## **P9 Darlene G**

**P9 Darlene** [00:00:01]  
OK. Yes, I see that. Great. OK.

**Bookmark: Introduction and personal background**

**Evelyn Boodaghians** [00:00:03]  
To start off, darling, can you tell me a little bit about yourself, Maybe where you live, what you do for fun or for work, anything that you're comfortable sharing?

**P9 Darlene** [00:00:13]  
Sure. Well, I live in Los Angeles, in a suburb near Pasadena, and I'm a teacher, but I'm a, I've, I have two kids and a husband and I work with homeschool kids now 'cause I homeschool my children. So I oversee, you know, kind of other homeschoolers in the area. What we like to do, we like to eat out, travel, lot of like kids stuff lately just 'cause you know, they, they have their preferences. So we'll go like bowling or arcade or different things, you know, that they enjoy doing. So yeah.

**Bookmark: Homeschooling and childcare**

**Evelyn Boodaghians** [00:00:52]  
That's cool. And then homeschooling for the kids, Is that like a new thing? Have they always been homeschooled?

**P9 Darlene** [00:00:57]  
Yeah, we started during COVID with one of my daughters and then we're adding in my younger one this year. So it was more of a gradual thing.

**Evelyn Boodaghians** [00:01:08]  
And if you don't mind sharing, how old are your daughters right now?

**P9 Darlene** [00:01:13]  
Yeah, 11:00 and 7:00.

**Evelyn Boodaghians** [00:01:17]  
Good ages? I don't know if there's a bad age, but those seem like good ones.

**Evelyn Boodaghians** [00:01:23]  
Tell me a little bit about childcare for your kids. What does that look like for your family?

**P9 Darlene** [00:01:30]  
You mean as far as like hiring someone or like, yeah, like.

**Evelyn Boodaghians** [00:01:35]  
Hiring people, but then also are there other family members that help? Like just holistically? What is it?

**P9 Darlene** [00:01:40]  
OK, yeah. So since my job is very flexible, I'm able to stay at home and then care for them. So it's mainly me and my husband. He works from home, so it's mainly me. We don't really pay anyone to, you know, help watch them.

**Evelyn Boodaghians** [00:01:59]  
And then anything like babysitters on off nights or not as much.

**P9 Darlene** [00:02:04]  
Not too much, we do have family that will help out here and there.

**Evelyn Boodaghians** [00:02:11]  
And then thinking about your kids again, kind of a broad question.

**Bookmark: Independence and allowances**

**Evelyn Boodaghians** [00:02:16]  
Feel free to go in any direction with it. How independent would you say your kids are right now?

**P9 Darlene** [00:02:23]  
I would say they're getting more independent as I get older. So like my 11 year old, she is really likes her independence. So like for example, you know, she has an allowance so she likes to carry her own money, which you know, is I think she's just trying to figure out what that looks like, you know, all these new freedoms kind of. And then my 7 year old who watches her wants to do the same thing. So it's kind of they're kind of going through different stages together, but one's influencing the other more so.

**Evelyn Boodaghians** [00:02:56]  
But always would be how it is. Do either of your kids have their own cell phone or not yet?

**P9 Darlene** [00:03:04]  
Not yet, no, but.

**Evelyn Boodaghians** [00:03:07]  
Your 11 year old gets an allowance. The seven-year old does not get an allowance yet.

**P9 Darlene** [00:03:12]  
She does also, yeah. They we try to kind of cater it towards their age. So she gets less, yeah.

**Evelyn Boodaghians** [00:03:20]  
I OK, great. And then I have questions about driving which probably do not relate to not yet not.

**P9 Darlene** [00:03:31]  
Yet.

**Evelyn Boodaghians** [00:03:32]  
OK, great.

**Bookmark: Meals and food preparation**

**Evelyn Boodaghians** [00:03:33]  
So tell me a little bit about like, what does a typical week look like for your family in terms of food?

**P9 Darlene** [00:03:43]  
Yeah, so I'm the main cook. My husband does some if I get tired of it and just don't want to cook. But I usually plan the meals out at least roughly in my head, like 3 coming up. I usually go shopping and then I always have like a running list, like a Costco list, ALDI list, Trader Joe's, you know, So when I have time, I'll stop there or I'll make a big run, you know, like on the on a weekday when it's not as crowded. And I'm constantly like in the kitchen trying to get snacks ready and also prepping for the next meal. And then if that meal's almost done, then I'm like, oh, I gotta go defrost that and get it. So it's kind of a constant, like, OK, what do I need to do? So yeah, it's a little overwhelming too when it comes to like now I know school's starting next week, so I'm like, OK, mentally trying to like make extra freeze it and then sign on those busy days I can just pull it out so.

**Evelyn Boodaghians** [00:04:45]  
I see. OK, a couple things there. So we'll go into each one of these. I'm just trying to figure out which way we should go. So we talked about like meals as a whole, but tell me a little bit, we'll go one by one, like what does breakfast?

