

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

As of 20 September 2012

Fukushima Prefecture			Restriction of distribution
Raw milk			2011/3/21~ (excluding areas listed on the cells below)
			2011/3/21~4/8 Kitakata-shi, Bandai-machi, Inawashiro-machi, Mishima-machi, Aizumisato-machi, Shimogo-machi, Minamiaizu-machi
			2011/3/21~4/16 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
			2011/3/21~4/21 Soma-shi, Shinchi-machi
			2011/3/21~5/1 Minamisoma-shi (limited to Kashima-ku excluding Karasuzaki, Ouchi, Kawago and Shionosaki area), Kawamata-machi (excluding Yamakiya area)
			2011/3/21~6/8 Tamura-shi (excluding area within 20 km radius from the TEPCO's Fukushima Daiichi Nuclear Power Plant), Minamisoma-shi (excluding area within 20 km radius from the TEPCO's Fukushima Daiichi Nuclear Power Plant and Planned Evacuation Zones), Kawauchi-mura (excluding area within 20 km radius from the TEPCO's Fukushima Daiichi Nuclear Power Plant)
			2011/3/21~10/7 Aizuwakamatsu-shi, Kori-machi, Tenei-mura, Hinoemata-mura, Tadami-machi, Kitashiobara-mura, Nishiaizu-machi, Aizubange-machi, Yugawa-mura, Yanaizu-machi, Kanayama-machi, Showa-mura, Tanagura-machi, Tamakawa-mura, Hirono-machi, Naraha-machi (excluding area within 20 km radius from the TEPCO's Fukushima Daiichi Nuclear Power Plant)
Non-head type leafy Vegetables, e.g. Spinach, Komatsuna	Spinach, Kakina		2011/3/21~ (excluding areas listed on the cells below)
			2011/3/21~5/4 Shirakawa-shi, Iwaki-shi, Yabuki-machi, Tanagura-machi, Yamatsuri-machi, Hanawa-machi, Nishigo-mura, Izumizaki-mura, Nakajima-mura, Samegawa-mura
			2011/3/21~5/11 Aizuwakamatsu-shi, Bandai-machi, Inawashiro-machi, Kitakata-shi, Kitashiobara-mura, Nishiaizu-machi, Aizumisato-machi, Aizubange-machi, Yugawa-mura, Yanaizu-machi, Mishima-machi, Kanevama-machi, Showa-mura, Minamiaizu-machi, Shimogo-machi, Hinoemata-mura, Tadami-machi
			2011/3/21~5/25 Shinchi-machi, Soma-shi, Minamisoma-shi (excluding area within 20 km radius from the TEPCO's Fukushima Daiichi Nuclear Power Plant and Planned Evacuation Zones)
			2011/3/21~6/1 Koriyama-shi, Sukagawa-shi, Tamura-shi (excluding area within 20 km radius from the TEPCO's Fukushima Daiichi Nuclear Power Plant), Kagamiishi-machi, Ishikawa-machi, Asakawa-machi, Furudono-machi, Miharu-machi, Ono-machi, Tenei-mura, Tamakawa-mura, Hirata-mura
			2011/3/21~8/23 Fukushima-shi, Nihonmatsu-shi, Date-shi, Motomiya-shi, Kori-machi, Kunimi-machi, Kawamata-machi (excluding Yamakiya area), Otama-mura
			2011/3/21~11/4 Hirono-machi, Kawauchi-mura (excluding area within 20 km radius from the TEPCO's Fukushima Daiichi Nuclear Power Plant)
	All the other		2011/3/23~ (excluding areas listed on the cells below)
			2011/3/23~5/4 Shirakawa-shi, Iwaki-shi, Yabuki-machi, Tanagura-machi, Yamatsuri-machi, Hanawa-machi, Nishigo-mura, Izumizaki-mura, Nakajima-mura, Samegawa-mura
			2011/3/23~5/11 Aizuwakamatsu-shi, Bandai-machi, Inawashiro-machi, Kitakata-shi, Kitashiobara-mura, Nishiaizu-machi, Aizumisato-machi, Aizubange-machi, Yugawa-mura, Yanaizu-machi, Mishima-machi, Kanevama-machi, Showa-mura, Minamiaizu-machi, Shimogo-machi, Hinoemata-mura, Tadami-machi
			2011/3/23~5/25 Shinchi-machi, Soma-shi, Minamisoma-shi (excluding area within 20 km radius from the TEPCO's Fukushima Daiichi Nuclear Power Plant and Planned Evacuation Zones)
			2011/3/23~6/1 Koriyama-shi, Sukagawa-shi, Tamura-shi (excluding area within 20 km radius from the TEPCO's Fukushima Daiichi Nuclear Power Plant), Kagamiishi-machi, Ishikawa-machi, Asakawa-machi, Furudono-machi, Miharu-machi, Ono-machi, Tenei-mura, Tamakawa-mura, Hirata-mura
			2011/3/23~6/23 Fukushima-shi, Nihonmatsu-shi, Date-shi, Motomiya-shi, Kori-machi, Kunimi-machi, Kawamata-machi (excluding Yamakiya area), Otama-mura
			2011/3/23~11/4 Hirono-machi, Kawauchi-mura (excluding area within 20 km radius from the TEPCO's Fukushima Daiichi Nuclear Power Plant)
Head type leafy vegetables, e.g. Cabbage			2011/3/23~ (excluding areas listed on the cells below)
			2011/3/23~4/27 Aizuwakamatsu-shi, Bandai-machi, Inawashiro-machi, Kitakata-shi, Kitashiobara-mura, Nishiaizu-machi, Aizumisato-machi, Aizubange-machi, Yugawa-mura, Yanaizu-machi, Mishima-machi, Kanevama-machi, Syowa-mura, Minamiaizu-machi, Shimogo-machi, Hinoemata-mura, Tadami-machi
			2011/3/23~5/4 Koriyama-shi, Sukagawa-shi, Tamura-shi (excluding area within 20 km radius from the TEPCO's Fukushima Daiichi Nuclear Power Plant), Iwaki-shi, Kagamiishi-machi, Ishikawa-machi, Asakawa-machi, Furudono-machi, Miharu-machi, Ono-machi, Tenei-mura, Tamakawa-mura, Hirata-mura
