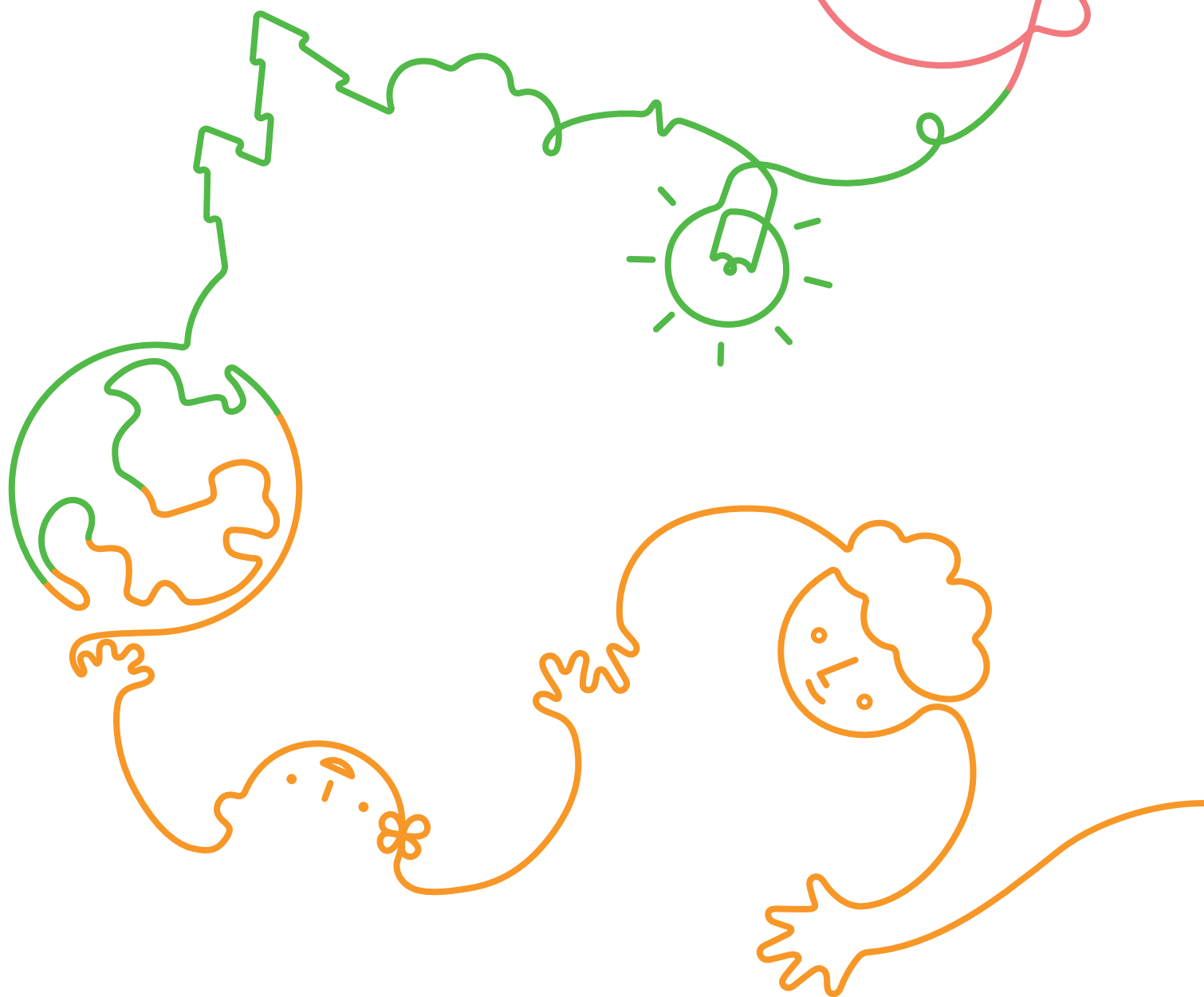


サステイナブルなひと、

生活クラブ



A Guide to the Seikatsu Club Group
2025



生活宣言 Brand Statement

Your lifestyle creates the future.

The way we live, the choice of what and how we produce and consume is linked to the future we create for the next generation.

That is why we choose a “sustainable lifestyle.”

