## **P7 Emilio S**

**Bookmark: Introduction and personal background**

**Evelyn Boodaghians** [00:00:01]  
Could you tell me a little bit about yourself? Maybe where you live, what you do for fun or for work, Anything you're comfortable sharing about yourself.

**P7 Emilio** [00:00:10]  
Oh sure. Well, I live in Chicago, IL and I work as kind of like a dog trainer, but I also like to make sculptures. So you see, there's a bunch of, you know, crap in the background. Some of those are like toys and stuff and stuff that I made. So stuff with Clay and stuff like that. And I'm married and I have a three-year old that's gonna be 4 and I like spend time with my family and just, you know, stuff like that. That. I think that's pretty much it, yeah.

**Evelyn Boodaghians** [00:00:42]  
How long have you lived in Chicago for?

**P7 Emilio** [00:00:46]  
Since I was 6, so it's over like 20 something years, 2425 years, something like that.

**Evelyn Boodaghians** [00:00:54]  
Oh, so very familiar, probably with the area.

**P7 Emilio** [00:00:57]  
Yeah, yeah.

**Evelyn Boodaghians** [00:00:59]  
And then you mentioned your immediate family right now is your married and your three-year old soon to be 4 year old son, was it?

**P7 Emilio** [00:01:07]  
So he's in. There's a room right there, he's sleeping and the door closed. If he wakes up he will come here and say hi or cry, but my wife will take him upstairs.

**Evelyn Boodaghians** [00:01:17]  
Yeah, OK, No problem. If he needs to join. Awesome.

**Bookmark: Childcare arrangement**

**Evelyn Boodaghians** [00:01:23]  
Tell me a little bit about child care for your son. How does that work in your family?

**P7 Emilio** [00:01:28]  
Oh, well, it's, it's actually, it's like like a nice set up. So it's in my oh, I forgot to mention my dad lives with us 'cause we have a like A2 flat, kind of like a duplex. So there's one floor, another floor. So we're on the bottom floor and my dad's upstairs and we share the kitchen. But so I work from home most of the time. So on the computer, a lot of stuff like this, like on Zoom and or on projects on contract by contract or I have to go out and then my dad fill in the gaps when I have to go out and watch the baby. But more or less I can kind of be at home with my son. My wife works downtown, so she commutes. We live very close to the train, so she goes downtown. And so basically I've been working from home, staying with my son and I'm able to to move around my schedule so I can take him out, go to the park and we do things. He's about to be entering school soon because he's about to turn 4. So he's going to pre-K, which is 1/2 day. I believe it's like 3 hours. So we're in a transitional phase soon, pretty like upcoming. And so the way that it's kind of set up is like I'm with him most of the day and then my wife gets home around 5:00 then and, and sometimes like I go to the gym around that time and then we have like family time. And that's kind of more or less it. On the weekends we're all together and yeah.

**Bookmark: Son's upcoming pre-K enrollment**

**Evelyn Boodaghians** [00:03:00]  
You mentioned he's starting pre-K soon, has he been in any other like schooly type? I don't know what comes before, since or. No, not so much.

**P7 Emilio** [00:03:11]  
Yeah, kinda. So he's, I take him out every day to like little to to the park and stuff like that. But also there's like it's kind of like a children's gymnasium activity center or something. But he goes to this thing called the city kids and they have like gymnastics and soccer and just these low jungle gym kind of scenarios and some classes and camp and stuff like that. So he goes there consistently. So he's been exposed to other kids.

**Bookmark: Son's exposure to other kids**

**P7 Emilio** [00:03:38]  
He's still kind of he was born in 2020. So he's like a COVID baby in a way. And he's an only child. So I'm sure he'll be weird and selfish. And then so like, I mean, I'm an only gentle and then so and but he is socialized and stuff like that. But he he is about to this is the first time that he's going to enter a setting that is that he is without his family for more than like he goes, stays with his aunt or whatever. But there are people that he knows. But he's pretty gregarious. He's pretty open. He's not that shy. But I still we still haven't done it. So we don't know if it's gonna be like, you know, like terrible. But we're trying to ease him into it. So it's not a big shock to the emotional system. Yeah, yeah.

**Evelyn Boodaghians** [00:04:24]  
Yeah, that makes sense. Yeah, the gymnasium thing, he in camp he goes to. Is that like a drop you drop him off or do you stay with him? I.

**P7 Emilio** [00:04:32]  
Stay with him, but he just runs. Like, I just gotta make sure he doesn't escape the areas he's not supposed to be in or, or, or stay in the areas he's supposed to be in. And I watch him when he does that, you know, when kids go like, look at this. And I'm like, yeah, that was great, you know, But I let him do his own thing. And then he plays with other kids and stuff. And so he does. He's very, very social. Like he's want, you know, those babies, they're like, hi, hi to everybody. It's. He's like that. Yeah.

**Evelyn Boodaghians** [00:05:00]  
Yeah, that makes sense. And then you mentioned your dad lives with you.

**Bookmark: Father's living arrangement**

**Evelyn Boodaghians** [00:05:03]  
How long has your dad lived with you?

**P7 Emilio** [00:05:06]  
So I'm Mexican, so my whole life so yeah. And the it's just, you know, cultural, it's just. And so he yeah. So he he's lived with us this whole time for brief period while we were changing houses. He lived on his own, but that was only like, that's barely couple months or something. And then the, yeah, he's been with us for, for, for a while. We, we bought this house and we specifically got it because he can be up there and he's, he's probably, he's good. Like he's very active. The only thing that he had, he had epilepsy, but it's very treatable because he had like head trauma when he was younger. So he used to have seizures, but now he just takes medications. It's not an issue. And he's very, he's, he can do, he's, he looks better than I do. So yeah.

**Evelyn Boodaghians** [00:05:54]  
OK. Yeah, I'll have some more questions maybe about him later, but we'll on for right now. OK. And then lastly, any like babysitters or anything like that for your son or not so much?

**Bookmark: No need for babysitters**

**P7 Emilio** [00:06:08]  
Oh, really? Just we've been lucky enough that my dad's kind of live in babysitter, more or less. I mean, he works too, but it's it's a very chill job that it doesn't take up a lot of time. And then I work from home and I can kind of choose my hours. So I choose it around based on who's home and what he's and nap times and things like that. So he's been pretty fortunate that he hasn't gone to daycares and things like that. It's just family and yeah.

**Evelyn Boodaghians** [00:06:43]  
That's really nice. Sure, he likes that. OK.

**Bookmark: Family's food routine**

**Evelyn Boodaghians** [00:06:48]  
I want to talk a little bit about food for your family. I say, I usually say immediate family. We can talk about your household because I'm not sure how it works with your dad. So we'll get into that.