**Bookmark: Breakfast and lunch routines**

**Evelyn Boodaghians** [00:05:01]  
What's the usual breakfast in the household?

**P9 Darlene** [00:05:03]  
Yeah, so I always have like hard boiled eggs just for like a quick protein for myself and my kids. And then I usually have like toast that they can make on their own. Or one of my one of my daughter's doesn't really eat anything, so she just kind of skips it. So. And then I always have fruit and yogurt so they can just grab it. So I'm not really cooking anything in the morning. So it's kind of nice, like they can just get what they want. Breakfast, I mean lunch again, like usually I mean on a given homeschool day, we're either out doing classes or field trip or we're home. So like yesterday I had them pack their lunch 'cause we are going out. So they just basically they got to get their stuff. If they don't want that, they can eat a peanut butter sandwich. That's always an option or like a quesadilla they can make. So I just always have options for them so I don't have to always be like prepping and cooking, you know, for the day. So yeah.

**Evelyn Boodaghians** [00:06:04]  
I see. So for breakfast and lunch, it kind of seems like you have some stuff available to them in the fridge and they can just grab like what they need for those.

**P9 Darlene** [00:06:11]  
Two meals, yeah.

**Evelyn Boodaghians** [00:06:13]  
OK. And then dinner is the part where you're cooking more, so putting everything together, things like that.

**Bookmark: Dinner and self-serve meals**

**P9 Darlene** [00:06:20]  
Yeah, it's also kind of lunch and dinner probably like the same like entree type things. So they know we just have all these Tupperwares and it's like OK, we get them out. OK, make your own bowl or like, OK, make your nachos if you want. You know, it's almost like a self half of it's like self-serve and then some of it's like, OK, I just made it so you could eat it now, you know, kind of thing. Yeah.

**Evelyn Boodaghians** [00:06:46]  
That makes sense. And then you mentioned that, oh, I guess how about weekdays versus weekends, Do you see any differences there with food or not so much?

**P9 Darlene** [00:06:56]  
Weekdays are more busy, so it's more like the self-serve or I'll prep on the weekends and then have it ready. And then the weekends, usually we're out doing something so we'll pick up something or I'll make a big batch of something and then we just eat it for a couple of days on the weekends. Yeah.

**Evelyn Boodaghians** [00:07:20]  
OK. You mentioned some food shopping things.

**Bookmark: Food shopping and lists**

**Evelyn Boodaghians** [00:07:23]  
I want to get into that. I think something you mentioned is that you kind of have like ongoing lists first different stores. Tell me a little bit about how that.

**P9 Darlene** [00:07:31]  
Works, yeah. So like if I, if I'm cooking and I need, I'm like, oh shoot, I'm, I'm out of chili powder, which happened yesterday. Let me write it down on my list. And then so I remember like next time I go to ALDI, I got to get a bottle of it. So in my mind I already know like, oh, Costco has too big of a container. I don't want that one. So I better write it on my like general list or like Costco, if like I'm running out of like oil, which is cheaper there, then I'll put it on my list for oil for Costco. So I kind of know like, OK, next time I go, I need that. And then most of them it's like not urgent or I have to go right away. So it's kind of nice. I can like remember, oh, I need that. So I should go before I need to make it next time so.

**Evelyn Boodaghians** [00:08:19]  
And these lists, are they like physical lists or are they online like how do you do it?

**P9 Darlene** [00:08:25]  
Yeah, I do it in my Google Calendar. So I just write like Costco and I have a list and then I usually if I know I'm going to go to Costco a certain day, then I'll just keep adding to it. And then depending on I look at the coupons too. So I'll put it on the day that I think the coupons are going to start for the next month. So then I know like, oh, I might go around this time you.

**Evelyn Boodaghians** [00:08:50]  
Know OK, so it's in your Google Calendar and you try to put it on days where the coupons are going to start to come into play. OK yeah, OK great. OK and then you mentioned yourself doing the shopping.

**Bookmark: Shopping habits and methods**

**Evelyn Boodaghians** [00:09:10]  
Does anyone else in the household do food shopping or not so much?

**P9 Darlene** [00:09:14]  
Yeah, my husband does. Sometimes. I give a list, but usually I try to go during the day so that it's not as crowded. So I usually do it if it's like on a weekday during the daytime and he can't go.

**Evelyn Boodaghians** [00:09:30]  
And then are you always going in person or do you shop other ways too?

**P9 Darlene** [00:09:35]  
I for target I do a drive up if I'm like really just need something quick like I ran out of lettuce the other day and I'm like I don't have time to just like run into Ralph's or something. So I was going to target anyway. So I just do a quick pick up and then sometimes I do Costco delivery if I really am like in a bind or I also use Instacart too if I'm in a bind. But most of the time it, I'm not like necessarily needing it right that day. So and then summer of course has been a little bit easier 'cause I'm, we don't have schools, I can just go. But during the school year, sometimes it's a little bit tight. So I'll use those three options during the school year.

**Evelyn Boodaghians** [00:10:21]  
So it seems like more for the school year when time is a little bit less open.

**P9 Darlene** [00:10:26]  
Yes.

**Evelyn Boodaghians** [00:10:28]  
OK.

**Bookmark: Couponing and shopping at different stores**

**Evelyn Boodaghians** [00:10:32]  
Oh so interesting you mentioned couponing for I think Costco for Target. Do you do similar couponing stuff or not so much?

