

## COVID-19 Food Journal Weeks 4/20-5/4

**April 20<sup>th</sup>, 2020:** For my first entry for this Covid-19 food journal I decided to discuss the dynamic of how people have been acting in the grocery store during this pandemic. Discussing my experience in the grocery store on this day is critical to understanding how this pandemic has affected food and how people buy it because people are acting out of pocket when it comes to buying items that they need. After going through almost an entire month of being in quarantine I still cannot believe how unintelligent people can be during this time. The fact that when I go to the grocery store and I can only buy one thing of certain items like toilet paper, disinfecting wipes, and other cleaning supplies just shows how consumer minded and selfish our species has become. During this time, we need to come together rather than making sure you have enough toilet paper to supply an entire school. Rather than focusing on how much you have we need to be focusing on how we can help people that were barely able to pay their rents and other bills before this crisis rather than having the mindset of every person for themselves. I think as this pandemic develops even more people will realize how foolish they were acting and might start to think about others rather than themselves. At the same time, it will be interesting to see what happens when Montana opens up on May 1<sup>st</sup>. I am very curious to see how quickly Montana and the rest of the country is put back into quarantine because of a second wave.

**April 22<sup>nd</sup>, 2020:** Today is one of the best days of the year, Earth Day! It is interesting to celebrate a holiday like this one during this pandemic because it has caused more people to leave their homes and go to more populated areas since everyone wants to enjoy our planet on its day of celebration. For Earth Day 2020 I wish I could have had all of my friends over for a nice outside BBQ with cornhole and beers but that was not in the cards for this year. Rather than being sad about not being able to see my friends and enjoy the great outdoors with them, I decided to go fishing with a couple friends to try to make Earth Day feel somewhat normal even in this weird time. Due to the runoff from all the snow melting the river was not the best for fishing. Rather than be down about not having any luck fishing, my two friends and I decided to grill some brats, burgers, asparagus, and Brussel sprouts to honor the beautiful weather that Earth Day 2020 had given us. Since we are now in spring and moving into summer, I have noticed how I have wanted to do more grilling outside because of the food it produces as well as the atmosphere. Grilling is a key pastime of summer and I feel like grilling goes hand in hand with summer because of how the days get much longer, thus making it easier for humans to spend the majority of the day outside and as a way to honor the longer days we should spend the end of these longer days cooking good food outside. I must say this pandemic would be a lot harder if it started in the fall and carried into the winter because it would be much harder for people to do things outside as well as Montana being known for its cold winters.

**April 27, 2020:** This day was an interesting day for me in terms of eating. April 27<sup>th</sup> marked the start of the last two weeks of my college career. Due to this being the start of the last two weeks of my college career I found myself not eating as much as I would have liked to on this day because I was doing so much schoolwork. I woke up at around noon on this day because the day before was my good friend Mason's twenty third birthday and we had a couple refreshments to celebrate him entering his "Jordan year". The night of Mason's birthday we had flank steak sandwiches with chimichurri as the garnish and it was absolutely delightful to eat as you are sipping beer and throwing cornhole bags. On April 27<sup>th</sup> I made the mistake of not eating something right after I had woken up, which enabled the hangover to linger for longer than it should have this day. After I finally mustered up the energy to leave my house, I found myself at

## COVID-19 Food Journal

Weeks 4/20-5/4

Chipotle ordering the greasiest burrito that I could knowing that I needed good food in order to shake the hangover. After eating the Chipotle, I was again reminded of how important a good breakfast is for your day. I try to eat a good breakfast but lately I have been sleeping into the point when the time I wake up I am already ready for some sort of lunch food. Being hungover always reminds me of how important food is in our daily lives and after this whole pandemic it has made me realize how lucky we are to have the convenience of being able to go out and get whatever meal you'd like from a grocery store. Being able to go to a grocery store or any restaurant and have food be so easily available to you is such an amazing thing that Americans take for granted too easily and this pandemic has definitely helped me realize how lucky I am to live in a country that has easy access to food, especially when you are dehydrated from the night before.

