

Covid-19 Food Journal

April 10th, 2020

My family ordered from Thai Basil tonight. As a family, we don't often go out or get takeout but since I've been back home from MSU, we've been ordering takeout a few times a week to support local restaurants. It's been really enjoyable getting takeout and lifting everyone's spirits but I can tell when my parents are stressed or uncomfortable about money. They try to keep the fact that they're concerned about money away from my sisters and I but I can tell that they have been stressed about it. I have never really been interested in finances but I know enough about it to know that they are concerned by the state of the stock market.

April 12th, 2020

I made fried rice for Easter dinner to go along with the Ham roast. I make pretty good fried rice and I prepare everything by myself except for the initial cooking of the rice. I still have my mom cook the rice when I am at home because I am cursed to always mess up rice. I am an impatient person and it drives me nuts that I'm supposed to wait without being able to check the contents of the pot until it's time for it to be done and I have no self control so I end up checking the rice before it's done and so I either end up with undercooked rice or I then leave it for too long and get mushy overcooked rice. Perhaps someday I will be able to make evenly cooked rice.

April 13th, 2020

My dad informed the family that we need to stop giving our dog as many treats as we have been. She's not overweight by any means, she's really quite fit but she has filled out a little bit in her stomach.

April 14th, 2020

My mom just got home from the grocery store. My dad comes out to the back of the car with cleaning wipes and the two of them begin to wipe off the bags and all of the contents inside. One bag at a time, they leave the cleaned grocery bags on the steps of the house and I take them inside and start putting the groceries away. It's odd that this process already feels normal to me considering my parents try to only go to the store when the grocery list gets long. I've offered to help my parents with the grocery shopping but they are firm about me not going into any store.

April 15th, 2020

I just realized I must make an entry about how my older sister gave me a recipe book she had laying around to me about a week ago called "Any Bitch Can Cook" by Jackie McClure and

Joyce Wilde. The Bitch in the name stands for Babe In Total Control of Herself and I just thought that was so funny. It's a great simple little cookbook with quotes sprinkled about the book. Underneath the Champagne Punch recipe there's a quote by George Elliot that reads, "What do we live for if not to make life less difficult for each other?" And I thought it was a perfectly placed quote.

April 18, 2020

We got Mackenzie River pizza today for dinner. I usually love pizza but I found myself lacking any interest in finishing my second piece. It's not this pizza though, I think I'm just not enjoying food as much as I usually do. Honestly, eating has felt like a chore lately. I originally thought this quarantine would result in me gaining weight but it does seem like I am eating less and less. I usually have a beer or a glass of wine at night alongside my family but I find myself not wanting to partake in it anymore.

April 21, 2020

It's amazing how food or the lack of food can significantly change the state of mind. While I have little to no appetite, I still force myself to eat because I know I will shut down mentally if I don't. It's fascinating how the mind and body can go from looking forward to eating food and being full to having to force myself to eat more than a few bites of food at dinner. I've been working out though and that does help increase my hunger. I know I won't feel well if I don't eat so it is just something that has to be done

April 24, 2020

My dad made steak and ribs tonight for the family as a goodbye dinner to my older sister who heads out to start fire season in the morning. The weather was nice enough that we could all eat out on the deck. My older sister is worried about dinner meals when she settles down with a few of her fire crewmates that she will be living with for the next 6 months. She is gluten and lactose intolerant and it does make it tough on her during fire season. She's not someone that enjoys cooking much and while she can manage to make eggs and toast for breakfast and pack a gluten free sandwich for lunch, she doesn't have much motivation or desire to make dinner. One of her crewmates that she will be living with loves to cook for people so I just hope that he will consider that she is gluten and dairy intolerant and try to accommodate her a bit.

April 25, 2020

My older sister left today for fire season on the west coast. I ordered pick up from Buffalo Wild Wings since my younger sister and I love their food and it is a way for us to be

together without having to talk. My little sister and I are not the best with each other when it comes to conversation. I think our relationship is at its best when we are just in each other's presence and so going out to eat always helps our relationship. We are together and enjoying our time together but we don't feel the pressure to talk a ton. I like that food can be such a help for those who care about each other but don't really have anything to say to each other. I hope that as we age, we can have natural unforced conversations with each other.

April 27, 2020

We will be able to start going into restaurants and other stores in the next week or so. I'm confident that the restaurants will allow only a certain amount of people per table and have other precautions. It would make me very happy to go out to eat with some friends soon but I don't really have much money right now and I have no clue when I'll have a job for the Summer. I'm hoping I can find a decent job this Summer and be able to eat out once or twice a week. Allowing myself to go out to eat pushes me to keep working hard.

Last Summer, my older sister would go out to grab a drink or two with her fire buddies multiple times a week after a long day of labor. She would also eat out quite a few times a week. I wondered why she spent so much money on expensive scotch drinks and meals when the focus of her working was to pay off her student loans. However, it was really quite obvious. She wanted to make the best out her days and going out with friends and enjoying food and drink were valuable experiences for her. I can imagine that fire season would have been significantly less enjoyable if she didn't allow herself to experience her life the way she wanted to.

April 30, 2020

I don't know when places like inside coffee shops will reopen but I'll be very happy to go when they do open. I have missed sitting down in a coffee shop with a chai latte reading a book or doing homework or talking to a friend across the table from me. It's something for me to look forward to in the coming weeks. For now, I am grateful that there is coffee ready every morning I wake up and that there is always tea in the cupboard above the home phone we never use.