**P9 Darlene** [00:10:41]  
Not too many. I feel like Target doesn't have too many coupons for like groceries, but I'll check. They have something called like Target Circle. So I'll look, you know, here and there. Like if there's something and I'm going, then I'll check, but not too much Target. And then like Instacart, sometimes they have some good deals like 50 off 100, you know, groceries. Then I'll put an order. But if it there isn't anything, then I don't really tend to go to that one. I'll go more towards the Costco or the Target option.

**Evelyn Boodaghians** [00:11:12]  
So with Instacart, sometimes you'll see like those big coupons for groceries and that'll kind of inspire you to, like place an order to use. Yeah. Gotcha. OK. You mentioned cooking. You mentioned that like you're kind of leave kind of the primary cook, but do other people also help with cooking in the house or not so much?

**P9 Darlene** [00:11:34]  
Yeah, my husband will cook here and there if I, if I get tired or there's something that the kids like that he makes and he'll they'll request it. So, so maybe like maybe once every couple weeks he'll cook.

**Evelyn Boodaghians** [00:11:51]  
OK, great. And then last question around this kind of subject, but have you ever done one of those like meal delivery boxes or not so much?

**Bookmark: Meal delivery boxes and their limitations**

**P9 Darlene** [00:12:03]  
I have. I did it in the past. I did like Blue Apron HelloFresh. There was like one other one. I can't remember what it was called. I have, but I feel like I'm paying a lot for something when I can just go get it myself and it's cheaper. And then the portion size to like we were, I always want leftovers. But we were done. Like we were still hungry after the meal. And I'm like, OK, now what? You know, now I have to go buy something at the store so we can make something, you know, for tomorrow's lunch when I usually make a bigger pot and then it lasts, like, at least two days. It didn't work for us. Yeah. Yeah, it.

**Evelyn Boodaghians** [00:12:46]  
Seems like the portion size doesn't work for like the family and then also feels expensive for what you're getting.

**P9 Darlene** [00:12:54]  
Yeah.

**Evelyn Boodaghians** [00:12:56]  
OK, OK, OK.

**Bookmark: Ordering food from restaurants and food delivery services**

**Evelyn Boodaghians** [00:12:59]  
Thinking about food delivery or ordering food from restaurants for pick up? Tell me a little bit about like, how does that play into your family's life, if at all?

**P9 Darlene** [00:13:10]  
Yeah, so like, yesterday we were at the mall, you know, just bowling with the kids, and I was like, oh, I don't have too much for food at home. Let me just pick up something since I'm there. Yeah, I didn't want to do, like, another trip and get the kids in and out of the car. So I just picked up something at the food court and then had it brought it home. So something that's like easy where I don't have to like look for parking, get out, you know, but something that's like not too unhealthy. So that's kind of something that I think is challenging is finding something that is like affordable and also quick, but not adding another step in my life, I think. So we do that. And then also like for like my company, my work does gives us like a DoorDash credit sometimes, you know, like for whatever meals. So I'll do that and I'll just go pick it up instead of having it delivered because it, you know, it adds all those fees and stuff. And then for a while again, I think sometimes like we'll pick up food and if I can jump out and my husband's like driving, it's a lot easier versus like park, get the kids out, wait, load them. You know, it's just like kind of too much for me.

**Evelyn Boodaghians** [00:14:28]  
So.

**P9 Darlene** [00:14:29]  
Yeah.

**Evelyn Boodaghians** [00:14:32]  
You mentioned that sometimes through your work you get the DoorDash credit and that's when you'll use that is, are those the most often times you're ordering from like those food services or do you order from them independently too?

**P9 Darlene** [00:14:46]  
We also, I don't necessarily order it for my family, but we'll do it for, like, friends that might be, you know, sick or like my parents that don't live nearby will do like a, they feel like it's a treat, you know, for like Mother's Day, Father's Day, birthdays. We'll just send them food. So it's just easier than us, like trying to figure out how they're gonna go pick it up, eat it, you know, it's just like a nice thing for them. So yeah.

**Evelyn Boodaghians** [00:15:14]  
Why do you think like you see yourself doing it for other people but less so for your own family? What kind of?

**P9 Darlene** [00:15:21]  
Yeah, I think because like, in my mind, I feel like it's more of a gift for somebody, you know, versus like for me, like it's not enough food for like, like I said, you know, I don't want to have to like think about the next two meals. I just want to, like, get it done. Like, like yesterday I made a big pot of like, chicken Taco stuff so that we can make like, nachos or taquitos or quesadilla or whatever the kids want instead of having it just done with one meal. And then after, like, OK, now I have to start over, you know? So I mean, I guess I could order more. Like the other day I ordered like a larger tray of like, chicken teriyaki from a restaurant and then we just drove up and picked it up. So that lasted longer, but again, it's kind of like I just, I feel like not only health wise, but also like budget, it's just cheaper for me to like make everything in bulk I guess.

