

COMBAT-READY KITCHEN

How the U.S. Military
Shapes the Way You Eat



ANASTACIA MARX DE SALCEDO

Combat Ready Kitchen How The Us Military Shapes The Way You Eat

Alyshia Gálvez



Combat Ready Kitchen How The Us Military Shapes The Way You Eat:

Combat-Ready Kitchen Anastacia Marx de Salcedo,2015-08-04 Americans eat more processed foods than anyone else in the world We also spend more on military research These two seemingly unrelated facts are inextricably linked If you ever wondered how ready to eat foods infiltrated your kitchen you ll love this entertaining romp through the secret military history of practically everything you buy at the supermarket In a nondescript Boston suburb in a handful of low buildings buffered by trees and a lake a group of men and women spend their days researching testing tasting and producing the foods that form the bedrock of the American diet If you stumbled into the facility you might think the technicians dressed in lab coats and the shiny kitchen equipment belonged to one of the giant food conglomerates responsible for your favorite brand of frozen pizza or microwavable breakfast burritos So you d be surprised to learn that you ve just entered the U S Army Natick Soldier Systems Center ground zero for the processed food industry Ever since Napoleon armies have sought better ways to preserve store and transport food for battle As part of this quest although most people don t realize it the U S military spearheaded the invention of energy bars restructured meat extended life bread instant coffee and much more But there s been an insidious mission creep because the military enlisted industry huge corporations such as ADM ConAgra General Mills Hershey Hormel Mars Nabisco Reynolds Smithfield Swift Tyson and Unilever to help develop and manufacture food for soldiers on the front line over the years combat rations or the key technologies used in engineering them have ended up dominating grocery store shelves and refrigerator cases TV dinners the cheese powder in snack foods cling wrap The list is almost endless Now food writer Anastacia Marx de Salcedo scrutinizes the world of processed food and its long relationship with the military unveiling the twists turns successes failures and products that have found their way from the armed forces and contractors laboratories into our kitchens In developing these rations the army was looking for some of the very same qualities as we do in our hectic fast paced twenty first century lives portability ease of preparation extended shelf life at room temperature affordability and appeal to even the least adventurous eaters In other words the military has us chowing down like special ops What is the effect of such a diet eaten as it is by soldiers and most consumers day in and day out year after year We don t really know We re the guinea pigs in a giant public health experiment one in which science and technology at the beck and call of the military have taken over our kitchens

The Midcentury Kitchen Sarah Archer,2019-05-07 A refreshing retro kitchen history Florence Fabricant The New York Times Nearly everyone alive today has experienced cozy welcoming kitchens packed with conveniences that we now take for granted Sarah Archer in this delightful romp through a simpler time shows us how the prosperity of the 1950s kicked off the technological and design ideals of today s kitchen In fact while contemporary appliances might look a little different and work a little better than those of the 1950s the midcentury kitchen has yet to be improved upon During the optimistic consumerism of midcentury America when families were ready to put their newfound prosperity on display companies from General Electric to Pyrex to Betty Crocker were

there to usher them into a new era Counter heights were standardized appliances were designed in fashionable colors and convenience foods took over families plates With archival photographs advertisements magazine pages and movie stills *The Midcentury Kitchen* captures the spirit of an era and a room where anything seemed possible [Military Review](#) ,2016

