

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

As of 24 August 2016

Fukushima Prefecture		Restriction of distribution								
Raw milk		<p>2011/3/21~: (excluding areas listed on the cells below)</p> <p>2011/3/21~4/8 Kitakata-shi, Bandai-machi, Inawashiro-machi, Mishima-machi, Aizumisato-machi, Shimogo-machi, Minamiaizu-machi</p> <p>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</p> <p>2011/3/21~4/21 Soma-shi, Shinchi-machi</p> <p>2011/3/21~5/1 Minamisoma-shi (limited to Kashima-ku excluding Karasuzaki, Ouchi, Kawago and Shionosaki area), Kawamata-machi (excluding Yamakiya area)</p> <p>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)</p> <p>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)</p>								
	Spinach, Kakin		<p>2011/3/21~: (excluding areas listed on the cells below)</p> <p>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</p> <p>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, Kanayama-machi, Showa-mura, Minamiaizu-machi, Shimogo-machi, Hinoemata-mura, Tadami-machi</p> <p>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)</p> <p>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</p> <p>2011/3/21~6/23 Fukushima-shi, Nihonmatsu-shi, Date-shi, Motomiya-shi, Kori-machi, Kunimi-machi, Kawamata-machi (excluding Yamakiya area), Otama-mura</p> <p>2011/3/21~11/4 Hirono-machi, Kawauchi-mura (excluding area within 20 km radius from the TEPCO's Fukushima Daiichi Nuclear Power Plant)</p> <p>2011/3/21~ Tamura-shi (limiting area within 20 km radius from the TEPCO's Fukushima Daiichi Nuclear Power Plant)</p> <p>2013/3/29</p> <p>2011/3/23~ Naraha-machi, Kawauchi-mura (excluding area within 20 km radius from the TEPCO's Fukushima Daiichi Nuclear Power Plant and Planned Evacuation Zones)</p> <p>2015/2/18</p> <p>2011/3/21~ Minamisoma-shi (limiting areas within 20 km radius from the TEPCO's Fukushima Daiichi Nuclear Power Plant, excluding 'areas where it is expected that the residents have difficulties in returning for a long time' designated by the Instruction on March 30, 2012), Kawamata-machi (limiting Yamakiya area), Katsurao-mura (excluding 'areas where it is expected that the residents have difficulties in returning for a long time' designated by the Instruction on March 30, 2012)</p> <p>2016/3/17</p>							
		Non-head type leafy Vegetables, e.g. Spinach, Komatsuna		<p>2011/3/23~: (excluding areas listed on the cells below)</p> <p>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</p> <p>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, Kanayama-machi, Showa-mura, Minamiaizu-machi, Shimogo-machi, Hinoemata-mura, Tadami-machi</p> <p>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)</p> <p>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</p> <p>2011/3/23~6/23 Fukushima-shi, Nihonmatsu-shi, Date-shi, Motomiya-shi, Kori-machi, Kunimi-machi, Kawamata-machi (excluding Yamakiya area), Otama-mura</p> <p>2011/3/23~11/4 Hirono-machi, Kawauchi-mura (excluding area within 20 km radius from the TEPCO's Fukushima Daiichi Nuclear Power Plant)</p> <p>2011/3/23~ Tamura-shi (limiting area within 20 km radius from the TEPCO's Fukushima Daiichi Nuclear Power Plant)</p> <p>2013/3/29</p> <p>2011/3/23~ Naraha-machi, Kawauchi-mura (excluding area within 20 km radius from the TEPCO's Fukushima Daiichi Nuclear Power Plant and Planned Evacuation Zones)</p> <p>2015/2/18</p> <p>2011/3/21~ Minamisoma-shi (limiting areas within 20 km radius from the TEPCO's Fukushima Daiichi Nuclear Power Plant and in parts of Haramachi-ku, excluding 'areas where it is expected that the residents have difficulties in returning for a long time' designated by the Instruction on March 30, 2012), Kawamata-machi (limiting Yamakiya area), Katsurao-mura (excluding 'areas where it is expected that the residents have difficulties in returning for a long time' designated by the Instruction on March 30, 2012)</p> <p>2016/3/17</p>						
			All the other		<p>2011/3/23~: (excluding areas listed on the cells below)</p> <p>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, Kanayama-machi, Syowa-mura, Minamiaizu-machi, Shimogou-machi, Hinoemata-mura, Tadami-machi</p> <p>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</p> <p>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</p> <p>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)</p> <p>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)</p> <p>2011/3/23~2013/3/29 Tamura-shi (limiting area within 20 km radius from the TEPCO's Fukushima Daiichi Nuclear Power Plant)</p> <p>2011/3/23~ Naraha-machi, Kawauchi-mura (excluding area within 20 km radius from the TEPCO's Fukushima Daiichi Nuclear Power Plant and Planned Evacuation Zones)</p> <p>2011/3/21~ Minamisoma-shi (limiting areas within 20 km radius from the TEPCO's Fukushima Daiichi Nuclear Power Plant and in parts of Haramachi-ku, excluding 'areas where it is expected that the residents have difficulties in returning for a long time' designated by the Instruction on March 30, 2012), Kawamata-machi (limiting Yamakiya area), Katsurao-mura (excluding 'areas where it is expected that the residents have difficulties in returning for a long time' designated by the Instruction on March 30, 2012)</p> <p>2016/3/17</p>					
				Head type leafy vegetables, e.g. Cabbage		<p>2011/3/23~: (excluding areas listed on the cells below)</p> <p>2011/3/23~4/27 Shirakawa-shi, Yabuki-machi, Nishigo-mura, Izumizaki-mura, Nakajima-mura, Tanagura-machi, Yamatsuri-machi, Hanawa-machi, Samegawa-mura</p> <p>2011/3/23~5/4 Iwaki-shi</p> <p>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</p> <p>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, Kanayama-machi, Syowa-mura, Minamiaizu-machi, Shimogo-machi, Hinoemata-mura, Tadami-machi</p> <p>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</p> <p>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)</p> <p>2011/3/23~2013/3/29 Tamura-shi (limiting area within 20 km radius from the TEPCO's Fukushima Daiichi Nuclear Power Plant)</p> <p>2011/3/23~ Naraha-machi, Kawauchi-mura (excluding area within 20 km radius from the TEPCO's Fukushima Daiichi Nuclear Power Plant and Planned Evacuation Zones)</p> <p>2011/3/21~ Minamisoma-shi (limiting areas within 20 km radius from the TEPCO's Fukushima Daiichi Nuclear Power Plant and in parts of Haramachi-ku, excluding 'areas where it is expected that the residents have difficulties in returning for a long time' designated by the Instruction on March 30, 2012), Kawamata-machi (limiting Yamakiya area), Katsurao-mura (excluding 'areas where it is expected that the residents have difficulties in returning for a long time' designated by the Instruction on March 30, 2012)</p> <p>2016/3/17</p>				
					Flowerhead brassicas, e.g. Broccoli, Cauliflower		<p>2011/3/23~: (excluding areas listed on the cells below)</p> <p>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</p> <p>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</p> <p>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)</p> <p>2011/3/23~11/4 Hirono-machi, Kawauchi-mura (excluding area within 20 km radius from the TEPCO's Fukushima Daiichi Nuclear Power Plant)</p> <p>2011/3/23~ Tamura-shi (limiting area within 20 km radius from the TEPCO's Fukushima Daiichi Nuclear Power Plant)</p> <p>2013/3/29</p> <p>2011/3/23~ Naraha-machi, Kawauchi-mura (excluding area within 20 km radius from the TEPCO's Fukushima Daiichi Nuclear Power Plant and Planned Evacuation Zones)</p> <p>2015/2/18</p> <p>2011/3/21~ Minamisoma-shi (limiting areas within 20 km radius from the TEPCO's Fukushima Daiichi Nuclear Power Plant and in parts of Haramachi-ku, excluding 'areas where it is expected that the residents have difficulties in returning for a long time' designated by the Instruction on March 30, 2012), Kawamata-machi (limiting Yamakiya area), Katsurao-mura (excluding 'areas where it is expected that the residents have difficulties in returning for a long time' designated by the Instruction on March 30, 2012)</p> <p>2016/3/17</p>			
						Turnip		<p>2011/3/23~: (excluding areas listed on the cells below)</p> <p>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</p> <p>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</p> <p>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)</p> <p>2011/3/23~11/4 Hirono-machi, Kawauchi-mura (excluding area within 20 km radius from the TEPCO's Fukushima Daiichi Nuclear Power Plant)</p> <p>2011/3/23~ Tamura-shi (limiting area within 20 km radius from the TEPCO's Fukushima Daiichi Nuclear Power Plant)</p> <p>2013/3/29</p> <p>2011/3/23~ Naraha-machi, Kawauchi-mura (excluding area within 20 km radius from the TEPCO's Fukushima Daiichi Nuclear Power Plant and Planned Evacuation Zones)</p> <p>2015/2/18</p> <p>2011/3/21~ Minamisoma-shi (limiting areas within 20 km radius from the TEPCO's Fukushima Daiichi Nuclear Power Plant and in parts of Haramachi-ku, excluding 'areas where it is expected that the residents have difficulties in returning for a long time' designated by the Instruction on March 30, 2012), Kawamata-machi (limiting Yamakiya area), Katsurao-mura (excluding 'areas where it is expected that the residents have difficulties in returning for a long time' designated by the Instruction on March 30, 2012)</p> <p>2016/3/17</p>		
							Log-grown shiitake (grown outdoor)		<p>2011/4/13~: Date-shi, Iitate-mura, Soma-shi, Minamisoma-shi, Namie-machi, Futaba-machi, Okuma-machi, Tomioka-machi, Naraha-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)</p> <p>2011/4/18~: Fukushima-shi</p> <p>2011/4/13~4/25 Iwaki-shi</p> <p>2011/4/25~: Motomiya-shi</p> <p>2011/4/13~5/16 Shinchi-machi, Tamura-shi (excluding area within 20 km radius from the TEPCO's Fukushima Daiichi Nuclear Power Plant)</p> <p>2011/4/13~5/23 Kawauchi-mura (excluding area within 20 km radius from the TEPCO's Fukushima Daiichi Nuclear Power Plant)</p> <p>2011/10/18~: Nihonmatsu-shi</p>	
								Log-grown shiitake (indoor cultivation)		<p>2011/7/19~: Date-shi</p> <p>2011/7/19~ excluding Log-grown shiitake (indoor cultivation) controlled under the concept of management of Fukushima prefecture.</p> <p>2014/7/11</p> <p>2011/7/22~ Shinchi-machi</p> <p>2014/7/11</p> <p>2011/7/19~9/7 Motomiya-shi</p> <p>2011/11/14~: Kawamata-machi</p>
									Log-grown pholiota nameko (outdoor cultivation)	
Wild mushroom										

