

# Home-Cooked Meals Aren't Killing Mother Earth

*Food and Wine* magazine, when I cook a big meal for my family, I'm not just offering nourishment and fostering important domestic traditions (and, according to studies on childhood obesity, improving my child's chances of staying at a healthy weight), I'm "wasting money and destroying the environment."

this one for a meatloaf that serves twenty. That's not a meat loaf, that's a meat couch.

published an interview with food writer Michael Pollan about his new Netflix series *Cooked*, which is based on his 2013 book of the same title. Pollan is trying hard to demystify cooking while encouraging people to get back to the kitchen. About cooking, Pollan told *Food and Wine*:

*We've been brainwashed to think of [cooking] as drudgery... The story I'm telling is a very simple story... Which is: Look how valuable [cooking] is. Look how interesting it is. Look how pleasurable it can be.*

Food and Wine's positions on cooking. Should I or shouldn't I?

Food and Wine writer Mike Pomranz has a sense of humor. After breaking the grim news that I and other kitchen dwellers hate the earth, he offered a "shout out to ambivalent and absentee mothers everywhere!" Evidently these women "get it": they neglect their kids' meals and yet they are the real earth mothers!

movie is a new study published in the *Journal of Food Products Marketing* (whatever that is), titled "Wasted Positive Intentions: The Role of Affection and Abundance on Household

Food Waste.” Pomranz offers this summary:

*As many can probably relate to, the research found that mothers (or, more broadly, caregivers) often like to serve large meals to show affection for their family. Families who have faced food insecurity in the past are more likely to keep extra food on hand. But having more food also led to more waste, which not only has the much discussed global impact, but also a personal financial impact: wasting \$371 on average per person in the US per year.*