

Bianca Valme-Medy
Anthropology
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Trash Archeology



All day and night leading up to writing this paper, I can honestly say I was confused. I walked around for blocks and drove past the weirdest alleys for a photo that would tell a story about someones trash. I gave up and decided to focus elsewhere. While on a break from looking for content, I came across this visual. Above is a photo of a school garbage can, this photo was taken while i was in tutoring for biology and it spoke volumes.

Inside the trash can are some of my favorite snacks which are Fritos, Ritz Peanut Butter Filled Crackers, Cheddar Popcorn, and a bottle of water. In the garbage everything besides the water has sugar, salt, carbs, all in which are considered unhealthy for the human body. All chips include different ingredients but the most common are starch, sugar, salt, other seasonings, antioxidants, and preservatives such as ascorbic acid, sodium phosphate, sodium bisulfite, emulsifiers, and dextrose to control browning of the chips. The bags are made up from a plastic called polypropylene, which prevents moisture to keep the chips fresh. To seal the bags, a thin layer of aluminum and polyethylene are used. Nitrogen gas is also added in order to keep the chips from getting crushed in transit to distribution. These processes have been perfected by companies all over the world and make for big bank.

Around the garbage can also tells a story for me. The scooter which lays on the floor along with the diagram of the epidermis can hint where I may be intros

picture. At the time the photo was taken, I was in biology a&p tutoring. I've already been sitting there for two hours, exhausted and hungry, hence the fact the garbage was stacked with snacks. These snack signify comfort food for college students like me. There was always a funny saying "freshman 15". Although i may not be a freshman, it still applies. I believe it applies because too often students get wrapped up in school work that we tend to stress ourselves out and run to the nearest form of comfort. Before we know it, we are leaving college 20 pounds heavier due to stress eating.

From experience and observation, in our society today, stress can cause obesity. Based on many studies such as this one from the Centre for Physical Activity and Nutrition, School of Exercise and Nutrition Sciences, Deakin University, Burwood, Victoria, Australia, show the correlation of stress eating and obesity. They stated "Chronic life stress seems to be associated with a greater preference for energy- and nutrient-dense foods, namely those that are high in sugar and fat. Evidence from longitudinal studies suggests that chronic life stress may be causally linked to weight gain, with a greater effect seen in men". In addition to the correlation and my own personal experience of weight gain during stressful times such as school, I agree with the current studies.

I also thought it was interesting to mention the scooter showing a mode of transportation one of my classmates takes to school to save money. This photo of garbage speaks volumes.

Research links

[“https://www.quora.com/How-are-potato-chip-bags-made”](https://www.quora.com/How-are-potato-chip-bags-made)

[“https://www.fda.gov/regulatory-information/search-fda-guidance-documents/cpg-sec-585710-potato-chips-ingredients-labeling”](https://www.fda.gov/regulatory-information/search-fda-guidance-documents/cpg-sec-585710-potato-chips-ingredients-labeling)

[“https://www.ncbi.nlm.nih.gov/pubmed/17869482”](https://www.ncbi.nlm.nih.gov/pubmed/17869482)