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Covid-19 Food Journal

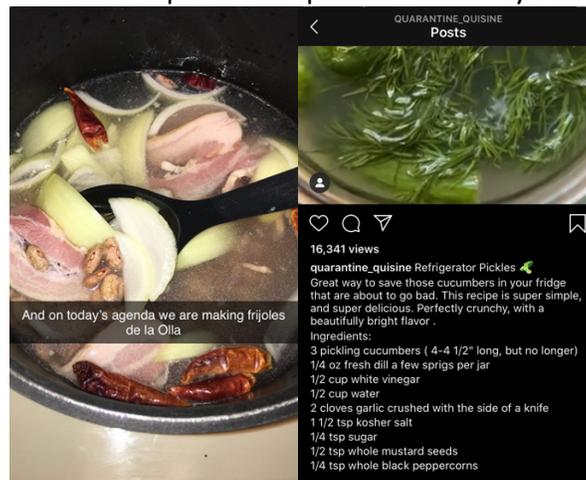
Kate Grijalba
2020

April 2nd, 2020

Since I didn't start this food journal until a few weeks after the original panic of the coronavirus hit Bozeman, I don't have an entry for my outings to the grocery stores when it was really hectic. I will say that the weekend school got out for Spring Break, I went to several grocery stores looking for items that wouldn't get rotten and had a long shelf life. I too was one of the panic buyers. Seeing stores completely wiped out of certain things genuinely terrified me, so I stocked up my pantry pretty well. I didn't go overboard and start hoarding rice and beans, but I definitely have enough food to last me for a while. Since it's Lent and I'm not supposed to eat meat on Fridays, I thought I would support a local business and grab some clam chowder from the Garage Soup Shack this afternoon. I called ahead to order my food because I didn't know if it would be curbside pickup or if their doors would be open to order inside. Their doors were open, and I was surprised to see so many people working. They had signs on the front doors saying they were only letting one customer/group inside at a time. I paid for my soup and was out in less than two minutes.

April 5th, 2020

Today I made my first attempt at making frijoles de la olla by myself. It really was not hard to make, but I made too much lol. I thought I better use some of the beans that I got when the covid-19 restrictions went into place. With the beans I refried some and left some soupy. I'll probably end up making some burritos and eating the rest with tortillas. I also decided to buy an Instant Pot today since I will be making most—if not all—of my food for the next month or so and there isn't much else going on here. It's been about three weeks since all the food places in town closed, and I'm really getting tired of cooking for just one person. I did however discover that I like pickles. Since I can remember, I just said I didn't like pickles, but I found a recipe for "homemade quarantine pickles" and they were amazing.



April 7th, 2020

Not being able to just go into any sit-down/dine-in establishments—especially coffee shops—has been really difficult. That sounds so dumb, but I am really tired of only cooking for myself and not having much interaction like I would at a restaurant or coffee shop. I'm grateful that I was able to pick up a lot of groceries at the beginning of all this craziness, so I don't have to go

to the grocery store that often. I still find myself wanting to make something specific and needing to run to the store for an item or two, but I make my stops at the market extremely brief and wear the masks my mom sent me. To be honest, when I go to the store and I don't see other people wearing masks or standing too close to people, I get really angry. My parents said that back home it's mandatory to wear a mask if you go in public, and I think we might need to do that here too.

April 12th, 2020

For Easter, I decided to try and make things here in Bozeman as normal as I could given the circumstances. When I woke up, I made some coffee and got the French toast dish and egg casserole I whipped up last night out of the fridge. My mom usually makes these two things every Easter, and when we all come back from mass, we dig in. After I watched an online church service, I prepared all the ingredients for my dinner and let my veggies marinate for a few hours. On the menu: roasted root vegetables, roasted chicken, twice baked potatoes, angel food cake with strawberries, and Bud Light. When I went grocery shopping for today's meals, I went to Walmart to get most of the ingredients. There is a cap on how many people they are allowing into the store to go shopping, so that made me feel a little bit safer. As far as the amount of groceries the store had, I managed to find just about everything I needed. I went the other night around 8:15, unaware that Walmart modified their store hours and were closing at 8:30, to allow their staff to restock shelves and sanitize certain things throughout the store. I do really like how some stores have designated an hour or two for older shoppers and people with compromised immune systems to go grocery shopping when there aren't a ton of people around.