Consumers and producers join hands as “living people” to create self-sufficient and recirculating mechanisms for food, energy, care and mutual aid.

We deepen our connections to enrich our familiar communities, spreading our connections far and wide.

We hold to our position of peaceful coexistence and the renunciation of war in all our activities.



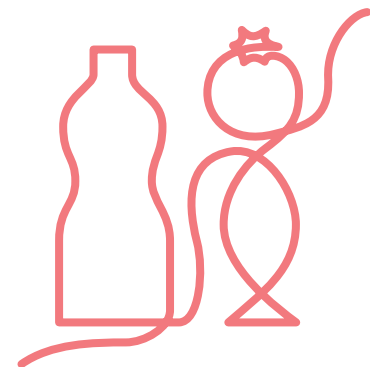
Produce, Use, Eat, Pass on Connecting Local SDGs

Aiming to build a sustainable society, Seikatsu Club is promoting “Connecting Local SDGs.” This is an initiative for communities to complement each other’s resource endowments to create a sustainable society by making the most of each other’s vitality and through recirculation and the effective use of the various renewable resources of each community (nature, materials, human resources, funds, etc.).



Food

Food



Food that has clear ingredients, production methods, and price

Seikatsu Club members develop and consume the food we need for our daily lives by working together with producers. As the goods developed in this way are not products made for profit, we call them “consumer materials.” This is not limited to the food itself; we are also making efforts to improve safety and reduce waste when producing food containers and packaging materials, as well as items for daily use.

The 10 Principles of Consumer Materials

- 1: We pursue safety
- 2: We do not accept genetically modified raw materials
- 3: We work to raise domestic self-sufficiency
- 4: We aim for fair and responsible procurement of raw materials
- 5: We cherish the original flavor of food ingredients
- 6: We work to reduce harmful chemicals
- 7: We actively implement the 3Rs and promote the further recycling of resources
- 8: We actively work to reduce emissions of greenhouse gasses
- 9: We proactively disclose information
- 10: We actively set our own unique standards and engage in autonomous management

Measures against GMOs

No use of suspicious ingredients

In 1997, Seikatsu Club made the decisions to “not handle GM crops or food as fundamental policy” and to “disclose full information in cases where GM ingredient use is unavoidable.” Our GMO countermeasures are shown in the order catalog.



GM crops are not used as raw materials, including for trace ingredients.



Management methods using separation have been completed to prevent GM admixture, including for trace ingredients.

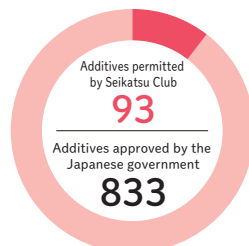


While we conduct separation to prevent GM admixture in main ingredients, unseparated raw materials are used, for example, in antioxidants (vitamins E and C) and in the alcohol used to extract flavorings.

Food additives

No use of anything unnecessary

Seikatsu Club has reduced the use of food additives under the fundamental policy of “no use of anything unnecessary” and “full disclosure of everything used.” Seikatsu Club has reduced additives to a mere 93, one-tenth of the 833 food additives approved for use by the Japanese government. (As of March 2024)



* Food additives used in Japan are classified into “designated additives,” “existing additives,” “natural fragrances,” and “general food and drink additives.” The 833 and 93 food additives above refer to “designated additives” and “existing additives.”

* As of March 2024

Countermeasures against radiation

No safe level

Seikatsu Club has set autonomous standards for radiation based on the thinking that “there is no threshold level of health effects from radiation.” Especially in the “Sukusuku Catalog,” which supports child-raising, all food items listed carry the autonomous standard of “not detected.” Thoroughgoing radiation measurement is carried out using six radiation detectors, including a germanium semiconductor detector, and the results are all disclosed on our website. Food items that exceed the autonomous standards are not distributed to members.

“Sustainable Production and Consumption” Facilitation System

A mechanism for improving consumer materials

Seikatsu Club members hold dialogs with producers to set various types of autonomous standards for producing consumer materials in areas such as agriculture, processed foods, and radiation. We are enhancing the quality of our consumer materials through activities such as visits to consumer materials production sites (Step-Up Inspections), where producers and members work together to check the degree of attainment of our autonomous standards.