**Evelyn Boodaghians** [00:16:19]  
Yeah, I wanted to probe on that a little bit more the health piece.

**Bookmark: Considerations for health and budget in food choices**

**Evelyn Boodaghians** [00:16:22]  
So tell me a little bit more like your views of food, health for the kids, for yourself, What kind of goes into your thoughts there?

**P9 Darlene** [00:16:31]  
Yeah, well, like one of so one of the one of my family members needs to have like lower salt in their diet. So, you know, when we go to restaurants, I can't really control that. So when I'm home like I don't I'll either take have a have like something with low salt and then one with regular. So like the ones that are OK can eat that or I just feel like I can control like the fat and then also the oil or not the oil, the salt. And then also like for preservatives, you know, like I try not to use like processed. I mean, the kids eat a lot of stuff anyway. But if I can just make it as natural and like wholesome as I can, you know, and I kind of know what I'm putting in my ingredients in my food, so.

**Bookmark: Rules around food for kids**

**Evelyn Boodaghians** [00:17:21]  
Yeah. Do you have any like rules around food with the kids or not so much?

**P9 Darlene** [00:17:28]  
Well, when they were little, it was like, OK, less dessert. But now it's like summer and the, and their friends are always over. So it's like, OK, so as long as they're, they're really good eaters as far as like vegetables. And so as long as they have that, then, you know, something during the day or after is fine. So we're not Eustrik. But then we just say like one thing a day or, you know, you already had that yesterday, don't have that again or something. Yeah.

**Evelyn Boodaghians** [00:17:58]  
And then thinking like your kids are 7 and 11, thinking from when they were younger to now how has like food and meal prep and stuff.

**Bookmark: Changes in food and meal prep over time**

**Evelyn Boodaghians** [00:18:09]  
Has it changed at all? Has it stayed the same? Like what do you see looking?

**P9 Darlene** [00:18:12]  
Back yeah I remember like when they were like babies I'd prep all their food you know puree, freeze, you know all that stuff and but they always were really good eaters so no matter what like they're they're fine they'll eat whatever I give them which is nice and so I think now it's more like they they've always eaten what we've eaten I guess so it's always been pretty easy so I guess I would say for prep I, they they voice what they really like so I try to like remember that and then cook those things like sometimes I'll be like, OK, just tell me what you want to eat this week and then they'll tell me and then I'll just make it 'cause I don't really have a preference sometimes I just want to like make it and move on so they I definitely know that they have certain things that they really like so.

**Evelyn Boodaghians** [00:19:06]  
So even when they're babies, you're like prepping their food purees and having them all ready to go. Yeah, kind of stayed the same. And but now they're just a little bit more vocal about what they like, Yes.

**P9 Darlene** [00:19:17]  
Yeah.

**Evelyn Boodaghians** [00:19:21]  
OK. And so how do you feel like we've talked about all the different ways you manage your foods, family food for your family.

**Bookmark: Efficiency in grocery shopping**

**Evelyn Boodaghians** [00:19:28]  
How do you feel it's going so far? What's like working well? What do you sometimes think about you'd want to change, if anything?

**P9 Darlene** [00:19:37]  
Yeah, I definitely feel like being more efficient as far as like shopping would be helpful because and I think before when I had more time, I was like, oh, I'll go to the store and pick up this one thing. Now I'm like, I'm not going. I can't, you know, like it's just I just can't make that meal or I don't. I'll just find something else, you know. So I think I'm going to the store less now, which is nice. But I do need to mainstream it, streamline it a little bit more, like doing more freezer meals now that I'm realizing like, you know, school's starting, I just need to kind of get more go to meals, I guess, you know?

**Evelyn Boodaghians** [00:20:20]  
More go to meals and things in the freezer for when school starts.

**P9 Darlene** [00:20:24]  
Yeah.

**Evelyn Boodaghians** [00:20:27]  
OK. And then do your kids ever order food for pickup or things like that independently of you or not so much?

**P9 Darlene** [00:20:40]  
No, they do not. They would. They wish they could probably like on a device or something, but.

**Evelyn Boodaghians** [00:20:49]  
Yeah. How would you feel about that if that came to be or how do you think about that, I guess?

**P9 Darlene** [00:20:56]  
Yeah, I mean, I've heard like, you know, high schoolers doordashing or, you know, whatever delivering to their high school and stuff like that. You know, I think my I think my kids are still learning like the value of money. So I feel like they'll be like what this Boba's like $15.00, you know, versus like 7 in the store, you know. So I think it, I think that again, I think we're trying to, they're trying to understand like, OK, should I spend this money on this or not? You know, so I, I feel like maybe in a couple, maybe a couple years we'll probably have to deal with that.

**Evelyn Boodaghians** [00:21:27]  
Yeah. OK.

**Bookmark: Allowances and money management for kids**

**Evelyn Boodaghians** [00:21:29]  
Yeah. I wanted to talk about your kids and money and where they're at right now. So you mentioned they both get allowances. Tell me a little bit more about like allowances. How does that work in your family? For the kids?

