All the goodness packed in a can it's a retrial harvest with a forever lifespan a modern miracle worthy of praise you could le ave it outside for a couple more days let it crust over 'til a good rubbery skin adds texture to keep the juices locked in the n before long, with a bit of luck you'll be chewing on your pro tein hockey puck throw it up in the air place it in your underw ear I'm not trying to be rude just remember - it's not really g ood food, it's a term they use they're trying to confuse, abuse us delude us into thinking what comes in the can is made of be ef or ham packed by uncle spam for consumption for the founctio n of selling carp found on killing floors yeah, I'm a carnivore but waste waste lost it's meaning by concealing not revealing that it's not really good food, it's a term they use they're tr ying to confuse, abuse us delude us into thinking smeat smeat s meat smeat t smeat smeat smeat