			2011/3/23~5/11 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
			2011/3/23~5/25 Shinchi-machi, Soma-shi, Minamisoma-shi (excluding area within 20 km radius from the TEPCO's Fukushima Daiichi Nuclear Power Plant and Planned Evacuation Zones)
			2011/3/23~10/28 Hirono-machi, Kawauchi-mura (excluding area within 20 km radius from the TEPCO's Fukushima Daiichi Nuclear Power Plant and Planned Evacuation Zones)
Flowerhead brassicas, e.g. Broccoli, Cauliflower			2011/3/23~ (excluding areas listed on the cells below)
			2011/3/23~4/27 Shirakawa-shi, Yabuki-machi, Nishigo-mura, Izumizaki-mura, Nakajima-mura, Tanagura-machi, Yamatsuri-machi, Hanawa-machi, Samegawa-mura
			2011/3/23~5/4 Iwaki-shi
			2011/3/23~5/11 Koriyama-shi, Sukagawa-shi, Tamura-shi (excluding area within 20 km radius from the TEPCO's Fukushima Daiichi Nuclear Power Plant), Kagamiishi-machi, Tenei-mura, Ishikawa-machi, Tanagawa-mura, Hirata-mura, Asakawa-machi, Furudono-machi, Miharu-machi, Ono-machi
			2011/3/23~5/18 Aizuwakamatsu-shi, Bandai-machi, Inawashiro-machi, Kitakata-shi, Kitashiobara-mura, Nishiaizu-machi, Aizumisato-machi, Aizubange-machi, Yukawa-mura, Yanaidu-machi, Mishima-machi, Kanevama-machi, Syowa-mura, Minamiaizu-machi, Shimogo-machi, Hinoemata-mura, Tadami-machi
			2011/3/23~6/15 Shinchi-machi, Soma-shi, Minamisoma-shi (excluding area within 20 km radius from the TEPCO's Fukushima Daiichi Nuclear Power Plant and Planned Evacuation Zones), Fukushima-shi, Nihonmatsu-shi, Date-shi, Motomiya-shi, Kori-machi, Kunimi-machi, Kawamata-mura (excluding Yamakiya area), Otama-mura
			2011/3/23~10/28 Hirono-machi, Kawauchi-mura (excluding area within 20 km radius from the TEPCO's Fukushima Daiichi Nuclear Power Plant and Planned Evacuation Zones)
			2011/3/23~ (excluding areas listed on the cells below)
Turnip			2011/3/23~5/4 Fukushima-shi, Nihonmatsu-shi, Date-shi, Motomiya-shi, Koriyama-shi, Sukagawa-shi, Tamura-shi (excluding area within 20 km radius from the TEPCO's 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
			2011/3/23~5/18 Shirakawa-shi, Yabuki-machi, Tanagura-machi, Yamatsuri-machi, Hanawa-machi, Nishigo-machi, Izumizaki-mura, Nakajima-mura, Samegawa-mura, Aizuwakamatsu-shi, Bandai-machi, Inawashiro-machi, Kitakata-shi, Kitashiobara-mura, Nishiaizu-machi, Aizumisato-machi, Aizubange-machi, Yukawa-mura, Yanaidu-machi, Mishima-machi, Kanayama-machi, Syowa-mura, Minamiaizu-machi, Shimogo-machi, Hinoemata-mura, Tadami-machi
			2011/3/23~6/23 Shinchi-machi, Soma-shi, Minamisoma-shi (excluding area within 20 km radius from the TEPCO's Fukushima Daiichi Nuclear Power Plant and Planned Evacuation Zones)
			2011/3/23~11/4 Hirono-machi, Kawauchi-mura (excluding area within 20 km radius from the TEPCO's Fukushima Daiichi Nuclear Power Plant)
			2011/4/13~: 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 TEPCO's Fukushima Daiichi Nuclear Power Plant), Kawauchi-mura (limiting area within 20 km radius from the TEPCO's Fukushima Daiichi Nuclear Power Plant)
Vegetable	Log-grown shiitake (grown outdoor)		2011/4/18~: Fukushima-shi
			2011/4/13~4/25 Iwaki-shi
			2011/4/25~: Motomiya-shi
			2011/4/13~5/18 Shinchi-machi, Tamura-shi (excluding area within 20 km radius from the TEPCO's Fukushima Daiichi Nuclear Power Plant)
			2011/4/13~5/23 Kawauchi-mura (excluding area within 20 km radius from the TEPCO's Fukushima Daiichi Nuclear Power Plant)
	Log-grown shiitake (hothouse cultivation)		2011/10/18~: Nihonmatsu-shi
			2011/7/19~: Date-shi
			2011/7/22~: Shinchi-machi
			2011/7/19~8/7 Motomiya-shi
			2011/11/14~: Kawamata-machi
	Log-grown pholiota nameko		2011/10/31~: Soma-shi, Iwaki-shi

Wild mushroom	2011/9/8~: Tanawara-machi, Furudono-machi (limited to wild mushroom belonging to mycorrhizal fungi).....
	2011/9/15~: Fukushima-shi, Nihonmatsu-shi, Date-shi, Motomiya-shi, Koriyama-shi, Sukagawa-shi, Tamura-shi, Shirakawa-shi, Soma-shi, Minamisoma-shi, Iwaki-shi, Kori-machi, Kunimi-machi, Kawamata-machi, Kagamiishi-machi, Ishikawa-machi, Asakawa-machi, Furudono-machi, Miharu-machi, Ono-machi, Yabuki-machi, Tanagura-machi, Yamatsuri-machi, Hanawa-machi, Inawashiro-machi, Hirono-machi, Naraha-machi, Tomioka-machi, Okuma-machi, Futaba-machi, Namie-machi, Shinci-machi, Otama-mura, Tenei-mura, Tamakawa-mura, Hirata-mura, Nishigo-mura, Izumizaki-mura, Nakajima-mura, Samekawa-mura, Kawauchi-mura, Katsurao-mura, Iitate-mura.....
