

## NOK Fukushima Plant Partners with Fukushima City's "Tekishio" Initiative Encouraging Healthy Eating with Low-Sodium Menu Options

NOK Corporation (Headquarters: Shibadaimon, Minato-ku, Tokyo; Representative Director, Group Chief Executive Officer: Masao Tsuru; hereinafter referred to as "NOK") is collaborating with Fukushima City's salt reduction initiative "Tekishio" to offer Tekishio meal options in the employee cafeteria at NOK's Fukushima Plant (located in Fukushima City, Fukushima Prefecture) from January to March 2025.

Tekishio is a key part of Fukushima City's Healthy City Fukushima Project, which strives to create a supportive food environment to promote better individual health. As part of this initiative, NOK helps its employees maintain healthy eating habits while encouraging overall wellness.



The NOK Fukushima Plant employee cafeteria during a "Tekishio Month"

Since November last year, NOK's Fukushima Plant has been registered as a Tekishio Supporter and now offers a Tekishio meal option on its employee cafeteria menu. January, February and March have been designated as "Tekishio months." During this time, one of the four daily options on the cafeteria menu will be a Tekishio meal containing only 2.5 grams of salt, while the remaining options will use reduced-sodium seasonings. The Tekishio meal was developed with the cooperation of Fukushima City.

To help establish healthy eating habits and raise employee awareness, the plant has set up displays to provide information about salt reduction and deepen understanding. Employee feedback is also being collected through surveys to improve the initiative further.

NOK's Fukushima Plant will continue collaborating with Fukushima City to advance Tekishio activities and support employee health and wellness.

For inquiries related to this press release:

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## ■ Examples of "Tekishio" Options Offered at NOK Fukushima Plant

- Sautéed chicken with sesame sauce, stir-fried *konjac* and *takana* (Japanese mustard greens) in a spicy sauce, barley rice, and soup
- Sweet and sour pork with a full serving of vegetables, seaweed salad, rice with *konjac*, and soup
- Lemon *teriyaki* chicken, broccoli with mustard mayonnaise, 15-grain rice, and soup
- Marinated cod, simmered *hijiki* (seaweed), barley rice, and soup
- Grilled pork and vegetable marinade, stir-fried green peppers with eggs, rice with *konjac*, and soup



Examples of Tekishio meals

## ■ About the Tekishio initiative

As part of its initiative to create a supportive food environment that promotes individual health, Fukushima City is advancing and raising awareness of Tekishio (enjoying tasty food with an appropriate amount of salt). The average salt intake in Fukushima Prefecture exceeds the national average, and this initiative aims to address that issue. By working with local businesses, schools, and organizations as Tekishio supporters, Fukushima City seeks to collectively advance salt reduction and protect the health of the community.

Fukushima City Website (Japanese only): [https://www.city.fukushima.fukushima.jp/hoken-chiiki-hoken2/kenko/tekienn\\_mark.html](https://www.city.fukushima.fukushima.jp/hoken-chiiki-hoken2/kenko/tekienn_mark.html)

## ■ About NOK Group

The NOK Group is dedicated to "Essential Core Manufacturing - The manufacture of pivotal products that shape society." Through this approach the Group demonstrates its commitment to providing greater safety and comfort, the cornerstones of a prosperous society. The NOK Group consists of 93 companies located in 15 countries and regions with approximately 38,000 employees. Product development is built upon a robust base of foundational research, resulting in large-scale, stable and high-quality production. Moving forward, the Group will continue to provide technologies and products for all industrial areas including automobiles and other mobility sectors, electronic products- centered on PCs and smartphones - office automation equipment, medical and healthcare devices, industrial robots, and satellites.

## ■ About NOK's Fukushima Plant

NOK's Fukushima Plant produces oil seals, a core company product that holds a 70% market share in Japan's automotive industry. These functional products provide both sealing and lubrication and are used in a wide variety of applications, including construction machinery, agricultural equipment, railway vehicles, and industrial robots.

Location: 8 Tsuzukibori, Nagaikawa, Fukushima City, Fukushima Prefecture