Members inspecting a partner producer’s factory

Fair trade

Partnership and solidarity with overseas production areas

For foods that cannot be produced domestically, we are forming partnerships with overseas production areas, setting autonomous standards for the raw materials produced and ensuring traceability. We aim to raise quality and contribute to local societies by purchasing Vietnamese black pepper and ground coffee, Balangon bananas and Farmers Shrimps at appropriate prices. Members are also visiting the local production areas to deepen exchanges with the producers.



Visiting producers of rapeseed, the raw material for rapeseed oil (Australia)

Bio-support*

Food × Eating designs = A healthy diet

Seikatsu Club is attentive not only to food safety, but also actively proposes “eating designs” that are important for building a healthy body. Nutritional knowledge and cooking tips are published in the order catalogs and posted on our website. We are also disseminating information on techniques for making resourceful use of reasonably-priced food materials, such as the best way to prepare in-season food items and food preservation methods.

* “Bio-support” is a term coined by Seikatsu Club using the notion of “BIO” as both “life” and “bi” (“beauty” in Japanese), and with the meaning of supporting a healthy diet that overflows with vital energy.



“Bio-support ingredients set” – Seikatsu Club meal kits

Support for recovery

Mobilizing member power to support affected areas

Recovery from natural disasters requires sustained support. Seikatsu Club is providing continual support by increasing the use of consumer materials from disaster-affected producers. Our members also organize fundraising campaigns to support disaster recovery. Thyroid gland checkup activities for children affected by the 2011 Great East Japan Earthquake have now continued for more than ten years. Emergency relief supplies were also donated to the areas affected by the 2024 Noto Peninsula Earthquake and to the Shonai region in Yamagata Prefecture, which suffered damage in torrential rains.



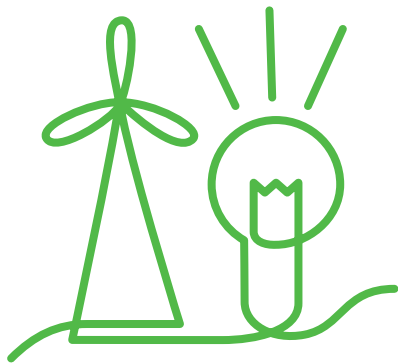
In the recovery from the torrential rain disaster in the Shonai region of Yamagata Prefecture, more than 130 members and staff helped clear away mud and debris.

Energy

Energy

A nuclear-free society through the collective purchase of renewable energy

Your energy choices will determine your lifestyle. Seikatsu Club is promoting the path to a nuclear-free society on the three pillars of “reducing” energy consumption, “producing” renewable energy, and “using” renewable energy.



Seikatsu Club's Seven Energy Principles

- 1 We will rely on energy conservation as a pillar of the activity.
- 2 We will build a nuclear-free society that reduces CO₂ emissions.
- 3 We will push forward a power generating business that makes contributions to the community and has consideration for the environment.
- 4 We will seek transparency in the price of the electricity and the mechanism of the electricity distribution.
- 5 We will raise our energy self-sufficiency by deepening our collaboration with the Seikatsu Club partner producing areas.
- 6 As ethical consumers, we will engage positively in the collective purchase of electricity generated by renewable sources.
- 7 We will take responsibility for the total process from production to waste disposal.

* Ethical consumers are consumers who wish to contribute to the resolution of social issues through consumer behavior such as selecting, purchasing and using products and services that have consideration for the environment and society, and people who engage in consumer activities from an ethical and moral stance that furthers an ecological and green way of life.

Reducing CO₂ emissions Reducing energy consumption

According to the Seikatsu Club Group CO₂ Emissions Reduction Autonomous Action Plan, we aim to cut total CO₂ emissions in 2030 by 40% (compared with the base year of FY2013).

We are reducing the energy used to produce containers for consumer materials by adopting the use of “reusable bottles” that are washed and used repeatedly. Milk bottle caps and plastic delivery bags for consumer materials also make use of recycled raw materials. These efforts to reduce container and packaging wastes are called the “GREEN System.”