	2011/10/18~: Kitakata-shi.....
	2012/8/15~: Showa-mura.....
Bamboo shoot	2011/5/8~: Date-shi, Soma-shi, Miharu-machi.....
	2011/5/18~: Minamisoma-shi, Motomiya-shi, Kori-machi, Kawamata-machi, Nishigo-mura.....
	2011/5/9~: 5/30 Hirata-mura.....
	2011/5/9~: 6/8 Iwaki-shi.....
	2011/5/9~: 6/21 Tenei-mura.....
	2011/5/13~: 6/21 Kunimi-machi.....
	2012/4/9~: Iwaki-shi.....
	2012/4/16~: Fukushima-shi, Shinci-machi.....
	2012/4/23~: Hirono-machi.....
	2012/5/2~: Nihonmatsu-shi, Otama-mura.....
Hatakewasabi	2012/5/7~: Sukagawa-shi.....
	2012/6/25~: Koriyama-shi.....
Ostrich fern	2012/4/16~: Date-shi, Kawamata-machi.....
	2011/5/8~: Fukushima-shi, Kori-machi.....
	2012/5/1~: Soma-shi, Date-shi, Kunimi-machi, Miharu-machi.....
	2012/5/2~: Kawamata-machi.....
Wild Aralia sprout	2012/5/7~: Tamura-shi, Furudono-machi.....
	2012/5/10~: Nihonmatsu-shi, Otama-mura.....
	2012/5/1~: Iwaki-shi, Soma-shi, Date-shi, Kori-machi.....
	2012/5/2~: Fukushima-shi.....
	2012/5/7~: Koriyama-shi, Shirakawa-shi, Hanawa-machi, Shinci-machi.....
	2012/5/10~: Otama-mura, Nishigo-mura.....
Wild Japanese butterbur scape	2012/5/14~: Kawamata-machi.....
	2012/4/9~: Fukushima-shi, Kawamata-machi, Tamura-shi, Soma-shi and Hirono-machi.....
Koshiabura	2012/4/16~: Date-shi, Kori-machi and Kunimi-machi.....
	2012/5/2~: Fukushima-shi, Nihonmatsu-shi.....
	2012/5/7~: Koriyama-shi, Shirakawa-shi, Kitakata-shi, Aizumisato-machi, Tanegawa-machi, Hanawa-machi.....
	2012/5/10~: Date-shi, Kunimi-machi, Yamatsuri-machi, Bandai-machi, Shimogo-machi, Otama-mura, Nishigo-mura, Samekawa-mura.....
	2012/5/14~: Sukagawa-shi, Iwaki-shi, Kawamata-machi, Ishikawa-machi, Tenei-mura.....
	2012/5/17~: Kori-machi, Inawashiro-machi.....
Japanese royal fern	2012/5/2~: Iwaki-shi, Nihonmatsu-shi.....
	2012/5/10~: Soma-shi.....
Pteridium aquilinum	2012/5/24~: Kawamata-machi.....
	2012/5/10~: Iwaki-shi, Date-shi.....
Ume	2012/5/17~: Fukushima-shi, Kitakata-shi, Kawamata-machi.....
	2011/6/2~: Fukushima-shi, Date-shi, Kori-machi.....
	2011/6/8~: Minamisoma-shi.....
Yuzu	2011/6/8~: 2012/1/12 Soma-shi.....
	2012/6/8~: Kunimi-machi.....
	2011/8/28~: Fukushima-shi, Minamisoma-shi.....
Chestnut	2011/10/14~: Date-shi, Kori-machi.....
Kiwi fruit	2012/1/10~: Iwaki-shi.....
Grain	2011/9/20~: Date-shi, Minamisoma-shi.....
	2011/12/9~: Soma-shi, Minamisoma-shi.....
	2011/11/17~: Fukushima-shi (limiting former Oguni-mura area).....
	2011/11/29~: Date-shi (limiting former Oguni-mura and former Tsukidate-machi area).....
	2011/12/5~: Fukushima-shi (limiting former Fukushima-shi area).....
	2011/12/8~: Nihonmatsu-shi (limiting former Shibukawa-mura area).....
	2011/12/9~: Date-shi (limiting former Hashirazawa-mura and former Tominari-mura area).....
	2011/12/19~: Date-shi (limiting former Kakeda-machi area).....
	2012/1/4~: Date-shi (limiting former Sekimoto-mura area).....
	2012/4/5~: Areas subjected to restriction of distribution in advance.....
2012/4/5~2012/7/28 excluding rice controlled under the concept of management of Fukushima prefecture.	

