

Kaidin Phelan

COVID Food Journal

Thursday April 16th, 2020:

The COVID pandemic has not changed my life as much as it has other peoples' lives. Besides classes going online and certain businesses being closed, my schedule hasn't changed all that much. I work at Walmart and so I'm an essential worker, and since I'm already at the store I can shop after work without putting myself at any more risk than I would be otherwise.

Tonight, my girlfriend and I made lasagna. Or I should say that she made it while I kept her company because she makes really good lasagna and you don't interrupt a master at work. My girlfriend and I share Thursdays and Sundays off so we usually make meals those days that will last us a few days. However, tonight I ended up with a large amount of food to myself because my girlfriend accidentally used a pasta sauce with mushrooms in it and she refused to eat lasagna that wasn't up to her standards.

Sunday, April 19th:

Tonight, we ordered a pizza. We don't usually get fast food or delivery (even less now that a lot of places are closed) but I had a need for Pizza Hut pizza and boneless wings. I felt a little guilty making the driver go out during a pandemic, but I figured with people losing jobs and such he wouldn't mind being able to work. I gave him a large tip regardless.

Tuesday, April 21st:

I also have Tuesdays off because when classes were still in session, I needed them off to fit into my schedule. I briefly considered working full-time after classes went online, but I didn't want to get into a situation where I was too busy for classes and didn't graduate.

I made salmon with rice tonight. I picked up the fish from the store and slathered it in vegetable oil with salt, pepper, and onion and garlic powder. I then baked it on a pan lined with tinfoil for several minutes.

I had set the rice cooking before preparing the fish and they finished around roughly the same time. The fish turned out really good and I'll definitely be cooking salmon again. The rice turned out kind of bland but I usually use soy sauce liberally, so it wasn't a problem.

Thursday, April 23rd:

Tonight I made shepherd's pie. I cooked up some ground beef and put it into a glass casserole dish. I then added a layer of cream style corn on top, and then finished with a layer of mashed potatoes sprinkled with shredded cheese. Then it was baked for 15-20 minutes. It the recipe that my grandma uses so I've had it made that way since I was a kid, and its nice to keep a family tradition going. Plus, its nostalgic.

Sunday, April 26th:

It's strange to think about saving these food journals as a historical record in the library. Everyone contributes to history, but for most it's an unconscious thing. I've read many journals from a variety of historical figures. Some of them are aware that they are historically significant, and others are just normal people caught up in the forces of history. It seems now that we're all caught in a large historical moment. Even people with no interest or awareness of history have realized that they're living through something important.

In regards to the food I've been making. I've noticed that we have been making more "feel good" dishes. My girlfriend's lasagna which I love and my grandma's shepherd's pie are definitely "feel good" foods. My girlfriend spent the day baking. She made brownies and several loaves of banana bread. She traded one of the loaves of banana bread with a coworker in return for homemade facemasks.

Tuesday, April 28th:

We've been lazy about shopping lately. So we had SpaghettiOs tonight. I "cooked" mine by heating them up in a pot on the stove. My girlfriend prefers to heat hers up in a bowl in the microwave. Truly our household is a bastion of culinary sophistication.

Thursday, April 30th:

Finally went shopping today for several things that we definitely needed. We picked up supplies to make spaghetti tonight. But I also got a frozen pizza because I made the mistake of shopping while hungry. I got home and threw the pizza in the oven, and then promptly filled the apartment with smoke when the damn thing fell apart and the little bits in the bottom of the oven began to succumb to the heat.

2020 is a wild year so far.