April 21st, 2020

My roommates that serve at Nina's and Backcountry Burgers have been out of jobs for a little over a month now. They have all been living back home since Spring Break started in the middle of March and just never came back to Bozeman. I know one of them tried applying for unemployment, but she hasn't heard anything back yet, as the wait time for unemployment in Montana and throughout the country is really high. I tried grabbing a coffee from Starbucks today, but there must have been at least 20 cars in the drive through line. Once I got to a different coffee place with a drive through, they had closed early to deep clean the entire

facility. That has been one thing kind of difficult to track during this whole coronavirus crisis. A lot of the food places that are still “open”—for delivery and takeout—have modified hours and it’s really not clear when they deliver or when you can pick up food.

April 23rd, 2020

It’s so weird to go to the grocery store and not be able to find certain things that are usually always in stock. Since I work at a nursing home and my residents are all pretty bored and depressed, I decided to cheer them up by baking banana bread and oatmeal raisin and peanut butter cookies today. I usually don’t do much baking unless it’s around certain holidays, so I didn’t have any flour, oatmeal, or sugar in my pantry. I went to TNC to find these ingredients, but they were out of everything. The only flour the store had was some really expensive gluten free flour or a ginormous sack that weighed as much as my dog. I’m honestly just curious what people are planning on doing with the flour they have cleared stores of? Like I have no idea how to make bread, and I’m pretty sure flour does not last forever...There were no packages of oatmeal either, so I drove to the CO-OP thinking they might have a better selection on certain things. There are signs up at the store saying customers are limited to buying one or two of “hot commodity” items like flour, sugar, toilet paper, water, rice, beans, and pasta. The CO-OP only had self-rising flour left, and I didn’t know if it would work for my bread and cookies, but I got it anyways. I was able to find my other baking ingredients there as well, but it was definitely more expensive than what I would have paid at TNC.

April 29th, 2020

The weather today is in the 70s so I’m going to BBQ later this evening!! I went grocery shopping on Sunday to Costco and the CO-Op, so I’ve got a lot of produce and meat for the week. At Costco and the CO-OP, signs are up saying customers will not be allowed into the store if they do not have a mask on starting May 4th. I honestly really like this. I have been wearing the masks my mom sent me whenever I go out in public: grocery stores, Home Depot, gas stations, etc. I know back home that is already a state mandate, so I’m glad a lot of businesses in Bozeman will be making that a requirement. Restaurants and bars got the go-ahead to reopen next week, so that should be interesting. I know there will be restrictions like how many people they can let in at a time, and some places have announced advanced cleaning measures, but I’m really curious to see if there will be certain places that continue to stay closed in the interest of their workers. I guess I am a little skeptical of even going to restaurants once they open...like how safe can it be? My roommates in the food industry have not heard back on whether or not they will have jobs next week and if they should return to Bozeman or not.

I tried keeping a food log, but I only remembered to write down my meals a couple times. During this quarantine, I learned how to make several new dishes and even found out I like pickles.

Date	Breakfast	Lunch	Dinner
1-Apr	Instant Oatmeal		Salmon Patties
2-Apr	Instant Oatmeal	Soup from THE GARAGE	Soup
5-Apr	Smoothie and bagel	spaghetti	frijoles de la olla
8-Apr	Ordered JAM!	frijoles de la olla	leftover spaghetti
12-Apr	French toast & egg casserole		roasted chicken; veggies; twice backed potatoes
21-Apr	eggs and bacom	pot roast, veggies, potatoes	homemade Fettuccini alfredo
27-Apr	eggs and bacom	homemade lentil soup	DOMINOES
29-Apr	eggs and bacom	lentil soup	BBQ tri-tip and leftovers