Creating energy Producing renewable energy

Working toward a nuclear-free society and to generate renewable energy, Seikatsu Club is pushing forward with the construction not only of wind power facilities but also agriphotovoltaic solar generating stations and the installation of solar power generating facilities at distribution centers and depots (stores).

Cooperating with producers and citizens organizations, Seikatsu Club is also making active efforts to develop power sources such as small-scale hydropower, biomass, and geothermal energy.

- 1) Seikatsu Club wind turbine “Dream Wind”
- 2) Shonai-Yuza Solar Power Plant
- 3) Akan biomass generation



Collective Purchase of Electricity Using renewable energy

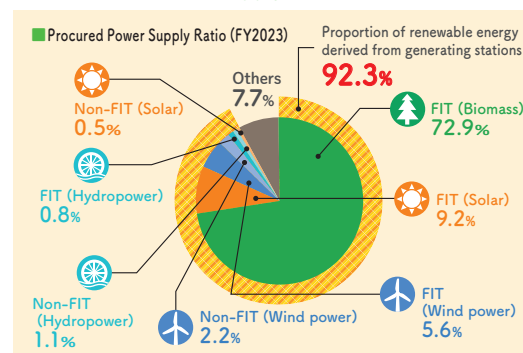
The collective purchase of electricity focusing on renewable energy is coordinated by Seikatsu Club Energy Co., Ltd., which supplies and sells electrical power. We disclose the actual performance of the components of the energy mix, solar power, wind power, etc., on the detailed statement to users each month as well as on our website.

Members are also involved in creating the power charge plans.

We have also established a “Seikatsu Club Natural Energy Fund,” to which members donate 5% of each month’s energy bill. The donations are used, for example, for natural energy development and energy conservation activities.



Procured Power Supply for first half of 2023



Care

Care

Participatory welfare and mutual aid – where human relations come alive

A sustainable society that has hope for the future is a society that is alive with flourishing human relations. Seikatsu Club has created mechanisms for diverse forms of mutual aid through coordination with social welfare corporations, workers’ collectives and NPOs to help people to live as they want to in the communities where they have always lived, whether they are elderly or have disabilities.



The Seikatsu Club eight principles for welfare and mutual support:

1. Diversity We aim for a society in which all people are recognized as equal individuals, sharing joy and happiness together.
2. Respect for dignity We will create communities where all can live a secure and humane life from birth until their final day.
3. A participatory society We will create participatory communities that see childcare, elderly nursing care and social isolation as everyone’s issues.
4. Humane and rewarding work We will create diverse forms of work and workplaces in which life and work are in harmony and that will enrich society.
5. Creating places to be, roles to perform We will promote places to be and roles to perform to enable everyone to spend time peacefully and enjoyably.
6. Parental care support We will work for child and parental support in the whole community to enable children to live with smiles on their faces.
7. Elderly nursing care support We will provide support to enable both people who give and who receive nursing care to live with a sense of security.
8. Support to prevent social isolation We will encourage independence by giving mutual support and ensuring that poverty and isolation are not overlooked.

Support for the elderly, for childcare, and for the disabled

Seikatsu Club is expanding its circle of mutual aid through various mechanisms. “Support for the Elderly,” which provides community-based welfare care, and “Childcare Support,” which provides community support that is matched to children’s individuality and growth, such as childcare squares and nursery schools. In addition, there is “Support for Persons with Disabilities,” which aims to help people with illnesses or disabilities to live in their local communities while receiving the support they need.

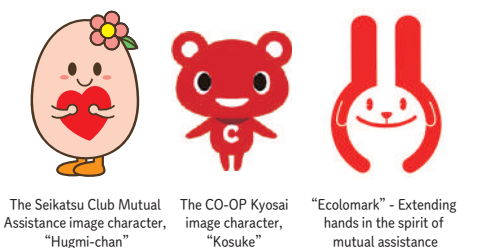


Support for the needy to become independent No one should face difficulties in daily life

With the help of local communities, we are working on businesses that support people facing difficulties in their daily lives, such as not being able to work even if they want to, or not having a place to live. In Tokyo and Chiba, we also provide services such as self-reliance support services, household expenses consultation services, and loan counseling services under contract from local governments. “Ofukuwake” (“Fortune Sharing”), a new Seikatsu Club mechanism for food banks, began in 2024. Consumer materials ordered by members are delivered to organizations providing food support in the communities.

