

SHINAGAWA

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Eat Your Vegetables!

Inquiries: Public Hygiene Section,
(Tel: 03-5742-7124, Fax: 03-5742-9104)

Why Do You Need Vegetables?

Vegetables have a lot of nutrients for making our bodies strong and providing energy to get things done.

Vegetables contain a lot of potassium, for example, which helps the body excrete any excessive sodium in the body and control rises

in blood pressure. By eating foods with fiber, you also gain a feeling of fullness, which keeps you from overeating. Other benefits include keeping blood sugar from spiking and preventing constipation. Furthermore, the vitamins in vegetables help keep the body in good condition.

Eating plenty of vegetables helps you maintain good health.

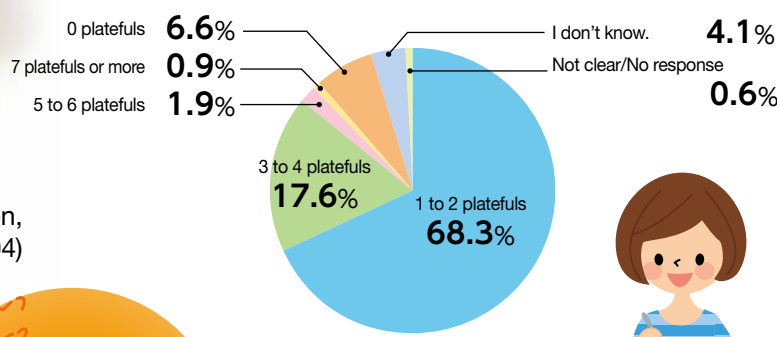
How much vegetables do you eat per day?

According to a survey Shinagawa City conducted in FY2017, only 2.8% of city residents consumed the minimum daily requirement of 350 grams (or about five platefuls) of vegetables. About 68.3% of the population ate just one or two platefuls per day, 17.6% ate three to four, and 6.6% ate none. That means 92.5% of the population of Shinagawa City did not eat enough vegetables.

To eliminate this lack of vegetables, why not start by adding one plate of veggies to your daily diet?

How many plates of vegetables do you eat per day?

Note: As a guideline, "one plate" here equals about 70 grams.



Reference: Shinagawa City Health Awareness Survey (FY2017)



What amount of vegetables do I have to eat per day?

The recommended daily amount of vegetables is 350 grams. If one plateful is 70 grams, this means you need to eat five platefuls.

What does 70 grams equal here? Half a tomato or carrot, a quarter of an onion, or

one or two cabbage leaves.

However, eating 350 grams of vegetables but only consuming one type of vegetable leads to an imbalanced diet. To prevent this imbalance, you need to consume a variety of vegetables. For example, 120 grams of dark-colored vegetables such as carrots and spinach (green and orange/yellow vegetables), and 230 grams of light-colored vegetables such as cabbage, onions and daikon (light-colored vegetables).

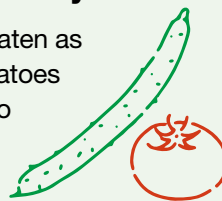
Three Keys to Eating Plenty of Vegetables

1 | Include vegetables in every meal

It is recommended to prepare vegetable dishes and boiled vegetables in advance. We also recommend using cut vegetables and frozen vegetables that are available at convenience stores and elsewhere.

2 | Add vegetables as they are

Vegetables that can be eaten as they are, such as mini-tomatoes and cucumbers, are easy to prepare and add color to your meals.



3 | When you eat out, be sure to add a vegetable dish from the menu

When you eat out, add a salad or select a dish from the menu that has plenty of vegetables.

About COVID-19 Vaccinations

(information current as of June 28)

July Vaccination Sites

The type of vaccine used depends on the date of vaccination.

Location	Vaccines	Types of Vaccination
Oi Racecourse (2-1-2 Katsushima)	Pfizer, Moderna	Fourth injection
Former Ebara Dai-yon Junior High School (3-5-31 Yutakacho)		
Former Ribbon Hatanodai (5-13-9 Hatanodai)	Pfizer, Moderna, Novavax	Third injection

Note: Vaccination intervals and eligible ages vary depending on the type of vaccine. For details, please visit the Shinagawa City website.

About Vaccination Tickets for the Fourth Injection

If any of the following conditions apply, you must apply for your vaccine ticket:

- If you are between 18 and 59 years old, have an underlying condition, or are recognized by doctors as having a risk of complications if infected with COVID-19.
- If you are at least 60 years old or you have an underlying condition, and have moved to Shinagawa City after completing the third injection.

Ways to Apply for a Vaccination Ticket

- Apply via LINE
- Apply by mailing a COVID-19 vaccination ticket issue application/agreement form*

* This form is available at the reservation support service counter (Shinagawa City Office Hon Chosha 3F). You can also download it via the Shinagawa City website.

Inquiries: Shinagawa Coronavirus Vaccination Call Center

Tel: 03-6633-2433 Fax: 03-6684-4845 Hours: 9:00 a.m. to 7:00 p.m.

