

Finding Food and Essential Supplies When You Need Help

Practical guidance and communication phrases for Korea and Japan | English · Japanese · Korean

LANGLOBE · 2026

Reference checked: 16 October 2026. Historical reference; not continuously updated. Confirm current eligibility and service availability with the provider.

Two different ways to find help

In Korea

The national Korea Foodbank guidance directs prospective users to consult the local government office (such as the local community service centre) about whether they can receive support. People selected for the programme use a local foodbank or food market. A location shown on a map is not itself a guarantee of immediate direct distribution.

Practical starting points: ask your local 읍·면·동 행정복지센터 (community service centre) about 기부식품등 제공사업, nearby 푸드뱅크/푸드마켓, and any urgent alternative. Where a sudden loss of income or another crisis has made basic living difficult, ask whether 긴급복지지원 should be considered; eligibility and scope require official confirmation.

In Japan

Food banks, food pantries, child-focused meal activities and municipal support agencies are not one uniform intake system. Some food banks distribute through welfare organisations rather than directly to individuals. The Ministry of Agriculture, Forestry and Fisheries maintains food-access information and a published list of participating food-bank organisations, but listing does not establish a right to collect food.

If you are uncertain whom to contact, ask your municipality for the 生活困窮者自立相談支援機関 (せいかつこんきゅうしゃじりつそうだんしえんきかん), which helps assess broader living difficulties and connect appropriate services. Ask explicitly whether food assistance is available and whether it can be provided promptly; consultation does not automatically mean food provision.

Ready-to-use expressions: English → Japanese → Korean

These are independent model phrases, not transcripts of official calls. The Japanese reading in parentheses helps learners with difficult terms. Adapt names, addresses and circumstances before using.

01 I do not have enough food for today. Is any support available immediately?

日本語 今日食べる物が足りません。すぐに受けられる支援(しえん)はありますか。

한국어 오늘 먹을 음식이 부족합니다. 바로 받을 수 있는 지원이 있나요?

02 I can wait for an assessment, but I also need to know where I can get food today.

日本語 審査(しんさ)は待てますが、今日食べ物を入手できる場所も教えてください。

한국어 심사는 기다릴 수 있지만 오늘 음식을 구할 수 있는 곳도 알고 싶습니다.

03 Do I need a referral or an appointment before visiting?

日本語 訪問(ほうもん)する前に紹介(しょうかい)や予約(よやく)が必要ですか。

한국어 방문 전에 의뢰서나 예약이 필요한가요?

04 Can I ask about eligibility before bringing identity documents?

日本語 本人確認書類（ほんにんかくにんしょうい）を持参する前に、利用条件（りようじょうけん）を確認できますか。

한국어 신분증을 가져오기 전에 이용 요건부터 확인할 수 있나요?

05 I cannot travel to the collection point. Is another arrangement possible?

日本語 受取場所（うけとりばしょ）まで行けません。ほかの受取方法がありますか。

한국어 배부 장소까지 이동할 수 없습니다. 다른 수령 방법이 있나요?

06 I do not have a place to cook or refrigerate food.

日本語 調理（ちょうり）や冷蔵（れいぞう）ができる場所がありません。

한국어 조리하거나 냉장 보관할 장소가 없습니다.

07 Is the food suitable for someone with this allergy?

日本語 このアレルギーがある人でも食べられる食品ですか。

한국어 이 알레르기가 있는 사람도 먹을 수 있는 식품인가요?

08 I am caring for a child or another person. Can you explain support for the whole household?

日本語 子どもや家族の介護（かいご）をしています。世帯（せたい）全体への支援を教えてください。

한국어 아이나 가족을 돌보고 있습니다. 가구 전체에 대한 지원을 알려주세요.

09 Can I receive the instructions in writing or with interpretation?

日本語 案内（あんない）を書面（しょめん）でいただくか、通訳（つうやく）をお願いできますか。

한국어 안내를 서면으로 받거나 통역을 요청할 수 있을까요?

10 If you cannot help today, which service should I contact next?

日本語 今日対応（たいおう）が難しい場合、次にどこへ相談すればよいですか。

한국어 오늘 지원이 어렵다면 다음에 어디에 문의해야 하나요?

11 Please do not contact another member of my household without asking me first.

日本語 私に確認せず、同居人（どうきょにん）へ連絡しないでください。

한국어 제게 먼저 확인하지 않고 동거인에게 연락하지 말아 주세요.

12 When will I know the result, and how will you contact me?

日本語 結果（けっか）はいつ、どの方法で連絡されますか。

한국어 결과를 언제 어떤 방법으로 알려주시나요?

13 Do I have to pay any fee, or is this service free?

日本語 利用料金（りようりょうきん）はかかりますか。それとも無料（むりょう）ですか。

한국어 이용료가 있나요, 아니면 무료인가요?

14 Could you write down the name of the service and the next step?

日本語 窓口名（まどぐちめい）と次にすることを書いていただけますか。

한국어 담당 기관 이름과 다음에 할 일을 적어 주실 수 있나요?

15 Is there assistance for people who cannot shop even if they have some money?

日本語 お金が多少あっても買い物に行けない人への支援はありますか。

한국어 돈이 조금 있어도 장을 보러 갈 수 없는 사람을 위한 지원이 있나요?

Short request message

Subject: Request for food support or referral

Hello, I am currently having difficulty obtaining enough food in [area]. I need support for [number] person(s), and the situation is [urgent / not urgent]. I would like to know whether I can use a food assistance service, what documents are required, and whether [delivery / interpretation / ready-to-eat food] is available. If your organisation cannot assist, could you refer me to an appropriate service? Thank you.

日本語: [地域]で食料の確保（かくほ）が難しく、[人数]人分の支援について相談したいです。利用条件（りようじょうけん）、必要書類（ひつようしょるい）、[配達／通訳／調理不要の食品]の対応可否を教えてください。対応が難しい場合は、相談先をご案内いただけますか。

한국어: [지역]에서 식료품을 구하기 어려워 [인원]명에 대한 지원을 문의드립니다. 이용 요건, 필요 서류, [배송/통역/조리가 필요 없는 식품] 제공 가능 여부를 알려 주시기 바랍니다. 지원이 어렵다면 문의할 다른 기관을 안내해 주실 수 있을까요?

Common misconceptions to avoid

A food-bank listing is not a promise of direct distribution or current stock. An appointment for general welfare consultation is not necessarily an appointment to receive food. A programme described as free may still have eligibility and registration conditions. Support eligibility for citizens, foreign residents and temporary visitors can differ; do not assume inclusion or exclusion without checking the relevant provider.

Official sources and scope

Korea Foodbank — How to use

<https://www.foodbank1377.org/guide/useInfo.do>

MOHW — Emergency welfare support (background)

https://www.mohw.go.kr/board.es?act=view&bid=0027&list_no=1479136&mid=a10503010100

Japan MAFF — Food access and food bank directory

<https://www.maff.go.jp/j/syouan/access/>

Japan MHLW — Self-reliance support for people facing hardship

<https://www.mhlw.go.jp/stf/seisakunitsuite/bunya/0000059425.html>

Sources accessed 16 October 2026. The guidance and model phrases are not official translations or guarantees of entitlement. Programme availability, document requirements and hours can change. For an acute medical emergency or immediate danger, contact the appropriate emergency service instead of waiting for food-aid screening.