Vegetable	
Bamboo shoot	2011/5/9~: Date-shi, Soma-shi, Miharu-machi
	2011/5/13~: 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
	2012/4/18~: Fukushima-shi, Shinchi-machi
	2012/4/23~: Hirono-machi
	2012/5/2~: Nihonmatsu-shi, Otama-mura
	2012/5/7~: Sukagawa-shi
	2012/6/25~: Koriyama-shi
	2013/5/14~: Kawauchi-mura
	2013/5/16~: Shirakawa-shi, Naraha-machi
2013/5/28~: Katsurao-mura	
2013/6/10~: Tamura-shi	
2014/5/1~: Tenei-mura	
Hatakewasabi	2012/4/16~: Date-shi, Kawamata-machi 2012/4/16~ 2015/7/8: Kawamata-machi (excluding Yamakiya area)
Wild Aralia cordata	2014/5/14~: Sukagawa-shi, Souma-shi, Hirono-machi, Katsurao-mura 2014/5/19~: Kawauchi-mura 2015/5/13~: Naraha-machi
Ostrich fern	2011/5/9~: Fukushima-shi, Kori-machi
	2012/5/1~: Soma-shi, Date-shi, Kunimi-machi, Miharu-machi
	2012/5/2~: Kawamata-machi
	2012/5/7~: Tamura-shi, Furudono-machi
	2012/5/10~: Nihonmatsu-shi, Otama-mura
Wild ostrich fern	2013/4/30~: Koriyama-shi
	2013/5/14~: Naraha-machi, Katsurao-mura
	2015/5/18~: Hirono-machi
	2014/4/24~: Aizumisato-machi
	2015/4/30~: Minamisoma-shi
Koshiabura	2012/5/2~: Fukushima-shi, Nihonmatsu-shi
	2012/5/7~: Koriyama-shi, Shirakawa-shi, Kitakata-shi, Aizumisato-machi, Tanakura-machi, Hanawa-machi
	2012/5/10~: Date-shi, Kunimi-machi, Yamatsuri-machi, Bandai-machi, Shimogo-machi, Otama-mura, Nishigo-mura, Samegawa-mura
	2012/5/14~: Sukagawa-shi, Iwaki-shi, Kawamata-machi, Ishikawa-machi, Tenei-mura
	2012/5/17~: Kori-machi, Inawashiro-machi
	2013/5/7~: Yanaizu-machi, Kitashiobara-mura
	2013/5/14~: Katsurao-mura
	2013/5/16~: Soma-shi, Minamisoma-shi, Furudono-machi, Minamiaizu-machi, Shinchi-machi, Izumizaki-mura
	2013/5/20~: Mishima-machi, Kawauchi-mura
	2013/5/22~: Asakawa-machi, Hirono-machi
	2013/5/28~: Motomiya-shi, Tamura-shi, Ono-machi, Yabuki-machi, Aizubanke-machi, Tamakawa-mura, Hirata-mura, Nekajima-mura
	2013/5/29~: Miharu-machi
	2013/6/3~: Aizuwakamatsu-shi, Kekamiishi-machi
2013/6/3~: Kanayama-machi	
2013/6/10~: Showa-mura	
Wild Koshiabura	2016/4/28~: Nishiaizu-machi 2016/5/6~: Tadami-machi
Japanese royal fern	2012/5/2~: Iwaki-shi, Nihonmatsu-shi
	2012/5/10~: Soma-shi
	2012/5/24~: Kawamata-machi
	2013/5/1~: Minamisoma-shi
	2013/5/14~: Naraha-machi, Katsurao-mura
	2013/5/16~: Sukagawa-shi
	2013/5/20~: Kawauchi-mura
2013/6/10~: Koriyama-shi	
2015/5/11~: Tamura-shi	
Wild Japanese royal fern	2014/5/14~: Hirono-machi, Otama-mura
Wild Uwabamisou	2013/6/10~: Sukagawa-shi, Kunimi-machi
Wild Aralia sprout	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, Shinchi-machi
	2012/5/10~: Otama-mura, Nishigo-mura
	2012/5/14~: Kawamata-machi
	2013/4/25~: Minamisoma-shi
	2013/5/14~: Hirono-machi, Samegawa-mura, Katsurao-mura
	2013/5/16~: Nihonmatsu-shi, Furudono-machi, Izumizaki-mura
	2013/5/20~: Kawauchi-mura
	2013/5/28~: Motomiya-shi, Sukagawa-shi
	2013/6/3~: Kagamiishi-machi
	2013/6/10~: Tamura-shi
	2014/5/14~: Inawashiro-machi
Giant butterbur	2015/5/25~: Katsurao-mura
Wild Giant butterbur	2013/6/19~: Kori-machi, Naraha-machi 2014/6/16~: Tenei-mura
Wild Japanese butterbur scape	2012/4/9~: Fukushima-shi, Kawamata-machi, Tamura-shi, Soma-shi, Hirono-machi 2012/4/18~: Date-shi, Kori-machi and Kunimi-machi 2014/4/11~: Naraha-machi and Katsurao-mura 2015/4/28~: Minamisoma-shi 2016/1/20~: Motomiya-shi
Pteridium aquilinum	2012/5/10~: Iwaki-shi, Date-shi
	2012/5/17~: Kawamata-machi
	2013/4/25~: Minamisoma-shi
	2013/6/11~: Samegawa-mura
	2014/4/30~: Naraha-machi
	2014/6/14~: Katsurao-mura
Wild Pteridium aquilinum	2012/5/17~: Kitakata-shi
	2015/5/15~: Fukushima-shi
	2016/6/24~: Fukushima-shi
	2012/5/17~: Kitakata-shi, Fukushima-shi
Japanese apricot (Ume)	2012/5/17~: Nihonmatsu-shi
	2014/5/14~: Hirono-machi
	2011/6/2~: Fukushima-shi, Date-shi, Kori-machi
	2013/10/21~: Minamisoma-shi
	2011/6/6~: Minamisoma-shi (excluding area within 20 km radius from the TEPCO's Fukushima Daiichi Nuclear Power Plant and Planned Evacuation Zone)
Yuzu	2015/8/19~: Soma-shi
	2011/6/6~2012/7/11: Soma-shi
	2012/6/6~: Kunimi-machi
	2013/10/21~: Fukushima-shi, Minamisoma-shi
Chestnut	2011/10/14~: Date-shi
	2012/1/10~: Iwaki-shi
	2015/1/29~: Kori-machi
	2016/3/17~: Date-shi, Minamisoma-shi
Kiwi fruit	2011/9/20~: Date-shi, Minamisoma-shi
	2012/9/26~: Nihonmatsu-shi
	2015/12/3~: Iwaki-shi
	2012/10/12~: Iwaki-shi
Azuki bean	2011/12/9~: Minamisoma-shi
	2011/12/9~: Minamisoma-shi (excluding area within 20 km radius from the TEPCO's Fukushima Daiichi Nuclear Power Plant and Planned Evacuation Zone)
	2013/12/25~: Soma-shi
	2011/12/9~: Soma-shi
	2014/11/17~: Fukushima-shi (limiting to former Oozasou-mura) and Minamisoma-shi (limiting to former Ishigami-mura)
Soybean	2013/1/4~: excluding Azuki bean controlled under the concept of management of Fukushima prefecture.
	2014/3/13~: Minamisoma-shi (limiting to former Ishigami-mura)
	2012/11/15~: excluding Soybean controlled under the concept of management of Fukushima prefecture.
	2015/10/23~: Sukagawa-shi (limiting to former Naganuma-machi)
	2012/11/15~: excluding Soybean controlled under the concept of management of Fukushima prefecture.
	2013/11/7~: Sukagawa-shi (limiting to former Naganuma-machi)
	2012/12/25~: excluding Soybean controlled under the concept of management of Fukushima prefecture.
	2015/10/23~: Koriyama-shi (limiting to former Takano-mura)
	2012/12/25~: Otama-mura (limiting to former Tamanoi-mura)
	2013/1/4~: Otama-mura (limiting to former Tamanoi-mura)
2014/10/7~: Otama-mura (limiting to former Tamanoi-mura)	
2015/10/23~: Otama-mura (limiting to former Tamanoi-mura)	

