

Home Food Delivery: What a Treat!

It may seem odd to say this, but I really don't enjoy food. I'm waiting for the invention of a pill that will take care of all your dietary needs so I don't have to shop, find a recipe, cook, clean up, or even spend time eating. I don't have a pantry full of staples because I'm not quite sure what a staple is. My method of grocery shopping was getting in and out as quickly as possible so I just grabbed what I saw and didn't stockpile anything. I don't eat much in general but I tended to eat out at restaurants for many of my meals.

All that changed with the pandemic. Now, grocery shopping was even more stressful and food harder to find. Combined with the frenzied activities of many individuals looking for toilet paper and cleaning supplies, going into a grocery store became a bit of a nightmare. I pivoted during the pandemic to getting home food delivery and that change has been one of the few positive effects of the pandemic.

I went with two home food delivery services – one is predominantly smoothies and one is predominantly dinners. I can simply go to my fridge and grab a smoothie, add a few items, and have a meal in a matter of minutes without having to think much about it. The dinners are mainly cooked by my son, who enjoys cooking and is willing to cook to try out the new recipes in the meal kit – he never cooked for me before.

So, home food delivery is very much a treat for me. I don't have to come up with recipes or meal plans, I eat healthier, it reduces stress, and saves me time. I still get take-out during the week to support local businesses but in general spend much less money. I still have to do some kitchen clean-up but the food delivery kits are so convenient and organized even that has diminished. I've also started getting home delivery of items from the local grocery store, removing a major time sink and stressful experience in my life.

I throw away less food. Since I don't give a great deal of thought to food, I would cook something on one day and put the leftovers in the fridge and not discover it until several days later when it went bad. I'd also buy fruit for smoothies and not always use it up before it went bad or a place in the freezer could be found for it. Food waste is a terrible problem in this country, and I was not happy that I was contributing to it but I just couldn't get myself to be better about this. I eat everything that's found in the meal kits as the portions don't generally allow for leftovers.

Thinking more about what we eat and how we waste it has been a positive side effect of the pandemic. I see people eating healthier because of cooking at home and/or getting meal kits and building up a stockpile of food, much as our pioneers did, so that we're prepared for the next emergency.