Seikatsu Club Mutual Assistance Ecolo System Creating the security we need

Based on the concept of “We will create and change the coverage we need,” we have developed the Seikatsu Club Hagukumi mutual assistance mechanism. In addition, we are also working to provide “CO-OP Kyosai,” in which members provide mutual assistance. Further, Seikatsu Club has a system called the “Ecolo system,” which provides security against problems in daily life, theft of collectively purchased consumer materials, and injuries that members might sustain during Seikatsu Club activities.



Work

Work

Toward a society where everyone can work comfortably regardless of age or gender

In “workers collectives,” people’s relations do not consist of hiring or being hired; they are organizations where the workers themselves contribute the necessary funds and work together autonomously. In various regions, with our members as the core, we are creating work necessary for local communities, such as outsourcing work for Seikatsu Club; preparing and selling packed lunches, cooked food and bread; and providing nursing care and childcare.

We promote “workers’ collectives,” where each person is a manager and participates in the business as a worker.



History of Seikatsu Club

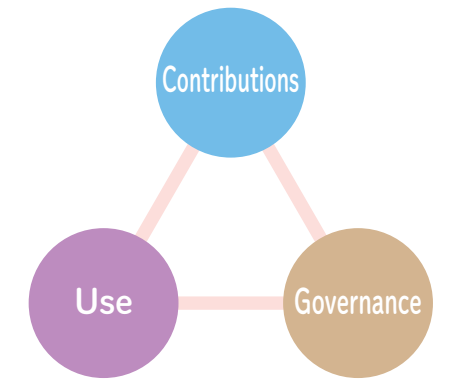
- 1965 (Fiscal Year) ▶ **"Seikatsu Club" formed. Joint purchase of milk begun.** 
- 1968 ▶ Seikatsu Club Consumers' Co-operative founded. Start of "Pre-order collective purchase by han."
- 1971 ▶ "Seikatsu to Jichi" first published as the official magazine of the Seikatsu Club. (Changed to a system of individual payment by members as an information magazine from 1981.)
- 1972 ▶ "Shinshu Miso" developed as the first Seikatsu Club original consumer material. ▶ Start of partner production of rice with Yuza Town Agricultural Co-operative, Yamagata Prefecture. ▶ Activities to develop Japan's first additive-free pork wieners with Hirata Farm.
- 1974 ▶ Start of direct purchase of pork by members' autonomous management.
- 1977 ▶ **Inauguration of the partner producers' organization "Seikatsu Club Shinseikai."** ▶ Handling of synthetic detergents ended, and serious initiation of the soap use movement. 
- 1979 ▶ **First milk factory under direct management of a Japanese consumers' co-operative completed in Chiba.**
- 1981 ▶ Seikatsu Club Movement thinktank "Social Movement Research Center" founded. (Restructured to become the "Civil Policy Research Institute" in 1996.)
- 1982 ▶ **Depot No.1 opened in Kanagawa.** 
- 1984 ▶ First workers' collective founded.
- 1986 ▶ Start of individual deliveries in Tokyo. (System of delivery directly to homes.) ▶ Chernobyl Nuclear Power Plant accident. Radiation standards set at one-tenth of the government standards, suspension of shipping of tea.
- 1987 ▶ Inauguration of members' mutual assistance "Ecolo System." ▶ First day service center "Seikatsu Rehabili" opened in Kawasaki City, Kanagawa Prefecture.
- 1988 ▶ Touched off by the deregulation of beef and orange imports, change in the sterilization temperature of milk was discussed and development activities for pasteurized milk (pasteurized at 72°C for 15 seconds) begun. 
- 1989 ▶ **Received the Right Livelihood Award (RLA), known as the alternative Nobel Prize.**
- 1990 ▶ Seikatsu Club Consumers' Co-operative Union founded.
- 1993 ▶ Rice supply panic due to cold summer damage overcome by partnership with producing areas followed by establishment of a Joint Development Rice Foundation.
- 1994 ▶ Start of "GREEN System" for bottle reuse.
- 1995 ▶ Received the "We the Peoples: 50 Communities Award" from the Friends of the United Nations to mark the 50th anniversary of the founding of the United Nations.
- 1997 ▶ **Confirmation of non-use of GMO crops and food.** ▶ Start of "participatory autonomous auditing."
- 1999 ▶ Development of ultra-lightweight milk bottle (which has received many awards including the Good Design Award). ▶ Promoted measures against endocrine disruptors in packaging materials. ▶ Signing of the sister co-operative agreements with Korea's Women Link Consumers' Co-op and Taiwan's Homemakers Union Consumers Co-op. 
- 2000 ▶ Implementation of the "Stop! GMO Declaration" joint campaign activities
- 2001 ▶ Mutual aid business begun with permission granted by the government. ▶ First "Citizens' Wind Turbine" (citizens' joint wind power generating station) completed in Hokkaido.
- 2002 ▶ GM rice commercialization blocked due to activities of "Stop! GM Rice Consumers' Co-operative Network."
- 2004 ▶ Start of activities for "rice-fed pigs," pork produced by feeding pigs feed rice. ▶ Introduction of the domestic chicken species "Harima".
- 2006 ▶ **Received Greenpeace Special True Food Award.**