Cereal	Soybean	2013/1/4~ 2015/10/23 2013/1/4~ 2014/10/7 2013/1/4~ 8/9 2013/2/18~ 2015/10/23 2013/2/18~ 7/10 2013/3/5~ 2015/10/23 2013/3/5~ 7/10 2013/3/25~ 2015/10/23 2013/3/25~ 7/10 2013/1/4~ 2014/10/7 2013/1/4~ 2015/10/23 2013/1/4~ 7/10 2013/1/4~ 2016/3/25 2013/1/4~ 11/7 2013/12/18~ 2015/10/23 2013/12/18~ 2015/6/23 2014/12/17~ 2016/3/25 2014/12/17~ 2015/6/23 2014/12/17~ 2016/3/25	Nihonmatsu-shi (limiting to former Obama-machi and Shibukawa-mura) Kori-machi (limiting to former Danzaki-mura) excluding Soybean controlled under the concept of management of Fukushima prefecture. Fukushima-shi (limiting to former Tatsugoyama-mura) excluding Soybean controlled under the concept of management of Fukushima prefecture. Fukushima-shi (limiting to former Sakura-mura, Mizuho-mura) excluding Soybean controlled under the concept of management of Fukushima prefecture. Fukushima-shi (limiting to former Niwatsuka-mura) excluding Soybean controlled under the concept of management of Fukushima prefecture. Date-shi (limiting to former Tomino-mura and Sekimoto mura) Fukushima-shi (limiting to former Noda-mura and Hirano-mura) excluding Soybean controlled under the concept of management of Fukushima prefecture. Motomiya-shi (limiting to former Wagisawa-mura (Shirasawa-mura)) excluding Soybean controlled under the concept of management of Fukushima prefecture. Minamisoma-shi (limiting to former Ota-mura) excluding Soybean controlled under the concept of management of Fukushima prefecture Motomiya-shi (limiting to former Shiraiwa-mura) excluding Soybean controlled under the concept of management of Fukushima prefecture Otama-mura (limiting to former Oyama-mura, excluding Soybean controlled under the concept of management of Fukushima prefecture)		
		Rice (produced in 2011)	2011/11/17~: Fukushima-shi (limiting to former Oguni-mura area) 2011/11/28~: Date-shi (limiting to former Oguni-mura and former Tsukidate-machi area) 2011/12/5~: Fukushima-shi (limiting to former Fukushima-shi area) 2011/12/8~: Nihonmatsu-shi (limiting to former Shibukawa-mura area) 2011/12/9~: Date-shi (limiting to former Hashirazawa-mura and former Tominari-mura area) 2011/12/19~: Date-shi (limiting to former Kakeda-machi area) 2012/1/4~: Date-shi (limiting to former Sekimoto-mura area) 2012/4/5~: Areas subjected to restriction of distribution in advance 2012/4/5~ 7/26 excluding rice controlled under the concept of management of Fukushima prefecture. 2012/10/25: Sukagawa-shi (limiting to former Nishifukuro-mura) 2012/10/25~ 10/29 excluding rice controlled under the concept of management of Fukushima prefecture. 2012/11/5~: Otama-mura (limiting to former Tamanoi-mura) 2012/11/5~ 11/6 excluding rice controlled under the concept of management of Fukushima prefecture. 2012/11/5~: Koriyama-shi (limiting to former Fukuyama-machi) 2012/11/5~ 11/8 excluding rice controlled under the concept of management of Fukushima prefecture. 2012/11/7~: Fukushima-shi (limiting to former Mizuhara-mura) 2012/11/7~ 11/12 excluding rice controlled under the concept of management of Fukushima prefecture. 2012/11/15~: Miharu-machi (limiting to former Sawaishi-mura) 2012/11/15~ 11/19 excluding rice controlled under the concept of management of Fukushima prefecture. 2012/11/26~: Fukushima-shi (limiting to former Tatsugoyama-mura), Kawamata-machi (limiting to former Iizaka-mura) 2012/11/26~ 11/29 excluding rice controlled under the concept of management of Fukushima prefecture. 2012/11/28~: Iwaki-shi (limiting to former Yamada-mura) 2012/11/28~ 12/4 excluding rice controlled under the concept of management of Fukushima prefecture.		
		Rice (produced in 2012)	2012/11/17~: Fukushima-shi (limiting to former Oguni-mura area) 2012/11/28~: Date-shi (limiting to former Oguni-mura and former Tsukidate-machi area) 2012/12/5~: Fukushima-shi (limiting to former Fukushima-shi area) 2012/12/8~: Nihonmatsu-shi (limiting to former Shibukawa-mura area) 2012/12/9~: Date-shi (limiting to former Hashirazawa-mura and former Tominari-mura area) 2012/12/19~: Date-shi (limiting to former Kakeda-machi area) 2013/1/4~: Date-shi (limiting to former Sekimoto-mura area) 2013/4/5~: Areas subjected to restriction of distribution in advance 2013/4/5~ 7/26 excluding rice controlled under the concept of management of Fukushima prefecture. 2013/10/25: Sukagawa-shi (limiting to former Nishifukuro-mura) 2013/10/25~ 10/29 excluding rice controlled under the concept of management of Fukushima prefecture. 2013/11/5~: Otama-mura (limiting to former Tamanoi-mura) 2013/11/5~ 11/6 excluding rice controlled under the concept of management of Fukushima prefecture. 2013/11/5~: Koriyama-shi (limiting to former Fukuyama-machi) 2013/11/5~ 11/8 excluding rice controlled under the concept of management of Fukushima prefecture. 2013/11/7~: Fukushima-shi (limiting to former Mizuhara-mura) 2013/11/7~ 11/12 excluding rice controlled under the concept of management of Fukushima prefecture. 2013/11/15~: Miharu-machi (limiting to former Sawaishi-mura) 2013/11/15~ 11/19 excluding rice controlled under the concept of management of Fukushima prefecture. 2013/11/26~: Fukushima-shi (limiting to former Tatsugoyama-mura), Kawamata-machi (limiting to former Iizaka-mura) 2013/11/26~ 11/29 excluding rice controlled under the concept of management of Fukushima prefecture. 2013/11/28~: Iwaki-shi (limiting to former Yamada-mura) 2013/11/28~ 12/4 excluding rice controlled under the concept of management of Fukushima prefecture.		
		Rice (produced in 2013)	2013/3/19~: Areas preparing for resumption of rice farming and areas where all rice farming and shipment are managed by local governments (excluding rice controlled under the management policy of Fukushima prefecture)		
