

Top
TOP

special feature
FEATURED

serialization
SERIALIZED

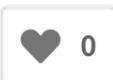
video news
VIDEO NEWS

My JATCO Top >special feature >Overcoming hardships and finding what I want to do in my future life
JATCO Engineering Development Management Department Naoko Nakanishi

Vol. 24 / December 2022

special feature

NEW



ENGLISH



Overcoming hardships and finding the future what i want to do in life JATCO Engineering Development Manager Ms. Naoko Nakanishi, Mentor Club

A certain Saturday. Young women entered the Obuchi Machizukuri Center in Fuji City one after another.

increase. The inside smells like the beans are being boiled. When you open the kitchen door, you'll find yourself in an apron.

The cooking teacher greeted us with a smile.

Everyone in the JATCO Group shines brightly outside the company. This time, JATCO Engineer

We interviewed Ms. Naoko Nakanishi from the Alling Development Management Department. ride through hardships

What I really want to do and what happiness is for me is...



Words of an acquaintance who saved me

RANKING



**External
mindset recommendations
season 2
"connect, connect
Furukawa
SVP**

2022.12.08 | Featured



**Fireball nature! It's hot!
Jatco Casting Division!!
Nissan Area Basic Skills Competition
Technical Tournament Report**

2022.12.01 | Featured



**new corona only
No! Winter Infectious Diseases
measures**

2022.11.17 | Serialization



**Customer's voice December
issue**

2022.12.01 | Serialization



**present of the month
~November first half questionnaire
Route-go**

2022.11.10 | Serialization

INFORMATION



About 10 years ago, I was physically and mentally weakened by a lot of things. Lack of energy, wind
Evil, migraine, constipation... There was no time when I was feeling well. I get up at 10:00 in the morning. go to work and talk
Even if you do that, your head will be confused and you won't understand what you want to say... your mind and body will separate.
It was the first time I had an experience. Symptoms do not improve even after taking medicine or changing hospitals
lasted for about a year. It was really painful...

At that time, an acquaintance asked me, "What do you think the human body is made of?"
rice field. When I was dazed, I thought, "Our bodies are made of what we eat.
You can change it with food. The word "food" is written as good for people. to people
Let's have a good meal," he said. It felt strangely fitting,
I thought that one thing might be a turning point to crawl up from the abyss. Even in the straw
With this in mind, I desperately studied food.



cup ramen for dinner

When I was suffering from illness, I had an unhealthy eating habit that tended to rely on eating out and convenience stores.

I was sending Start by eating exactly three meals a day, then learn about nutrition.

I tried to prepare a well-balanced meal by hand. At that time, I stopped taking medicine for my illness.

I was afraid to But little by little, like peeling off a thin layer of skin, I started to feel better.

I was off my medication. And it took about a year to fully recover.

Around that time, I heard a shocking story from my sister-in-law. Kindergarten mom where nephew attends

In the conversation of Mr.

There are many such families. This will destroy my body like I used to.

cormorant. Children can't choose what they eat. That's why the consciousness of adults who take care of the family's kitchen

I have to change my life!...I want to help people through food. this is

It was the impetus for me to start a cooking circle.



Cooking party for health

The participation fee for the cooking circle Happy seed is only the material cost. easy once a month

We have a menu that matches the season, focusing on Japanese cuisine that can be made in the middle of the day. 20s to 30s, or

Many young women who are not yet married also participate. More than just a cooking class

Since this is a cooking party to be very healthy, we are particular about the ingredients and seasonings.

I also make a play to convey the importance of nutrition. Preparations are difficult, but after the cooking party

Some people said, "It was delicious!"

I'm happy to receive the photos I made at home, and I think I'll do my best again.

increase.



Miso making every February



April's cooking party is a menu using seasonal bamboo shoots

U



Study nutrition while eating the food you made

Wisdom given by the old people and Japanese food culture to the younger generation whose eating habits tend to be westernized and pass it on to their children... Let's all create the seeds of happiness that lead to good health. I want to grow.

I'm getting back to nature

I woke up to food and even started working in the field (laughs) I couldn't hold a cooking party due to Corona

At that time, I borrowed a field from an acquaintance and started working on it.

Life! At first, the soil was nutrient-poor and many of the seedlings died.

So is the human body. If your body, which is the foundation of your health, is not healthy, you will not be able to wear make-up or dress up.

can't be clean I also understand why farmers are doing well. wake up early in the morning sun

work under the sun, finish work when the sun sets, have dinner, take a bath, and go to bed early.

be. This used to be normal in the past. This rhythm kept people healthy. now

There are many people who become night owls and get sick. Feeling comfortable in returning to nature as you grow older

What I feel may be a human instinct to live a long and healthy life.



Children's cafeteria

In a public relations magazine of Fuji City, a junior high school classmate started a children's cafeteria after retiring from the kindergarten principal.

I found out that 1 in 6 children in Fuji City don't have enough to eat because of poverty

It seems that I haven't been able to take it. She started to move to help those children.

I would like to take the tact and provide some kind of support. life accident

Coming to a turning point, I want to help others and contribute to society in some way.

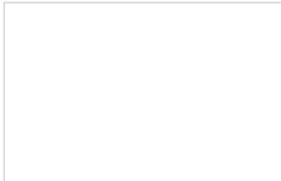
Now I destroyed my body with food and regained my health with food. everyone through food

Being happy is my happiness I hope everyone at JATCO is doing well. healthy employees

The more you have, the better your company will be. Our health is a company asset.



Don't forget to check out our new article!



This month's gift ~December issue~

2022.12.15

Related article



Vol. 13 / January 2022

スペイン・バルセロナを走る JATCO CVT-X 搭載キャシュカイ

special feature

♡ 18+

CVT-X 4th European local report tote



Vol. 15 / March 2022

Speciollection

♡ 12+

Message to JATCO employees The! JATCO Special

After fan appreciation day behind-the-scenes discussion

Hen



Vol. 10 / October 2021

ありがとう京都工場 第二回
～未来への言葉～

special feature

♡ 27+

Thank you Kyoto Factory Part 2 ～Words for the future～



Vol. 16 / April 2022

2022年4月度監督者役付任命式

Speciollection

♡ 23+

The spirit of the newly appointed site supervisors

included

もっと知りたくなる

My JATCO

Powered by **Jatco**

[top page](#)

[special feature](#) [serialization](#)

[video news](#)

Handling of personal information Opinions and impressions



Copyright © JATCO Ltd All rights reserved.