

The instructions associated with food by Director-General of the Nuclear Emergency Response Headquarters  
(Restriction of distribution in Fukushima Prefecture)

As of 30 May 2011

			Restriction of distribution		
			Fukushima prefecture		
			whole area	Individual areas	
raw milk			<b>3/21~ (excluding areas listed on the right cells)</b>	3/21~ <b>4/8</b> Kitakata-shi, Bandai-machi, Inawashiro-machi, Mishima-machi, Aizumisato-machi, Shimogo-machi, Minamiaizu-machi	
				3/21~ <b>4/16</b> Fukushima-shi, Nihonmatsu-shi, Date-shi, Motomiya-shi, Kunimi-machi, Otama-mura, Koriyama-shi, Sukagawa-shi, Tamura-shi (excluding miyakoji area), Miharu-machi, Ono-machi, Kagamiishi-machi, Ishikawa-machi, Asakawa-machi, Hirata-mura, Furudono-machi, Shirakawa-shi, Yabuki-machi, Izumizaki-mura, Nakajima-mura, Nishigo-mura, Samegawa-mura, Hanawa-machi, Yamatsuri-machi, Iwaki-shi	
				3/21~ <b>4/21</b> Soma-shi, Shinchi-machi	
				3/21~ <b>5/1</b> Minamisoma-shi (limited to Kashima-ku excluding Karasuzaki, Ouchi, Kawago and Shionosaki area), Kawamata-machi (excluding Yamakiya area)	
Vegetable	non-head type leafy vegetables, e.g. spinach, komatsuna	spinach, kakina	<b>3/21~ (excluding areas listed on the right cells)</b>	3/21~ <b>5/4</b> Shirakawa-shi, Iwaki-shi, Yabuki-machi, Tanagura-machi, Yamatsuri-machi, Hanawa-machi, Nishigo-mura, Izumizaki-mura, Nakajima-mura, Samegawa-mura	
				3/21~ <b>5/11</b> Aizuwakamatsu-shi, Bandai-machi, Inawashiro-machi, Kitakata-shi, Kitashiobara-mura, Nishiaizu-machi, Aizumisato-machi, Aizubange-machi, Yugawa-mura, Yanaizu-machi, Mishima-machi, Kaneyama-machi, Showa-mura, Minamiaizu-machi, Shimogo-machi, Hinoemata-mura, Tadami-machi	
				3/21~ <b>5/25</b> Shinchi-machi, Soma-shi, Minamisoma-shi (excluding area within 20 km radius from the Fukushima Daiichi Nuclear Power Plant and Planned Evacuation Zones)	
		all the other		3/23~ <b>5/4</b> Shirakawa-shi, Iwaki-shi, Yabuki-machi, Tanagura-machi, Yamatsuri-machi, Hanawa-machi, Nishigo-mura, Izumizaki-mura, Nakajima-mura, Samegawa-mura	
				3/23~ <b>5/11</b> Aizuwakamatsu-shi, Bandai-machi, Inawashiro-machi, Kitakata-shi, Kitashiobara-mura, Nishiaizu-machi, Aizumisato-machi, Aizubange-machi, Yugawa-mura, Yanaizu-machi, Mishima-machi, Kaneyama-machi, Showa-mura, Minamiaizu-machi, Shimogo-machi, Hinoemata-mura, Tadami-machi	
				3/23~ <b>5/25</b> Shinchi-machi, Soma-shi, Minamisoma-shi (excluding area within 20 km radius from the Fukushima Daiichi Nuclear Power Plant and Planned Evacuation Zones)	
	head type leafy vegetables, e.g. cabbage			<b>3/23~ (excluding areas listed on the right cells)</b>	3/23~ <b>4/27</b> Aizuwakamatsu-shi, Bandai-machi, Inawashiro-machi, Kitakata-shi, Kitashiobara-mura, Nishiaizu-machi, Aizumisato-machi, Aizubange-machi, Yugawa-mura, Yanaizu-machi, Mishima-machi, Kaneyama-machi, Syouwa-mura, Minamiaizu-machi, Shimogou-machi, Hinoemata-mura, Tadami-machi
					3/23~ <b>5/4</b> Koriyama-shi, Sukagawa-shi, Tamura-shi (excluding area within 20 km radius from the Fukushima Daiichi Nuclear Power Plant), Iwaki-shi, Kagamiishi-machi, Ishikawa-machi, Asakawa-machi, Furudono-machi, Miharu-machi, Ono-machi, Tenei-mura, Tamagawa-mura, Hirata-mura
					3/23~ <b>5/11</b> Fukushima-shi, Nihonmatsu-shi, Date-shi, Motomiya-shi, Kori-machi, Kunimi-machi, Kawamata-machi (excluding Yamakiya area), Otama-mura, Shirakawa-shi, Yabuki-machi, Tanagura-machi, Yamatsuri-machi, Hanawa-machi, Nishigo-mura, Izumizaki-mura, Nakajima-mura, Samegawa-mura
					3/23~ <b>5/25</b> Shinchi-machi, Soma-shi, Minamisoma-shi (excluding area within 20 km radius from the Fukushima Daiichi Nuclear Power Plant and Planned Evacuation Zones)
	flowerhead brassicas, e.g. broccoli, cauliflower			<b>3/23~ (excluding areas listed on the right cells)</b>	3/23~ <b>4/27</b> Shirakawa-shi, Yabuki-machi, Nishigou-mura, Izumizaki-mura, Nakajima-mura, Tanagura-machi, Yamatsuri-machi, Hanawa-machi, Samegawa-mura
					3/23~ <b>5/4</b> Iwaki-shi
					3/23~ <b>5/11</b> Koriyama-shi, Sukagawa-shi, Tamura-shi (excluding area within 20 km radius from the Fukushima Daiichi Nuclear Power Plant), Kagamiishi-machi, Tenei-mura, Ishikawa-machi, Tamagawa-mura, Hirata-mura, Asakawa-machi, Furudono-machi, Miharu-machi, Ono-machi
	turnip			<b>3/23~ (excluding areas listed on the right cells)</b>	3/23~ <b>5/4</b> Fukushima-shi, Nihonmatsu-shi, Date-shi, Motomiya-shi, Koriyama-shi, Sukagawa-shi, Tamura-shi (excluding area within 20 km radius from the Fukushima Daiichi Nuclear Power Plant), Iwaki-shi, Kori-machi, Kunimi-machi, Kawamata-machi (excluding Yamakiya area), Kagamiishi-machi, Ishikawa-machi, Asakawa-machi, Furudono-machi, Miharu-machi, Ono-machi, Otama-mura, Tenei-mura, Tamakawa-mura, Hirata-mura
	log-grown shiitake (grown outdoor)			-	4/13~: <b><i>Date-shi, Iitate-mura, Soma-shi, Minamisoma-shi, Namie-machi, Futaba-machi, Okuma-machi, Tomioka-machi, Naraha-machi, Hirono-machi, Kawamata-machi, Katsurao-mura, Tamura-shi (limiting area within 20 km radius from the Fukushima Daiichi Nuclear Power Plant), Kawauchi-mura (limiting area within 20 km radius from the Fukushima Daiichi Nuclear Power Plant)</i></b>
					4/18~: <b><i>Fukushima-shi</i></b>
4/13~ <b>4/25</b> Iwaki-shi 4/25~: <b><i>Motomiya-shi</i></b>					
4/13~ <b>5/16</b> Shinchi-machi, Tamura-shi (excluding area within 20 km radius from the Fukushima Daiichi Nuclear Power Plant) 4/13~ <b>5/23</b> Kawauchi-mura (excluding area within 20 km radius from the Fukushima Daiichi Nuclear Power Plant)					
bamboo shoot			-	5/9~: <b><i>Date-shi, Soma-shi, Iwaki-shi, Miharu-machi, Tenei-mura</i></b>	
				5/13~ <b><i>Minamisoma-shi, Motomiya-shi, Kori-machi, Kunimi-machi, Kawamata-machi, Nishigo-mura</i></b> 5/9~ <b>5/30</b> Hirata-mura	
ostrich fern			-	5/9~: <b><i>Fukushima-shi, Kori-machi</i></b>	
Fishery product	sand lance (juvenile)		<b>4/20~</b>		

