

## Hannah Kidd's COVID-19 Journal: April 6-17, 2020

### Week 1

Monday: April 6, 2020

I have always taken for granted the simple act of going to the grocery store. Nowadays, when I go, I am constantly conscious of how close I am to others. When I was checking out yesterday, I noticed there was white tape on the floor spaced out six feet apart. There are reminders everywhere that there is a global crisis happening right now. I'm trying to be normal and trying not to blow it out of proportion. I realized that there were more people who had their noses covered with makeshift masks made out of bandanas and various cloth materials. I suddenly became self-conscious. Was I taking this too liberally? Should I have had my mouth and nose covered? I tried respecting the general six feet rule but it's hard when the aisles are maybe seven feet wide. I don't know if this was a dumb thing to do or not but I held my breath when I was passing by another person who was not six feet away. As I was finishing up my shopping, my anxiety just kept climbing.

On a lighter note, I have been experimenting with various recipes lately. For instance, there's a trend going around for dalgona coffee, or whipped coffee. It consists of equal parts of water, sugar, and instant coffee. Since I don't have a stand mixer, I whipped it by hand until it formed stiff peaks. The first time I attempted it, I couldn't believe I did it. Sure, it took a little over ten minutes but I was proud. It looked like something you get at a gourmet coffee shop, which Bozeman is no stranger to. I took a little spoon and scooped up a bit of the luxurious

whipped coffee to taste. It was extremely bitter and my face couldn't help but scrunch up to somehow combat the harshness. I finally made it perfectly this morning. Technically I made it yesterday but pushed past the expectation of drinking 2 tbsp worth of instant coffee in one sitting. Thus, I saved half of it for this morning. I mixed it with some water and oat milk which made it taste divine. Speaking of oat milk, I made some from scratch the other day; it was pretty simple. All I did was soak oats overnight and blended them in the morning. I would not recommend heating it up though. It gets viscous and resembles porridge a bit.

Friday: April 10, 2020

A couple of days ago, I ordered some food just because I didn't feel like cooking. I had a hard time deciding whether I should order food or not because the cooks and delivery drivers are putting their lives at risk for sustaining my cravings. I decided to order from a local shop and tip at the very least five dollars. I was happy when I got my food but I felt a little guilty because I feel like I shouldn't have. But at the same time, maybe those people needed the money because otherwise, they couldn't survive. Which points to a bigger flaw in our society. In a time like this, everyone should be afforded the luxury of staying home and being safe but that is not the reality we live in.

On a brighter note, I've been cooking for myself nearly every day. It makes me feel all warm inside to wake up and not have to rush. I'll cook up some eggs and greens with rice. It makes me feel so good to take it easy.

Saturday: April 11, 2020

There has definitely been a flood of new recipes and techniques online. When I go over the news briefly, there are tons of articles noting what people should or shouldn't buy at the store, how to go about the store, and what to make with the products people already have at home. There were even a few articles noting cookware was 40-60% off which is cool, except who is going to buy something like that right now? Definitely not me. I don't have a disposable income where I can throw money at something I want (except eating out every now and then, which I budget for).

It's ridiculous the number of companies using this crisis and taking advantage of it for profit. I believe that the coronavirus is not only infecting and killing thousands but it is also pointing out the crucial flaws in our beloved free-market capitalist system. For example, Walmart's CEO, Doug McMillon, has an ad circulating of him thanking all of his employees. Great, that's some wonderful words to say but what is he actually doing to make their lives better and easier? Maybe he should pay them more if his employees are essential workers.

## Week 2

Monday: April 13, 2020

Making and drinking coffee has been a big motivator for me to get out of bed. I get scared of getting addicted to caffeine so I only allow myself to drink coffee after two hours I wake up. This way, my body doesn't have to depend on coffee to feel energized. I just want coffee to give me a little boost. I've grown to like the taste of instant coffee. I originally bought it to make dalgona coffee. Now, I just make a hot cup with a splash of oat milk (I bought some from the store since mine wasn't the best). It tastes a little burnt but I don't mind it.

Something I have been struggling with is getting enough protein. I eat a mostly vegetarian diet and eat meat on occasion. Ever since I was a kid I have not been a big fan of meat, majorly because I couldn't stomach the thought of eating another being. As I became older I became obsessed with my body image and ensured I didn't gain any weight (which many people struggle with, not only teenage girls). But now I just refrain from eating meat due to the environmental toll. The past few times when I've gone to the store I've had a hard time finding tofu. I typically buy tofu, eggs, beans, and lentils for protein. Yesterday, I made *cha-han* (fried rice) which I usually make a week's worth with a dozen eggs. However, since I'm already eating eggs with sweet potatoes for lunch, I decided to only use six. I feel uncomfortable with eating more than two or three eggs a day. Therefore, I added some lentils to the *cha-han* which was okay but I prefer it without lentils. I hope next time I go grocery shopping they have tofu. My mom also sent me a couple of packages from Japan (my dad is stationed there right now) which included miso! I made miso soup about a week or so ago. It made me feel so warm inside

because it reminds me of home. My mom typically made miso soup four to five days out of the week. I tried the U.S.-made miso before but honestly, it does not taste the same. I guess, I just really want to eat tofu because it brings comfort and assurance in a time when everything is so unpredictable.

Wednesday: April 15, 2020

I'm debating when I should go to the grocery store again. I still have *cha-han*, which will probably last me for about four days. I ran out of fresh vegetables and low on fruit. I can make beans and rice but that still doesn't make up for the nutrients found in vegetables. I get anxious just thinking about going to the store. My chest gets tight and my breath becomes really shallow. I feel bad because I should only make the necessary trips to the store. So does that mean I need to go if I can still, technically, survive without going to the store again? I don't want to put those working at risk just because I want some vegetables and fruits. I have such an immense amount of privilege. I do not have to work right now and I do not have to put my life at risk so others can survive. I am comfortable at home, a little antsy sure, but safe. Grocery store workers, delivery drivers, those working at the processing plants, and those actively out in the field picking the fruits and vegetables that I want are not safe and do not have the luxury of staying home. I think I'll try to hold off as long as possible.

Friday: April 17, 2020

I ended up going to the store on Wednesday. My roommate needed to go so I tagged along. I was really spiraling there for a second. Something I just realized was that I've been saving money by staying home nearly 24/7. I no longer need to decide whether to skip a meal or to spend money on a meal because I didn't have the time to walk home or because I didn't prepare a meal ahead of time. I've found myself no longer thinking about when or what I'm going to eat next. Instead of building my meal times around my jam-packed school schedule, I have done the opposite. As terrible as this pandemic is, I'm pretty lucky enough to stay home and enjoy the simple things. I've been making a ton of tea lattes lately and it feels nice to treat myself to a little something extra everyday. I hope the government can get their act together so those deemed as essential workers can get compensated more fairly and provided a sufficient wage and healthcare.