From War Room to Living Room Tish Davidson,Scott Davidson,2024-10-17 The military s focus on innovation and problem solving has led to the creation of numerous items and technologies that have transcended the battlefield and become commonplace in our daily lives This accessible reference volume explores 46 of these innovations from duct tape to microwaves focusing on the people and events that made each possible Entries follow a standardized format that covers both the development and initial military applications of each innovation as well as its transition into civilian life Readers will gain a better understanding of the challenges military leaders have faced for hundreds of years that have spurred these innovations from keeping tabs on enemy movements to keeping soldiers healthy and well fed Each entry also explores the historical antecedents of the innovation helping readers contextualize the evolution of objects and ideas A carefully curated list of further readings rounds out each entry pointing readers toward additional resources for more in depth study For readers wishing to focus on a particular category of innovation a thematic list of entries at the beginning of the volume will help them narrow their search [Professional Journal of the United States Army](#) ,2016 [US History in 15 Foods](#) Anna Zeide,2023-01-12 From whiskey in the American Revolution to Spam in WWII food reveals a great deal about the society in which it exists Selecting 15 foods that represent key moments in the history of the United States this book takes readers from before European colonization to the present narrating major turning points along the way with food as a guide *US History in 15 Foods* takes everyday items like wheat bread peanuts and chicken nuggets and shows the part they played in the making of America What did the British colonists think about the corn they observed Indigenous people growing How are oranges connected to Roosevelt s New Deal And what can green bean casserole tell us about gender roles in the mid 20th century Weaving food into colonialism globalization racism economic depression environmental change and more Anna Zeide shows how America has evolved through the food it eats **Acquired Tastes** Benjamin R. Cohen,Michael S. Kideckel,Anna Zeide,2021-08-17 How modern food helped make modern society between 1870 and 1930 stories of power and food from bananas and beer to bread and fake meat The modern way of eating our taste for food that is processed packaged and advertised has its roots as far back as the 1870s Many food writers trace our eating habits to World War II but this book shows that our current food system began to coalesce much earlier Modern food came from and helped to create a society based on racial hierarchies colonization and global integration *Acquired Tastes* explores these themes through a series of moments in food history stories of bread beer sugar canned food cereal bananas and more that shaped how we think about food today Contributors consider the displacement of native peoples for agricultural development the invention of Pilsner the first international beer style the long con of gilded sugar and corn syrup Josephine Baker s banana skirt and the rise of

celebrity tastemakers and faith in institutions and experts who produced among other things food rankings and fake meat

Meat Makes People Powerful Wilson J. Warren, 2018-02-15 From large scale cattle farming to water pollution meat more than any other food has had an enormous impact on our environment Historically Americans have been among the most avid meat eaters in the world but long before that meat was not even considered a key ingredient in most civilizations diets Labor historian Wilson Warren who has studied the meat industry for more than a decade provides this global history of meat to help us understand how it entered the daily diet and at what costs and benefits to society Spanning from the nineteenth century to current and future trends Warren walks us through the economic theory of food the discovery of protein the Japanese eugenics debate around meat and the environmental impact of livestock among other topics Through his comprehensive multifaceted research he provides readers with the political economic social and cultural factors behind meat consumption over the last two centuries With a special focus on East Asia **Meat Makes People Powerful** reveals how national governments regulated and oversaw meat production helping transform virtually vegetarian cultures into major meat consumers at record speed As more and more Americans pay attention to the sources of the meat they consume Warren's compelling study will help them not only better understand the industry but also make more informed personal choices Providing an international perspective that will appeal to scholars and nutritionists alike this timely examination will forever change the way you see the food on your plate

Shopping All the Way to the Woods Rachel S. Gross, 2024-03-26 A fascinating history of the profitable paradox of the American outdoor experience visiting nature first requires shopping No escape to nature is complete without a trip to an outdoor recreational store or a browse through online offerings This is the irony of the American outdoor experience visiting wild spaces supposedly untouched by capitalism first requires shopping With consumers spending billions of dollars on clothing and equipment each year as they seek out nature the American outdoor sector grew over the past 150 years from a small collection of outfitters to an industry contributing more than 2 percent of the nation's economic output Rachel S Gross argues that this success was predicated not just on creating functional equipment but also on selling an authentic anticommercial outdoor identity In other words shopping for the woods was also about being or becoming the right kind of person Demonstrating that outdoor culture is commercial culture Gross examines Americans journey toward outdoor expertise by tracing the development of the nascent outdoor goods industry the influence of World War II on its growth and the boom years of outdoor businesses

