

# Let's organize chopsticks competition!

#EdamameChamp 2024 will be held  
from **March 17** to **May 19**



**#EdamameChamp** is an annual campaign to **promote healthy eating** through Japanese cuisine focusing on **SOY**.



By organizing your own Chopsticks Competition, **you can help spread food education to children!**

\*Based on the # of event participants, our partner organizations will donate to bring food education opportunities to children.

Learn more: <https://www.wa-shokuiku.org/edamamechamp>



## Learn more on YouTube!



["OVERVIEW"](#)



["1 min competition"](#)



["Public Event"](#)



CHALLENGE ME!

## Send your strongest players to the Championship!

**Before Event**

Register your event [here!](#)



Hold your own chopsticks competition from Mar 17 to May 18!

**After Event**

Report the event results! on the same registration form

\*Please find the edit link on the e-mail sent to you upon registration.

\*\*The result includes event details (date, location, number of participants), winner's info (score, name, contact), event photos/screenshots including a photo of the winner's scorecard.

Once your event result is reported, **winners will be invited to the US Championship, held online on May 19, 2024!**



The US Final Championship winners get original #EdamameChamp items!



\*This is a picture of the prizes for the 2022 Championship; prizes are subject to change.

The one who moves the most edamame in 1 minute wins!

## What to prepare (per person)

- 1) 25+ shelled edamame \*\*or any alternatives available
- 2) 1 pair Chopsticks
- 3) 1 small cup & 1 plate or **Score Sheet** ([downloadable](#))

\*Find alternatives on Amazon!



[Edamame snack](#)

[Pompoms](#)  
(non-food option)



## Rule

Divide the participants into two categories (Learner\* and Expert\*\*).

\*Learner = Did not use chopsticks growing up \*\*Expert = Grew up using chopsticks

### Cup & plate ver.

1 Place edamame in a cup on a table and set a plate behind it.

### Score Sheet ver.

1 Place edamame below the 1/3 line.

2 Set a timer for 1 minute.

3 Pick up edamame with chopsticks and make circles with 5 edamame forming each circle on a plate/above the line.

4 Continue moving edamame until one minute has passed, then put down your chopsticks.

Select winners from each category, depending on the size of your event.

Up to **29** participants = **2 winners** / category

More than **30** participants = **3 winners** / category

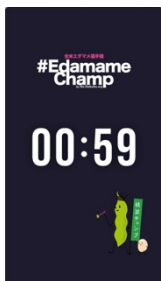
Download official items from the link below

[www.wa-shokuiiku.org/edamamechamp#download](http://www.wa-shokuiiku.org/edamamechamp#download)

Score Sheet



Countdown Timer



Poster



Edama-megane



Zoom Background



Videos & slides to show during your event



[Rule & Purpose](#)



[Soy Overview](#)



[Soy Cookoff](#)



[Presentation Slide](#)

## Additional Ideas

Make big chopsticks & balls and photo props!



\*Wrap a water blaster with tape to make big chopsticks.

Prepare a scoreboard!



[Get edamame merch!](#)



\*All profits go to provide food education to children.

Get the campaign theme song "Mame" on Amazon

♪ Song: [Mame](#) / ♪ Artist: [Cook Robinson](#)

Check our website or contact us if you have further questions!

#EdamameChamp campaign website <https://www.wa-shokuiku.org/edamamechamp>

TABLE FOR TWO official website <https://usa.tablefor2.org>

E-mail to: [wa-shokuiku@tablefor2.org](mailto:wa-shokuiku@tablefor2.org)

Post your score with #EdamameChamp



## Follow us on Social Media!

f Facebook



[@tablefor2](https://www.facebook.com/tablefor2)

Instagram



[@tablefor2\\_usa](https://www.instagram.com/tablefor2_usa)

X X



[@tablefor2\\_usa](https://www.x.com/tablefor2_usa)

TikTok



[@tablefor2\\_usa](https://www.tiktok.com/@tablefor2_usa)

## Post SOY related photos on SNS!



Even if you are not able to organize or participate in an event, you can still contribute to the campaign by posting SOY photos!