\* Instructions still imposed are expressed in italic type.

The instructions associated with food by Director-General of the Nuclear Emergency Response Headquarters  
(Restriction of distribution in prefectures other than Fukushima Prefecture)

As of 30 May 2011

			Restriction of distribution						
			Ibaraki prefecture		Tochigi prefecture		Gunma prefecture	Chiba prefecture	
			whole area	individual areas	whole area	individual areas	whole area	whole area	individual areas
raw milk			3/23~ 4/10		—		—	—	
vegetable	non-head type leafy vegetables, e.g. spinach, komatsuna	spinach	3/21~ 4/17 excluding areas listed on the right cells)	<i>3/21~ Kitaibaraki-shi, Takahagi-shi</i>	3/21~ 4/27	3/21~ 4/21 Nasushiobara-shi, Shioya-machi	3/21~ 4/8	—	4/4~4/22 Asahi-shi, Katori-shi, Tako-machi
		kakina	3/21~ 4/17		3/21~ 4/14		3/21~ 4/8	—	
		garland chrysanthemum, qing-geng-cai, sanchu asian lettuce	—		—		—	—	4/4~4/22 Asahi-shi
	parsley	3/23~ 4/17		—		—	—	4/4~4/22 Asahi-shi	
	celery	—		—		—	—	4/4~4/22 Asahi-shi	

\* Instructions still imposed are expressed in *Italic type*.