To find out about the updated information, please visit the Shinagawa City website. The contents on the website can be read in various languages (English, Chinese and Korean), using the automated translation function. Shinagawa City website



Sort Your Garbage and Recyclable Resources Properly

● Combustible Waste: Twice a week

Please dispose of combustible waste out at the designated location for your home by no later than 8:00 a.m. (no later than 7:30 a.m. for early-morning collection areas) in a transparent or semitransparent bag so that the contents can be seen.

○ Items such as kitchen scraps, paper scraps, disposable diapers, soiled plastic containers/wrapping, plastic products, rubber items, leather items, small amounts of wood scraps, drying agents and cooling agents.

Note: Please drain kitchen scraps as much as possible before disposal.

● Ceramic, Glass and Metal Items: Twice a month

Please put these waste items out at the designated location of your home by no later than 8:00 a.m. (no later than 7:30 a.m. for early-morning collection areas) in a transparent or semitransparent bag so that the contents can be seen.

○ Ceramic and glass items (note that beverage bottles are recyclable resources), light bulbs, and metal (note that beverage cans other than large itto [18-liter] cans are recyclable

resources), and disposable pocket warmers.

Notes:

1. Wrap items—such as light bulbs and knives—in thick paper, and label the package “キケン (dangerous)” before disposal.
2. Use up the contents of gas cassettes, spray cans and lighters completely, and dispose of these containers in a separate bag apart from ceramic, glass and metal items. If there is anything left inside, do not pierce the container; instead, write a label “中身入り (with contents inside).”
3. Please take hypodermic needles used for home medical treatment to any pharmacy having a sign that says: “used hypodermic needle collection pharmacy.”

● Recyclable Resources: Once a week

Please take your items to the nearest recyclable resource collection station by 8:00 a.m. Bundle them with string according to type, or place them in a transparent or semitransparent bag so that the contents can be seen.

○ Items such as newspapers, magazines, cardboard, paper boxes, paper, milk/juice cartons, food and beverage bottles, food and

beverage cans, plastic PET bottles, clean plastic containers/wrapping, dry cell batteries (sizes D through N and square-shaped 9V ones), fluorescent lights, mercury thermometers, and mercury blood-pressure measuring devices.

● Other Recyclable Items: Second and Fourth Saturdays

Please bring other items listed below at a designated collection station (31 locations in the city) between 10:00 a.m. and noon.

○ Items such as old clothes, cloth, small electronic devices, waste cooking oil and waste gardening soil.

Note: For more information, please check the Shinagawa City website (top page > Environment/Town Development > Garbage/Recycle).

Inquiries: Shinagawa City Waste Collection Office
Shinagawa Office, **Tel:** 03-3490-7051, **Fax:** 03-3490-7041
Ebara Office, **Tel:** 03-3786-6552, **Fax:** 03-3783-5780
Recycling Promotion Subsection, **Tel:** 03-3490-7098

How to Dispose of Bulky Waste

Bulky waste refers to items that measures more than 30 centimeters on any side in height, width or depth—such as futons or furniture—that are no longer needed.

(1) Apply

There are two ways of disposing of bulky waste: arranging for house-to-house collection on a designated day or bringing your item(s) in on a designated Sunday. Please call to apply after deciding which way you would like to use. The handling fee for bringing your item(s) in on a Sunday is lower than the fee for house-to-house collection.

● By telephone

Shinagawa City Bulky Waste Application Center,
Tel: 03-5715-1122

Hours: Monday through Saturday, 8:00 a.m. to 9:00 p.m.

Notes:

1. Applications are accepted on holidays as well.
2. If you want to bring in your item(s) on a Sunday, please say so to the operator.

● Via the Internet

Website: <https://www2.sodai-web.jp/shinagawa/index.html>

Notes:

1. You can access this page from the Shinagawa City website.

2. Applications are accepted on a 24-hour basis.
3. If your item is not listed in the category list, please apply by telephone.

(2) Purchase Bulky Waste Stickers

As instructed when making your application, buy the appropriate number of Shinagawa City's stickers for bulky waste from any sticker agent in the city (such as shops, supermarkets and convenience stores displaying the identifying sign).

(3) Disposing of Your Bulky Waste Item(s)

● House-to-house collection

Attach Shinagawa City's sticker(s) for bulky waste to your item(s) and put it/them out at the designated location by 8:00 a.m. on the collection day you reserved.

● Bring your item(s) directly on a Sunday

Attach Shinagawa City's sticker(s) for bulky waste to your item(s) and bring it/them to the Shinagawa City Recycling Center (1-4-1 Yashio) on the designated Sunday (your appointed day) between 9:00 a.m. and 4:00 p.m.

● Items That Shinagawa City Cannot Collect as Bulky Waste, and Ways to Dispose of Them

- Refrigerators, freezers, washing machines, drying machines, TVs and air conditioners (indoor and outdoor components): Please contact the shop where you are buying a replacement or the Electric Appliance Recycling Reception Center (**Tel:** 0570-087-200).
- Hazardous items, chemicals, dangerous items, paint, cement, etc.: Please ask an authorized disposal company to handle your used item.
- Personal computers (main body and display): Please contact the manufacturer of your computer for disposal. Please ask the particular manufacturer or the PC3R Promotion Association (**Tel:** 03-5282-7685) concerning the recycling fee and the collection service.