**P7 Emilio** [00:07:00]  
Oh, and he's he's with it. We all eat the same food, so.

**Evelyn Boodaghians** [00:07:02]  
Yeah, awesome. Great. So tell me a little bit. Yeah. What does a typical week look like for food for the family?

**P7 Emilio** [00:07:09]  
So I I was raised by my grandmother and my aunt. And so I know how to, I know how to cook. They taught me how to, how to cook. And I've been cooking for my dad for a while, so I generally just cook every day. The, the, the, when it comes into, do you want me to focus more on the apps 'cause when that comes into play is kind of to fill in the, it's on the weekends for sure. And then when me and my wife, like, like I said, when we all kind of get together and so I can eat. So the baby, baby, it's like a toddler.

**Bookmark: Food preferences of the toddler**

**P7 Emilio** [00:07:43]  
So he loves chicken Nuggets, peanut butter and Jelly sandwiches, fruits, white rice and chicken. Very simple. If you throw something complicated his way, he's like, what is that? I don't want that. And if it, there's a lot of elements, he, he doesn't like it. I generally cook and then the people who really eat it is me and my dad, sometimes my wife.

**Bookmark: Eating schedule and preferences of the wife**

**P7 Emilio** [00:08:04]  
But my wife gets home from work at 5:00. So and she intermittent fast sometimes. So she's like, you know, not in our eating schedule or whatever, but the difference between her and I is that she, she tells me I eat to be full. She eats because she likes food. So I don't care what it is. I'll just as long as it, if it's edible, it's fine. And then and I'm, I make slop sometimes. So if there's like in the fridge and it's going to go bad, I'm like, I'll, I'll make it. I'll, I'll, I'll, I'll, I'll make it work just so it does. And she's like, I want no part of that.

**Bookmark: Ordering out and special occasions**

**P7 Emilio** [00:08:43]  
So and so we end up ordering out to like if it's something quick, it's usually something like fast food and we get him chicken Nuggets or fries because that's the only thing that he really likes. And, but we do like get stuff from restaurants and local places, like around here that's mainly reserved for like Fridays and Saturdays or if we ever kind of have like a day that we have a show that we're watching.

**P7 Emilio** [00:09:13]  
So recently it was like House of the Dragon. So we're watching that. And then we would kind of usually or, or some like really trashy reality TV show that I'm like, I don't want to watch. And then I start watching. I'm like, oh, OK, I'm, I'm kind of into it and I'm, I'm on board. So we have like this thing that, you know, me and my wife watch TV and stuff like that and we do that. So that's when it comes up. But it does come up weekly. It's not like it's a rare thing.

**Evelyn Boodaghians** [00:09:39]  
Yeah, yeah. So I'm gonna repeat just to make sure I understood. So it sounds like you cook every day. Yeah, for yourself and your dad. Your wife is a little bit. She's on a different eating schedule, but she also does enjoy certain foods you make.

**P7 Emilio** [00:09:54]  
Yeah, yeah, yeah.

**Evelyn Boodaghians** [00:09:55]  
And then it's the weekends or if you're watching a specific show, like thousands of days that you're ordering out more.

**P7 Emilio** [00:10:01]  
I I mean, I cook for my son as well, but it's just very basic things that I don't, I don't consider not considered food, but it's not complicated you.

**Evelyn Boodaghians** [00:10:08]  
Know Yeah, yeah.

**Bookmark: Breakfast and lunch routines**

**Evelyn Boodaghians** [00:10:10]  
What does breakfast look like in your household?

**P7 Emilio** [00:10:14]  
Well, we haven't had it, but it's usually for him. It's usually something. It's like peanut butter and Jelly sandwiches. Sometimes I don't eat it depending on what type of day I've had, but I usually make like some sort of big scramble. Like recently it was eggs, tomato, ham, zucchini, mushroom, spinach, chorizo, this cheese, it's Chihuahua cheese and things like that. And we're Mexicans, we, we would rice and beans a lot and tortillas. That usually kind of goes with it. And it's usually, it's like, it's usually a protein, a bunch of vegetables combined with rice and beans and, and it's, and sometimes I make like a soup. And if it's, if it's like a holiday, I'll make the complicated dishes. I don't like to cause it's, you're just so time consuming. But usually it's it's like that.

**Evelyn Boodaghians** [00:11:15]  
Same. Yeah. And then how about lunch with work and I? Yeah. How does lunch look like for different family members?

**P7 Emilio** [00:11:25]  
So lunch, my wife definitely eats out. She lives like she works in like an office so I know she eats out And so it's like places nearby her. So I actually find out about new places through her. She has like she goes out for lunch and and then she, she orders more on the apps and stuff like in my phone. I have like Uber eats. But usually when we order, we a lot of times use her phone because she's on it and I'm just like, whatever, it's, it's food. And I'm just, I just open my mouth. All right, man. So yeah, I don't care. And then, and that's kind of how, how that works. But for lunch in, in the house, I, I cook usually it's, it's usually something more hearty. That's when my son gets his protein and either I'll I'll make like a whole chicken or like a dish, but it's still it always it, it generally it's the same thing. It's usually not the same thing, but it's usually it's like a protein with vegetables, rice and beans, right? Like more or less. That's consistently it sometimes like a soup or something like that. But yeah, OK.

**Evelyn Boodaghians** [00:12:34]  
Gotcha, so you're cooking both for lunch and dinner it sounds like?

**P7 Emilio** [00:12:38]  
Yeah, yeah, sometimes, like if it's a lot of it, sometimes it rolls into like if there's like leftovers and it's good and it's and it held up well. And sometimes we do like just eat the same thing for dinner. I don't know why, but I think I eat less heavy as the day goes on. Like at night, I, I like to eat have more of a sweet tooth. Like I kind of like, I feel like I've eaten more of a, a bread and milk or something like that, something along those lines. And yes, that's more or less kind of how that is.

**Evelyn Boodaghians** [00:13:17]  
And then it sounds like you do a good portion of the cooking days.

**Bookmark: Cooking responsibilities of family members**

**Evelyn Boodaghians** [00:13:22]  
Your father or wife do cooking too, or not so much.

**P7 Emilio** [00:13:26]  
My dad does one thing and it's, he makes rice and then he 'cause I could do it, but he's, I, I learned to cook by feel like, you know, like I know what it is. And my dad, he doesn't have that. Like he like if he cooks something like that, it tastes weird. So he's very clinical, he's very measured. So he makes rice 'cause he has like like 3 cups of water, 1 cup of this or whatever. So it's consistently the same thing. So he makes that and the baby loves rice. Like he eats rice every day. So it's always good to have something on hand that he will always eat. So we always have rice and that's what my dad makes. I make the big, I don't know, the entree or whatever you want to call that. And then my wife cooks definitely like on the holidays and on the weekends. It's, it's just 'cause she gets burnt out, 'cause she has to, you know, it's like in an office and, and then she commutes and so she gets home and she's like, I don't, and I'm like, it's fine, you know? And, but we all, it's a very like, like I'm Mexican, my wife's black. So she like, it's the, we all have kind of this kind of like ethnic cooking culture thing where we all just, it's that we cook at home and we're passionate about food. I'm just more practical. But I still like, I, I respect food like a lot like I and the all that goes into, into it, the artistry of it. But I, I just, I'm not picky whatsoever. So that's the big difference. Yeah, yeah.

