

**PRESS RELEASE**

# **JAPAN'S FIRST AFRICA ZAMBIA FOOD FAIR STARTS IN FUCHU, TOKYO HOTEL**

August 1, 2016

Japan's first AFRICA ZAMBIA FOOD FAIR is being held at HOTEL CONTINENTAL FUCHU in the Tokyo suburb of Fuchu. From August 1 to August 30, the HOTEL CONTINENTAL will offer Japan a rare opportunity to taste traditional Zambian cuisine. The event is held with the cooperation of SAKURA HOUSE, as well as that of the Embassy of Zambia in Japan.

Zambia is a country in the southern section of Africa. It is famous for the being the home of the Victoria Falls, and its 17 national game/safari parks.

Zambian cuisine is known for its simplicity and high health value. The staple food, NSHIMA, is corn flour mixed with hot water over a stove, and is normally eaten with one's hands. The main dishes consist mainly of fresh water fish, chicken, beef, vegetables, legumes and pumpkin leaves, and seasoned with spices common in Zambia.

The HOTEL CONTINENTAL's restaurant FILLY will serve Zambian meals such as "Ifisashi, Sausage and Nshima," "Zambian Style Chicken Stew" and "Deep-Fried Sea Breams with Tomato Sauce" for lunch and dinner. The fair was planned by SAKURA HOUSE's CHIPALABWE MWENYA, who was born in Zambia.

The HOTEL CONTINENTAL FUCHU's AFRICA ZAMBIA FOOD FAIR, Japan's first, will be held from August 1 to August 31, 2016. The HOTEL CONTINENTAL is a two minute walk from FUCHU STATION on the KEIO LINE. FUCHU station is just 20 minutes by express train from SHINJUKU.

HOTEL CONTINENTAL FUCHU \*20 minutes from Shinjuku on the Keio Line

1-5-1 Fuchu-cho, Fuchu-shi, Tokyo

Tel: 042-333-7111 Fax: 042-333-7117

Lunch at the FILLY: 11:30 AM to 2:30 PM

Dinner at the FILLY: 5:00 PM to 9:30 PM

For more information about the ZAMBIAN FOOD FAIR, please contact:

Mr. CHIPALABWE MWENYA

SAKURA HOUSE

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## *About SAKURA HOUSE*

*SAKURA HOUSE is a Tokyo real estate agency providing furnished accommodations for students, interns, working professionals and vacationers from around the world who are going to, or are already in Japan. Apartments, share house rooms, vacation rental residences and dormitories in Tokyo and Kyoto. Web site: <http://www.sakura-house.com>*



*The Zambian Ambassador visits the HOTEL CONTINENTAL FUCHU in Fuchu, Tokyo*



*Zambian cuisine: Chicken Wings, Okras, Tomatos and Nshima*



*Fair Planner  
CHIPALABWE MWENYA*