



## BANPAKU BENTO

Discover the deliciousness of Japan.

Expo bento is like a festival of local ingredients.  
Be sure to try the Expo bento with the added beauty of Kansai.

Please enjoy Ichifuji's Expo bento, which incorporates the beauty of Kansai food.



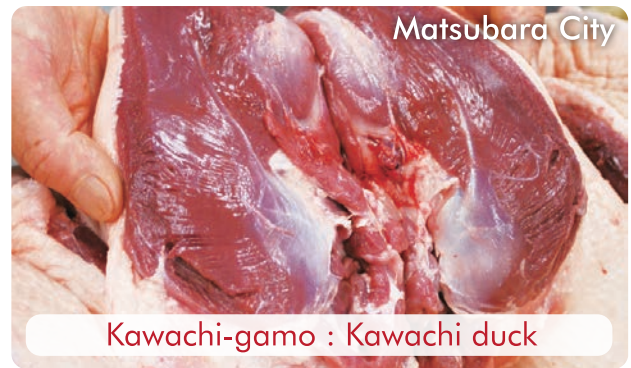
## ICHIFUJI'S BANPAKU BENTO -INTRODUCTION OF INGREDIENTS-



Kishiwada City

**Kurodai : black sea bream**

Kurodai is called Chinu in Osaka. Black sea bream is similar to red sea bream. It is fresh and delicious. In the past, the black sea bream was a high class food, but now people are not interested in eating it. It is important for us to protect life in the sea.



Matsubara City

**Kawachi-gamo : Kawachi duck**

This is Kawachi duck. It takes for 75 days to fully mature. That's longer than usual. The duck is given special feed. It has no stress and it's fresh and rich in taste.



Kishiwada City

**Kikuna**

Chrysanthemum leaves are called Kikuna in Osaka. Kikuna is planted at a time when Senshu eggplant, a local specialty is not planted. It is an important crop for continuing sustainable agriculture near cities. About 70 people who belong to Izumino agriculture group produce it.



Taishi Town

**Taishi orange sauce**

They use bad shape unattractively oranges which can't be sold. So, they try to implement SDGs "2 food hunger". This sauce using oranges is from Taishi Town. It is popular for its fruity taste and goes well with other food.



Izumiotu City

**Senshu-kikurage: wood ear mushroom**

They are organic. They are thick and have a good texture, and are juicy. Please eat them stir-fried or pickled.



Tadaoka Town

**Shirasu : dried small fish**

This food is a dried small fish like an anchovy. We call it "Shirasu". They are caught in Osaka Bay which is called "Chinu-no-urawa". They are processed in Tadaoka Town. Let's try it!



Kanan Town

**Kimi-no-toriko : eggs**

They are made with the policy to be kind to the environment, food and water. Hens which give birth to these eggs are raised up naturally. These eggs can give "power to our lives" and are delicious.

## Let's rediscover the deliciousness of Japan!

### SAVE LIFE

**Rediscover the charm each region brings.**

Lunch boxes are easy to enjoy. The blessings of nature will save the earth. The production method is environmentally friendly.

### GIVE POWER FOR LIVING WELL

**Delicious foods make people smile. Take chance to eat delicious food.**

Make everyone smile with delicious food. Learn about delicious food at the Expo and take the chance to eat it.

### CONNECTING LIFE

**We have collected local Japanese food from all over Japan. We have connected tradition to the future.**

We will connect the next generation to each region's local traditional dishes.



## HOW EXPO BENTO LUNCH BOXES ARE MADE

万博弁当ができるまで



Mayoral Alliance for EXPO 2025

**万博首長連合**

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**MURAKAWA GAKUEN**  
School Corporation since 1983

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**一富士ケーターリング株式会社**

ICHIFUJI

There is an alliance of 650 cities working together, and make the lunch boxes. The expo improves each region's future. We were offered local foods for "Banpaku Bento". They are using ingredients that have passed the selection standards.

Murakawa Gakuen made this recipe. The first-class chefs checked the recipe and the students of Murakawa college helped them. Then the "Banpaku Bento" which uses fresh vegetables and traditional skill was made.

The Ichifuji project team adapted Murakawa Gakuen's recipe and created a bento that can be delivered to many people, adding Osaka and Kansai flavor to the concept of the Expo bento.

**All food uses local technics and feelings.**

**The lunch box demonstrates each regions local food.**

## WHAT IS ICHIFUJI CATERING ?

一富士ケーターリング

In 1901, we opened the cafeteria, Ichifuji in Fukushima Ward and we have made food with Osaka flavor for 120 years. We think deeply about the food we make. This is our history. At the Osaka International Expo in 1970, our lunch box was very popular.

Presently we provide 1.5 million lunch boxes of various kinds in Kinki region each year.



## SPECIAL THANKS TO TONDABAYASHI JUNIOR HIGH SCHOOL

このパンフレットを作成するにあたり、大阪府立 富田林中学校 二年生の皆さんに英訳をして頂きました。本当にありがとうございます！

To create this flyer, we asked students from Osaka Prefectural Tondabayashi Junior High School to translate it into English. Please accept our gratitude. Thank you so much!

### [2-1] CLASS 1 IN THE SECOND GRADE



English translation: about Banpaku Bento

### [2-2] CLASS 2 IN THE SECOND GRADE



English translation: Bento Menu

### [2-3] CLASS 3 IN THE SECOND GRADE



English translation: about Ingredients



ICHIFUJI

厚生労働省 HACCPモデル事業所

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