**Evelyn Boodaghians** [00:14:53]  
OK, that makes sense. I wanna talk a little bit about grocery shopping or food shopping.

**Bookmark: Grocery shopping habits**

**Evelyn Boodaghians** [00:14:59]  
Tell me a little bit about what does that look like for your family?

**P7 Emilio** [00:15:02]  
I do it every week because, and there's certain staples like the, we always have rice, eggs, chicken and vegetables and tortillas and meat. So these are always things, they're always in the home. And it only it, it changes when like on the weekends because then we step it up because of my wife's home. So we try to, we might kind of try to make something we don't regularly make. And but I, I shop like, like I think at least once a week for sure. And but sometimes I end up going to the grocery store more because my son is addicted to apples. There's like, I think toddlers have this, they call like the fruit phase, but they just latch on to one thing and they're like, he loves apples. And then so he just, he goes through apples like crazy. And then so I have to go to the store to get a lot more apples all the time. And I usually I like to go to the, to the store because I'm, I'm a fast shopper. Like I know what I want and, and, and I do that. But sometimes if the weather's crappy and, or if it's some last, you know, sometimes life catches up with you and you didn't get to do the, the, the errands or whatever we do like Instacart and or a Costco order. OK. Yeah, yeah.

**Evelyn Boodaghians** [00:16:34]  
And so it sounds like those are really for moments where either the weather is not good or kind of time ran out. But most of the time it sounds like you're going to the store yourself.

**P7 Emilio** [00:16:44]  
Correct. Yeah.

**Evelyn Boodaghians** [00:16:47]  
And that's at least once a week. But then sometimes, yeah.

**Bookmark: Father's grocery shopping habits**

**Evelyn Boodaghians** [00:16:54]  
And then how about your dad? Does he go grocery shopping or not so much?

**P7 Emilio** [00:16:58]  
He does he buy he when he's out. So like I he, when he's out working and he comes back home and then he passes by the supermarket, He picks up things that he knows that like we will always need, which is the rice and the apples, 'cause my son eats that and he has that thing. You know, when grandparents are like, you know, that's the, they over. You know, there's the low, there's the one grandchild and they try to shower them with everything. So like, so he's very minded of like what my son likes to eat as well. He himself is like completely like he has a very like bachelor food approach. Like he, he just buys like ramen because he can make that and rice and then sandwiches from 711 'cause, you know, he's like a cab driver, you know what I mean? Like, I don't know if that makes sense, but it's like he just and, and the same thing all the time. And then he only eats good 'cause I cook. Like, if not it, he just, yeah, he would just be eating like ramen all day with rice and then jalapenos chopped up in it or something like that. Yeah. Yeah.

**Evelyn Boodaghians** [00:18:15]  
Interesting. OK.

**P7 Emilio** [00:18:16]  
Yeah, he, he just, he's, he just lacks imagination. And then I don't know. They they never, I don't know why I learned. Just cook. And then his mom doesn't teach you, 'cause we have to sit. We his his mom taught me. But yeah, I don't know. But yeah.

**Evelyn Boodaghians** [00:18:32]  
So, OK. And then for food shopping, what's your wife's involvement, if any, in that?

**Bookmark: Wife's involvement in grocery shopping**

**P7 Emilio** [00:18:40]  
A lot, a lot 'cause she sometimes she makes the, the, the, the orders like the cost 'cause she's better at shopping. Like I guess for like she looks to like deals more and then like she's more like on it. Like on the apps I'm like, oh, they got this and stuff like that. And I don't like making the trip to the grocery store and taking the low cart or whatever, or the, but she's like, I'm not doing all that. And then so she's more like, oh, 'cause she gets like cravings like in the weekend. He's like, oh, you know what, I feel like eating today. And I'm like, what? And she's like this. And then so we have got to get the materials for that. I'm more like, I'll eat the same thing every day if I have to. But so that's the big difference. So sometimes it's like a pasta. Sometimes it's like, like she wants to bake something. She, she, she bakes. That's the one thing like I don't, I don't bake at all, but she bakes and then and or or her take on another specific kind of cuisine. And then we just, we we have to buy all the materials to try to make that. So yeah, makes sense.

**Bookmark: Shopping approach and organization**

**Evelyn Boodaghians** [00:19:49]  
And then when you are going to the store like how do I ask this? Do you would you say you're an organized shopper with a list or more go with the flow? Like how does that work in your house?

**P7 Emilio** [00:20:02]  
I do kind of have a list, but I keep it in my head and I'm pretty systematic because I've been doing it since I was like 8. So like I used to. And then so I just kind of, I know how they're set up and I know what I need to get and I, I'm out of there like in 10 minutes. I'm like, like I know. And then I only stop when I see something's on sale or something, or, or I know that my son will like, but I, I, why shop thinking about like what'll last me like the week and what I can do with it. And, and, and I always keep in mind what I have at home. And now we recently we, we have like a garden going and started yielding like zucchinis and tomatoes and squash and things like that. So I keep that in mind as well of like, oh, maybe I can make this with that and something like that. So I, I buy shopping. I, I buy shopping, I, I shop based on availability and price and because I know I'll make it work. So once I have enough of a specific set of ingredients, I'll, I'll shop around that. And I'm like, oh, if I add this, what we're set?

**Evelyn Boodaghians** [00:21:12]  
I see. So it's like a lot more mental. You kind of have like a pattern or you have past experiences that.

**P7 Emilio** [00:21:19]  
Yeah, I only shop with a list when my wife sends me on a on a journey to get stuff that I'm like, I've never heard of this, but OK, you know, yeah.

**Evelyn Boodaghians** [00:21:27]  
Gotcha. OK, cool.

**Bookmark: Food delivery preferences**

**Evelyn Boodaghians** [00:21:30]  
So I want to talk a little bit more about food delivery. So you mentioned like it's usually on the weekends or like if there's a special show. Tell me a little bit like what do you find yourself ordering things like that? Who eats that food?