Fishery product	Japanese sandlance (juvenile)	2011/4/20~2012/6/22 whole area
	Land-locked salmon (excluding farmed fish)	2011/6/6~: Akimoto Lake, Hibara Lake, Onogawa Lake and rivers flowing into these Lakes, Nagase River (limiting upper reaches from the junction with Sukawa River), Abukuma River (including its branches)
		2011/6/17~: Mano River (including its branches)
		2012/3/29~: Niida River (including its branches) and Ota River (including its branches)
		2012/4/5~: Sukawa River (limiting its branches)
		2012/4/24~: Inawashiro lake, rivers flowing into Inawashiro lake (including its branches, but excluding Sukawa river) and Nippashi river (limiting upper reaches from Tokyo electric power
	Japanese dace	2012/6/7~: Kuli river in Fukushima prefecture (including its branches)
		2011/6/17~: Mano River (including its branches)
		2011/6/27~: Abukuma River (limiting lower reaches from Shinobu Dam but including its branches)
		2012/3/29~: Akimoto Lake, Hibara Lake, Onogawa Lake and rivers flowing into these Lakes, Nagase River (limiting upper reaches from the junction with Sukawa River)
		2012/4/24~: Inawashiro lake, rivers flowing into Inawashiro lake (including its branches, but excluding Sukawa river and its branches) and Nippashi river (limiting upper reaches from Tokyo electric power company's Kanagawa power plant but including its branches)
	Japanese eel	2012/5/28~: Tadami river (limiting upper reaches from Tadami dam including its branches but excluding upper reaches from Tadami dam)
	Ayu sweetfish (excluding farmed fish)	2012/5/31~: Abukuma river (limiting upper reaches from Shinobu dam and including its branches)
	Whitespotted char (excluding farmed fish)	2012/6/2~: Abukuma River in Fukushima prefecture (including its branches)
		2011/6/27~: Abukuma River (limiting lower reaches from Shinobu Dam but including its branches), Mano River (including its branches), Niida River (including its branches)
		2012/4/5~: Abukuma River (including its branches)
		2012/4/12~: Sukawa River (limiting its branches)
		2012/4/24~: Akimoto Lake, Onogawa Lake, Hibara Lake and rivers flowing into these Lakes (including its branches), Tadami river (limiting lower reaches from Honna dam, but including its branches), Nagase River (limiting upper reaches from the junction with Sukawa River), Nippashi river (limiting lower reaches from Tokyo electric power company's Kanagawa power plant but including its branches and excluding upper reaches from Hiwasibivama dam)
	Common carp (excluding farmed fish)	2012/5/31~9/19: Tateiwa river (including its branches)
	Any crucian carp (excluding farmed fish)	2012/4/27~: Akimoto lake, Onogawa lake and Hibara lake and rivers flowing into these lakes (including its branches), Aga river (limiting lower reaches from Okawa dam, but including its branches and excluding upper reaches from TEPCO's Kanakawa power plant and Katakado dam), Nagase river (limiting upper reaches from junction with Sukawa river)
		2012/5/10~: Abukuma river in Fukushima prefecture (limiting lower reaches from Shinobu dam and including its branches)
		2012/4/27~: Akimoto lake, Onogawa lake, and Hibara lake and rivers flowing into these lakes (including its branches), Aga river (limiting lower reaches from Okawa dam, but including its branches and excluding upper reaches from TEPCO's Kanakawa power plant and Katakado dam), Nagase river (limiting upper reaches from junction with Sukawa river) and Mano river (including its branches)
		2012/5/10~: Abukuma river in Fukushima prefecture (limiting lower reaches from Shinobu dam and including its branches)
	Fat greenling	
	Flathead flounder	
	Red tongue sole	
	Japanese sandlance (excluding juvenile)	
	Stone flounder	
	Goldeye rockfish	
	Surfperch	
	Brown hake/ling	
	Fox jacopever	
	Black cow-tongue	
	Black rockfish	
	Japanese black porgy	
	Sea raven	
	Ocellate spot skate	
	Cherry salmon	
	Poacher	
	Rockfish (Sebastes cheni)	
	Alaska Pollack	2012/6/22~: Fukushima offshore
	Japanese seabass	
	Nibe croaker	
	Starry flounder	
	Slime flounder	
	Panther puffer	
	Olive flounder	
	Gurnard	
	Spotted halibut	
	Conger eel	
	Littlemouth flounder	
	Marbled flounder	
	Flathead	
	Pacific cod	
	Shotted halibut	
	Brassblotched rockfish	
	Ridged-eye flounder	
	Venus clam	
	Northern sea urchin	
	Long shanny	2012/7/12~: Fukushima offshore
	Barfin flounder	
	Starspotted smooth-hound	2012/7/26~: Fukushima offshore
	Vermiculated puffer	2012/8/23~: Fukushima offshore

