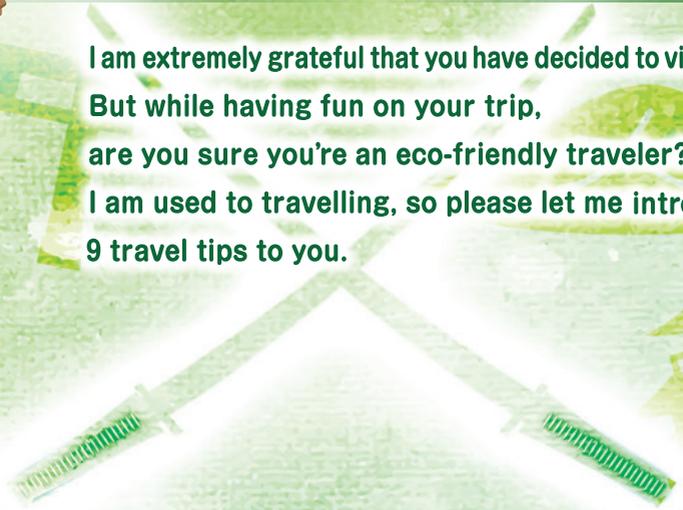
Shimatsu-no-Kokoro is the mindset which means to be motivated to take good care of things from beginning to end to enrich our personal life.



Benkei

“Shimatsu-no-Kokoro” Manual Travel Version

I am extremely grateful that you have decided to visit Kyoto City.
But while having fun on your trip,
are you sure you're an eco-friendly traveler?
I am used to travelling, so please let me introduce
9 travel tips to you.



57 million people

57 million tourists visit Kyoto City annually. (2015)

A large effect can be expected
if the tourists cooperate on reducing waste.

Tips for Reducing Waste when you travel

Before departure



Bring your bag for shopping
and your toothbrush set!

Lodging places and tourist sites



Follow the waste
separation guide!

Meals



Do not order too much.
No leftovers!

Shopping



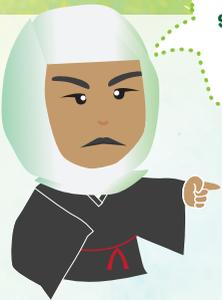
If it's for personal use, please try to buy
products with less packaging.

Before departure

Shall I bring my toothbrush and eco-bag...?



Prepare elaborately so that you don't make extra trash during your trip!



Tip 1 Bring your own amenities

Some lodging facilities offer benefits if you bring your own toothbrush set, etc.

Tip 2 Can you really finish a full course meal?

Check the quantity and ingredients when making a reservation for a full course meal so that you can eat with no leftovers.

Lodging places and tourist sites

There is only one
trash bin where
I'm staying...



If you keep your recyclables (bottles, cans and plastic bottles) separate, then it will get easier for staffs to segregate waste.

Tip 3 Cans, glass bottles and plastic bottles are kept separate, right? Separate them at your lodging place and tourist sites.

Tip 4 Mind your manners at tourist spots. Stop littering. Follow the waste separation guide.



Meals

When it comes to the local specialties, we tend to order too much food.



Please make sure of the quantity and ingredients.



Tip 5 Check the quantity and ingredients when ordering

Ask the waiter to see if it's possible to adjust an amount of your plate, or if the small-sized dish is available.

Tip 6 Share your food

Share your food with your friends or family when you can't finish it.

Tip 7 Eat wisely and avoid leftovers at buffets

Take only what you will eat at a buffet, so you won't make any leftovers.

Shopping

Unless you buy it as a gift, simple packaging is sufficient.



If you have eco-bag, then you won't need a disposable bag.



Eco-friendly school trip to Kyoto

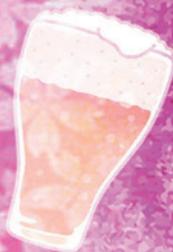
Around 1.1 millions of students visit Kyoto on school trips every year. The city tries to spread its efforts to promote 2Rs (reduce&reuse) by providing special reusable shopping bags to the students, who promise not to use disposable toothbrushes of lodging facilities, to decline to receive plastic bags, to purchase products with less packaging and to eat with no leftovers.

Tip 8 Is that waste also a souvenir?

Select simple packaging souvenirs for yourself and close friends not to make extra waste.

Tip 9 Try wrapping it in a stylish piece of “Furoshiki”

“Furoshiki” is a square cloth used for wrapping things, which itself makes a great gift, so you don't need any disposable bags.