- 2007 ▶ **R-bottle activities (bottle reuse network) received Minister of the Environment Award.** 
- 2008 ▶ Inauguration of "Yutoriro Club" project to participate in production labor.
- 2009 ▶ **Received Food Action Award 2009 for Excellence.** ▶ Seikatsu Club Consumers' Co-operative Union of Mutual Aid (SCCCUMA) founded.
- 2011 ▶ Support activities begun after the Great East Japan Earthquake on March 11. Thorough radiation testing begun from September.  ▶ Seikatsu Club wind turbine constructed at Nikaho City, Akita Prefecture.
- 2012 ▶ Autonomous radiation standards decided on in August.
- 2013 ▶ Start of Seikatsu Club Mutual Assistance Hagukumi.
- 2014 ▶ Start of Seikatsu Club "Bio-support" healthy eating designs. ▶ Founding of Seikatsu Club Energy Co., Ltd. aiming for the collective purchase of environment-friendly electric power.
- 2015 ▶ Adoption of the "Seikatsu (Daily Life) Declaration (Brand Statement)" and **サステイナブルなひと、生活クラブ** "10 Ways We Think & Act." Renewal of organizational logo and slogan. ▶ Renewal of order catalog. Publication of raw materials of processed foods. ▶ Renewal of packaging materials design. ▶ Start of Yoya Club. ▶ **Adoption of the 7 Principles for Energy.** ▶ Founding of the Seikatsu Club Security System Association. 
- 2016 ▶ Start of collective purchase of electric power. ▶ Conclusion of comprehensive partnership agreement with Shiojiri City, Nagano Prefecture. ▶ Signing of the sister co-operative agreements with Korea's Happy Consumer's Co-op and Taiwan's Homemakers Union Consumers Co-op. ▶ Adoption of Seikatsu Club Consumers' Co-operative Union Charter. ▶ **Adoption of the "8 Principles of Seikatsu Club Welfare and Mutual Aid."**
- 2017 ▶ Utilization of the Seikatsu Club Renewable Energy Fund begun.
- 2018 ▶ **Adoption of the 10 Principles of Consumer Materials.** Renewal and renaming of the Autonomous Management and Auditing System to the "Sustainable Consumption and Production" Facilitation System. ▶ **Received the Minister of the Environment Prize in the NPO group section of the 6th Good Life Award.** ▶ Award from the Minister of Health, Labour and Welfare on the 70th anniversary of the establishment of the Consumer Cooperatives Act. 
- 2019 ▶ Special Resolution on Basic Stance of not accepting genome-edited food. ▶ Shonai-Yuza Solar Power Plant began operation 
- 2020 ▶ **Adoption of the "Seikatsu Club 2030 Action Declaration."** ▶ **Announced the Climate Crisis Declaration**
- 2021 ▶ Promoted "Connect with the Future ♪ Energy Action!" in the run up to the revision of the Strategic Energy Plan, submitting 274,830 signatures. 
- 2022 ▶ Adopted the increase of the Seikatsu Club 2030 Action Declaration Priority Goals to 11. ▶ Start of mechanism with the theme of "Connecting Local SDGs." ▶ Founding of the Energy Business Federation ▶ **Won the Minister of the Environment Prize for Excellence in the 10th Good Life Awards.** 
- 2023 ▶ Opening of the "TOCHITO" base for relocation and exchange in Sakata City, Yamagata Prefecture. ▶ Won the 1st Sotokoto Well-being Award 2023.
- 2024 ▶ The frozen "Komusubi-chan" rice balls, developed by our members, won the Silver Award in the Kodomo Nikoniko category of the 2024 Gyutte Best Supporter Grand Award.