Meat・Egg	Beef	<i>2011/7/19～ Whole area (2011/8/25～: Excluding cattle which are managed based on shipment and inspection policy set by Fukushima prefecture)</i>
	Boar meat	<i>2011/11/9～: Soma-shi, Minamisoma-shi, Hirono-machi, Naraha-machi, Tomioka-machi, Okuma-machi, Futaba-machi, Namie-machi, Shinchi-machi, Kawauchi-mura, Katsurao-mura, Iitate-mura</i>
		<i>2011/11/25～: Fukushima-shi, Nihonmatsu-shi, Date-shi, Motomiya-shi, Kori-machi, Kunimi-machi, Kawamata-machi, Otama-mura</i>
		<i>2011/12/2～: Koriyama-shi, Sukagawa-shi, Tamura-shi, Shirakawa-shi, Iwaki-shi, Kagamiishi-machi, Ishikawa-machi, Asakawa-machi, Furudono-machi, Miharuru-machi, Ono-machi, Yabuki-machi, Tanagura-machi, Yamatsuri-machi, Hanawa-machi, Tenei-mura, Tamagawa-mura, Hirata-mura, Nishigo-mura, Izumizaki-mura, Nakajima-mura, Samegawa-mura</i>
	Bear meat	<i>2011/12/2～: Fukushima-shi, Nihonmatsu-shi, Date-shi, Motomiya-shi, Koriyama-shi, Sukagawa-shi, Tamura-shi, Shirakawa-shi, Kori-machi, Kunimi-machi, Kawamata-machi, Miharuru-machi, Ono-machi, Kagamiishi-machi, Ishikawa-machi, Asakawa-machi, Furudono-machi, Yabuki-machi, Tanagura-machi, Yamatsuri-machi, Hanawa-machi, Otama-mura, Tenei-mura, Tamagawa-mura, Hirata-mura, Nishigo-mura, Izumizaki-mura, Nakajima-mura, Samegawa-mura</i>
		<i>2012/7/27～: Aizuwakamatsu-shi, Kitakata-shi, Nishiaizu-machi, Bandai-machi, Inawashiro-machi, Aizubange-machi, Yanaizu-machi, Mishima-machi, Kaneyama-machi, Aizumisato-machi, Shimogo-machi, Tadami-machi, Minamiaizu-machi, Kitashiobara-mura, Yugawa-mura, Showa-mura, Hinoemata-mura</i>

* 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 20 September 2012

			Aomori prefecture	Iwate prefecture	Miyagi prefecture	Yamagata prefecture	Ibaraki prefecture	Tochigi prefecture	Gunma prefecture	Chiba prefecture	Kanagawa prefecture	Nagano prefecture
Raw milk			-	-	-	-	2011/3/23~4/10 Whole area	-	-	-	-	-
Non-head type leafy vegetables, e.g. Spinach, Komatsuna	Spinach	-	-	-	-	-	2011/3/21~4/17 (excluding areas listed on the cells below)	2011/3/21~4/21 Nasuuhobara-shi, Shiya-machi	2011/3/21~4/8 Whole area	2011/4/4~4/22	-	-
	Kakina	-	-	-	-	-	2011/3/21~6/1 Kitabaraki-shi, Takahagi-shi	2011/3/21~4/27 Whole area	2011/3/21~4/8 Whole area	Asahi-shi, Katori-shi, Takoma-machi	-	-
	Garland chrysanthemum, Qing-ting-ice, Sancho, asian lettuce	-	-	-	-	-	2011/3/21~4/17 Whole area	2011/3/21~4/14 Whole area	2011/3/21~4/8 Whole area	2011/4/4~4/22 Asahi-shi	-	-
	Parsley	-	-	-	-	-	2011/3/23~4/17 Whole area	-	-	2011/4/4~4/22 Asahi-shi	-	-
Celery			-	-	-	-	-	-	-	2011/4/4~4/22 Asahi-shi	-	-
Wild mushrooms			-	-	-	-	-	2012/8/2~ Nikko-shi, Mito-shi, Nasuuhobara-shi, Maisho-machi, Nakagawa-machi	-	-	-	2012/8/20~ Karuizawa-machi, Miyota-machi
			-	-	-	-	-	2012/8/7~ Kanuma-shi	-	-	-	-
			-	-	-	-	-	2012/8/8~ Yaita-shi	-	-	-	-
			-	-	-	-	-	2012/8/15~ Nasu-machi	-	-	-	-
			-	-	-	-	-	2012/8/29~ Ohtawara-shi	-	-	-	-
Bamboo shoot	-	-	2012/5/1~ Shiota-shi, Muratori-machi	-	-	-	2012/4/8~ Ito-shi, Tsubakimori-shi, Onitama-shi	2012/5/1~ Nasukarasuyama-shi, Nasu-machi	-	2012/4/5~ Ichihara-shi, Kisarazu-shi	-	-
	-	-	2012/5/31~ Ichihara-shi, Ohtsu-shi	-	-	-	2012/4/13~ Ishioka-shi, Ryugasaki-shi, Toride-shi, Maifu-shi, Baraki-machi, Tono-machi	2012/5/7~ Nikko-shi, Ohtawara-shi	-	2012/4/8~ Abiko-shi, Sakae-machi	-	-
	-	-	2012/6/29~ Kuribara-shi	-	-	-	2012/4/18~ Hitaohira-shi, Hokota-shi, Tokai-mura	2012/6/13~ Yaita-shi	-	2012/4/11~ Kasai-shi, Shiota-shi, Yachiyo-shi	-	-
	-	-	-	-	-	-	2012/4/28~ Kitabaraki-shi, Otsu-machi	-	-	2012/4/12~ Funabashi-shi	-	-
Log-grown shiitake (outdoor cultivation)	-	-	2012/1/18~ Shiota-shi, Katsuta-shi	-	-	-	2011/10/14~ Tsuchiura-shi, Namagata-shi, Hokota-shi, Onitama-shi	2012/2/15~ Nasuuhobara-shi, Yaita-shi	-	2011/10/11~ Abiko-shi, Kimura-shi	-	-
	-	-	2012/3/8~ Muratori-machi	-	-	-	2011/11/10~ Baraki-machi, Ami-machi	-	-	2011/11/18~ Nagayama-shi	-	-
	-	-	2012/3/15~ Zao-machi	-	-	-	-	2012/4/10~ Utsunomiya-shi, Sakura-shi, Hagi-machi, Shiya-machi, Takasawa-machi, Nasu-machi	-	2011/12/22~ Sakura-shi	-	-
	-	-	2012/4/13~ Rikuzentakata-shi, Sumita-shi	-	-	-	-	2012/4/11~ Ohtawara-shi, Nikko-shi, Maisho-machi	-	2012/2/23~ Imai-shi	-	-
	-	-	2012/4/20~ Ohtsu-shi	-	-	-	2012/4/8~ Moriya-shi, Hitaohira-shi, Tsubakimori-shi	2012/4/12~ Ashikaga-shi, Kanuma-shi, Mito-shi, Nasukarasuyama-shi, Kasukabe-machi, Maifu-machi, Ichita-machi, Nakagawa-machi	-	2012/4/10~ Shiota-shi	-	-
	-	-	2012/4/25~ Ichihara-shi, Kamakura-shi, Ohtsu-shi, Hitaohira-shi, Otsu-shi	-	-	-	-	-	-	2012/4/18~ Chiba-shi, Yachiyo-shi	-	-