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Shinagawa-ku International Friendship Association (SIFA) Class

Japanese-Language Classes for Foreign Residents

Courses:

- 1) Part I—For those learning Japanese for the first time: Morning, afternoon and evening classes
- 2) Part II—For those who have studied Japanese before and can write hiragana and katakana: Afternoon and evening classes
- 3) Part III—For those with everyday conversational skills: Afternoon and evening classes

Dates and times:

- 1) and 2) Tuesdays and Thursdays, from September 27 through December 6 (total of 20 classes), excluding November 3.
- 3) Mondays and Wednesdays, from September 26 through December

7 (total of 20 classes), excluding October 10 and November 23.

Morning class: 10:00 a.m. to noon

Afternoon class: 1:30 to 3:30 p.m.

Evening class: 6:30 to 8:30 p.m.

Eligibility and capacity: Twelve foreign residents per course (lottery if number of application exceeds the capacity)

Note: Babysitting services are available. Please call for more information.

Tuition: ¥7,000 per course (textbook fee included)

Location/application/inquires: Application deadline is August 31 (Wed.; must be received by this date). Please fill out the application form on SIFA's website, or send a postcard or fax. Please include

the name of the class you wish to join (add the course and time), your address, name with *furigana*, age, gender, daytime telephone number and nationality. If you are a student in Shinagawa City, please include the name of the school. If you work in Shinagawa City, please include the name of your place of employment. (**Address:** Shinagawa City Office Dai-san Chosha 4F, 2-1-36 Hiromachi, 140-0005, **Tel:** 03-5742-6517, **Fax:** 03-5742-6518, **Website:** <https://www.sifa.or.jp/>)

Notes:

1. Only 1 application per person is accepted.
2. Conditions may change depending on the effects of the COVID-19. Please visit the association's website for details.

Shinagawa Citizens' Charter Established —
40th Anniversary

Shinagawa Uchimizu Strategy 2022: Lowering the City's Midsummer Temperature by 2°C

● Create a gentle midsummer breeze in town with *uchimizu* (a traditional practice of sprinkling water in gardens and on the streets to cool the surroundings in summer).

Dates: July 23 (Sat.) to Aug. 23 (Tue.)

Uchimizu procedures:

1. Have water ready.

It is a good idea to use water left over after a bath.

2. Sprinkle the water on the ground.

Sprinkle the water freely together with your family and neighbors.

3. Enjoy the coolness.

The water sprinkled on the ground will cool the surroundings.

We recommend doing this in the morning or evening, since the cooling effect lasts longer.

Be smart and avoid crowding, maintaining a distance of two meters or more between you and the people around you.

Note: Shinagawa City is offering rental goods for *uchimizu* (ladles, pails, buckets and flags), and distributing commemorative *uchimizu* gifts (cool neck towels). These are available while supplies last. For details, please visit the Shinagawa City website.

Inquiries: Environmental Project Promotion Subsection, Environmental Affairs Section
(**Tel:** 03-5742-6755, **Fax:** 03-5742-6853)

(((InterFM **89.7** MHz)))
Shinagawa Info

Multilingual FM City News Broadcasts

The city government broadcasts *Shinagawa Info*, a 3-minute municipal news program, in several languages on InterFM897 (89.7 MHz) from 6:56 a.m., Monday through Friday.

The languages broadcast are as follows:

Mondays: Chinese and Japanese

Tuesdays: Korean and Japanese

Wednesdays: Tagalog and Japanese

Thursdays: English and Japanese

Fridays: English and Japanese

In addition to daily-living information, emergency information is broadcast during times of emergency. You can also check the broadcast content via the website.

Website: <https://www.interfm.co.jp/timetable/>

Tokyo Multilingual Consultation Navi

Consultation services are available for any concerns regarding the spread of the novel coronavirus and its impact on lives.

Languages: Fourteen (plain Japanese, English, Chinese, Korean, Vietnamese, Nepalese, Indonesian, Tagalog, Thai, Portuguese, Spanish, French, Hindi and Russian)

Tel **03-6258-1227**

Hours **10:00 a.m. to 4:00 p.m.**
(excluding Saturdays, Sundays and national holidays)

COVID-19 Omicron Variant Call Center

Consultation services are available if you have questions or concerns about COVID-19 infection, such as how to prevent the spread of the virus and what to do if symptoms appear at the contact numbers below.

Languages: Twelve (Japanese, English, Chinese, Korean, Vietnamese, Tagalog, Nepalese, Burmese, Thai, French, Portuguese and Spanish)

Tel **0570-550571** **Fax** **03-5388-1396**

Hours **9:00 a.m. to 10:00 p.m.**
(Available on Saturdays, Sundays and national holidays as well.)