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HSTR 416

Covid-19 Food Journal

April 1.

Woke up and didn't have work so Shannon, Sadie (my puppy) and I walked to the Town and Country grocer for breakfast and to shop. Only I went inside the store and we settled on some delicious breakfast burritos from the nice masked man behind the counter. I also bought a frozen pizza for lunch which was not the best. We treated ourselves since it was a snowy day off with a Doordash delivered meal of McDonalds since they have a \$13 meal that includes two cheeseburgers, two fries, twenty chicken nuggets and two drinks. The meal was dropped off at my apartment door and I had to wait for a text message to tell me it had arrived. That meal was actually quite satisfying.

April 2.

Went back to work at the ranch which meant an early start and breakfast ready after the first jobs were complete. Bettie made Merle and I eggs, sausage and hash browns which filled us up for the afternoons work. We drank Keurig brewed coffee and Kirkland brand whole milk leaving our whistles wet and ready to face the cold mountain air. Lunch was a quick trip to the barn freezer for a microwave bean, cheese and rice burrito which always hit the spot in the middle of the afternoon. Dinner time included another trip to the freezer, this time at home where I made fried rice for myself. My puppy enjoyed a bowl of kibble.

April 10.

Sunday is a rare off day so breakfast included large quantities of coffee and pancakes to pleasure my senses as I enjoyed a break from the ranch. Sleeps been hard to come by lately so coffee has been a mans best friend. Warm milk takes its place in the evening time to help me get to sleep for another days work. Using the free time wisely I ran to the grocer with my mask on and bought myself supplies for the week. Beans and elk burger from my boss would be both my lunch and dinner that Sunday. A chocolate malt from Wilcoxson's was a pleasant dessert.

April 11.

Ranch work means another breakfast in the main house with the boss man and lady. Biscuits and gravy are on the menu which lights up my eyes but feels like a mistake afterwards. I decide that I'd rather be napping than working but there is no time for execution and instead I toil til the late afternoon. I skip lunch and drive home with a grumbling belly. A chipotle chicken burrito hits the spot just right and feels supplemental for the meal lost.

May 4.

Monday morning means being up early for work. I walk the dog on an empty stomach around 6 am. I soon find coffee and an apple to hold me over until the much anticipated 10am breakfast call. I load my plate up with waffles, eggs and sausage and wash it down with whole milk. A fine meal for such troubled times. My need for coffee is still high these days as work is gruelling and sleep is rare. Between managing the Goose Creek and my puppy I've felt plenty of stress which can also be traced through my eating habits. Lunch included a microwave pizza and dinner a cheeseburger meal from Wendy's. I find this unsatisfactory in most cases but with the pressing issues at hand I find that eating this sort of food allows me to avoid gatherings of people while also replenishing the large amounts of calories I am losing. Hopefully soon better food will become more accessible. Interesting note, due to potential meat shortages I saw that Wendy's wasn't offering double or triple patty hamburgers.

May 5.

With no breakfast and lunch today, I settled with the Wendy's drive through for nourishment again. I feel gross going here but I don't have many options considering my time crunches, financial status and ongoing pandemic. I hope that by this summer I can get bac on track eating the right foods but until I can get in the right rhythm buying good groceries that's not going to happen.