**P7 Emilio** [00:21:44]  
So today we're probably going to order it today because my wife's working from home. And then so and she oh, oh, yeah. And then the other caveat to that is like she doesn't need leftovers. So I'm like, she's like, oh, that was a day old. And I'm like, great. Yeah. So I'm like, oh, it's only a day old. And she's like, that's a day old. So so we do, you know, so usually if it's if it's something quick and simple, we go, we default to like, I guess like McDonald's or Burger King. Your go to kind of franchises that are like, you know, synonymous with fast food. And it's usually the order is like chicken Nuggets or fries for the boy. For me, it's like a she gets like a Big Mac. I get like Mcdoubles, right? And we get some for my dad or we might do like the McDonald's breakfast or something. And it's usually the big consistent ones, I guess are it's like McDonald's, Burger King, Wendy's, but those are like to get in when you're in a pinch, when you're like, oh, I need something now 'cause we 'cause our McDonald's is relatively close. So it gets here super fast. When we want to step it up or something. We sometimes get like pizza, like, but like a nicer pizza and not like Domino's or something and, and what else? Or we ordered from kind of like restaurants. We just get Chinese food, we get Korean food, yeah. Things like that, like it more restaurant based kind of deliveries and that's more for like special occasions, like on the weekends, yeah.

**Evelyn Boodaghians** [00:23:23]  
And how do you guys like how does the decision come to be of where you'll order from?

**Bookmark: Decision-making process for food delivery**

**P7 Emilio** [00:23:30]  
Oh yeah? Well, I keep going back to Zen. I feel like I'm bad mouthing, but a lot of it start. It starts and ends with my wife, 'cause she 'cause we're just, we, you know, she's in a house with a bunch of dudes and we're all like, yeah, it's fine, you know, like, and she's like, give me input, please. And I'm like, but I'm like, I'm fine with everything. She's like, that's no help. So what it is, is she, she kind of, has she asked me? She's like, oh, you know what I kind of feel like? Do you feel like I'm like, yeah, OK. And then, and, but she goes through like, it starts with like EUR and that ends up with Chinese food. Usually it's like a whole, it's never just the first thing. It's like she's like, oh, but then I want this, but I want the, the, the Nuggets from this place and the thing from this place. And then once it starts to add up, she's like, Oh, you know what actually the most logical choice would be this. And then sometimes it goes like that, but it, it usually starts with a craving of a like a specific thing. And then it's like, OK, what's good for everybody. And then we then she goes through the different options. And then if it starts getting too expensive, she's like, she'll default to her second choice. But it takes a long time. Like it, it, it takes it unless, but the ones that don't take a long time are the quick, like the McDonald ones. But when it's like, oh, I want this to be a meal, it's like, 'cause she will be disappointed if it's not up to par. So a lot of it hinges on this meal. So it's like, there's a lot. So it's like, I better get this right. And so we kind of do come together, but I'm always like, that's fine. Like, which is not great to hear, I guess when you're trying to get a consensus. But I really will just eat anything. And so the only thing that I say I'm going to just get something, the baby will also eat and that's about it.

**Evelyn Boodaghians** [00:25:21]  
Yeah. You talked about how she kind of starts with a lot of different options and then down when she sees the price. Yeah. Tell me about like, do you guys always end up narrowing it down to one place? Do you sometimes order from multiple places? How does that go?

**P7 Emilio** [00:25:37]  
On times and she's like, I usually times that coincide, I guess with a like she's like she's had like a rough week or she's like I need a treat or she'll make the splurge of like OK, or we'll make the splurge. So we'll be like, OK, we'll get the frosty from here and then the other stuff from here. But usually we do stick to one place. What ends up happening is like, I think you start the idea is the jumping off point. And then once you actually get in the app and see what's what, sometimes there's deals in there. And I think we've but, but, but she also kind of gets tired of the same thing. Then she wants variety and then that's kind of that comes into play as well. So it's price, variety and also delivery time. And then every once in a while it's like consistency of service because some places are like, it tastes different one time or they always forget something. So it's, it's all these factors we think about and then and then we end up kind of deciding. But yeah, but we do have our our tried and true, even though they're expensive, we're like, oh, this place is great. Then we kind of save that for like, you know, like I said, like, you know, watching TV shows that were like, oh, it's gonna be good. Let's all you know that kind of thing.

**Evelyn Boodaghians** [00:26:56]  
Yeah, makes sense.

**Bookmark: Who places the food orders**

**Evelyn Boodaghians** [00:26:58]  
And then you also mentioned something about like she's usually the one that places the food orders on her phone. Tell me a little bit more about that. Why do you think that comes to be?

**P7 Emilio** [00:27:08]  
I think she has more. I like I said, I got the Uber Eats app and I do do it sometimes, but I'm more like I, I start to kind of once it starts to get more complicated like I'm like, I don't, I don't, not that I don't want to do it. It's just like, I don't 'cause I'm very like this. And then if it's, if it's there's alterations, I was like, oh, this and this and this from this place. I'm just like, maybe maybe you should do it, 'cause I, I, I don't cause I've gotten it wrong and it does, it's not a good thing, you know? So it is. So that's kind of part of it. But if it's like a simple order, I'll, I'll do it, you know, like if it's like a straightforward, if it, if what's on the menu, it's like that's it. And, or we're all getting the same thing. I I'm like, I can handle that, you know? Yeah.

**Evelyn Boodaghians** [00:27:55]  
And then how about your dad?

**Bookmark: Opinions on food delivery apps**

**Evelyn Boodaghians** [00:27:57]  
Does he use the food delivery apps?

**P7 Emilio** [00:27:58]  
Not at all. Not at all. He would, he would. He thinks it's stupid. He's like, he's a he's a member of your dad. He's like, why would you waste money? I can go out. We can cook at home. And I agree to the most for the most part, but I'm just, you know, I know that. It's just no, he he detests. He thinks it's the dumbest thing ever. You know what I mean? Yeah.

**Evelyn Boodaghians** [00:28:21]  
Does he eat the food from food delivery?

**P7 Emilio** [00:28:23]  
He'll eat it. He'll eat it hypocritically. He'll eat it. But he's like, I will not, you know order? Yeah.

**Evelyn Boodaghians** [00:28:29]  
OK. So OK.

**P7 Emilio** [00:28:31]  
Yeah.

**Evelyn Boodaghians** [00:28:33]  
And how do you feel? So it sounds like your son also eats the food from Yeah, yeah, yeah. How do you feel about your kid eating food from food delivery? I was like what's your thoughts?

**P7 Emilio** [00:28:43]  
I'm, I'm fine with it. You know, I, I do think if I get like bougie, you know, like Whole Foods about it. I'm like, I do like the idea of knowing where the food came from and the process it was made and things like that. But it's like, you know, it's not radioactive, you know, I'm sure it's got some pesticides in it, but that's about it. I'm sure it's like over time, like decades, maybe he might get cancer. But like, yeah, the amount is negligible. So I'm like, it's fine. I, I don't, I don't overthink it. I'm more. And also he's very like, he's not complicated. Like he, this palate is very like simple. So I know what he likes and I know what he doesn't. And so he loves like noodles and he loves like starches and protein and chocolate, you know, that's what he likes. So yeah.

