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Slave to Food

Not all slaves to food are thin

Not all slaves to food wish to be thin

And yet, many are slaves to food

Slaves to the kitchen

Slaves to the home

Stress, expectations

The mother-in-law's famous galokobriko

The children running in hungry

The husband from work

Your own job

The preparation for the stew

The beans, sliced potatoes

Soaking since the night before

The mashed tomatoes

Chilled to the right temperature

The oregano

And the secret dash of ham

Cooking since early morning

And now late evening

Almost ready

Simmering on the stove

The aroma filling the house and lifting the nostrils

Of the children

The time

The energy

The costs

The love

And all this

for a four minute meal

that each family member eats separately?