Shizuka-chan

“Shimatsu-no-Kokoro” Manual Party Version

It's not good to order too much food or go around to pour drinks for someone even when you have not finished your meal... We have to reduce waste, especially leftover foods from parties.

I will tell you 11 tips as I'm showing you the dance which was said to be the best in Japan.

This is alarming!

How wasteful!



65,000 tons

The annual food waste in Kyoto City is estimated to be 65,000 tons. (2017)

Kyoto City's study shows that words from a party organizer are effective to reduce leftovers.

Tips for Reducing Waste at parties

1

When making a reservation



Confirm that the quantity of food is appropriate for members before ordering!

2

Before the party starts



Remind everyone to finish their food. Do the same before closing.

3

During party



It's time to eat up the food!

4

The end of the party



Ask a waiter whether you can take the leftovers to go.

When making a reservation

Organizers tend to order too much to avoid having not enough.

Order according to the number of people.



Choose a menu not to produce leftovers.

Tell the age range, gender ratio and food preferences to the restaurant in advance.



Tip 1 Ask for everyone's cooperation

Ask participants to eat without leaving anything when sending out the event information.

Tip 2 It is not all-you-can-waste!

All-you-can-eat menu is appealing, but it's better not to select it if you aren't sure to finish your food.

Before the party starts

Are parties only for pouring someone a drink and enjoying conversation?



Please do not waste food at this party!

- 1. Spend first 30 minutes for enjoying foods.**
- 2. Spend final 10 minutes for enjoying & clearing foods**



Tip 3 Avoid leftovers! Do 30-10 at the parties

Please enjoy eating for first 30 minutes after the toast and final 10 minutes before the closing. Respond to the organizer's call for your cooperation and join 30-10 Campaign!

Tip 4 Aren't small eaters sitting side by side?

Have big eaters sit next to people with small appetite to help them finish their food.

During party



Yes, of course!

May I eat the last remaining piece?



Is it more polite not to eat?

It's nice to offer it to someone to start up a conversation.



Tip 5 Eat while the food is still fresh
Start eating your food as soon as possible once it is served. The basics of enjoying food is to eat while the food is still fresh.

Tip 6 Share food served on big plates
If food is left, offer someone who still has room for it.

Tip 7 Be a person in charge of serving food
Dish out the food left on the plate to avoid leftovers.

Tip 8 Share food between tables
Share food with people not only at the same table but also at next table.

Tip 9 Ask for help if you can't finish your food
If you don't eat all your food, look for someone who can help you.

The end of the party

Ask the restaurant for permission. Take foods home but at your own risk.



As it was delicious, I want to take leftovers home



Tip 10 Eat up the last piece

Don't hesitate to eat the last piece on the plate.

Tip 11 Bring a container to party

Ask if you can take leftovers to go. Some restaurants have take-out containers ready.

Non-Leftovers Promotion Stores are increasing



Non-Leftovers Promotion Store in Kyoto

Kyoto City is implementing Non-Leftovers Promotion Store Qualification Program as a part of efforts to reduce food loss of restaurants and accommodation facilities.

618 restaurants have been implementing Non-Leftovers promotion.



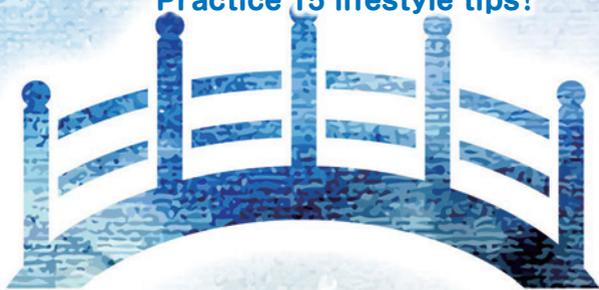
Ushikawa-kun

“Shimatsu-no-Kokoro” Manual Daily Life Version

Kyoto is the place where the economical spirit and the traditional Japanese way of living still remain.

Jumping from one boat to another and let me introduce Kyoto lifestyle.

Practice 15 lifestyle tips!



40%

Approx.40% of food waste is food loss.

Tips for Reducing Waste in your daily life

Shopping



Have your eco-bag
at all times.

Cooking



Use up all foodstuffs.

On Outings



Do not produce waste
when you are out.

Use



Use refillable items,
rechargeable batteries,
and LEDs.

Shopping

We're apt to take one from the back to avoid items nearing its expiration or best-by date. But it's not eco-friendly.



