

Member Spotlight



The graphic features a green and white color scheme with a background of stylized green leaves. At the top left is a logo of a stylized plant. The title 'Scottish Alliance for Food: Member Spotlight' is in green. Below it, a dark green box contains the name and title of Dr Saeko Yazaki. A text box describes her research interests. To the right is a portrait of Dr Saeko Yazaki. At the bottom left is a small green box with the word 'Academia'.

Scottish Alliance for Food: Member Spotlight

**Dr Saeko Yazaki, Lecturer in Religious Studies,
University of Glasgow**

Saeko's interests are concerned with mystical and epistemological dimensions of religion. Her work explores cross-cultural interactions, in particular Japanese traditions in Western societies, and Jewish-Muslim relations. Saeko is currently pursuing a study of sustainability issues using the Japanese ethical traditions of 'Mottainai', a concept concerned with valuing and maximising the potential of resources.

Academia



[Dr Saeko Yazaki](#) is a Lecturer in Religious Studies at the University of Glasgow with interests concerned with mystical and epistemological dimensions of religion. Her work explores cross-cultural interactions, particularly Japanese traditions in Western societies, and Jewish-Muslim relations.

Saeko is a Food Consciousness Instructor with the Institute of Food Consciousness in Japan and is pursuing a study of sustainability issues, using Japanese ethical traditions of 'Mottainai' as sustainable environmental practice in food and clothing. 'Mottainai' is a Japanese term that has gained international currency among environmentalists and provided a rallying call for a more sustainable lifestyle. A traditional ethical concept, often translated as 'What a waste!', it has a deeper meaning concerned with valuing and maximising the potential of resources. Japanese food culture is deeply embedded in the Way of Mottainai, but its relevance is universal, as it can raise and/or increase consciousness of the value of food and act as a counter to the throwaway mentality by offering alternative inspiration for a sustainable lifestyle.

Saeko believes that collaborative work brings several benefits. With [Dr Ada Garcia](#) (Public Health Nutrition), she organises workshops related to food consciousness and Japanese culinary practice. By combining their different areas of expertise and experiences, their work can reach more diverse communities and has made a more profound impact.

Check out Dr Saeko Yazaki's work on food consciousness and Japanese culinary practice with Dr Ada Garcia [here](#).