**P9 Darlene** [00:21:43]  
Yeah, so they get it every week and then they have different chores they have to do. And then if they don't do them, then we have the, OR they have a bad attitude. We can take like minus out a certain amount, but they're pretty good. And then they, you know, we just like encourage them to, to understand it's not just like for you and your spending, you know, but it's, you know, blessing other people or giving money if somebody needs it, you know, so, yeah, so they're pretty good about it. And they they don't go crazy spending, you know, so.

**Evelyn Boodaghians** [00:22:21]  
And is their allowance in the form of cash or do you guys have another way of giving them money It's.

**P9 Darlene** [00:22:27]  
Cash. And then when they do accumulate a certain amount, if they want us to like deposit it into they have a savings account, a virtual like a online one, then I just put it in there. So yeah.

**Evelyn Boodaghians** [00:22:43]  
And do they have access then to that savings account? Yeah, I guess. How does that savings account work, I guess?

**P9 Darlene** [00:22:49]  
Yeah, so I just, I'm in charge of it because I didn't want to like have to like keep all this money, you know, like and have not to hold it, you know, when we go out. So yeah, so they just have it. And then also, you know, if we're out and they want to buy something, then I just deduct it. You know, I pay and then I deduct it. But most of the time they don't spend more than like $10.00, so they just carry it around.

**Evelyn Boodaghians** [00:23:16]  
And then you kind of talked about trying to give them like advice on like how they should spend it or it's not just for them. So tell me a little bit about like, are there rules with how they can spend their allowance or not so much?

**Bookmark: Approval process for spending allowances**

**P9 Darlene** [00:23:29]  
Yeah, we just said like it has to obviously be approved by us and then it should be something that you need, not need. But, you know, I mean, there's still some parameters, you know, like if we think it's just outrageous that you're spending it on that, you know, we'll have a conversation about it. Yeah. So it always has to be approved by us still.

**Evelyn Boodaghians** [00:23:51]  
OK. And is that, yeah, how I guess how do they come to you for approval or things like that?

**P9 Darlene** [00:23:59]  
Yeah. So like if we're out, you know, they'll just say like, oh, I'm interested in that. And I'll say OK, well let's like talk about it. You know, we're not going to just get it right now, but like, you know, why and then how you going to use it and stuff? And then should we wait for it on sale, you know, things like that. So it's like a conversation usually.

**Evelyn Boodaghians** [00:24:20]  
And So what do you see?

**Bookmark: Using allowance for gifts and snacks**

**Evelyn Boodaghians** [00:24:21]  
Like what do you see them spending on that you approve? Like what kinds of things are they buying?

**P9 Darlene** [00:24:28]  
Yeah. So sometimes they'll chip in, like if, you know, they have a birthday party and then, you know, we provide a certain amount for the gift. And if they want to go above and beyond, you know, they see something cute, then, you know, they can use their own money. Or, you know, like, if they want to drink like a Starbucks and then I'm like, well, I don't want one and I don't think you need one. So then they'll use their money for that. Yeah. Or just snacks, you know, maybe at the store, you know, I'll be like, oh, we already have snacks and they're like, oh, I want this one. I'm like, OK, you could buy it with your own money. So little things like that.

**Evelyn Boodaghians** [00:25:03]  
It's so interesting how Starbucks never changes. Like, that was such a big thing when I was in middle school. And like, still middle schoolers love Starbucks.

**P9 Darlene** [00:25:11]  
And it's like it's not even good and it's expensive and I'm like, I don't understand. But it it's like always there, you know, So it's weird.

**Evelyn Boodaghians** [00:25:20]  
I always think about those Frappuccinos and how it's really cool what is happening. Yeah, yeah. And when did your kids start getting an allowance?

**Bookmark: Introduction of allowance and motivation behind it**

**Evelyn Boodaghians** [00:25:32]  
At what point did you start introducing that?

**P9 Darlene** [00:25:36]  
Yeah, it was probably maybe a year ago. So when my older one was 10 and my little one was six, Yeah, I think we just decided to, you know, to give them more responsibility and, and teach them about money.

**Evelyn Boodaghians** [00:25:48]  
OK. That was going to be my next question. Like what was the motivation for doing that?

**P9 Darlene** [00:25:52]  
Yeah, I think it's just like them valuing it and then also having some responsibility to decide what what they value, what they want and then also giving to like their friends and like church and then family and seeing needs maybe kind of looking for needs.

**Evelyn Boodaghians** [00:26:10]  
Too. And how do you think it's going so far, the kind of system you have set up, I think it's.

**P9 Darlene** [00:26:19]  
OK, yeah, I think we always need to re evaluate too, because they're just some, you know, like the older one is a little bit more like she wanted like a Stanley Cup and I'm like $45.00 like, you know, but I think that. So I just want to make sure that, yeah, she doesn't just want it and gets it, you know, like instant, you know, you just think about these things, you know?

**Evelyn Boodaghians** [00:26:49]  
Yeah, OK, OK, that makes sense.

**Bookmark: Influence of friends and parents on desired items**

**Evelyn Boodaghians** [00:27:00]  
You mentioned the Stanley Cup. Where does she, like, where do the kids get their ideas for the things they want? Where do you think that comes from?

