

SHOPPING IN KUMAMOTO

These are the most common grocery chains you will find in Kumamoto. Some can also be found in other parts of Japan. Aeon and Youmetown/Youmemart are shopping centers with supermarkets inside.	    
These are technically drugstores but they have a good selection of dry and frozen food, with some fresh produce.	 
Import Stores are the best places to find foreign foods, although prices can be quite expensive.	  
Convenience stores are open 24/7 and carry a small selection of premade food, snacks and sometimes fresh produce.	   
¥100 stores a small selection of dry food and snacks.	 
Other Local shops/roadside stands Maruei In Fukuoka → 	   

SHOPPING ONLINE

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

There is also Amazon.com (.jp) for anything else you might want/need.

OTHER HELPFUL LINKS

<https://blog.gaijinpot.com/supermarkets-shopping-japan/>
<https://healthytokyo.com/blog/10-tips-grocery-shopping-japan/>
<https://savvytokyo.com/decoding-japanese-nutrition-labels/>
<http://justhungry.com/book/export/html/1376> (allergy and food premade chef cards)
<https://www.legalnomads.com/gluten-free/japan/>
<http://www.survivingnjapan.com/2012/07/allergy-friendly-food-in-japan.html>