**Evelyn Boodaghians** [00:29:35]  
And then we talked a lot about ordering from restaurants.

**Bookmark: Ordering non-restaurant items**

**Evelyn Boodaghians** [00:29:37]  
Have you guys ever used the food delivery apps to order things from like non restaurants? Like sometimes they have like other places on there.

**P7 Emilio** [00:29:44]  
Yeah, I've used, oh, I don't know what this applies, but I've used a lot of like, like what's the Amazon Fresh stuff? And I, what I order more is like, 'cause like I'm at the house, I order a lot of toilet paper. I I order garbage bags, I order soap, dishwasher soap, sometimes toothpaste stuff. And I know my wife, she gets like sanitary goods and then like, and also emergency or detergent. Yeah, that's another one. So a lot of house things. And I think one time I did order like a cake, but that was, it was, we had like, I don't know if it was like a Valentine's or it was like a, it was some sort of celebratory thing. And I'm like, yeah. Or flowers or something like that, yeah.

**Evelyn Boodaghians** [00:30:43]  
Yeah.

**Bookmark: Reasons for ordering household goods**

**Evelyn Boodaghians** [00:30:44]  
Tell me a little bit about why do you see yourself like ordering those household goods more so than like going in store for them? What kind of?

**P7 Emilio** [00:30:52]  
It's 'cause sometimes it's like, it's the time thing. It's a convenience. I think you're paying for convenience. You're paying for. I'm not going out the house. Sometimes I have to either be at home and be like on the computer or or and getting my son out the house, like he loves to go out but it takes forever. And then I have to make sure he pooped and peed and he's not going to do it outside. And then he had us. He ate, he ate enough 'cause then he's going to ask for food and then he has a bath and then that he's not too tired. And so it's managing a little, a little dictator is, is kind of is you kind of have to plan around that. And then, and that's kind of what that's a big part of it. And it's the work. If I have to be by the computer, I have to be at home or even on like a on call or on the phone and, and, or if my dad's not available to watch him because he's working or doing something. So it really hinges on convenience and time structure. Yeah.

**Evelyn Boodaghians** [00:32:00]  
You mentioned that your son is gonna start pre-K.

**Bookmark: Food for child in school**

**Evelyn Boodaghians** [00:32:04]  
What will food look like for him when he goes to school, do you think?

**P7 Emilio** [00:32:08]  
Well, probably like square pizzas, right? And those super Donuts and I don't know if it changed. I, well, I know they have like school lunches and, but it's like 3 hours so I'm not too worried. I don't know, to be honest. I don't know. I think it's more or less the same. I, I've, I've looked up some things and it's pretty much the same. They try to go a little healthier, but, and I think I, I, since it's not a super long period of time, I don't think, I'm not that super worried about it. I think he'll eat most of his meals here still.

**Evelyn Boodaghians** [00:32:46]  
OK, so they might have school lunches there, but he'll probably still eat most of his meals at home.

**P7 Emilio** [00:32:52]  
'Cause it's three hours only, so it's not gonna be too bad, I think, yeah.

**Evelyn Boodaghians** [00:32:57]  
And then thinking way into the future, as your child grows up, what are your thoughts on like him eventually using food delivery apps and things like that?

**Bookmark: Thoughts on future use of food delivery apps**

**Evelyn Boodaghians** [00:33:06]  
Like do you have any opinions about it or feelings?

**P7 Emilio** [00:33:10]  
I do all right, but it's I'm I'm so I'm my dad's son. So I also, and I grew up cooking. So I'm also like it makes more monetary sense for you to just buy the ingredients and do it at home. It'll last longer. You go out. If you go to a a cheap place, you might spend 10 to $20.00, but on average of you eating a good meal, it's like 40-50 dollars now inflation and you can spend that for food for a week. And so I'm just, you know, kind of saying my dad's worth and stuff like that, but it's I understand. Luckily, you know, a 222 income household and we both do OK. So I do in my head, I do categorize it as a as a, what do you call it? I'm not a fancy car. What is it? Shit. It's not a necessary thing, but it's a nice thing that you can afford a luxury. Sorry. Yeah, that's what it is. I do think it's a luxury. I do think it's something that you can plan to not do. I would try to instill so in relation to that, but it's very tight with money.

**Bookmark: Teaching budgeting and cooking**

**P7 Emilio** [00:34:19]  
So the thing I would teach him is that kind of how to do it on its own. So in part the skills of good money management and good cooking and kind of like good nutrition, but it's just, it's the kind of thing that fills in the gaps and that is useful, especially in social settings, if you're throwing a party, if you're with friends, if you're going out and, and you these kind of things. I'm, I'm very against on it, relying it relying on it, if I guess, if you can afford it and if it's, it's something you already kind of projected and your finances, it's fine. But it's just it's, it's, it's, I would say not smart, but it does save a lot of time. So there are instances of your time is worth more than that. And if that's the case, then I would think it's, I think it's a great idea. So that's kind of how I view it.

**P7 Emilio** [00:35:11]  
But I'm, I don't shit on it like I, I do think it's like a, it's like a service that's actively useful. You know, I don't take a stance on it like my dad, right? I'm not like, you know, but it's like I, I do if I'm pragmatic and if I try to look at the logistics, I do see the bottom line. I'm like, oh, that's not cost effective, but it's it's very.

**Evelyn Boodaghians** [00:35:32]  
Convenient. Yeah. It sounds like this balance of like teaching, like what budgeting looks like, but then like cooking so you're not reliant on it is kind of how you're thinking about it.

**P7 Emilio** [00:35:44]  
Correct. Yeah, and I'm and I'm getting into my old man phase 'cause I got a little garden going and I'm just like, so there's, I could see I'm just gonna, you know, probably go down that route. Yeah.

**Evelyn Boodaghians** [00:35:54]  
No, no, I think that that makes sense. And then thinking about, and if you haven't thought, if the family hasn't thought about it, just let me know. Think about like your kid and money.

**Bookmark: Allowances and jobs for child**

**Evelyn Boodaghians** [00:36:06]  
How would you see like either allowances or jobs or things like that coming into play as your kid grows up?

**P7 Emilio** [00:36:14]  
It's, it's, it's interesting you said, 'cause I think once you start having a kid, you replay your whole life and then you realize you're like, oh, I would never want him to do that. And then, but I started working when I was seven and, and it, and it instilled a certain type of work ethic and, and frugalness and mindfulness about money and all the big things. I've paid for my own kind of thing.

