

Grocery Shopping

in Kumamoto



Overview of Shops in Kumamoto



Youme Mart
Supermarket chain based in Kumamoto.



Drugstore Mori
Discount drugstore common in Western Japan with a small selection of affordable groceries.



KALDI
Nationwide coffee bean shop which carries a wide range of foreign food imports.



Cosmos
Discount drugstore with large frozen foods section and other fresh food comparable to Drugstore Mori.



AEON
Nationwide superstore with clothing and housewares sections.



Sendo Ichiba
Kumamoto. Specialises in fresh seafood and produce at affordable prices.



Hi Hirose
Western Japanese superstore chain, often paired with electronics, gardening and DIY departments.



Tsuruya
Department Store. B1F and B2F floors have top quality Japanese food products and gifts.
Tsuruya Land Marché in Shimotori specialises in foreign products.

Shopping Online

Southeast Asian (esp. Thai)	https://asia-superstore.com/
Chinese	https://chuka-ichiba24.com/
South Asian, Halal (ships from Tokyo)	http://www.baticrom.com/
Kaldi Online	http://kaldi-online.com/
American	http://www.fbcusa.com/
Costco (Resalers)	http://www.cc21.jp/
	https://hilomarket.com/

Reading Food Labelling



Source: <https://blog.gaijinpot.com/supermarkets-shopping-japan/>



Potential allergens contained in packaged foods are labelled in this way. The food with the label above contains wheat, soy and milk products.

Vocabulary

牛肉	Beef	国産	Product of Japan
馬肉	Horse	お酒	Alcohol
鶏肉	Chicken	小麦	Wheat
豚肉	Pork	賞味期限	Best before (generally safe to eat after)
乳	Dairy	消費期限	Expiration date (Not safe to eat after —except for eggs, which can be cooked after this date. Before this date eggs may be eaten raw.)

