THE FOOD JOB CHECK

Before you judge the food, ask what job you hired it to do.

Food does not have one job. Sometimes it nourishes. Sometimes it fuels, comforts, celebrates, connects, or simply gets dinner on the table. The point is not to make every bite impressive. The point is to know what you are asking of it.

A FOOD CAN BE DOING MORE THAN ONE JOB:

NOURISH | FUEL | PLEASURE | COMFORT | CONVENIENCE | CELEBRATE | CONNECT

01 WHAT JOB IS THIS FOOD DOING?

Name the job before you score the food. Nourishment? Fuel? Pleasure? Convenience? Celebration? Comfort? Connection? Something else?

02 DOES THAT JOB FIT THIS MOMENT?

A quick lunch on a chaotic Tuesday and birthday cake at a party are not applying for the same position. Context matters.

03 WHAT AM I GETTING BACK?

If nourishment is part of the job, look at the return: protein, fiber, micronutrients, satisfaction, staying power, or whatever matters here.

04 IS THERE A BETTER TRADEOFF - WITHOUT MAKING LIFE HARDER?

Better is useful only if it is livable. If the “upgrade” adds cost, friction, resentment, or another damn rule, count that too.

THE POINT IS NOT TO MAKE FOOD PASS A TEST.

The Food Job Check is a way to make the decision clearer. Birthday cake does not need to defend its magnesium content. Tuesday lunch may have a different job. Know the job. Notice the tradeoff. Choose on purpose.