

The word "Companion"



The history of words teaches us that food is the fuel of relationships. The word “companion”, from the Latin *com* “with” and *panis* “bread”, reminds us that food — and the brief respite allotted to people throughout history for sharing meals — feeds more than the physical body; it also nourishes generosity and friendship. To eat with someone implies a level of comfort with that person — a sense of security that mitigates the primordial fear that our provisions will be stolen from under our noses. The English “companion”, the Spanish “*companero*”, the Italian “*compagno*”, and the French “*copain*” all come from the Latin meaning “with whom one eats bread.”