Use your eco-bag when you go shopping!

If you are going to consume it right away, grab them from the front!



Tip 1 Check the refrigerator before shopping

Check the contents of the refrigerator before you go shopping. Avoid buying unnecessary items.

Tip 2 Choose unpackaged items or items that are sold by weight

Try not to choose items packaged in trays or wrappings to reduce waste. Buy products sold by weight.

Tip 3 Buy only what you need

Use up and eat up without wasting. Don't buy it just because it is cheap.

Tip 4 Buy soon-to-expire products

Buy products with nearing best-by or expiration date to reduce food loss.

Cooking

Take food from the back.

You will be killing two birds with one stone by cutting food expenses and reducing food waste.

Use up food stuffs left in the refrigerator.



Tip 5 Prepare for cooking

Cut ingredients and store them in the refrigerator to make it easier to cook.

Tip 6 Eat dried foods !

Dried foods are eco-friendly and convenient because they last longer and easy to use. They can even be your emergency food. Don't underappreciate them!

Tip 7 Best-by date vs. expiration date

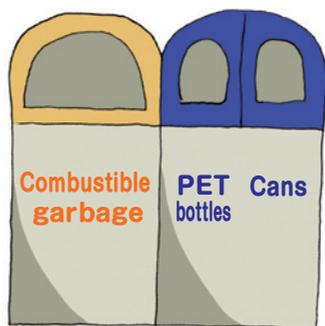
Best-buy date label is different from expiration date label. You can consume products even after the best-by date.

Tip 8 Recipes for using up ingredients

You can make delicious dishes with just a little innovation by using some parts of foods you usually throw away such as carrot or horseradish leaves, shiitake mushroom stems, tea leaves, etc.

“Cook pad” is also useful!

On Outings



Sort combustibles, cans, bins, and PET bottles even when you are out. Help out by bringing your trash home.

Not littering is a common practice.

It's a bit troublesome to separate garbage...

People never know who littered...



Tip 9 Sort even when you are out

Do not litter. Correctly sort combustibles, cans, bins, and PET bottles even when you are out.

Tip 10 Do without disposables

Use reusable tableware during events to reduce waste without using paper cups and other non-reusable tableware.

Tip 11 Check the quantity when ordering

Ask the waiter how large is the serving of your food to avoid leftovers.

Tip 12 Clear your plates even at buffets!

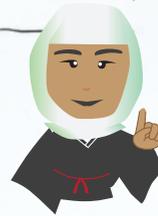
Always finish your food. Only take what you can finish and clear your plates.

Use

Take good care
of your favorites
and use them
for a long time.



Do you
just buy
new ones
when things
break?



Tip 13 Good quality lasts longer

Buy anything with good quality and use them for a long time. Use LEDs and rechargeable batteries as much as possible.

Tip 14 Avoid buying unnecessary items or household tools

Be efficient by renting when you need something or try sharing resources with others.

Tip 15 Repair, reuse, and sell

Repair and reuse things. You can sell things you no longer use on flea market, online buy and sell and auctions.

Kogomi app is now available!



Download
from here!

“Shimatsu-no-Kokoro”

Items of waste were not waste from the beginning that is, they originated from living plants and animals and from valuable resources of the Earth. Accordingly, we must value their lives, reduce consumption of resources and save energy, being aware that we share these valuable resources with various other forms of life.

Attraction of Kyoto City is not only traditional events, culture, crafts and cuisine but the mindset of “Shimatsu-no-Kokoro” is ingrained in the character of its residents, which has been developed through coexisting with nature.

“Shimatsu-no-Kokoro” means simplicity and frugality, which coming from feelings of gratitude toward lives, resources and producers. It also fits the idea of the 2Rs*

Please read this pamphlet, and take action to live an eco-friendly life!

*2Rs : reduce & reuse, the efforts to make zero waste, having priority over recycling

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The daily waste output per person in Kyoto City is only three-fourths of the average among designated cities, making it the lowest output among the all designated cities(2015).

The Eastern Mountainous Area Landfill, Kyoto City's only landfill site, will become full in another 50 years even if waste continues to reduce as planned, and thus, the further efforts to reduce waste are needed.

Approx. **50** years

1/2

Kyoto City aims to reduce the amount of waste by over 50% of its peak by 2020.

3 versions (Travel, Party, Daily Life) of “Shimatsu-no-Kokoro” Manual were published to enable Kyoto citizens to better engage in 2Rs.

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