The instructions associated with food by Director-General of the Nuclear Emergency Response Headquarters  
(Restriction of consumption in Fukushima Prefecture)

As of 30 May 2011

		Restriction of consumption	
		Fukushima prefecture	
		whole area	individual areas
vegetable	non-head type leafy vegetables, e.g. spinach, komatsuna	<i>3/23~ (excluding areas listed on the right cell)</i>	3/23~ <i>5/4</i> Shirakawa-shi, Iwaki-shi, Yabuki-machi, Tanagura-machi, Yamatsuri-machi, Hanawa-machi, Nishigo-mura, Izumizaki-mura, Nakajima-mura, Samegawa-mura
			3/23~ <i>5/11</i> Aizuwakamatsu-shi, Bandai-machi, Inawashiro-machi, Kitakata-shi, Kitashiobara-mura, Nishiaizu-machi, Aizumisato-machi, Aizubange-machi, Yugawa-mura, Yanaizu-machi, Mishima-machi, Kaneyama-machi, Showa-mura, Minamiaizu-machi, Shimogou-machi, Hinoemata-mura, Tadami-machi
			3/23~ <i>5/25</i> Shinchi-machi, Soma-shi, Minamisoma-shi (excluding area within 20 km radius from the Fukushima Daiichi Nuclear Power Plant and Planned Evacuation Zones)
	head type leafy vegetables, e.g. cabbage	<i>3/23~ (excluding areas listed on the right cell)</i>	3/23~ <i>4/27</i> Aizuwakamatsu-shi, Bandai-machi, Inawashiro-machi, Kitakata-shi, Kitashiobara-mura, Nishiaizu-machi, Aizumisato-machi, Aizubange-machi, Yugawa-mura, Yanaizu-machi, Mishima-machi, Kaneyama-machi, Syouwa-mura, Minamiaizu-machi, Shimogou-machi, Hinoemata-mura, Tadami-machi
			3/23~ <i>5/4</i> Koriyama-shi, Sukagawa-shi, Tamura-shi (excluding area within 20 km radius from the Fukushima Daiichi Nuclear Power Plant), Iwaki-shi, Kagamiishi-machi, Ishikawa-machi, Asakawa-machi, Furudono-machi, Miharu-machi, Ono-machi, Tenei-mura, Tamagawa-mura, Hirata-mura
3/23~ <i>5/11</i> Fukushima-shi, Nihonmatsu-shi, Date-shi, Motomiya-shi, Kori-machi, Kunimi-machi, Kawamata-machi (excluding Yamakiya area), Otama-mura, Shirakawa-shi, Yabuki-machi, Tanagura-machi, Yamatsuri-machi, Hanawa-machi, Nishigo-mura, Izumizaki-mura, Nakajima-mura, Samegawa-mura			
3/23~ <i>5/25</i> Shinchi-machi, Soma-shi, Minamisoma-shi (excluding area within 20 km radius from the Fukushima Daiichi Nuclear Power Plant and Planned Evacuation Zones)			
flowerhead brassicas, e.g. broccoli, cauliflower	<i>3/23~ (excluding areas listed on the right cell)</i>	3/23~ <i>4/27</i> Shirakawa-shi, Yabuki-machi, Nishigou-mura, Izumizaki-mura, Nakajima-mura, Tanagura-machi, Yamatsuri-machi, Hanawa-machi, Samegawa-mura	
		3/23~ <i>5/4</i> Iwaki-shi	
		3/23~ <i>5/11</i> Kagamiishi-machi, Tenei-mura, Ishikawa-machi, Tamagawa-mura, Hirata-mura, Asakawa-machi, Furudono-machi, Miharu-machi, Ono-machi	
		3/23~ <i>5/18</i> Aizuwakamatsu-shi, Bandai-machi, Inawashiro-machi, Kitakata-shi, Kitashiobara-mura, Nishiaizu-machi, Aizumisato-machi, Aizubange-machi, Yugawa-mura, Yanaizu-machi, Mishima-machi, Kaneyama-machi, Syouwa-mura, Minamiaizu-machi, Shimogou-machi, Hinoemata-mura, Tadami-machi	
	log-grown shiitake (grown outdoor)	—	<i>4/13~ Iidate-mura</i>
fishery product	sand lance (juvenile)	<i>4/20~</i>	

\* Instructions still imposed are expressed in *italic type*.