

AJET Workshop
Vegan & Vegetarian JETs

Books and Online Resources

Great books from the Hokkaido AJETs, highly recommended!*

A Guide to Being (and Remaining) Vegetarian in Japan – Hokkaido AJET

Publications

Veg Out – The Vegan and Vegetarian Survival Guide for Japan --Simonette

Mallard, Hokkaido AJET Publications

Happy Cow-worldwide guide to Vegan and Vegetarian Restaurants and health food

stores <http://www.happycow.net/asia/japan/index.html>

Vegan Japan – lots of news and reviews on Vegan and Vegetarian restaurants

throughout Japan http://www.veganjapan.net/index_engl.html

Alive-Animal Welfare in Japan: <http://www.alive-net.net/english/en-index.html>

Japan Vegetarian Society: <http://www.jpvs.org/>

E-food Tokyo—Restaurants in Tokyo: http://e-food.jp/rest/index_e.html

Info for vegetarians and guide to vegetarian-friendly restaurants in Tokyo. Lots of advice including how to explain vegetarianism to Japanese people

<http://vegietokyo.com>

To download more information please visit the AJET website <http://ajet.net>

AJET Peer Support Group - 8pm to 7am every day - 0120-437-725

An anonymous listening and referral service, by JETs for JETs



Bento.com—Restaurants in Kansai and Kanto, bilingual: <http://www.bento.com>

Tengu Foods—Organic food store in Saitama with nation-wide mail order, Cash on Delivery and English speaking staff:

<http://www.alishan-organic-center.com/en/tengu/shop/>

Online organic food store (unfortunately only in Japanese) <http://organic.co.jp>

Foreign Buyers Club—online service for foreign foods you may want from home:

<http://www.fbcusa.com>

Also check out pages 228-231 of your JET diary for helpful Japanese words regarding food, packaging and ingredients.

Some other important words not included:

English	Japanese	Pronunciation
Allergy	アレルギー	A · re · ru · gi-
Whale	鯨 · くじら	Ku · ji · ra
Vegan	ビーガン	Bee · gan
Gluten	麩質 · グルテン	Fu · shi · tsu/ gu · ru · ten

Watch for

この商品は、(ピーナッツ) を使用した設備で製造しています

This product contains (peanuts)

And last but not least, the most useful phrase for allergy sufferers and a great fallback for vegetarians:

I am (horribly) allergic to _____

Watashi wa (taihen na) _____ no arerugi ga aru.

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