	-	-	2012/4/12~ Kuribara-shi	-	-	-	-	-	-	-	-	-
	-	-	2012/4/18~ Ichiomaki-shi	-	-	-	-	-	-	-	-	-
	-	-	2012/6/7~ Haramaki-shi, Kitakami-shi, Tono-shi, Kanagasaki-machi, Yamada-machi	-	-	-	2012/4/27~ Sando-shi, Natori-shi, Kami-machi	2012/4/13~ Hitaohira-shi, Naka-shi	-	-	-	-
	-	-	2012/4/20~ Otsu-shi	-	-	-	2012/5/7~ Kasai-shi-machi, Taiwa-shi, Tono-shi	-	-	-	-	-
	-	-	2012/4/25~ Tono-shi, Hitaohira-shi	-	-	-	2012/5/9~ Morioka-shi	-	-	-	-	-
	-	-	2012/5/10~ Morioka-shi	-	-	-	2012/5/10~ Shikama-shi	-	-	-	-	-
	-	-	2012/5/18~ Ohtsu-mura	-	-	-	-	-	-	-	-	-

Vegetable	Log-grown shitake (hothouse cultivation)	-	-	-	-	2011/10/14~ Tsuchiura-shi, Hokota-shi	2012/2/15~ Nasuhiobara-shi, Yatsu-shi	-	2012/5/18~ Sannu-shi	-	-
						2011/11/10~ Ibaraki-machi	2012/4/10~ Haga-machi, Nasu-machi				
							2012/4/12~ Otamara-shi				
							2012/5/29~ Sakura-shi				
							2012/6/4~ Kanuma-shi				
							2012/6/29~ Mibu-machi				
	Log-grown brick cap (outdoor)	-	-	-	-	-	2011/11/17~ Kanuma-shi, Yatsu-shi	-	-	-	-
							2011/11/19~ Otamara-shi, Nasuhiobara-shi				
							2011/11/14~ Ashikaga-shi, Sano-shi, Moka-shi, Sakura-shi, Nasukarasuyama-shi, Kamoharawa-machi, Mogi-machi, Ichikai-machi, Haga-machi, Takanosawa-machi				
	Log-grown pholiota namako (outdoor)	-	-	-	-	-	2011/11/14~ Nasuhiobara-shi, Nikko-shi	-	-	-	-
Ostrich fern							2012/5/1~ Otamara-shi, Nasu-machi (limiting wild plant)				
							2012/5/2~ Kani-machi				
							2012/5/2~ Nasukarasuyama-shi (limiting wild plant)				
Koshiabura		-	2012/5/10~ Otsu-shi, Hanamaki-shi	2012/6/7~ Tama-shi, Kurikara-shi	-	2012/5/2~ Hitachi-shi, Hitachinomiya-shi (limiting wild plant)	2012/5/1~ Otamara-shi, Nasu-machi, Mogi-machi (limiting wild plant)	-	-	-	-
		-	2012/5/14~ Morioka-shi	2012/5/19~ Otsu-shi, Minamibetsu-cho	-		2012/5/2~ Utsunomiya-shi, Nasukarasuyama-shi (limiting wild plant)				
		-	2012/5/15 Kamabuchi-shi	2012/5/11~ Kawanuma-shi, Shichikashuku-machi	-	2012/5/10~ Hitachinomiya-shi (limiting wild plant)	2012/5/7~ Kanuma-shi, Nikko-shi, Yatsu-shi, Nasuhiobara-shi, Shiroya-machi (limiting wild plant)				
		-	2012/5/18~ Sumita-cho		-		2012/5/15~ Sakura-shi (limiting wild plant)				
Japanese pepper (limiting wild plant)		-	-	-	-	-	2012/5/1~ Utsunomiya-shi, Nikko-shi	-	-	-	-
							2012/5/14~ Nasuhiobara-shi				
							2012/5/18~ Otamara-shi				
Japanese celery (limiting wild plant)	-	2012/5/30~ Ichinoseki-shi, Otsu-shi	-	-	-	-	-	-	-	-	-
Japanese royal fern	-	2012/5/18~ Ichinoseki-shi, Otsu-shi	2012/5/11~ Kawanuma-shi, Marumori-machi	-	-	-	2012/5/7~ Nikko-shi, Nasu-machi (limiting wild plant)	-	-	-	-
	-	2012/5/18~ Sumita-cho	2012/5/17~ Otsu-shi	-	-	-					
Aralia sprout (limiting wild plant)							2012/4/27~ Otamara-shi, Yatsu-shi				
							2012/5/1~ Nasu-machi				
							2012/5/2~ Ichikai-machi				
Pteridium aquilinum (limiting wild plant)	-	2012/5/18~ Otsu-shi, Rikuzentakata-shi	-	-	-	-	2012/5/17~ Otamara-shi, Kanuma-shi	-	-	-	-
Chestnut							2012/9/14~ Nasuhiobara-shi, Nasu-machi				
							2012/9/18~ Otamara-shi				

Fishery product	Stone flounder	-	-	-	-	2012/7/5 Ibaraki offshore	-	-	-	-	-
	Japanese black porgy	-	-	2012/8/28~ Sendai bay	-	-	-	-	-	-	-
	Japanese seabass	-	-	2012/4/12~ Sendai bay	-	2012/4/17~ Ibaraki offshore	-	-	-	-	-
	Rock fish (Sebastes cheni)	-	-	-	-	2012/4/13~ Ibaraki offshore	-	-	-	-	-
	Nibe croaker	-	-	-	-	2012/4/17~ Ibaraki offshore	-	-	-	-	-
	Olive flounder	-	-	2012/5/30~ Sendai bay	-	2012/4/17~ Ibaraki offshore (limiting to northern area from latitude N36.38)	-	-	-	-	-
						2012/4/17~2012/8/30 Ibaraki offshore (limiting to southern area from latitude N36.38)					
	Pacific cod	2012/8/27~ Pacific Ocean, Aomori offshore	2012/5/2~ Miyagi offshore	2012/5/2~ Miyagi offshore (limiting to fish whose weight is not less than 1kg) 2012/5/2~2012/8/30 Miyagi offshore (limiting to fish whose weight is less than 1kg)	-	-	-	-	-	-	-
	Parther puffer	-	-	2012/5/8~ Sendai bay	-	-	-	-	-	-	-
	Ocellate spot skate	-	-	-	-	2012/8/1~ Ibaraki offshore	-	-	-	-	-
	Channel catfish (excluding farmed fish)	-	-	-	-	2012/4/17~ Kasumigaura lake, Kitaura lake, Sotonesakura lake and rivers flowing into these lakes and Hitachihara river	-	-	-	-	-
	Silver crucian carp	-	-	-	-	2012/4/17~ Kasumigaura lake, Kitaura lake, Sotonesakura lake and rivers flowing into these lakes and Hitachihara river (excluding farmed fish)	-	-	2012/7/19~ Toga pond, rivers flow into Toga pond and Toga river (including its branches)	-	-
