

Environmentally Friendly Cooking Included!

For Junior High School Students and Above

Exploring Global Warming Through Food

Workshop on 1.5°C Lifestyles in Kitakyushu 2026

Free Admission

First 15 Applicants

Can We Take Climate Action Through **What We Eat?**

Learn about the connection between food and the environment through the concept of a "1.5°C Lifestyle," a way of living that helps limit the rise in global temperatures to within 1.5°C.

By making small changes to our daily eating habits and lifestyles, we may be able to reduce the greenhouse gas emissions that contribute to global warming.



Current State of Global Warming



What is the 1.5°C Target?



Food Loss Reduction

Three Steps to Gain Knowledge and Experience for Your Future Lifestyle

STEP 1

Learn



Learn about the relationship between global warming and food.

Take a look at last year's workshop



STEP 2

Practice



Challenge yourself to adopt environmentally friendly 1.5°C Lifestyles!

STEP 3

Create & Think



Cooking Practice and Group Work



Check the back page for details of this year's programme!

Date and Time

28 July Tue.

10 Aug Mon.

13:30 - 17:30 on both days

*Priority will be given to applicants who can attend both days.



Venue

Kitakyushu Youth Station

(B1F Com City, 3-15-3 Kurosaki, Yahatanishi-ku, Kitakyushu)
*Located next to JR Kurosaki Station



Target

Students from Junior High School Age and Above

*International students and working adults are also welcome!



Capacity

15 participants

(first-come, first-served)

Register Here



<https://www.iges.or.jp/en/events/20260728>

Application Deadline 22 July, Wed

Recommended for People Who:

- Are interested in environmental issues
- Enjoy food and cooking

- { Organiser } Institute for Global Environmental Strategies (IGES)
- { Collaborator } Kitakyushu Urban Centre
- { Supporter } Kitakyushu Youth Station
- { Supporter } City of Kitakyushu

Programme

Let's Discover What We Can Do for Our Future Through Food!

Pre-Workshop Questionnaire: You can calculate your own greenhouse gas emissions from daily life.

STEP

1

First Workshop

28 July

13:30 - 17:30

Tue.

Face-to-Face Workshop

&

Cooking Session

*Participants will be divided into two groups for the cooking session. Those who do not participate in the cooking session on this day will finish around 15:30.

Lecture

- The "1.5°C Target" of the Paris Agreement
- Carbon Footprint

Speakers: Junko Ota and Junko Akagi
Institute for Global Environmental Strategies (IGES)

Group Work

Learn about the options available under the "1.5°C Lifestyle" and discuss which actions you would like to try.

Cooking Session (Group 1)

Instructor: Masako Tanaka
Fukuoka Prefecture-certified Food Loss Reduction Meister

The Original Cooking Class Recipes

created by a Fukuoka Prefecture-certified Food Loss Reduction Meister

Cook original recipes using meat alternatives and seasonal vegetables while considering food loss reduction and greenhouse gas emissions.

Summer Vegetable Curry

Tomato and Okra Salad

Eggplant Steak

Simmered Pumpkin and Bamboo Shoots with Soy Mince

Fruit Shiratama Dumplings

STEP

2

1.5° C Lifestyle Challenge at Home

Duration

10 days

Between 28 July and 10 August

For 10 consecutive days between the two workshops, each participant will try a lifestyle that reduces greenhouse gas emissions through food (1.5° C lifestyle). The organisers will provide you with what options are available (1.5° C Lifestyle Options Catalogue).



Eat seasonal vegetables and fruits



Replace meat with plant-based alternatives



Eat locally produced vegetables and fruits

STEP

3

Second Workshop

10 Aug

13:30 - 17:30

Mon.

Face-to-Face Workshop

&

Cooking Session

*Participants who joined the cooking session during the first workshop will finish around 15:30.

Lecture

Learn about policies of the City of Kitakyushu and activities undertaken by young people in Kitakyushu.

Guest speakers

- Resource Circulation Division, Environment Bureau, City of Kitakyushu
- Department of Food and Nutrition, Kyushu Nutrition Welfare University

Group Work

- Reflection on the 1.5°C Lifestyle Challenge
- Discussion on a society where the 1.5°C Lifestyle can be more easily achieved

Cooking Session (Group 2)

What You Can Learn and Experience

- Understand the connection between food and climate change
- Learn in a fun way through cooking practice
- Meet and interact with participants from different schools and age groups
- Make the SDGs and the 1.5° C Target relevant to your own life

Certificate of Completion

Participants who complete both workshops and the 1.5°C Lifestyle Challenge will receive a Certificate of Completion.



Apply Here

Application Deadline
22 July, Wed



Contact

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Kitakyushu Urban Centre
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IGES
Institute for Global
Environmental Strategies