**Bookmark: Teaching the value of a dollar**

**P7 Emilio** [00:36:40]  
And I would want to impart that, but I, I would do, I would try to teach him the, the value of a dollar. I think it's important to kind of for me, I just want him. I just need to instill that it just doesn't come out at any. You know, it's need this. It's not just you have to, there's a, there's a price you pay. It's either effort or time. And then to get that. And I think if he can grasp that I, I would do allowance, but it, it has to be, I don't know. It's like I'm, I'm OK with him getting a job, but it's like, I never thought about it. Like not, not like deeply. That's why I'm like, I'm actually mad. I know I'm there's like dead air and I'm just.

**Evelyn Boodaghians** [00:37:28]  
Like, no, it's OK.

**P7 Emilio** [00:37:30]  
He's.

**Evelyn Boodaghians** [00:37:31]  
Still young, so it's a question.

**P7 Emilio** [00:37:34]  
So I would say I, I do like the idea of it, but I, I think it'll come more into play later in his early teens 'cause that's when he really starts wanting things. I think from what I've seen, like just, not only just but it like trend wise with kids at younger age, the things that they're really, they like Roblox and they want Robux now and that kind of thing. But I'm, I'm, I guess if there's something like that, that he's into like, oh, I need to buy Pokémon cards or whatever, then I'm going to make him work for it. So I guess, yeah, probably like, you know, what is it? Chores and things like that.

**Evelyn Boodaghians** [00:38:16]  
Yeah.

**P7 Emilio** [00:38:16]  
But the, the, the problem that I was having with you and then I was like withholding was like, 'cause I'm like, I grew up and you just had to do those things. And then it's just ingrained in me to clean the house. And I'm like, how do I, you know, And then I'm trying to marry the, the, the cultural aspects with the, the American traditions or whatever. Or the more does it come from like a communal kind of culture to a more individualistic capitalist culture? And I'm like, you're, you saw. So it's that. And so I don't know. Yeah, somewhere in between, probably.

**Evelyn Boodaghians** [00:38:48]  
Yeah, this idea of like trying to bring what you learned in your childhood, Yeah, to the level.

**P7 Emilio** [00:38:53]  
Yeah, yeah, right. So it's like that, 'cause I do think there's some good elements of it, but it's, you know, there's also other things too. Yeah, yeah.

**Evelyn Boodaghians** [00:39:02]  
You mentioned Roblox, yeah, which made me think of technology at 3:00.

**Bookmark: Concerns about technology and immediate rewards**

**Evelyn Boodaghians** [00:39:08]  
What is your kids relationship to technology right now? Like any.

**P7 Emilio** [00:39:13]  
Oh, yeah, yeah, yeah. So he fortunately he's, and you know how like kids parents are. Oh, my boy's so smart. Or whatever my son is. He's he he's right. I'm not gonna give him, not give him his flowers. But I'm not, you know, he's not like a savant or whatever, but he, he can read and he can read and write in both languages and he loves learning. Actually, he really, if it's an activity like he'll take painting and like doing stuff with his hands or active like or play or, or activities over the phone. But I'm, I'm not going to lie to you, if I'm trying to do something, I go like I have the, I have a, an app on my phone. You know how there's YouTube, but they have a, they have a YouTube Kids version and I'm like, here you go, 'cause I need to finish this. And that, that does happen more often than I would like because I know it's not great. And I just the things that I'm concerned about is the, the, the, the immediate reward of kind of like doping because you, because I'm old enough that I'm like, I remember you got to get up to change the TV And then there's the you, there's commercials. He grew up with, he has YouTube, he has streaming, anything he wants to watch, he can just literally press a button on the remote and just say it and it will pop up and that's fine. And that's just technology. And I'm not going to be old man on my porch about it. But what is what I do notice is that, and when I talk to my dad and I see, I remember things about my childhood and other people my age and stuff. I'm, I'm, I'm more patient, like I was more patient and being more, and patience grows out of necessity a lot of the times. And so when you know, you have to wait in order for something to happen. And that's just the, it's not an immediate thing. So he does have a tablet and, but we do give it to him in specific times.

**P7 Emilio** [00:41:18]  
And but I would not, I'm not going to lie to you, like if, if there's times that I need to do something like laundry or whatever and he is like, hey, look at me. Hey, hey, hey here. And I need him to sit over there. I do give him that. But I, and every time I do it, I'm like, I feel bad about it. But it's, it's a, it outweighs the cost. It's actually very similar to the food apps. I'm like, I don't like this, but it's, it's got to be done, you know, and, but doesn't have to, but it's just the easiest thing at this moment. Yeah.

**Evelyn Boodaghians** [00:41:48]  
How you mentioned like YouTube, there's like a kids version.

**Bookmark: Monitoring and selecting Spanish content**

**Evelyn Boodaghians** [00:41:52]  
Tell me a little bit about like how we monitor, how he.

**P7 Emilio** [00:41:55]  
Oh, OK, yeah. So it's not, I don't let him run wild and stuff like that. I actually prefer to, I have control over it 'cause we play it on the TV and the, and I'm very on that because my dad was a a he was an editor. Like he used to edit books or what he used to work in a printing Press of. He's very big on grammar and although, like I was born in Mexico, like I'm basically raised here my whole life. So but it for my dad was very important that I never lose the, the, the, the grammatical structure and the proper you, you know, our specific kind of like dialect of, you know, and cultural things. And it's how to read it, how to write it. And I, I pride myself with having really good Spanish, but it's due to, I have like, you know, like academically crazy dad and he's very kind of on that. And then he read to me a lot. So, but I do understand that that starts young because I remember him reading the like the Iliad to me when I was, I don't know, probably five or something. And then, but like in Spanish. So I, so I try to replicate a lot of that with my son. And our household is, I feel bad for my wife because of our household is like we all speak Spanish to him, but she, she speaks English to him. I only speak to him in Spanish. And then so because of that, he translates stuff. So whenever he's watching something on the TV or on the phone, I make sure it's in Spanish. And I already kind of vetted it and I'm kind of, what is it not bougie, what do you call it? But selective because there's, I can hear when somebody has a second generational kind of accent 'cause there's a lot of things with 'cause our, it's gendered, the language is gendered. We have different tenses for things. And these are things that kind of fall in the cracks once you learn it and you don't have, you don't kind of stay up with it. And there's a lot of Spanglish things that sometimes people we have, we have words for everything.

**P7 Emilio** [00:43:57]  
But for example, like we have the word for parking, the majority of people that are kind of raised here, they would say barchiendo, but that doesn't exist in Spanish. The actual proper word is estacionar, which is closer to stationing yourself somewhere. So things like that. So when I hear the little the, you know, the, the children's shows kind of thing. And I'm like, Oh, that's not, that's not that, that's not that good, good Spanish. And I'm like, so I kind of intervene. I'm like, Hey, let's watch this. And then so he's still at a young age where he till he's still active. He has choice and I do ask and you know, and we, I take his input in, but I very much am very conscious of the, the quality of the programming, what they're teaching and also how it's being delivered.

