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2-04-19

In Lizzie Widdicombe's article, *The End of Food* published by *The New Yorker*, talks about Rob Rhinehart's invention Soylent. Soylent is a chemical powder drink engineered to have the nutritional equivalence of food. He created this in his apartment in two-thousand two while he was working on a cell phone tower in San Francisco. He found he was running out of money and time to have to worry about food. As stated in *The End of Food* by Rhinehart, "It just seemed like a system that's too complex and too expensive and too fragile." Rhinehart then used his background in engineering to create a "gooey lemonade" made up of thirty-five chemicals that were required for human life according to the F.D.A, the U.S.D.A., and the Institute of Medicine. This paper brings up many interesting topics such as, how much more food is than its nutritional value. It leaves us pondering how good life would really be if all our meals were a gooey slurp that lasted two minutes.

The first thing we must consider is how important food is in our every day lives. On average in my own life I spend about an hour and fifteen minutes on a busy day just eating. This time is supplemented with scrolling through my phone's social media feeds, talking with friends or new acquaintances, and giving my brain a break for the work I previously completed. Most importantly though, it's the part of my day where I socialize and spend time with friends and family, if they are around. I even find myself looking forward to the next meal when I'm stuck in a long class or a hundred plus student lecture hall. Food to me is, as stated in my favorite food essay, "a connection to my past and in a way happiness its self". Sitting down to eat a meal for me is not only to create new memories with the people I'm sharing it with, but also reminds me of past meals I've had with family and friends that are no longer here. So, in my opinion Soylent

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will never be a meal substitute for me and I will never live off it like Rob Rhinehart did, but on a busy day where I have lots of work to do it would not be a bad quick snack.

With Soylent not being an adequate replacement for meals, it might be an exceptional snack food. There are so many times in my day where I am rushed by time to finish my work or go to the next class where I simply don't have time to eat. On a busy day this can sometimes happen twice a day where I miss breakfast and lunch because of classes and end up being hungry till supper. Then when I finally get to eat, I over eat and feel like crap for the rest of the evening because I over ate. However, if I had Soylent I could drink a goopy mix that tastes like "Cream of Wheat", feel full after I drank it, and get proper nutrients from it for the remainder of the day. I completely agree that if Soylent does ever succeed in the consumer market it will be replacing the protein shakes and microwave food, as Rhinehart said, "Soylent isn't coming for our Sunday potlucks. It's coming for our frozen quesadillas".

If I ever see Soylent in a store, I'm sure I will pick up some to try as long as it's not too expensive. Hopefully there will be more variety in the options for Soylent. Whether that be different flavors or content types for the "quick snack" or loaded with protein for the body builders out there. It is a great idea that I feel has been thought about before but has never been monetized and I look forward to seeing how it evolves.