		Grain	Rice (produced in 2014)	2014/3/20~: Minamisoma-shi (limiting areas except "areas where it is expected that the residents have difficulties in returning for a long time" designated by the Instruction on March 30 2012), Kawamata-machi (limiting "Areas in which the residents are not permitted to live" and "Areas to which evacuation orders are ready to be lifted" designated by the Instruction on August 7 2013), Naraha-machi, Tomioka-machi (limiting areas except "areas where it is expected that the residents have difficulties in returning for a long time" designated by the Instruction on March 7 2013), Okuma-machi (limiting areas except "areas where it is expected that the residents have difficulties in returning for a long time" designated by the Instruction on November 30 2012), Futaba-machi (limiting areas except "areas where it is expected that the residents have difficulties in returning for a long time" designated by the Instruction on May 7 2013), Namie-machi (limiting areas except "areas where it is expected that the residents have difficulties in returning for a long time" designated by the Instruction on March 7 2013), Kawauchi-mura (limiting "Areas in which the residents are not permitted to live" and "Areas to which evacuation orders are ready to be lifted" designated by the Instruction on March 30 2012), Katsurao-mura (limiting areas except "areas where it is expected that the residents have difficulties in returning for a long time" designated by the Instruction on March 7 2013) and Iitate-mura (limiting areas except "areas where it is expected that the residents have difficulties in returning for a long time" designated by the Instruction on June 15 2012) (excluding rice controlled under the management policy of Fukushima prefecture)	
			Rice (produced in 2015)	2015/3/20~: Minamisoma-shi (limiting "Areas in which the residents are not permitted to live" and "Areas to which evacuation orders are ready to be lifted" designated by the Instruction on March 30 2012), Kawamata-machi (limiting "Areas in which the residents are not permitted to live" and "Areas to which evacuation orders are ready to be lifted" designated by the Instruction on August 7 2013), Naraha-machi, Tomioka-machi (limiting areas except "areas where it is expected that the residents have difficulties in returning for a long time" designated by the Instruction on March 7 2013), Okuma-machi (limiting areas except "areas where it is expected that the residents have difficulties in returning for a long time" designated by the Instruction on November 30 2012), Futaba-machi (limiting areas except "areas where it is expected that the residents have difficulties in returning for a long time" designated by the Instruction on May 7 2013), Namie-machi (limiting areas except "areas where it is expected that the residents have difficulties in returning for a long time" designated by the Instruction on March 7 2013), Kawauchi-mura (limiting "Areas in which the residents are not permitted to live" and "Areas to which evacuation orders are ready to be lifted" designated by the Instruction on March 30 2012), Katsurao-mura (limiting areas except "areas where it is expected that the residents have difficulties in returning for a long time" designated by the Instruction on March 7 2013) and Iitate-mura (limiting areas except "areas where it is expected that the residents have difficulties in returning for a long time" designated by the Instruction on June 15 2012) (excluding rice controlled under the management policy of Fukushima prefecture)	
			Rice (produced in 2016)	2016/3/25~: Minamisoma-shi (limiting "areas in which the residents are not permitted to live" and "areas to which evacuation orders are ready to be lifted" designated by the Instruction on March 30, 2012), Kawamata-machi (limiting "areas in which the residents are not permitted to live" and "areas to which evacuation orders are ready to be lifted" designated by the Instruction on August 7, 2013), Naraha-machi, Tomioka-machi (limiting areas except "areas where it is expected that the residents have difficulties in returning for a long time" designated by the Instruction on November 30, 2012), Futaba-machi (limiting areas except "areas where it is expected that the residents have difficulties in returning for a long time" designated by the Instruction on May 7, 2013), Namie-machi (limiting areas except "areas where it is expected that the residents have difficulties in returning for a long time" designated by the Instruction on March 7, 2013), Kawauchi-mura (limiting "Areas in which the residents are not permitted to live" and "Areas to which evacuation orders are ready to be lifted" designated by the Instruction on September 12, 2014), Katsurao-mura (limiting areas except "areas where it is expected that the residents have difficulties in returning for a long time" designated by the Instruction on March 7, 2013) and Iitate-mura (limiting areas except "areas where it is expected that the residents have difficulties in returning for a long time" designated by the Instruction on June 15, 2012) (excluding rice controlled under the management policy of Fukushima prefecture)	
		Fish	Japanese sand lance (juvenile)	2011/4/20~ 2012/6/22 whole area	
			Cherry 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~ 2015/9/30 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 company's Kanagawa power plant, but including its branches) 2012/6/7~ 2013/7/30 Kuji river in Fukushima prefecture (including its branches)	
				Japanese dace	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) 2012/5/31~: Abukuma river (limiting upper reaches from Shinobu dam and including its branches) 2012/5/25~ 2014/10/24 Tadami river limiting upper reaches from Taki dam (including its branches but excluding upper reaches from Tadami dam)
					Japanese eel
			Ayu sweetfish (excluding farmed fish)		2012/4/5~: Abukuma River (including its branches) 2012/4/12~ 2015/9/30 Sukawa River (limiting its branches) 2012/4/24~: Akimoto Lake, Onogawa Lake, Hibara Lake and rivers flowing into these Lakes (including its branches), Nagase River (limiting upper reaches from the junction with Sukawa River) 2012/5/31~: Tateiwa river (including its branches) 2012/4/24~ 2014/8/25 Tadami river (limiting between Honna dam and Uwada dam, but including its branches) 2012/4/24~ 2014/12/11 Tadami river (limiting lower reaches from Uwada dam, but including its branches) 2012/4/24~ 2015/1/14 Nippashi river (limiting lower reaches from Tokyo electric power company's Kanagawa power plant, but including its branches and excluding upper reaches from Higashiyama dam)
			Whitespotted char (excluding farmed fish)	2012/4/5~: Abukuma River (including its branches) 2012/4/12~ 2015/9/30 Sukawa River (limiting its branches) 2012/4/24~: Akimoto Lake, Onogawa Lake, Hibara Lake and rivers flowing into these Lakes (including its branches), Nagase River (limiting upper reaches from the junction with Sukawa River) 2012/5/31~: Tateiwa river (including its branches) 2012/4/24~ 2014/8/25 Tadami river (limiting between Honna dam and Uwada dam, but including its branches) 2012/4/24~ 2014/12/11 Tadami river (limiting lower reaches from Uwada dam, but including its branches) 2012/4/24~ 2015/1/14 Nippashi river (limiting lower reaches from Tokyo electric power company's Kanagawa power plant, but including its branches and excluding upper reaches from Higashiyama dam)	