- 1** Take a "SOY" related photo!
- 2** Post with #EdamameChamp
- 3** Bring our food education program to one child!

We appreciate your donation!



Text "EDAMAME" to 443-21

Or visit

<https://secure.givelively.org/donate/table-for-two-usa/edamamechamp>

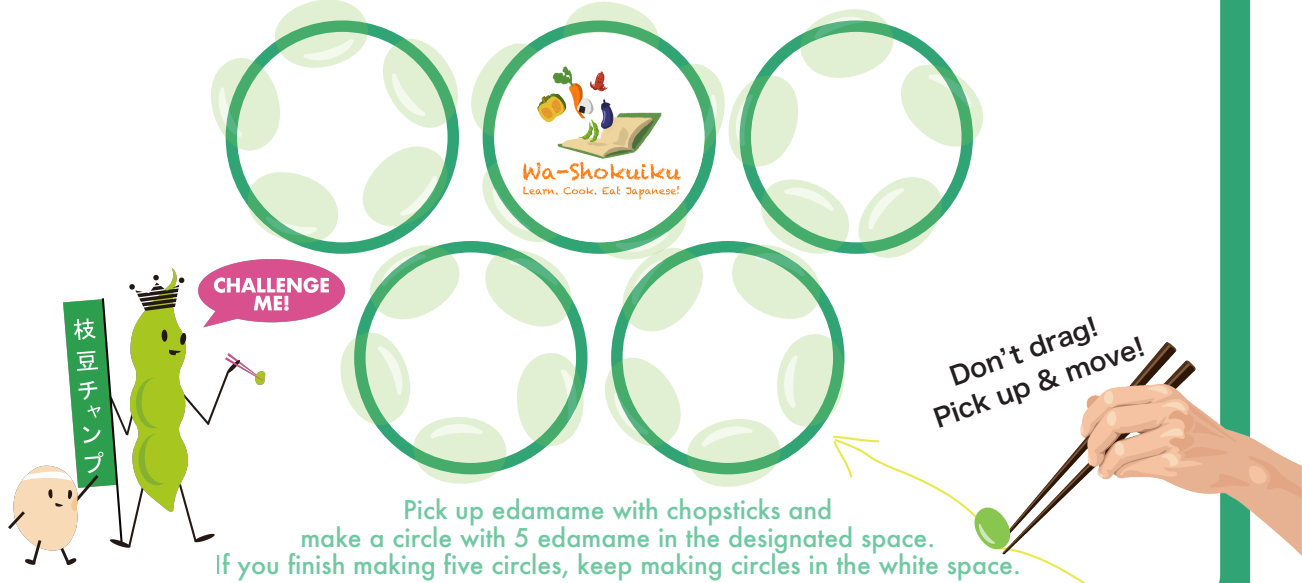




# #EdamameChamp



## 全米エダマメ選手権



CHALLENGER NAME:

STATE/CITY

CATEGORY

SCORE

- Learner  
 Expert

\*Expert = Grew up using chopsticks \*\*Learner = Did not use chopsticks growing up

## HOW MANY EDAMAME CAN YOU PICK UP in 1 MIN?

- 1 Place edamame below this line
- 2 Set for 1 min timer
- 3 Pick up & move edamame with chopsticks

01:00

Take a photo of this sheet after your challenge to share your score!

### SHARE YOUR SCORE!



Share your photo/movie with #EdamameChamp #Score and tag us!

### LEARN!

Visit our website to learn about soy and healthy eating through Japanese cuisine!

### DONATE!

Text "EDAMAME" to 443-21 to support food education if you enjoyed!

Facebook: @tablefor2 Instagram/Twitter/TikTok: @tablefor2\_usa  
For more info [www.wa-shokuiku.org/edamamechamp](http://www.wa-shokuiku.org/edamamechamp)