	Japanese eel	-	-	-	-	2012/5/7~ Kitaura lake, Sotonesakura lake and rivers flowing into these lakes, Hitachihara river and Naka river (including its branches but limiting in Ibaraki prefecture)	-	-	-	-	-
	Land-locked salmon (excluding farmed fish)	-	-	2012/4/20~ Akakura river (including its branches but excluding upper reaches from Shichigahuku dam)	-	-	2012/8/10~ Watarase river in area of Ashio-machi, Nikko-shi (including its branches and limiting lower reaches from junction with Koushin river)	2012/4/27~ Agatsuma river (including its branches, but limiting area from Imashima bridge to TEPCO's Saku power plant Agatsumariver water intake facility), Utsuru river (including its branches), Konaka river (including its branches) and Momonoki river (including its branches)	-	-	-
							2012/9/10~ Nagano river (including its branches)				
	Whitespotted char (excluding farmed fish)	-	2012/5/9 Iwai river (including its branches), Setatau river (including its branches)	2012/5/14~ Otura river (limiting upper reaches from Otura dam and including its branches) and Natori river (limiting upper reaches from Akibataki waterfall and including its branches)	-	-	2012/8/20~ Watarase river in Tochigi prefecture (limiting area within Ashio-machi, Nikko-shi and including its branches)	2012/8/8~ Agatsuma river (limiting area from Imashima bridge to TEPCO's Saku power plant Agatsuma river water intake facility but including its branches), Utsuru river (including its branches) and Karasu river (limiting upper reaches from Kanada bridge and including its branches)	-	-	-
				2012/5/24~ Sanheisawa river (limiting upper reaches from Kurikoma dam (including its branches) and Matsudaira river (including its branches but excluding Nagorikawa river and its branches and upper reaches from Sumikawa No.4 dam)							
				2012/5/28~ Eai river (limiting upper reaches from Naruko dam and including its branches), Mitsumata river (limiting upper reaches from Arakozawa dam and including its branches)							
				2012/8/22~ Ishihara river (limiting upper reaches from Harayama dam and including its branches) and Golei river (limiting upper reaches from Kamafusa dam and including its branches)							
	Japanese dace	-	2012/5/11~ Okawa river (including its branches), Kitakami river (limiting lower reaches from Shikishida dam and including its branches but excluding upper reaches from Ishikawa dam, Ishikawa dam, Gasho dam, Sotayama dam, Tama dam, Tsuratori dam, Toyosawa dam and Hayashino dam)	2012/4/20~ Akakura river (including its branches but excluding upper reaches from Shichigahuku dam)	-	-	2012/5/7~ Onahi river (including its branches but excluding Arai river and its branches), Muro river (including its branches) and Hake river (limiting in Tochigi prefecture and limiting to upper reaches from junction with Muro river (including its branches but excluding upper reaches from Shichigawa dam and its branches)	-	-	-	-
		-	2012/06/12~ Kawara river (including its branches)	2012/5/28~ Kitakami river in Miyagi prefecture (including its branches)			2012/5/30~ Arai river (including its branches)(excluding farmed fish)				

Meat	Beef	-	2011/8/1~ (2011/8/25~: Excluding cattle which are managed based on shipment and inspection policy set by Iwate prefecture)	2011/7/28~ (2011/8/19~: Excluding cattle which are managed based on shipment and inspection policy set by Miyagi prefecture)	-	-	2011/8/2~ (2011/8/25~: Excluding cattle which are managed based on shipment and inspection policy set by Tochigi prefecture)	-	-	-	-
	Boar meat	-	-	2012/6/22~ Kakuda-shi, Murumori- machi, Yamamoto-cho	-	2011/12/2~ (2011/12/21~: Excluding boar meat which are managed based on shipment and inspection policy set by Ibaraki prefecture)	2011/12/2~ (2011/12/5~: Excluding boar meat which are managed based on shipment and inspection policy set by Tochigi prefecture)	-	-	-	-
		-	-	2012/6/25~ Whole area (excluding areas above)	-	-	-	-	-	-	-
	Bear meat	-	2012/9/10~ Whole area	2012/8/25~ Whole area	2012/9/10~ Whole area	-	-	2012/9/10~ Whole area	-	-	-
	Deer meat	-	2012/7/26~ Whole area	-	-	-	2011/12/2~ Whole area	-	-	-	-
Others	Tea leaf	-	-	-	-	2011/6/2~ (excluding areas listed on the cells below)	2011/6/2~ Kanuma-shi, Ootawara- shi	2011/6/30~ Shibukawa-shi	2011/6/2~ Narita-shi	2011/6/2~ Yugawara-machi	-
		-	-	-	-	2012/6/2~10/18 Koga-shi, Joso-shi, Bando-shi, Yachiyo-shi, Sakai-machi	2011/7/8~2012/6/1 Tochigi-shi	2011/6/30~2012/5/28 Kiryu-shi	2011/6/2~9/7 Oamishirasato-machi	2011/6/2~6/29 Minamishigara-shi	-