**P9 Darlene** [00:27:07]  
Yeah, well, we go to like in person classes, so and then the, you know, all the moms have them too and then the kids and then so she just sees it, you know, and she likes it and you know, she wants.

**Evelyn Boodaghians** [00:27:22]  
Yeah.

**P9 Darlene** [00:27:24]  
Not, not really media like we don't want to watch TV and stuff. It's more just like her friends and then the parents, you know, influences.

**Evelyn Boodaghians** [00:27:33]  
Yeah, that makes sense. I'm just looking at my questions here around this, OK. I think that was everything around their like allowance type things.

**Bookmark: Usage and oversight of devices (school computer and family iPad)**

**Evelyn Boodaghians** [00:27:47]  
You mentioned they don't have cell phones. Do they have other like technologies sometimes like tablets or computers or things like that, or not so much?

**P9 Darlene** [00:27:55]  
Yeah, they have a school computer and then we have like a family iPad. Yeah.

**Evelyn Boodaghians** [00:28:02]  
School computer and family iPad And how are they like the family iPad? How do they use it or how are they allowed to use it?

**P9 Darlene** [00:28:09]  
So they can use the family ipad whenever, as long as it's out in the public space. And then, yeah, I mean, like, they don't really try to go on videos or, you know, they don't, they don't really do too much. They're not quite interested in that stuff yet. But my one, my older daughter does like to Google Chat with her friends that do have phones. So I allow her, you know, with her Chromebook, as long as she's shows me that I, I could look all the at all the texts and stuff. So, you know, as long as it's out in the open and you know, I could check it, then it's fine.

**Evelyn Boodaghians** [00:28:47]  
So it sounds like your oldest daughter's more so using it for communicating with her friends.

**P9 Darlene** [00:28:52]  
Yeah.

**Evelyn Boodaghians** [00:28:53]  
And then you're talking, you're starting to talk a little bit about, but like how do you manage like what they're doing or like oversee what they're doing on the devices?

**P9 Darlene** [00:29:02]  
Yeah, so so far we haven't had to put any like parental, you know, like controls yet, but they usually just, they're either on Amazon or Google, you know, on like trying like Googling like cute things to draw, you know, or something like that or, or the chat. Yeah, but they don't do that on the iPad. I think they don't. We don't have that enabled. So she goes on her Chromebook.

**Evelyn Boodaghians** [00:29:29]  
You mentioned they're on Amazon.

**Bookmark: Access to Amazon and online safety**

**Evelyn Boodaghians** [00:29:31]  
What do they do on Amazon?

**P9 Darlene** [00:29:33]  
Just yeah, they just look for cute things like like I had her, you know, look for like 2 birthday gifts for her friends coming up. So I was like, oh, can you just like find something that they like and then send me the links and I'll order it. Or of course, like the Stanley, she's like, oh, I wanna see the different colors, you know, just like things that she's interested in and she'll go look.

**Evelyn Boodaghians** [00:29:56]  
For it, yeah, OK, I think. And how do you feel like that's working like or is it, I'm sorry, how do you think that's going for your family right now, like giving them access to those sites and tools?

**P9 Darlene** [00:30:14]  
I think it's OK, you know, I think that unless we see like something going on, but you know, we always just tell them that don't click on thing, you know, just kind of like cyber safety type things, you know, but they're not really looking at. They're not really on YouTube really. Sometimes they do for drawings and stuff. We just say like, don't click on anything, you know, I need to see what you're doing.

**Evelyn Boodaghians** [00:30:36]  
Yeah, YouTube seems to be like a different edge case.

**Bookmark: Monitoring usage of YouTube and cyber safety**

**Evelyn Boodaghians** [00:30:39]  
Tell me a little about like.

**P9 Darlene** [00:30:43]  
Yeah, I think, you know, as a teacher, you know, like we've gone through a lot of cyber safety type things with my students, so in the past. So I think it's just like them being mindful that like, OK, there might be something like, you know, like weird or, you know, so just stick with the video that you're watching, you know, and then turn it off when you're done, you know, things like that. Yeah.

**Evelyn Boodaghians** [00:31:08]  
Makes sense. OK. Darlene, I think in your initial survey, the thing you filled out, you mentioned that you're also a caregiver to. Is it your

**Bookmark: Caregiving for in-laws**

**Evelyn Boodaghians** [00:31:22]  
in laws? Tell me a little bit about that. Yeah. What does caregiving for your in laws look like?

**P9 Darlene** [00:31:29]  
Yeah, so they're getting older. So, you know, we manage. Sometimes if my one of them comes over, you know, I'm cooking. I always want to be mindful of their diet. So for a while I was making, you know, high protein, low salt, low fat, you know, just just adjusting to their needs. And then also sometimes they'll come over and just, you know, kind of hang out here just for company with the kids.

**Evelyn Boodaghians** [00:32:01]  
And how independent would you say your in laws are at their age right now?

**P9 Darlene** [00:32:08]  
I would say they are getting less independent, you know, as the days go by. But they're able to like live on their own for now. But they're, they're definitely more dependent on us as the days go by, yeah.