Fishery product	Common 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)..... 2014/9/16~: Abukuma river in Fukushima prefecture (including its branches) 2012/5/10~2014/9/16: Abukuma river in Fukushima prefecture (limiting lower reaches from Shinobu dam and 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) 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	2012/6/22~ Fukushima offshore	
	Red tongue sole	2016/8/24: Fukushima offshore	
	Japanese sandlance (excluding juvenile)	2012/6/22~: Fukushima offshore	
	Stone flounder		
	Goldeye rockfish		
	Surfperch		
	Brown hakeling	2012/6/22~ Fukushima offshore 2016/8/24:	
	Fox jacopever		
	Black cow-tongue	2012/6/22~: Fukushima offshore	
	Black rockfish		
	Japanese black porgy		
	Sea raven	2012/6/22~ Fukushima offshore 2015/6/30:	
	Ocellate spot skate	2012/6/22~ Fukushima offshore 2016/8/24:	
	Cherry salmon (Sakuramasu)	2012/6/22~: Fukushima offshore	
	Poacher	2012/6/22~ Fukushima offshore 2016/7/15:	
	Rockfish (Sebastes cheni)	2012/6/22~ Fukushima offshore	
	Japanese seabass		
	Nibe croaker	2012/6/22~ Fukushima offshore 2014/4/2:	
	Starry flounder	2012/6/22~: Fukushima offshore	
	Slime flounder		
	Panther puffer	2012/6/22~ Fukushima offshore 2015/12/3:	
	Olive flounder	2012/6/22~ Fukushima offshore 2016/6/9:	
	Gurnard	2012/6/22~ Fukushima offshore 2014/7/9:	
	Spotted halibut	2012/6/22~ Fukushima offshore 2016/7/15:	
	Conger eel	2012/6/22~ Fukushima offshore 2016/6/9:	
	Marbled flounder	2012/6/22~ Fukushima offshore 2016/8/24:	
	Flathead	2012/6/22~ Fukushima offshore 2016/7/15:	
	Pacific cod	2012/6/22~ Fukushima offshore 2015/2/24:	
	Shotted halibut	2012/6/22~ Fukushima offshore 2015/2/24:	
	Brassblotched rockfish	2012/6/22~: Fukushima offshore	
	Ridged-eye flounder	2012/6/22~ Fukushima offshore 2015/4/2:	
	Venus clam	2012/6/22~: Fukushima offshore	
	Northern sea urchin	2012/6/22~ Fukushima offshore 2014/7/9:	
	Flathead flounder	2012/6/22~ Fukushima offshore 2013/10/9:	
	Alaska Pollock	2012/6/22~ Fukushima offshore 2013/12/17:	
	Littlemouth flounder	2012/6/22~ Fukushima offshore 2014/4/16:	
	Long shanny	2012/7/12~ Fukushima offshore	
	Barfin flounder	2016/7/15:	
	Starspotted smooth-hound	2012/7/26~ Fukushima offshore 2015/2/18:	
	Vermiculated puffer	2012/8/23~ Fukushima offshore 2014/10/15:	
	Halfbeak	2013/2/14~ Fukushima offshore 2014/7/9:	
	Scorpion fish	2013/8/8~: Fukushima offshore	
	Hilgendorf saucord	2014/3/25~ Fukushima offshore 2014/5/28:	
	Meat·Egg	Beef	2011/7/19~: Whole area (2011/8/25~: Excluding cattle which are managed based on shipment and inspection policy set by Fukushima prefecture) 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
		Boar meat	2011/11/25~: Fukushima-shi, Nihonmatsu-shi, Date-shi, Motomiya-shi, Kori-machi, Kunimi-machi, Kawamata-machi, Otama-mura 2011/12/2~: Koriyama-shi, Sukagawa-shi, Tamura-shi, Shirakawa-shi, Iwaki-shi, Kagamiishi-machi, Ishikawa-machi, Asakawa-machi, Furudono-machi, Miharu-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
		Spot-billed duck meat	2013/1/30~: Whole area
		Green pheasant meat	2013/1/30~: Whole area
		Bear meat	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, Miharu-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 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
Hare meat		2013/1/30~: Whole area	
Copper pheasant meat		2012/11/13~: Whole area	