Eat Like a Pig, Run Like a Horse Anastacia Marx de Salcedo, 2022-07-05 There is no magic pill There is no perfect diet Could it be that our underlying assumption that what we're eating is making us fat and sick is just plain wrong To address the rapid rise of lifestyle diseases like diabetes and heart disease scientists have conducted a whopping 500 000 studies of diet and another 300 000 of obesity Journalists have written close to 250 million news articles combined about these topics Yet nothing seems to halt the epidemic Anastacia Marx de Salcedo's **Eat Like a Pig Run Like a Horse** looks not just to data driven science but to animals

and the natural world around us for a new approach What she finds will transform the national debate about the root causes of our most pervasive diseases and offer hope of dramatically reducing the number who suffer no matter what they eat It all began with her own medical miracle she has multiple sclerosis but has discovered that daily exercise was key to keeping it from progressing And now new research backs up her own experience This revelation prompted Marx de Salcedo to ask what would happen if people with lifestyle illnesses put physical activity front and center in their daily lives *Eat Like a Pig Run Like a Horse* takes us on a fascinating journey that weaves together true confessions mad ish scientists and beguiling animal stories Marx de Salcedo shows that we need to move beyond our current diet focused model to a new dynamic concept of metabolism as regulated by exercise Suddenly the answer to good health is almost embarrassingly simple Don t worry about what you eat Worry about how much you move In a few years time adhering to a finicky Keto Paleo low carb or any other special diet to stay healthy will be as antiquated as using Daffy s Elixir or Dr Bonker s Celebrated Egyptian Oil popular medicines from the 1800s to cure disease And just as the 19th century health revolution was based on a new understanding that the true cause of malaria tuberculosis and cholera was microorganisms so the coming 21st century one will be based on our new understanding that exercise is the only way to metabolic health Fascinating and brilliant *Eat Like a Pig Run Like a Horse* is primed to usher in that new era *Canned* Anna Zeide,2018-03-06 Condensed milk the development of the early canning industry Growing a better pea canners farmers and agricultural scientists in the 1910s and 1920s Poisoned olives consumer fear and expert collaboration Grade A tomatoes labeling debates and consumers in the New Deal Fighting for safe tuna postwar challenges to processed food BPA in Campbell s soup new threats to an entrenched food system

Intoxicating Pleasures Lisa Sheryl Jacobson,2024 In popular memory the repeal of US Prohibition in 1933 signaled alcohol s decisive triumph in a decades long culture war But as Lisa Jacobson reveals alcohol s respectability and mass market success were neither sudden nor assured It took a world war and a battalion of public relations experts and tastemakers to transform wine beer and whiskey into emblems of the American good life Alcohol producers and their allies a group that included scientists trade associations restaurateurs home economists cookbook authors and New Deal planners powered a publicity machine that linked alcohol to wartime food crusades and new ideas about the place of pleasure in modern American life In this deeply researched and engagingly written book Jacobson shows how the yearnings of ordinary consumers and military personnel shaped alcohol s cultural reinvention and put intoxicating pleasures at the center of broader debates about the rights and obligations of citizens *Meat Me Halfway* Brian Kateman,2022-04-22 We know that eating animals is bad for the planet and bad for our health and yet we do it anyway Ask anyone in the plant based movement and the solution seems obvious Stop eating meat But for many people that stark solution is neither appealing nor practical In *Meat Me Halfway* author and founder of the reducetarian movement Brian Kateman puts forth a realistic and balanced goal mindfully reduce your meat consumption It might seem strange for a leader of the plant based movement to say but meat is

here to stay The question is not how to ween society off meat but how to make meat more healthy more humane and more sustainable In this book Kateman answers the question that has plagued vegans for years why are we so resistant to changing the way we eat and what can we do about it Exploring our historical relationship with meat from the domestication of animals to the early industrialization of meatpacking to the advent of the one stop grocery store the science of taste and the laws that impact our access to food Meat Me Halfway reveals how humans have evolved as meat eaters Featuring interviews with pioneers in the science of meat alternatives investigations into new types of farming designed to lessen environmental impact and innovations in ethical and sustainable agriculture this down to earth book shows that we all can change the way we create and consume food