**April 29, 2020:** As I make my way through this food journal, I have discovered that I need to change up my eating habits. Since the grocery store is a zoo most of the time and also a pool of germs, I try to limit my trips there so that I don't expose myself to too many people at once. This being said I have been eating fast food more than I would like. Fast food is great for certain situations like road trips or if you have just gotten off the river and have a drive to get back to Bozeman, but I have been reminded how fast food makes me feel. Even though it tastes phenomenal in the moment I am always reminded later how bad fast food is for my body. Eating grilled food isn't the best either but I feel like I am much more comfortable eating a burger that I grilled myself than eating a dollar cheeseburger from McDonalds or a cheap burrito from Taco Bell. I wonder how the fast food companies have been doing during this pandemic. They must be thriving since that is the only way you can get food, via drive through or call in pick up. Whenever I pass a fast food restaurant the drive through line is always overflowing with cars. It seems like since people got their stimulus check and additional unemployment, more people want to get out of the house and spend the free money that they are receiving from the government. It will be interesting to see if the drive throughs continue to be as packed as they are now once the pandemic is over or if people are getting sick and tired of eating cheap food.

**April 30, 2020:** Thanks to Covid-19 I can now say that I have definitely become a much better cook. With all of this free time it is hard not to try to cook new and more time-consuming dishes since there is so much time on my hands. I have been getting much better at grilling different meat like different cuts of steak as well as grilling different vegetables. One idea that dawned on me during the beginning of quarantine that I still have not acted on is having a bake off with my friends via the innerweb. I have always wanted to learn how to bake better but I have not acted on my desire but as I am about to be finished with college in a week I should have a lot more time to practice my baking techniques before my friends and I get together to see who can make the tastiest treat. My friend Sammy at the beginning of quarantine brought over some homemade Babka which is what originally piqued my interest in improving my baking skills. I also have thought about ordering a home brewing kit for beer. My best friend from high school started brewing his own beer our senior year and every brew has gotten consistently better as the years have gone by. With more time on my hands once school is over it would be fun to see what kind of beer, I could brew but I also need to figure out what I'm going to do with my life after college.

**May 1, 2020:** Today is the last day of my food journal entry and it comes on the first day that Montana is starting to open up its small businesses. On Monday the 4<sup>th</sup> bars and larger

## COVID-19 Food Journal

Weeks 4/20-5/4

restaurants will be able to open at half capacity which is very exciting but also somewhat scary at the same time. Montana opening up today is both good and bad because I feel like it is good for the local economy but also putting more people at risk to contract Covid-19. Bozeman is a hotspot in Montana so it will be interesting to see how the case numbers stack up as more businesses start to open and let more people through their doors. If I could go to one place without any worry it would be Bridger Brewing because of their quality beer and phenomenally large and tasty pizza slices. One thing I have not been eating too much of is pizza during this pandemic. I am an avid pizza eater normally but for some reason I have found it scary to order delivery from Dominos or other pizza places just because it is hard to know if people are practicing safe hygiene. I am very disappointed that I will not be able to walk to Bridger from campus after my last college final to enjoy a slice and beer at their bar but at the same time I know that Bridger will always be there. In writing that last sentence it made me think about all of the businesses that have gone under due to this pandemic. It is very sad to see such quality eateries go under because they had to close their doors in order to keep people and their own employees safe. Maybe Bozeman will get some new restaurants that bring some more culinary diversity to Bozeman. I love BBQ, pizza, Chinese food, but Bozeman needs some more diversity in the restaurants that it has. It would be great if Bozeman could get a solid ramen shop as well as a solid wing shop. I know wings aren't that different in terms of BBQ, but I can only take so much Buffalo Wild Wings before I need a wing that has more than a pinky fingers width of meat on it. I also have been trying to support local businesses more rather than eating at cooperate establishments so that Bozeman can hopefully continue to look like a big town rather than turning into the small city that it will eventually become. Hopefully this food journal helps you get any ideas about how you want to eat and if you want to get better at baking like me. Covid-19 has really shifted my perception on food and I will continue to appreciate being able to go to the grocery store or get a cheap burger from a fast food place since not everyone in the world and even our own country has that luxury right now or ever.