		-	-	-	-	2011/6/2~2012/4/9 Daigo-machi			2011/7/4~2012/5/21 Katsuura-shi	2011/6/23~9/12 Matsuda-machi, Yamakita- machi	-
		-	-	-	-	2011/6/2~2012/5/23 Hitachiota-shi, Hitachiomiya-shi			2011/6/2~2012/5/25 Yachimata-shi	2011/6/2~10/14 Akawa-machi, Kiyokawa- mura	-
		-	-	-	-	2011/6/2~2012/5/30 Ishioke-shi, Naka-shi, Shirosato-machi			2011/6/2~2012/5/28 Noda-shi, Tomisato-shi, Sammur-shi	2011/6/23~10/26 Sagamihara-shi	-
		-	-	-	-	2011/6/2~2012/6/5 Hokota-shi				2011/6/27~10/26 Nakai-machi	-
		-	-	-	-	2011/6/2~2012/7/24 Mito-shi				2011/6/2~11/1 Odawara-shi	-
		-	-	-	-	2011/6/2~2012/8/20 Takahagi-shi				2011/6/2~11/10 Manazuru-machi	-
		-	-	-	-	2011/6/2~2012/9/12 Hitachi-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 20 September 2012

Fukushima Prefecture		Restriction of consumption
Vegetable	Non-head type leafy vegetables, e.g. Spinach, Komatsuna	2011/3/23~ <i>(excluding areas listed on the cells below)</i> 2011/3/23~5/4 Shirakawa-shi, Iwaki-shi, Yabuki-machi, Tanagura-machi, Yamatsuri-machi, Hanawa-machi, Nishigo-mura, Izumizaki-mura, Nakajima-mura, Samegawa-mura 2011/3/23~5/11 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 2011/3/23~5/25 Shinchi-machi, Soma-shi, Minamisoma-shi (excluding area within 20 km radius from the TEPCO's Fukushima Daiichi Nuclear Power Plant and Planned Evacuation Zones) 2011/3/23~6/1 Koriyama-shi, Sukagawa-shi, Tamura-shi (excluding area within 20 km radius from the TEPCO's Fukushima Daiichi Nuclear Power Plant), Kagamiishi-machi, Ishikawa-machi, Asakawa-machi, Furudono-machi, Miharu-machi, Ono-machi, Tenei-mura, Tamagawa-mura, Hirata-mura 2011/3/23~6/23 Fukushima-shi, Nihonmatsu-shi, Date-shi, Motomiya-shi, Kori-machi, Kunimi-machi, Kawamata-machi (excluding Yamakiya area), Otama-mura 2011/3/23~11/4 Hirono-machi, Kawauchi-mura (excluding area within 20 km radius from the TEPCO's Fukushima Daiichi Nuclear Power Plant)
		2011/3/23~ <i>(excluding areas listed on the cells below)</i> 2011/3/23~4/27 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 2011/3/23~5/4 Koriyama-shi, Sukagawa-shi, Tamura-shi (excluding area within 20 km radius from the TEPCO's 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 2011/3/23~5/11 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 2011/3/23~5/25 Shinchi-machi, Soma-shi, Minamisoma-shi (excluding area within 20 km radius from the TEPCO's Fukushima Daiichi Nuclear Power Plant and Planned Evacuation Zones) 2011/3/23~10/28 Hirono-machi, Kawauchi-mura (excluding area within 20 km radius from the TEPCO's Fukushima Daiichi Nuclear Power Plant)
		2011/3/23~ <i>(excluding areas listed on the cells below)</i> 2011/3/23~4/27 Shirakawa-shi, Yabuki-machi, Nishigo-mura, Izumizaki-mura, Nakajima-mura, Tanagura-machi, Yamatsuri-machi, Hanawa-machi, Samegawa-mura 2011/3/23~5/4 Iwaki-shi 2011/3/23~5/11 Koriyama-shi, Sukagawa-shi, Tamura-shi (excluding area within 20 km radius from the TEPCO's Fukushima Daiichi Nuclear Power Plant), Kagamiishi-machi, Tenei-mura, Ishikawa-machi, Tamagawa-mura, Hirata-mura, Asakawa-machi, Furudono-machi, Miharu-machi, Ono-machi 2011/3/23~5/18 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 2011/3/23~6/15 Shinchi-machi, Soma-shi, Minamisoma-shi (excluding area within 20 km radius from the TEPCO's Fukushima Daiichi Nuclear Power Plant and Planned Evacuation Zones), Fukushima-shi, Nihonmatsu-shi, Date-shi, Motomiya-shi, Kori-machi, Kunimi-machi, Kawamata-mura (excluding Yamakiya area), Otama-mura 2011/3/23~10/28 Hirono-machi, Kawauchi-mura (excluding area within 20 km radius from the TEPCO's Fukushima Daiichi Nuclear Power Plant)
	Flowerhead brassicas, e.g. Broccoli, Cauliflower	
	Log-grown shiitake (grown outdoor)	2011/4/13~ <i>Iitate-mura</i> 2011/9/6~ <i>Tanagura-machi (limited to wild mushroom belonging to mycorrhizal fungi)</i> 2011/9/15~ <i>Iwaki-shi, Tanagura-machi</i> 2011/9/20~ <i>Minamisoma-shi</i>
	Wild mushroom	
	Fishery product	
	Japanese sand lance (juvenile)	2011/4/20~2012/6/22 Whole area
	Land-locked salmon (excluding farmed fish)	2012/3/29~ <i>Niida river (including its branches)</i> 2011/11/9~
	Meat	2011/11/25~ <i>Fukushima-shi, Nihonmatsu-shi, Date-shi, Motomiya-shi, Kori-machi, Kunimi-machi, Kawamata-machi, Otama-mura</i>
	Boar meat	2011/11/9~ <i>Soma-shi, Minamisoma-shi, Hirono-machi, Naraha-machi, Tomioka-machi, Okuma-machi, Futaba-machi, Namie-machi, Shinchi-machi, Kawauchi-mura, Katsurao-mura, Iitate-mura</i>

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