Culinary Nationalism in Asia Michelle T. King, 2019-07-11 With culinary nationalism defined as a process in flux as opposed to the limited concept of national cuisine the contributors of this book call for explicit critical comparisons of cases of culinary nationalism among Asian regions with the intention of recognizing patterns of modern culinary development As a result the formation of modern cuisine is revealed to be a process that takes place around the world in different forms and periods and not exclusive to current Eurocentric models Key themes include the historical legacies of imperialism colonialism nationalism the Cold War and global capitalism in Asian cuisines internal culinary boundaries between genders ethnicities social classes religious groups and perceived traditions modernities and global contexts of Asian cuisines as both nationalist and internationalist enterprises and Asia itself as a vibrant culinary imaginary The book which includes a foreword from Krishnendu Ray and an afterword from James L Watson sets out a fresh agenda for thinking about future food studies scholarship

The Oxford Handbook of Twentieth-Century American Literature Leslie Bow, Russ Castronovo, 2022-08-11 An essential and field defining resource this volume brings fresh approaches to major US novels poetry and performance literature of the twentieth century With sections on structures movements attachments and imaginaries this handbook brings a new set of tools and perspectives to the rich and diverse traditions of American literary production The editors have turned to leading as well as up and coming scholars in the field to foreground methodological concerns that assess the challenges of transnational perspectives critical race and indigenous studies disability and care studies environmental criticism affect studies gender analysis media and sound studies and other cutting edge approaches The 20 original chapters include the discussion of working class literature border narratives children s literature novels of late capitalism nuclear poetry fantasies of whiteness and Native American African American Asian American and Latinx creative texts

The Oxford Companion to Cheese , 2016-10-25 Winner of the 2017 James Beard Award for Reference Scholarship The discovery of cheese is a narrative at least 8 000 years old dating back to the Neolithic era Yet after all of these thousands of years we are still finding new ways to combine the same four basic ingredients milk bacteria salt and enzymes into new and exciting products with vastly different shapes sizes and colors and equally complex and varied tastes textures and yes aromas In fact after a long period of industrialized processed and standardized cheese

cheesemakers cheesemongers affineurs and most of all consumers are rediscovering the endless variety of cheeses across cultures The Oxford Companion to Cheese is the first major reference work dedicated to cheese containing 855 A Z entries on cheese history culture science and production From cottage cheese to Camembert from Gorgonzola to Gruyère there are entries on all of the major cheese varieties globally but also many cheeses that are not well known outside of their region of production The concentrated whey cheeses popular in Norway brunost are covered here as are the traditional Turkish and Iranian cheeses that are ripened in casings prepared from sheep's or goat's skin There are entries on animal species whose milk is commonly cow goat sheep and not so commonly think yak camel and reindeer used in cheesemaking as well as entries on a few highly important breeds within each species such as the Nubian goat or the Holstein cow Regional entries on places with a strong history of cheese production biographies of influential cheesemakers innovative and influential cheese shops and historical entries on topics like manorial cheesemaking and cheese in children's literature round out the Companion's eclectic cultural coverage The Companion also reflects a fascination with the microbiology and chemistry of cheese featuring entries on bacteria molds yeasts cultures and coagulants used in cheesemaking and cheese maturing The blooms veins sticky surfaces gooey interiors crystals wrinkles strings and yes for some the odors of cheese are all due to microbial action and growth And today we have unprecedented insight into the microbial complexity of cheese thanks to advances in molecular biology whole genome sequencing technologies and microbiome research The Companion is equally interested in the applied elements of cheesemaking with entries on production methodologies and the technology and equipment used in cheesemaking An astonishing 325 authors contributed entries to the Companion residing in 35 countries These experts included cheesemakers cheesemongers dairy scientists anthropologists food historians journalists archaeologists and on from backgrounds as diverse as the topics they write about Every entry is signed by the author and includes both cross references to related topics and further reading suggestions The endmatter includes a list of cheese related museums and a thorough index Two 16 page color inserts and well over a hundred black and white images help bring the entries to life This landmark encyclopedia is the most wide ranging comprehensive and reliable reference work on cheese available suitable for both novices and industry insiders alike