* 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 24 August 2016

Raw milk	Aomori prefecture	Iwate prefecture	Miyagi prefecture	Yamagata prefecture	Ibaraki prefecture	Tochigi prefecture	Gunma prefecture	Saitama prefecture	Chiba prefecture	Kanagawa prefecture	Niigata prefecture	Yamanashi prefecture	Nagano prefecture	Shizuoka prefecture
					2011/3/21~1/10 Whole area	2011/3/21~4/3 2011/3/21~4/17 2011/3/21~4/23 Whole area	2011/3/21~4/3 Whole area		2011/4/4~4/22					
Non-head type leafy vegetables, e.g. Spinach, Komatsuna	Spinach								2011/4/4~4/22					
	Kakaba													
	Garland chrysanthemum, Ding-gong-cai, Sancho asian lettuce								2011/4/4~4/22					
Parsley					2011/3/23~4/17 Whole area			2011/4/4~4/22						
Celery									2011/4/4~4/22					
Wild mushrooms	2012/10/28~ Hoshikuni-cho	2012/10/11~ Ishikawa-cho, Rinsenbata-cho, Hiratsuka-cho				2012/2/2~4/17 2012/2/2~4/23 2012/2/2~4/27 Whole area		2012/2/2~4/3 Whole area					2012/9/28~ Kariyasu-machi, Miyota-machi	2012/11/9~ Otsuwa-cho, Oyama-cho
	2012/10/26~ Touma-cho	2012/10/16~ Kamaishi-cho				2012/2/2~4/17 2012/2/2~4/23 2012/2/2~4/27 Whole area		2012/2/2~4/3 Whole area					2012/10/10~2013/11/20 (excluding mutatake mushroom)	
	2012/10/26~ 2013/11/20 (excluding honey mushrooms)	2012/10/16~ Ohtsu-cho	2012/10/16~ Kamagata-cho			2012/2/2~4/17 2012/2/2~4/23 2012/2/2~4/27 Whole area		2012/2/2~4/3 Whole area				2012/10/10~2013/11/20 (excluding mutatake mushroom)	2012/10/9~ Fujinobe-cho, Fuji-cho	
	2012/10/26~ 2013/11/20 (excluding honey mushrooms)	2012/10/16~ Ohtsu-cho	2012/10/16~ Kamagata-cho			2012/2/2~4/17 2012/2/2~4/23 2012/2/2~4/27 Whole area		2012/2/2~4/3 Whole area				2012/10/10~2013/11/20 (excluding mutatake mushroom)	2012/10/9~ Fujinobe-cho, Fuji-cho	
	2012/10/26~ 2013/11/20 (excluding honey mushrooms)	2012/10/16~ Ohtsu-cho	2012/10/16~ Kamagata-cho			2012/2/2~4/17 2012/2/2~4/23 2012/2/2~4/27 Whole area		2012/2/2~4/3 Whole area				2012/10/10~2013/11/20 (excluding mutatake mushroom)	2012/10/9~ Fujinobe-cho, Fuji-cho	
	2012/10/26~ 2013/11/20 (excluding honey mushrooms)	2012/10/16~ Ohtsu-cho	2012/10/16~ Kamagata-cho			2012/2/2~4/17 2012/2/2~4/23 2012/2/2~4/27 Whole area		2012/2/2~4/3 Whole area				2012/10/10~2013/11/20 (excluding mutatake mushroom)	2012/10/9~ Fujinobe-cho, Fuji-cho	
Bamboo shoot		2012/4/20~ 2013/4/10	2012/5/1~ 2014/4/24			2012/4/13~ 2015/4/17			2012/4/18~ 2013/10/23					
		2012/4/20~ 2013/4/10	2012/5/1~ 2014/4/24			2012/4/13~ 2015/4/17			2012/4/18~ 2013/10/23					
		2012/4/20~ 2013/4/10	2012/5/1~ 2014/4/24			2012/4/13~ 2015/4/17			2012/4/18~ 2013/10/23					
		2012/4/20~ 2013/4/10	2012/5/1~ 2014/4/24			2012/4/13~ 2015/4/17			2012/4/18~ 2013/10/23					
		2012/4/20~ 2013/4/10	2012/5/1~ 2014/4/24			2012/4/13~ 2015/4/17			2012/4/18~ 2013/10/23					
		2012/4/20~ 2013/4/10	2012/5/1~ 2014/4/24			2012/4/13~ 2015/4/17			2012/4/18~ 2013/10/23					
		2012/4/20~ 2013/4/10	2012/5/1~ 2014/4/24			2012/4/13~ 2015/4/17			2012/4/18~ 2013/10/23					
		2012/4/20~ 2013/4/10	2012/5/1~ 2014/4/24			2012/4/13~ 2015/4/17			2012/4/18~ 2013/10/23					
		2012/4/20~ 2013/4/10	2012/5/1~ 2014/4/24			2012/4/13~ 2015/4/17			2012/4/18~ 2013/10/23					
	2012/4/20~ 2013/4/10	2012/5/1~ 2014/4/24			2012/4/13~ 2015/4/17			2012/4/18~ 2013/10/23						

