



GUIDE TO BUYING FOREIGN FOOD

The links in these documents contain information to make your life in Hokkaido easier and more enjoyable. Access each link and add it to your favourites list.

Firstly welcome to Hokkaido, land of fresh, delicious vegetables!

Now, if in your pantry all you have is a tin of something weird (no-one knows what it is, that's why it's still there!!) and nothing much else that can tempt you, that's where this guide comes in handy.

You can get lots of FOREIGN food in and around, well maybe not out there in *inaka-ville*, but certainly in Sapporo and you know that you'll be here on occasion so bring an extra bag and stock up!

Jupiter

Located in the basement of the Esta building at Sapporo Eki and also in Shin-Sapporo Eki, Jupiter offers coffee and treats from many different lands. If you're yearning for some Tim Tams (and who isn't), Haribo or (insert American food here) Jupiter is a good bet. They stock a good selection of ingredients for cooking, such as coconut milk, oatmeal, desiccated coconut, lasagne sheets and flour.

Yes, it will cost more than you're used to, but it is not too expensive. The choice is yours - pay up or miss out! - *the first two shops listed on their website are Shin-Sapporo and Sapporo.*

Kaldi Farm

Several locations in Hokkaido. Check your large Ario Mall for Kaldi. They do Coffee and Tea but also a selection of imported foods. There is a Kaldi in Asahikawa, and one in Ario near the Sapporo Beir Garten (Beer Garden).

Costco

Costco for those non-North Americans out there (*Hi and welcome, you're not alone!*) is a warehouse style shopping experience. It costs 4200円 to join for a year. Costco stocks both Foreign and Japanese food.

Most of the goods are in larger quantities than you will see at your local Co-op so remember how big your fridge and freezer are before you get carried away or prepare to buy a big new one there! You can buy furniture, computers, clothes and cleaning stuff there too. As a member you are entitled to take two guests in with you but all the items must be purchased together (no separate bills). Get together a posse, an empty car and fistful of yen and you're set.

Costco has its own food outlet which sells big pizza and hot dogs like you will generally not see in Japan outside your dreams, so be sure to time your visit for a snack or two.

Carrot

Located in Shin-Sapporo and Chitose, *Carrot* is a restaurant supply store that has lots of little goodies to make you smile. Particular favourite of mine is Kalamata Olives. Again, many of the items are in larger quantities for supply to restaurants.

Department Stores

Most of the big *depato* will have a basement food floor that can set you up with what you like and this may even include foreign foods. *Tokyu, Mitsukoshi, Seibu* and *Robinsons* to name a few. Also some of these depato have fabulous cake sections and are worth going for a look or taking your visitors too.

Anew

If you're some kind of health nut then Anew is for you! They stock the usual health store supplies such as organic this and free-range tofu that. They are apparently located all around but I only know the one in Ebestu on route 12 next to KFC.

Don Quixote

Located in Tanuki-koji in the Odori area of Sapporo, they often have foreign foods available. Check out the second floor to the rear away from the escalators. Shopping here is time consuming due to the sheer volume of stuff they stock.

ONLINE SHOPPING

[Flying Pig](#)

Online store that apparently gets its stuff from Costco *but*, it's delivered to your door!

[Britsbuy](#)

If your desperate for some PG tips or have a hankering for some Quavers, but sadly no Jacobs club biscuits!! I thought this site expensive for shipping, but if you really need some Jaffa Cakes...

[Foreign Buyer's Club](#)

They ship items from their Kobe store or directly from the U.S.

[Indojin](#)

Indian goods for all your subcontinent needs and wants. Stock a range of ready to cook/eat and Indian groceries.

As always, the official [hajet/forum](#) is where you will find all the answers to any questions you may have regarding life in Hokkaido.

HAJET kindly asks you to use paper wisely and only print this document if you really, really must. LOVE HOKKAIDO, LOVE THE ENVIRONMENT!

USEFUL RESOURCES

JNTO	www.jnto.go.jp
Japan Visitor	www.japanvisitor.com
Jupiter Coffee	www.jupiter-coffee.com
Kaldi Farm	www.kaldi.co.jp
Costco	www.costco.co.jp
Anew	www.anew.co.jp
The Flying Pig	www.theflyingpig.com
Brits Buy	www.britsbuy.com
Foreign Buyer's Club	www.fbcusa.com
Indojin	www.indojin.com

Hokkaido Association of Japan Exchange and Teaching
www.hajet.org