Eating NAFTA Alyshia Gálvez, 2018-09-18 Mexican cuisine has emerged as a paradox of globalization Food enthusiasts throughout the world celebrate the humble taco at the same time that Mexicans are eating fewer tortillas and more processed food Today Mexico is experiencing an epidemic of diet related chronic illness The precipitous rise of obesity and diabetes attributed to changes in the Mexican diet has resulted in a public health emergency In her gripping new book Alyshia Gálvez exposes how changes in policy following NAFTA have fundamentally altered one of the most basic elements of life in Mexico sustenance Mexicans are faced with a food system that favors food security over subsistence agriculture development over sustainability market participation over social welfare and ideologies of self care over public health Trade agreements negotiated to improve lives have resulted in unintended consequences for people's

everyday lives Food in Memory and Imagination Beth Forrest,Greg de St. Maurice,2022-01-13 How do we engage with food through memory and imagination This expansive volume spans time and space to illustrate how through food people have engaged with the past the future and their alternative presents Beth M Forrest and Greg de St Maurice have brought together first class contributions from both established and up and coming scholars to consider how imagination and memory intertwine and sometimes diverge Chapters draw on cases around the world including Iran Italy Japan Kenya and the US and include topics such as national identity food insecurity and the phenomenon of knowledge Contributions represent a range of disciplines including anthropology history philosophy psychology and sociology This volume is a veritable feast for the contemporary food studies scholar *Conversations With Food* Dorothy Chansky,Sarah W. Tracy,2021-02-02 *Conversations With Food* offers readers an array of essays revealing the power of food and its absence to transform relationships between the human and non human realms to define national colonial and postcolonial cultures to help instantiate race gender and class relations and to serve as the basis for policymaking Food functions in these contexts as items in religious or secular law as objects with which to bargain or over which to fight as literary trope and as a way to improve or harm health individual or collective The anthology ranges from Ancient Greece to the posthuman fairy underworld from the codifying of French culinary heritage to the strategic marketing of 100 calorie snacks from the European famine after the Second World War to the lush and exotic cuisines of culinary tourism today *Conversations With Food* will engage anyone interested in discovering the disciplinary breadth and depth of food studies The anthology is ideally suited for introductory and advanced courses in food studies as it includes essays in a range of humanities and social science disciplines and each author draws cross disciplinary linkages between their own work and other essays in the volume This thematic and conceptual intercalation when read with the editors introduction makes the collection an exceptionally strong representation of the field of food studies **A Cultural History of Objects in the Modern Age** Laurie Wilkie,John Chenoweth,2022-08-31 *A Cultural History of Objects in the Modern Age* covers the period 1900 to today a time marked by massive global changes in production transportation and information sharing in a post colonial world New materials and inventions from plastics to the digital to biotechnology have created unprecedented scales of disruption shifting and blurring the categories and meanings of the object If the 20th century demonstrated that humans can be treated like things whilst things can become ever more human where will the 21st century take us The 6 volume set of the *Cultural History of Objects* examines how objects have been created used interpreted and set loose in the world over the last 2500 years Over this time the West has developed particular attitudes to the material world at the centre of which is the idea of the object The themes covered in each volume are objecthood technology economic objects everyday objects art architecture bodily objects object worlds Laurie A Wilkie is Professor at the University of California Berkeley USA John M Chenoweth is Associate Professor at the University of Michigan Dearborn USA Volume 6 in the *Cultural History of Objects* set General Editors Dan Hicks and William Whyte

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