**Evelyn Boodaghians** [00:32:24]  
And So what are some of the responsibilities like you have with them being dependent on you?

**Bookmark: Responsibilities and support for in-laws**

**P9 Darlene** [00:32:30]  
Yeah. So sometimes the driving because they don't drive like far on the freeway. So that can be maybe even like doctors that are far sometimes appointments that we need to be there for to know what's going on, fixing things, you know, like they can't figure out something or tech, tech support, you know, like things like that, even just stuff around their house breaks and then, you know, my husband has to go, you know, so it's it's a lot of like the the daily kind of problems, I would say. And then again, like making sure that they're eating healthy and a good amount. So sometimes that lies on us. So we have to pick up food or I make it and then we bring it over. OK, yes.

**Evelyn Boodaghians** [00:33:25]  
So we'll kind of go through the same thinking we did with the your immediate family to

**Bookmark: Grocery shopping and food choices for in-laws**

**Evelyn Boodaghians** [00:33:30]  
them. So thinking about like grocery shopping for your in laws, how does that work for them? How involved are you, if at all?

**P9 Darlene** [00:33:39]  
So yeah, they do that. But then when, when they're at my house, then I'm I, I always have like a stash of like sauce that your high protein things that are healthy and good for their diet, I'll have in my freezer in case they come over. And then I'm like, OK, I don't want to serve them like fried chicken, but I have this. So just different options for them. So that like if they do come at last minutes notice, I do have something that's healthy and high, high in calorie and high in protein, but low salt. So, yeah, so I think it's just like being ready and adaptive to like, whatever's whoever's going to eat, you know, at our house.

**Evelyn Boodaghians** [00:34:23]  
Yeah, and then if they're at their own house, do they cook themselves or not so much anymore?

**P9 Darlene** [00:34:29]  
Not really. Yeah. They mainly just go out, yeah.

**Evelyn Boodaghians** [00:34:34]  
So they don't cook? Do they use the food delivery apps or no, not so much.

**P9 Darlene** [00:34:41]  
I don't think, you know, they don't know how to use them. Yeah. So it's mainly they just pick up food.

**Evelyn Boodaghians** [00:34:49]  
So they pick up food. What does that look like? I know picking up food can mean so many different things, but what does that look like for them or do you think?

**P9 Darlene** [00:34:59]  
I think or eating, I guess there I think it could be just like going or calling it in and then picking it up and then, you know, tech stuff like they don't use like apps or things like that. I mean, they just know what store or restaurant and then they just call and then they go.

**Evelyn Boodaghians** [00:35:17]  
Yeah, yeah. OK. OK, that makes sense. And how do you feel like the things that you're doing with regards to your in laws is going so far what's working well? What would you wish is working a little bit better?

**P9 Darlene** [00:35:36]  
Yeah, I think it's just a day-to-day. Like whether how they're doing, like let's say if we get a call and they're like, oh, so and so's not eating, they were like, OK, let's go pick up food or should I make something? Bring it over, you know, so I think it's going OK so far, you know, like and I think like the more that we can plan ahead and think of like good either places that they'll eat a lot or all cook a higher protein, you know, like calorie, it's more like calorie intake, the better I think it.

**Evelyn Boodaghians** [00:36:16]  
Is I see. So sometimes you do get these calls of like so and so is of eating and you kind of have to think through like a quick solution to that it sounds like.

**P9 Darlene** [00:36:26]  
Yeah.

**Evelyn Boodaghians** [00:36:28]  
And in those cases, what like solutions have we come up for in the past?

**P9 Darlene** [00:36:33]  
So we would pick up like food from a restaurant or a, or a market that they really like and then bring it over. And then so it's one less step for them to have to like go and get it, you know, like it's just eat more like convenient, I guess.

**Evelyn Boodaghians** [00:36:54]  
That makes a lot of sense. OK, Darlene, in the last couple like minutes here, I want to talk a little bit about subscriptions. Oh, actually let me revert back. How often is that happening, that situation where you're picking something up for the in laws and taking it over?

**P9 Darlene** [00:37:16]  
Not too often because it's been OK since, you know, since some instances have happened.

**Evelyn Boodaghians** [00:37:23]  
So it used to be a little bit more frequent, but not too often now.

**Evelyn Boodaghians** [00:37:29]  
OK. I might come back if there's another question, but divide, but we'll move on a little

**Bookmark: Subscriptions used by the family**

**Evelyn Boodaghians** [00:37:34]  
bit. And I want to talk about, yeah, subscriptions for you and your family and that can be outside of food delivery, can be any type of subscription. So thinking top of mind, what subscriptions do you currently use or does the family currently use that you can remember right now?

**P9 Darlene** [00:37:52]  
Yeah, so we have Amazon Prime, Disney Plus, Netflix, Hulu, Peacock, and then I can't. Oh, and then I've DoorDash with my work. I don't know if there's any other ones that we subscribe to. Yeah, I don't know if there's any other ones I can remember. I don't have Instacart anymore just so I don't didn't use it as much. If I do use it, I just end up paying, you know, a certain amount, you know, for the delivery. And then Costco, you know, we have the membership, I think.