How Seikatsu Club Works

Seikatsu Club is a consumers' co-operative. In contrast to private companies, whose first goal is commercial gain, Seikatsu Club is founded on its members' "contributions," "use" and "governance."

Contributions	Use	Governance
Members contribute money to support Seikatsu Club activities and the collective purchase business. The contributions are put to work in the co-operative's activities and businesses.	All the members use the food items, goods for daily use, and services. We have established a mechanism by which the members create together the consumer materials they need for their daily lives through building relationships of trust with our producers.	A great many members participate in the governance of the Seikatsu Club. The members pool their thoughts on the product line, the contents of the catalog, and the governance mechanism itself in order to resolve problems.




Overview of the Seikatsu Club Consumers' Co-operative Union

Seikatsu Club Consumers' Co-operative Union (SCCCU) mainly performs systems management for the development, management, testing activities, and distribution of consumer materials. In association with this, we publish an order information magazine and PR materials for collective purchase. We also establish committees and projects managed by members of individual co-operatives on issues for which the entire group is making a collaborative effort and do our best to provide backup support.

<p>Founded March 12, 1990</p> <p>Name Seikatsu Club Consumers' Co-operative Union</p> <p>Address 6-24-20 Shinjuku, Shinjuku-ku, Tokyo, Japan 160-0022</p> <p>Contact details TEL: 03-5285-1771 FAX: 03-5285-1837 URL: https://seikatsuclub.coop/</p> <p>Representatives Offices Shinjuku Office: KDX Shinjuku 6-chome Building, 5, 6, 7 Floors, 6-24-20 Shinjuku, Shinjuku-ku, Tokyo, Japan 160-0022</p> <p>Seikatsu Club Hanno Delivery Center 34 Shimo-Kawasaki, Hanno City, Saitama Prefecture, Japan 357-0012 (TEL: 042-983-8000)</p> <p>Seikatsu Club Consumers' Co-operative Union Testing Lab 2F, 1-18 Oroshicho, Minuma-ku, Saitama City, Saitama Prefecture, Japan 337-0004 (TEL: 048-682-3500)</p> <p>Members (33 consumers' co-operatives and one co-operative union)</p>	<p>Chairperson: Shoichi Murakami Executive Director: Nobuhiro Yagishita (as of April 2025)</p> <p>● Seikatsu Club (Tokyo) ● 23 Ward South Seikatsu Club ● North Tokyo Seikatsu Club ● Tama North Seikatsu Club ● Tama South Seikatsu Club ● Seikatsu Club (Kanagawa) ● Yokohama North Seikatsu Club ● Yokohama South Seikatsu Club ● Kawasaki Seikatsu Club ● Shonan Seikatsu Club ● Sagami Seikatsu Club ● Fukushi Club (Kanagawa) ● Seikatsu Club (Saitama) ● Seikatsu Club (Chiba) ● Seikatsu Club (Nagano) ● Seikatsu Club (Hokkaido) ● Seikatsu Club (Ibaraki) ● Seikatsu Club (Yamanashi) ● Seikatsu Club (Iwate) ● Seikatsu Club (Shizuoka) ● Seikatsu Club (Aichi) ● Seikatsu Club (Tochigi) ● Seikatsu Club (Aomori) ● Seikatsu Club (Yamagata) ● Seikatsu Club (Gunma) ● Seikatsu Club (Fukushima) ● Seikatsu Club (Osaka) ● Seikatsu Club Kyoto L-Co-op (Kyoto) ● Seikatsu Club (Nara) ● Seikatsu Club (Shiga) ● S-Co-op Osaka (Osaka) ● Seikatsu Club Toshi Seikatsu (Hyogo) ● Seikatsu Club Shonai (Yamagata) ● Seikatsu Club Consumers' Co-operative Union of Mutual Aid</p>	<p>Seikatsu Club Consumers' Co-operative Union website</p> 
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Overview of Seikatsu Club Consumers' Co-operative Union of Mutual Aid (SCCCUMA)