						2012/11/29~ Mito-machi excluding Log-grown shiitake (under cultivation) established under the concept of management of Tochi prefecture									
Log-grown brick cap (outdoor)		2012/11/2~ Ichikawa-machi, Oshu-machi				2011/11/7~ Kamaoka-machi, Yabu-machi 2011/11/8~ Otsuura-machi 2011/11/14~ Ashikaga-machi, Saeno-machi, Hara-machi, Sekuro-machi, Nishikawagawa-machi, Kamakura-machi, Maeguchi-machi, Ichikawa-machi, Higashi-machi, Tsumagawa-machi 2012/11/9~ Utsunomiya-machi 2012/11/9~ Shiroyama-machi 2012/11/9~ Mito-machi									
Log-grown shiitake namako (outdoor)		2012/10/18~ Otsuura-machi, Kamakura-machi 2012/10/25~ Nishikawagawa-machi 2012/11/2~ Ichikawa-machi, Oshu-machi				2011/11/14~ Nishikawagawa-machi, Mito-machi 2012/10/4~ Yabu-machi 2012/10/18~ Nara-machi 2012/10/25~ Saeno-machi 2012/11/2~ Kamaoka-machi 2012/11/9~ Mito-machi 2012/11/12~ Nishikawagawa-machi 2012/11/18~ Nishikawagawa-machi 2012/12/11~ Otsuura-machi									
Outdoor fern			2012/4/27~ Kuribara-machi, Otsu-machi 2012/4/27~2013/6/23 Otsu-machi (excluding cultivated) 2012/5/2~2013/5/25 Kani-machi 2012/6/9~ Kawanuma-machi			2012/6/1~ Otsuura-machi, Nara-machi (Shiitake wild plant) 2012/6/2~ Hakone-machi 2012/6/2~ Nishikawagawa-machi (Shiitake wild plant) 2012/6/7~ Kamaoka-machi, Mito-machi, Yabu-machi, Nishikawagawa-machi, Shiroyama-machi (Shiitake wild plant) 2012/6/18~ Shiroyama-machi (Shiitake wild plant)									
Kashibara		2012/6/18~ Oshu-machi, Nishikawagawa-machi 2012/6/18~ Mito-machi 2012/6/18 Kamaoka-machi 2012/6/18~ Suzuka-cho 2012/6/18~ Kamakura-machi 2012/6/18~ Tama-machi 2012/6/12~ Ichikawa-machi	2012/6/7~ Tama-machi, Kuribara-machi 2012/6/9~ Otsu-machi, Nishikawagawa-machi 2012/6/11~ Kawanuma-machi, Shikokuchiku-machi		2012/6/1~ Nishikawagawa-machi (Shiitake wild plant) 2012/6/18~ Nishikawagawa-machi (Shiitake wild plant)	2012/6/1~ Otsuura-machi, Nara-machi, Maeguchi-machi (Shiitake wild plant) 2012/6/2~ Utsunomiya-machi, Nishikawagawa-machi (Shiitake wild plant) 2012/6/7~ Kamaoka-machi, Mito-machi, Yabu-machi, Nishikawagawa-machi, Shiroyama-machi (Shiitake wild plant) 2012/6/18~ Shiroyama-machi (Shiitake wild plant) 2012/6/25~ Nishikawagawa-machi (Shiitake wild plant) 2012/6/25~ Tsumagawa-machi (Shiitake wild plant) 2012/6/25~ Ichikawa-machi (Shiitake wild plant)							2014/6/21 Hakone-machi, Kawanuma-machi 2014/6/29 Hakone-machi, Kawanuma-machi 2012/6/28~ Kawanuma-machi		
Japanese pepper (Shiitake wild plant)						2012/6/1~ Utsunomiya-machi, Mito-machi 2012/6/18~ Nishikawagawa-machi 2012/6/18~ Otsuura-machi									
Japanese parsley (Shiitake wild plant)		2012/6/20~ Oshu-machi 2012/5/30~2013/12/21 Ichikawa-machi													
Japanese royal fern		2012/6/18~ Ichikawa-machi, Oshu-machi 2012/6/18~ Suzuka-cho	2012/6/11~ Kawanuma-machi, Kuribara-machi 2012/6/17~ Otsu-machi			2012/6/7~ Mito-machi, Nara-machi (Shiitake wild plant) 2012/6/7~ Kamaoka-machi (Shiitake wild plant)									
Aralia sprout (Shiitake wild plant)			2014/4/25~ Kawanuma-machi, Kuribara-machi, Otsu-machi			2012/4/27~ Otsuura-machi, Yabu-machi 2012/6/1~ Nara-machi 2012/6/2~ Ichikawa-machi 2012/6/18~ Utsunomiya-machi 2012/6/18~ Shiroyama-machi 2014/6/18~ Mito-machi 2014/6/1~ Nishikawagawa-machi 2014/6/18~ Shiroyama-machi									
Pteridium aquilinum		2012/6/18~ Oshu-machi, Nishikawagawa-machi 2012/6/17~ Ichikawa-machi				2012/6/17~ Otsuura-machi, Kamaoka-machi 2012/6/18~ Utsunomiya-machi, Mito-machi									

	(limiting wild plant)		2012/4/1~ Iwakuni-shi 2014/8/7~ Komachi-shi			2012/7/22~ Yaku-shi										
	Chestnut					2012/9/14~ Hamaoka-shi, Hamaoka-shi 2012/9/18~ Ohama-shi										
Cereal	Soybean		2013/1/4-2015/7/1 Ishizaki-shi (limiting former Isaka (Mizu-mura)) 2013/1/4-2015/2/4 excluding soybean controlled under the concept of management of beetle prefecture.	2013/1/4-2014/5/19 Kurhara-shi (limiting former Kanada-mura)												
	Rice (produced in 2013)			2013/2/19-2014/3/18 Kurhara-shi (limiting former Saito-mura) (limiting rice controlled under the management policy of Miyagi prefecture)												
	Grain		2012/11/13-2014/4/11 Muroka-shi (limiting former Shikama-mura), Shiobuchi-shi (limiting to former Ohara-machi)	2012/11/16-2014/4/11 Kurhara-shi (limiting to former Kanari-mura)												
	Buckwheat		2012/11/30-2014/4/1 Ouku-shi (limiting former Komomasa-mura)	2012/12/14-2013/10/21 excluding buckwheat controlled under the concept of management of Miyagi prefecture.												
	Stone flounder				2012/7/5-2015/10/2 Baraki offshore											
	Japanese black porgy		2012/1/19~ Miyagi offshore	2012/9/28~ Sendai bay 2012/11/9~ Miyagi offshore												
	Japanese seabass		2012/10/22-2013/11/20 Miyagi offshore	2012/4/12-2015/11/20 Sendai bay 2012/10/29-2015/11/20 Miyagi offshore		2012/4/17-2016/1/14 Baraki offshore										
	Rock fish (Sebastes uhleni)					2012/4/13-2015/10/2 Baraki offshore										
	Nbe croaker					2012/4/17-2014/5/14 Baraki offshore										
	Olive flounder		2013/6/4-2013/6/30 Miyagi offshore	2012/5/30-2013/4/1 Sendai bay 2013/6/4-2013/8/30 Miyagi offshore		2012/4/17-2015/2/5 Baraki offshore										
	Pacific cod	2012/9/27-2012/10/31 Pacific Ocean, Komeji offshore	2012/5/2-2013/1/17 Miyagi offshore	2012/3/2-2012/6/30 Miyagi offshore (limiting to fish whose weight is less than 1kg) 2012/3/2-2013/1/17 Miyagi offshore (excluding fish whose weight is less than 1kg)		2012/11/9-2014/11/30 Baraki offshore										
	Panther puffer				2012/5/6-2014/2/18 Sendai bay											
	Ocellate spot skate					2012/6/1-2015/10/2 Baraki offshore										
	Channel catfish (excluding farmed fish)				2012/4/17~ Kamaoka lake, Kizawa lake, Sotomakura lake, rivers flowing into these lakes and Mitsuhoze river											
	Silver crucian carp				2012/4/17-2015/3/24 Kamaoka lake, Kizawa lake, Sotomakura lake and rivers flowing into these lakes and Mitsuhoze river (excluding farmed fish)						2015/7/18~ Tama pond, rivers flow into Tama pond and Tama river (including its branches)					
	Common carp															
	Japanese eel				2012/4/7~ Kamaoka lake, Kizawa lake, Sotomakura lake and rivers flowing into these lakes and Mitsuhoze river 2012/5/7-2014/7/13 Naka river (including its branches) 2012/11/12~ Tama river in Baraki prefecture (limiting lower reaches from Gotoj Okami, but including its branches and existing upper reaches from fish drainage pump station and fish recirculation reaches from Puyangou-Sekihi water pumping station, Yamaji river, Yodara lake and Yodara river)						2015/11/12~ Tama river in Chiba prefecture (limiting lower reaches from Gotoj Okami, but including its branches and existing upper reaches from fish drainage pump station and fish recirculation reaches from Puyangou-Sekihi water pumping station, Yamaji river, Yodara lake and Yodara river)					
Fishery product	Ayu sweetfish (excluding farmed fish)		2012/4/27~ Abukuma river (including its branches but excluding upper reaches from Shihigashira dam) 2013/6/27-2013/12/25 Shihohi river (upper reaches from Shirahata dam) of the Abukuma river (including its branches)	2012/4/17-2015/3/24 Kamaoka lake, Kizawa lake, Sotomakura lake, rivers flowing into these lakes, Mitsuhoze river												
	Cherry salmon (excluding farmed fish)		2012/4/20-2013/3/30 Abukuma river (including its branches but excluding upper reaches from Shihigashira dam)	2012/8/10-2013/1/23 Wafusa river in area of Aishi-machi, Niho-shi (including its branches and limiting lower reaches from Kashi river) 2012/4/27-2012/11/9 Usune river (including its branches) 2012/4/27-2012/6/20 Kumaba river (including its branches) and Monodai river (including its branches)	2012/8/10-2013/1/23 Wafusa river in area of Aishi-machi, Niho-shi (including its branches and limiting lower reaches from Kashi river) 2012/4/27-2012/11/9 Usune river (including its branches) 2012/4/27-2012/6/20 Kumaba river (including its branches) and Monodai river (including its branches)	2012/4/27~ Agatsuma river (including its branches, but limiting area from Iwashino bridge to TEPPO's Raku power plant Agatsumaru river water intake facility)										

