

Foodways Interview #3

Researcher's name: Lacy

Participant's alias: Elizabeth Jones

Interview date: October 25, 2017

Interview setting's alias: Lacy's dorm room

1) Favorite foods and food taboos

a) What are some of your favorite foods or dishes, and why do you love these (e.g., a particular taste/smell/texture or because of childhood memories connected with these foods)?

- *Smiles and giggles as she thinks. She places one hand on her chin. She loves to bake, especially cookies and brownies. She loves it because her mom bakes a lot at home (Her foot began swinging side to side a bit). Her mom also makes roast chicken and mashed potatoes, which is her favorite dish. However, Elizabeth does not make it at her dorm because her mom makes it better. She notices Lacy. writing quickly in her notebook. She comments "I'm sorry I'm talking really fast." The entire time she was answering this question she mostly looked in the corner of the floor and occasionally looked at Lacy and made eye contact.*

b) What foods or dishes won't you eat, and why won't you (e.g., unpleasant taste/texture/smell, bad memories associated with them, some political, spiritual, or nutritional principles)?

- She doesn't like lamb, veal, or duck because she can't separate the image of the animal from the food. She also doesn't like mushroom, carrots, or celery, but because "I just absolutely don't like it at all." (*As she was talking, she moved her hands back and forth as though she was outlining a ball or turning the jar on a lid.*)

2) Food procurement

a) Do you hunt, fish, or forage for any of your food? If so, please explain when, where, and how.

- Elizabeth buys food because she has a "small meal plan" (She is referring to the University's dining halls. In order to enter them, you have to have prepaid a certain amount in your tuition. Depending on the amount you have paid, you get a certain number of "swipes" or number of times you are permitted entry into the dining halls. The number of swipes you have is generally referred to as your "meal plan.") Due to her small meal plan, when she does go to the dining hall, she brings Ziploc bags to bring food with her back to her room (even though this is not permitted). She goes to "steal food for later."
- *As she was talking, she lifted her eyebrows as she spoke and moved her hands a bit.*

c) Do you buy it? If so, please explain where and how?

- Most of the time, she does not go to the dining halls and just buys food at some supermarkets downtown.

- *Moved her hands a bit again as it she was pointing in the general direction of an imaginary store to her right.*

d) Does someone else provide you with some or all of your food? If so, who and how do they get it?

- Elizabeth's parents sometimes stop by to drop off food that they made for her. Things like mac and cheese, chicken, mashed potatoes, cookies, etc.
- *She smiled and looked at Lacy directly as she explained. Moves her hands a bit as she talks again.*

3) Food preparation

a & b) Do you usually buy fully prepared meals (e.g., take-out from restaurants)? Explain what, how, and why. Do you buy food that is almost fully prepared (e.g., that only requires microwaving or mixing with water)? Explain what, how, and why.

- "Usually just almost prepared... I make rice and beans and grilled chicken quesadillas a lot because they're easy to heat up and can easily be done. I've been cooking a lot more now that I'm in an apartment." She explains that for the past 3 years she has been in a traditional dorm, so there was no kitchen to cook.
- Also, she enjoys baking in her apartment a lot. "When we bake, all the roommates eat it or people come over and we give it away." She further explained that oftentimes, "we bake cookies" to entice people to come over. *As she says that, she does a gesture of pushing away, as if giving away a plate of cookies.*

Follow-up Question: Lacy could tell baking meant a lot to her, so Lacy asked "Why do you enjoy baking so much? What is the benefit that you see in baking treats for others?"

- Elizabeth explained that she and her mom baked cookies together all the time growing up. "It's therapeutic, tastes good, and makes people happy." *Smiles and giggles to herself.*

Follow-up Question: Where do you find the time to bake being a student?

- She uses pre-made mix to make it easier and "get it done" *Gave the two thumbs up motion and smiled.*

4) Food consumption

a & b) Where do you eat (e.g., kitchen table, living room couch, car, park bench)? When do you eat (e.g., do you have regular meal times or graze throughout the day)?

- She usually eats on the counter or the couch. Sometimes she'll go to her room if she has a lot of work to do and wants to be alone. She eats "like brunch or just a late breakfast" on days when she can sleep in, but for dinner she sometimes eats breakfast foods as well. She sums it up and says it's about 3 meals a day, just "At weird times and involved a lotta snacks"
- *Again, she looks at the floor's corner as she talks and goes "uuuummm" to think a little before answering.*

c) What utensils do you use to serve and eat your food (e.g., take-out boxes, china plates, chopsticks, cloth napkins)?

- “Forks and spoons?” *She giggles as she answers, as though it’s a weird thing to ask. She also answers with an inflection, as though it’s a question.*
- d) Do you follow any particular rules of etiquette about eating (e.g., saying grace, hands on the table, proper ways of asking for something)? Explain how and why.**
- “Not really” She elaborates and says she eats with a plate.... *She glances at Lacy and then the floor again, perhaps a little nervously.*
 - She gives shorter answers for these questions, as though they are so normal to her that it’s weird to ask. Also, she could just have been getting tired. The interview was about an hour...

5) Do you talk a lot about food? Please explain: when, where, with whom, about what, why...?

- “If I’m really hungry I’ll talk about it a lot but not usually” She elaborated that if she is “starving” she will discuss what she wants to eat.
- *Looking at corner, places hand on chin to think a bit before answering.*

6) Do you have any other thoughts, feelings, or experiences connected with food that you would like to share with me, whether negative (e.g., chronic hunger, anorexia, obesity) or positive (e.g., an unforgettable meal, a secret treat, your grandparents' garden)?

- At family events around the holidays there are always food. Her mom makes the same thing every family birthday- the same cake recipe. Her grandfather makes the same pies every holiday (*Her hands are holding each other, like a handshake*)
- She also studied abroad in England. She ate fish and chips, tea, scones.
 - Her group of friends abroad “kept buying funny British candy” at the convenience stores. Every night before bed they would stop by a store and buy a “weird snack.” Elizabeth gives the example that they “had shrimp flavored potato chips!” *She is still looking at corner of floor as she’s talking and occasionally glancing at Lacy.* She admits she didn’t really like the weird snacks but enjoyed trying them.

Of the two interviewees, Elizabeth Jones is generally more introverted.