Seikatsu Club Consumers' Co-operative Union of Mutual Aid (SCCCUMA) is promoting mutual aid business, the mechanism of mutual aid among the co-operative members, and includes the Seikatsu Club's own co-operative insurance "Seikatsu Club Mutual Assistance Hagukumi," the CO-OP Insurance (joint underwriting with the Japan CO-OP Insurance Consumers' Co-operative Federation), and others. In addition to the insurance agency business, we also create opportunities for welfare activity support and information exchanges for member Seikatsu Clubs and carry out educational work such as life-plan courses.

<p>Founded October 29, 2009</p> <p>Name Seikatsu Club Consumers' Co-operative Union of Mutual Aid (SCCCUMA)</p> <p>Address B1F, 6-24-20, Shinjuku, Shinjuku-ku, Tokyo, Japan 160-0022</p> <p>Contact details TEL: 03-5285-1865 FAX: 03-5285-1864 URL: https://seikatsuclub-kyosai.coop/</p> <p>Chairperson: Shoichi Murakami Executive Director: Yasuhisa Ishii (as of April 2025)</p>	<p>Seikatsu Club Consumers' Co-operative Union of Mutual Aid website</p> 
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Independent Seikatsu Clubs are active in each region

The 33 Seikatsu Club Consumers' Co-operatives in 21 prefectures, together with the Seikatsu Club Consumers' Co-operative Union of Mutual Aid (SCCCUMA), form the Seikatsu Club Consumers' Co-operative Union (SCCCU). There are roughly 420,000 members and related and associated companies, such as a milk factory and a transport company, in various regions. Each of the regional Seikatsu Clubs carry out their own independent management and activities.

- 29 Seikatsu Club (Osaka)
- 30 S-Co-op (Osaka)
- 31 Toshi Seikatsu (Hyogo)
- 32 Seikatsu Club (Nara)
- 33 Seikatsu Club Shonai (Yamagata)
- 34 Seikatsu Club Consumers' Co-operative Union of Mutual Aid

- 22 Fukushi Club (Kanagawa)
- 23 Seikatsu Club (Nagano)
- 24 Seikatsu Club (Yamanashi)
- 25 Seikatsu Club (Shizuoka)
- 26 Seikatsu Club (Aichi)
- 27 Seikatsu Club (Shiga)
- 28 Seikatsu Club Kyoto L-Co-op

- 1 Seikatsu Club (Hokkaido)
- 2 Seikatsu Club (Aomori)
- 3 Seikatsu Club (Iwate)
- 4 Seikatsu Club (Yamagata)
- 5 Seikatsu Club (Fukushima)
- 6 Seikatsu Club (Ibaraki)
- 7 Seikatsu Club (Tochigi)
- 8 Seikatsu Club (Gunma)
- 9 Seikatsu Club (Saitama)
* 3 depots
- 10 Seikatsu Club (Chiba)
* 9 depots
- 11 Seikatsu Club (Tokyo)
 - 12 23 Ward South Seikatsu Club
 - 13 North Tokyo Seikatsu Club
 - 14 Tama North Seikatsu Club
 - 15 Tama South Seikatsu Club
 * 10 depots
- 16 Seikatsu Club (Kanagawa)
 - 17 Yokohama North Seikatsu Club
 - 18 Yokohama South Seikatsu Club
 - 19 Kawasaki Seikatsu Club
 - 20 Shonan Seikatsu Club
 - 21 Sagami Seikatsu Club
 * 22 depots

生活クラブ
2030
行動宣言

As we move toward 2030, we uphold the 11 Priority Goals as set out in the Seikatsu Club 2030 Action Declaration. Our members and producers, along with everyone involved with Seikatsu Club, are carrying out activities that go even beyond this through the principles of the SDGs.



For further details, please see the official websites of each of the regional Seikatsu Clubs