Whitespotted char (excluding farmed fish)			2012/7/14~ 2012/8/9 Obuse river (including its branches)	Obuse river (including upper reaches from Otate dam and including its branches) and Hatori river (including upper reaches from Akaboshi waterfall and including its branches)																
			2012/9/24~	Sanmatsu river (including upper reaches from Karisawa dam (including its branches) and Minamimatsu river (including its branches) but excluding Higashimatsu river and its branches) and upper reaches from Sanmatsu No.1 dam)																
			2012/9/28~	Ed river (including upper reaches from Hirado dam and including its branches), Shimane river (including upper reaches from Aomori dam and including its branches)																
			2012/3/8~2013/9/28	Jihhama river (including upper reaches from Jihhama dam and including its branches) and Oishi river (including upper reaches from Kamihara dam and including its branches)						2012/6/20~2013/12/17	Waterase river in Tochigi prefecture (including area within Ashio-machi, Maki-shi and including its branches)									
			2012/12/9~	Hirasa river (including its branches)						2014/5/30~2015/6/23	Waterase river in Tochigi prefecture (including area within Ashio-machi, Maki-shi and including its branches)									
Japanese dace			2012/5/11~2013/3/10	Kiokawa river (including lower reaches from Shiohara dam and including its branches but excluding upper reaches from Jihhara dam, Jihhara dam, Osho dam, Sotayama dam, Tsunagi dam, Toyosawa dam and Hayashino dam)						2012/5/7~2013/1/23	Muro river (including its branches) and Maki river (including its branches) in Tochigi prefecture and linking to upper reaches from junction with Muro river (including its branches) but excluding upper reaches from Shibara dam and its branches)									
			2012/06/12~2014/7/31	Kasen river (including its branches)						2012/5/7~9/28	Oashi river (including its branches but excluding Aoi river and its branches)									
			2012/5/11~2014/8/23	Otsura river (including its branches)						2012/5/30~9/28	Arai river (including its branches)									
Deaf			2011/6/1~	Whole area (2011/6/28~)	Whole area (2011/7/28~)					2011/6/2~	Whole area (2011/6/28~)									
			2011/6/28~	Enoshima water which are managed based on abatement and inspection policy set by Iwate prefecture)	Enoshima water which are managed based on abatement and inspection policy set by Miyagi prefecture)					2011/6/2~	Whole area (2011/6/28~)									
Meat			2011/6/28~	Kakuro-shi, Marumori-machi, Yamagata-shi	2011/12/2~	2011/12/2~														
			2011/6/28~	Whole area (including areas above)	2011/12/2~	2011/12/2~				2011/12/2~	Whole area (2011/12/2~)									
			2012/9/10~	Whole area	2012/9/10~	2012/9/10~				2012/9/10~	Whole area									
		2012/7/28~	Whole area	2012/7/28~	2012/7/28~					2011/12/2~	Whole area									
		2012/10/28~	Whole area	2012/10/28~	2012/10/28~					2012/10/28~	Whole area									
Others																				

* Instructions still imposed are expressed in bold type.

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

As of 24 August 2016

Fukushima Prefecture		Restriction of consumption
Vegetable	Non-head type leafy vegetables, e.g. Spinach, Komatsuna	<i>2011/3/23~</i> <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, 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)
	2011/3/23~2013/3/29 Tamura-shi (limiting area within 20 km radius from the TEPCO's Fukushima Daiichi Nuclear Power Plant)	
	Head type leafy vegetables, e.g. Cabbage	<i>2011/3/23~</i> <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)
		2011/3/23~2013/3/29 Tamura-shi (limiting area within 20 km radius from the TEPCO's Fukushima Daiichi Nuclear Power Plant)
Flowerhead brassicas, e.g. Broccoli, Cauliflower	<i>2011/3/23~</i> <i>(excluding areas listed on the cells below)</i>	
	2011/3/23~4/27 Shirakawa-shi, Yabuki-machi, Nishigou-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)	
2011/3/23~2013/3/29 Tamura-shi (limiting area within 20 km radius from the TEPCO's Fukushima Daiichi Nuclear Power Plant)		
Log-grown shiitake (grown outdoor)	2011/4/13~ Iitate-mura	
Wild mushroom	2011/9/6~ <i>Tanagura-machi (limited to wild mushroom belonging to mycorrhizal fungi)</i>	
	2011/9/15~ Iwaki-shi, Tanagura-machi	
	2011/9/20~ Minamisoma-shi	
Fishery product	Japanese sand lance (juvenile)	2011/4/20~2012/6/22 Whole area
	Cherry salmon (excluding farmed fish)	2012/3/29~ Niida river (including its branches)
Meat	Boar meat	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
		2011/11/25~ Fukushima-shi, Nihonmatsu-shi, Date-shi, Motomiya-shi, Kori-machi, Kunimi-machi, Kawamata-machi, Otama-mura

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