**Bookmark: Quality of programming and delivery**

**P7 Emilio** [00:44:41]  
So I do watch, I do kind of, I do let him pick things and stuff like that, but I kind of indoctrinate him and condition him in a way to kind of gravitate towards certain things.

**Evelyn Boodaghians** [00:44:52]  
See. Yeah. And then on his tablet, does he do other things beyond YouTube or is it mostly just?

**Bookmark: Use of YouTube and other activities on the tablet**

**P7 Emilio** [00:44:59]  
It's basically YouTube, but he I don't I didn't have any like you know how like the leapfrog learning games and things like that. No, he doesn't. He doesn't have any of that. He just likes watching the videos, but he's into like remixing the videos. So basically he, you know, how you can scroll on it, what he, he likes to, if a, a video starts with a sound of let's say it's the vowels and they're like ah, or whatever, he'll just keep repeating. So they're like, 'cause it's like, it sounds like a, you know, like a like a beat drop kind of scenario. And 'cause he thinks it's funny to just have the, the people repeat them kind of just be locked in this loop and then saying the same thing. And then he love, he just, he's laughing his ass off like doing that all day. So he does, he makes his own fun with that. Yeah.

**Evelyn Boodaghians** [00:45:48]  
As he gets older and like technology becomes more of a role in his life, what like have you thought about that? What what you thought?

**P7 Emilio** [00:45:56]  
Yeah, yeah, I again, I'm man, I just, I hear myself and I do hear, I, I'm seeing my, I see the echoes of my dad within myself. But I didn't get a phone like really like a proper phone. Like I didn't have a smartphone till I was 21. And then it came out of necessity because I needed to work. I had one of those the bricks and I was happy with the, with the bricks because then and because I didn't care. And then and originally all the social media that I have, I think it was made by like high school girlfriends. They're like, you need to, I need to talk to you and I'm like, I'm right here, you know, So there is that. But at the same time, I, I, I really, I love technology.

**Bookmark: Concerns about technology and moderation**

**P7 Emilio** [00:46:38]  
I like, I like computers, I like editing software. I like programs. I like when I play games, I do like mods and stuff like that, Like I like, I did like coding and things like that. So I I respect it and I think it's very useful. My problem with it is not a problem with it, but concerns with it with my son is the moderation is the, is the child brain of just like 'cause when you're younger, you're like things hit you harder, 'cause you're seeing it for the first times and experiences are more striking. So I, I hope to be able to implement a certain level of moderation and control within him. But also I recognize that he's his own person and he will gravitate towards what he gravitates and to the degree that he will. And I don't want to stifle him in, in any sort of way, but I also know that I have to set limits and boundaries for his own goodwill.

**Bookmark: Setting limits and boundaries for technology use**

**P7 Emilio** [00:47:40]  
I don't know. I do think it's crazy that little kids have cell phones like in my head, but also I but I'm guess if they're going on sleepovers and things like that and or they get taken in vans or whatever it is, you know what I mean? Somebody's trying to harvest their organs, you know, like, I guess they should call, Hey, my kidney is coming out of me, right, You know, but so there is there is that, but I, I don't know.

**P7 Emilio** [00:48:06]  
We, I don't, I'm, I don't, I think because we're so tight knit and very family like use does things at home and stuff like that. I don't think I'd be into it wouldn't be I don't think I'd be suo overprotective, but I would I I think once he is mature enough, I think a kid. I think he, I think a little boy before maybe eight or ten. Once, you know, once you see the innocents leave their eyes, like once you see them, the wonder when you're like, oh, that's just a a little person that, I mean, they're always people. But once you, you, the sweetness leaves them. And then, and then, you know, he starts getting I guess more pervy 'cause he's a boy, I guess. And then, you know, and then I'm like, OK, I guess maybe he needs a phone, right? Or not a phone, but he, I, oh, I got it. I got a way better because I was just going down a OK. Once he starts a really getting into his own social circles and it matters to him emotionally and it's important for him to be connected with his friends. And I, I would probably think I'm like, OK, maybe phone because he's going to do it either way, like computer and things like that. I know a lot of parents monitor and things, but I'm like, I would definitely teach him all the sexual stuff that he needs to know and you know, safeties and stuff.

**Bookmark: Monitoring and teaching responsible technology use**

**P7 Emilio** [00:49:40]  
And, and I feel confident that because we're a lot of us at home, we're, we're very light hands on and we're kind of on it. I think we can impart and make him a like a good responsible human being that I'm not too worried about. All the dangers are out there because he should be. He should be smart enough to make his own choices. But then again, he is impressionable. He is a child and things like that. But I feel confident that we can mitigate the outside influence with just the care and support from home.

**Evelyn Boodaghians** [00:50:13]  
Yeah. You mentioned this idea of like monitoring One final question with technology.

**Bookmark: Food delivery app on child's smartphone**

**Evelyn Boodaghians** [00:50:19]  
So it when your son does have a smartphone, how do you feel about him having like a food delivery app on his own smartphone? Is that a no?

**P7 Emilio** [00:50:29]  
What money is he gonna use to pay it? That's my thing. You know what I mean? Oh, if he's got money, go ahead, pay it. You know, how would I feel about that? I think, oh man, you're not young, 'cause I'm, I, I just feel like the food that he has he, we should be covering, you know, like we should all his meals should be basically we had something to do with it again, it I'm, I probably once he starts, I could see this once he starts going to high school, you know what I mean? Or, or if we ever I, I don't think we will be like a, like a, a sleepover house, you know what I mean? But if it was like me, I don't know if things change right and then, but down that road or whatever, or if he gets like a little girlfriend and he wants to do a set up a thing or whatever, I could see that. But it it does to me that sounds crazy for sure, like if for a younger child and I'm completely unnecessary. So and it it sounds like what I imagine again, but the realities are different. Like we're not hurting for it's not even just like the money thing. It's just, to me, it just sounds it's, that's too much, you know? And yeah, I don't, I don't think I could be, I don't, I don't, I wouldn't be a a supporter of that until, I think until he can truly know the value of money, if it happens younger, like I think it hinges on that on his maturity level, but also his understanding of finances. If he's on it at a younger age and I feel like I trust him and he's he's he's got it, then then it's fine. Yeah, but it typically doesn't happen until teenage years. And so, yeah.

**Evelyn Boodaghians** [00:52:20]  
Yeah, that makes a lot of sense. Yeah. Thank you for going down that path. Oh yeah, no problem. In the last like couple minutes here, I just want to talk, bring it back to current day and talk about the subscriptions your family currently has. And this can be beyond food delivery. It could be type of subscription you guys have. So off the top of your head, tell me a little bit about like, yeah, what subscriptions do you remember that the and the family currently have?

**Bookmark: Sharing subscriptions**

**P7 Emilio** [00:52:48]  
Sure. We have one of our most important is we have Prime, we have Amazon Prime. We get a lot of stuff. We use the fresh, we got Hulu, we have Netflix, we have Max, we have Paramount Disney. Some of those are from like I think his aunt has it and some of his mom has some. I have, you know, but we all kind of share it and we also, I have a gym membership. I don't know if that counts. He has like a, his little kids class thing and the, the service apps. I know my wife has more. I know like I, I, I have like 2 on my phone. I think I have like Uber eats and another one. And then my wife, she has the Instacart, the Costco Uber eats seamless. I think I also have seamless because I think I got I have it through prime. I don't know if I have used it, but I I know I think I have it and I think that's I think that's about it. All we have in terms of subscriptions. Oh wait, I every once in a while, but I've I haven't had time, but I used to get because I have like an Xbox. Oh wait, I have subscriptions because I I play games on the computer. So I have like Steam, an Epic game. So like video game type stuff. I have yeah as well.

**Evelyn Boodaghians** [00:54:12]  
OK. Yeah. You mentioned something interesting there about like some of these are from your wife, some are from your the her, the kids aunt. Tell me a little bit about that. Like how do you share these subscriptions?

**P7 Emilio** [00:54:24]  
I think in profile, I think it's, it's harder now 'cause you know, like Netflix cracked down, right? And you know it, either they're locked behind. This is the ads version, this is the, you can only have three family members. The household needs to be in the same place or whatever. But we I I think a lot of the streaming apps I think we got because they came with another thing with the phone plan or the Internet or something like that. And the ones that we got, we got because we were very interested in the programming. Like we we really wanted to see the series just featured on that app and that it and the and the price wasn't crazy enough. They were like, Oh, you know, we can just keep that. It's fine. We do use it enough that it's that it's fine. And so, and like I mentioned, like earlier, like we, we are ATV watching kind of family, I guess. And then so we do like, what is it like a lot of like TV shows and specific things. Like my wife and I, we met like at A at a convention, like a like a like a Comic Con type of convention, you know, and then so like I you see the background. That's not, you know, that's not hot, but like that's, that's what we're into, you know, so we but we bond over that. So a lot of staying, I guess consistent or you know, up to date and keep keeping access to the programs is important for us 'cause it's something we do value for our entertainment.

**Bookmark: Benefits of shopping at Costco**

**P7 Emilio** [00:56:04]  
So there is that. And I know we do think, well, I think once you become like a household, I didn't get why people were hyped about Costco. But I think once you get in your, like, family era and you got to like, you're like, Oh yeah, it makes sense to buy a big stack of this and you do get excited to go to Costco. Yeah, for sure. Yeah. So I think that's another one we really like 'cause it just makes sense and it lasts longer and it's cost effective per unit of whatever the thing you're going to get.

**P7 Emilio** [00:56:33]  
So. Yeah.

**Bookmark: Family phone plans and profiles**

**Evelyn Boodaghians** [00:56:36]  
When you're sharing your plans, you mentioned like some of them you share, are they like family plans or is it more of a single person plan that you guys just?

**P7 Emilio** [00:56:45]  
Well, I, I got a family phone plan with my dad and then but yeah, I think usually a single person gets it and then we have profiles and then there's like a family profile or there's like a, a kids one for my son or whatever. And it's usually that that's the case. Usually one person gets it and then there's like people make profiles or whatever. Yeah, yeah.

**Evelyn Boodaghians** [00:57:08]  
OK. Yeah. Well, that makes sense. OK, Emilia, we're right up on time. We're gonna wrap up now. We've talked a lot about like how your family and you manage food for your family. And last wrap up question here is like out of everything we've talked about, like, what do you feel like is going well for managing food for your family right now? And what, if anything, is there anything that you kind of wish like, oh, I wish I could do this or I could be better at that, Anything like that?

**Bookmark: Gratitude for access to food and technology**

**P7 Emilio** [00:57:39]  
I think more important, I think this is really not morbid, but I, I do, I'm thankful that we have it every day because I know that's not, that can be necessarily true in all cases at all times for everyone. So that's one thing I always do me myself, try to keep in mind, I try to mitigate waste and things like that. So I'm always grateful for that. I, I am thankful for like the era that we live in, in a way, because this wasn't always an option. I remember a time where it wasn't and it's, and, and things have a way of levelling themselves out. So I'm, I, I am appreciative truly of the advancement advancements of technology, the interconnectivity of things and the ease of interface and the price point in which technology can be accessed. I do think that's very helpful, honestly.

**Bookmark: Interest in gardening and seeing food grow**

**P7 Emilio** [00:58:36]  
And it's probably because just what I'm into right now, I just wish I was better at gardening, gardening, gardening, you know, 'cause I've been, me and my wife, we've been planting stuff and we started yielding crops. And I guess there is a, and that itself is kind of interesting. There is a you do become kind of connected with, I don't know, it's, it's cool to see things grow. Just, I know it's cool to see your kids grow and things like that and or projects you work on it. It's interesting to see your own food grow. So that's in terms of food, that's actually most recently what I'm most excited about. And it's like, I'm like, like I do a little Instagram stories. I'm like how the tomato is like, oh, it's changing colors and things like that. I know it's exciting mainly to me, but it's it's so, but it is that's, that's that's kind of what I'm on recently.

**Evelyn Boodaghians** [00:59:27]  
Yeah, that's very cool. I'm sure the summer's gonna be a good time. Or end of summer too, of everything growing.

**P7 Emilio** [00:59:34]  
Yeah. No, it's been nice, Yeah.

**Evelyn Boodaghians** [00:59:36]  
But.

**P7 Emilio** [00:59:37]  
You want me to bring it back to to apps 'cause I can, I can. I'm. I'm talking more in general, but yeah.

**Evelyn Boodaghians** [00:59:41]  
No general is perfect here.

**P7 Emilio** [00:59:43]  
You'll you'll dissect my answers and take the psychology out of it and apply it to what you need, OK?

**Evelyn Boodaghians** [00:59:49]  
Exactly, exactly. Well, thank you so much for your time, Emilio. This has been super helpful. I'm gonna go ahead and mark off in user interviews that you showed up. Great participant. They handle all the incentives, but if you have any issues you can message me via the user interviews app and I'll help out with anything.

**P7 Emilio** [01:00:06]  
One question, yeah, how do you say your last name?

**Evelyn Boodaghians** [01:00:09]  
Oh, Boudagians, it's army.

**P7 Emilio** [01:00:11]  
Oh, see, I thought that. OK, OK. All right. OK. Thank you. OK, of course.

**Evelyn Boodaghians** [01:00:16]  
The rest of your day.

**P7 Emilio** [01:00:17]  
You as well. Bye bye.

## **Notes**