**Evelyn Boodaghians** [00:38:32]  
That's it.

**P9 Darlene** [00:38:34]  
I can't remember if there's any other ones.

**Evelyn Boodaghians** [00:38:37]  
You mentioned you don't have Instacart anymore. When did that switch that change happen?

**Bookmark: Using Instacart for parents during COVID**

**P9 Darlene** [00:38:42]  
Actually, just during COVID, I started using Instacart for my parents. I would just ship groceries to them 'cause you could like, yeah, you could ship it to like far from your house. You could also ship it to your house. So, so I had that during COVID and then once COVID ended then I just, I didn't need it anymore.

**Evelyn Boodaghians** [00:39:07]  
Tell me a little bit about your parents. Where do they live in relation to you?

**P9 Darlene** [00:39:13]  
Yeah, they're, they live about 500 miles. Yeah. So yeah. So pretty far, yeah.

**Evelyn Boodaghians** [00:39:19]  
And since COVID has, I put it in quotes ended, I don't know, you know, since the peak of COVID has ended, I guess, is that something you're still doing, like shipping them food or meals or things like that or not so much?

**P9 Darlene** [00:39:33]  
No, no more groceries. It was more like. Now it's more like meals for like special occasions like their birthdays or something.

**Evelyn Boodaghians** [00:39:44]  
Yeah. When you were shipping them groceries, what was that experience like?

**Bookmark: Shipping groceries to parents**

**Evelyn Boodaghians** [00:39:51]  
Like how? Yeah. How did you do that, plan that? What did that look like?

**P9 Darlene** [00:39:56]  
Yeah, so my mom would just, she would kind of give me a list of things that she needed and then I wouldn't really show her Instacart. I would just be like, OK, what do you need? And then I would just add it and then ship it to her. And I, she thought it was like amazing, you know, like, oh, it's at my door, you know. So same with like all the food delivery. So in that way, and because I had a subscription, I could really ship her anything. You know, I think it's kind of nice because it's like. You don't have to. Even if it was like not just groceries, but like like something like ice cream or something that's like a treat that's not on her list. She would like get and she would be happy.

**Evelyn Boodaghians** [00:40:40]  
When that was kind of how you were using that, was there any like additional oversight or things you wanted to be able to do in those places that you couldn't currently do because you're like sending it to someone? Is there anything that would have made it easier I guess is the question.

**P9 Darlene** [00:40:58]  
Yeah, we had a couple restaurants that they really like, but they weren't on a platform.

**Bookmark: Challenges with restaurant choices for parents**

**P9 Darlene** [00:41:04]  
So that was hard because like my sister wasn't around. She lives far too. So then I was like, should I have my friend that lives down the street go get it and bring it and pay her, you know, like it was just kind of hard. And then eventually it was like, if they really wanted this one restaurant, I'd be like, OK, mom, I'll call it in. You just go pick it up. But they wouldn't take credit card over the phone, you know, so it's just like tricky. So again, it it's more just a lot of the restaurants that they really liked were not on there. So now they don't care. They just say, I'll just say, oh, I'll pay you later. Can you just just go pick it up, you know, with that so.

**Evelyn Boodaghians** [00:41:45]  
That makes sense. And then you mentioned like that Instacart is the subscription you once had. Now you don't have the subscription, you kind of just use it if you need it without. Have you used any of the other or done any online grocery ordering through other means outside of Instacart or not so much?

**Bookmark: Online grocery ordering and subscriptions**

**P9 Darlene** [00:42:05]  
I've done Amazon Fresh, but that's only pick up. So I go, 'cause there's one very close to my house. So that's actually the one that I use more now than Target. I'll literally just like place it and then drive up. They have a curbside that's actually very convenient for me now more than Target. And then all other ones like Target used to have like a, I don't know what it was called. I was shipped SHIPT. They used to have that as like a trial or something. And then so I think I used that to ship some like groceries and I supplies for like a friend that had a baby. But then I think they took, they changed that for subscription. So I I don't have it anymore.

**Evelyn Boodaghians** [00:42:51]  
OK, OK, great. Sorry, I know we got on a little bit of a tangent there. We're supposed to talk about subscriptions then. So the subscriptions you mentioned are just Amazon Prime, Disney Plus, Netflix, Hulu, DoorDash, Instacart at one point, but not anymore. And then Costco. Thinking about those subscriptions, do you share them with any people inside your household, Outside your household?

**Bookmark: Sharing subscriptions with relatives**

**P9 Darlene** [00:43:19]  
Yeah, we share the Disney Plus with a relative and then Netflix also, and I think that's it.

**Evelyn Boodaghians** [00:43:32]  
And when you share those, how does that work? Like who manages it? Yeah.

**P9 Darlene** [00:43:39]  
Well, for Netflix, T-Mobile subsidizes it with our monthly plan and it says you can pick like, I don't know, 2-2 households or something. So we just, you know, told our like my parents and my brother-in-law. Oh yeah. If you want to use it. Yeah. So things like that where it's like if it allows like to share, then we just share it.

**Evelyn Boodaghians** [00:44:01]  
Yeah. In cases with the subscriptions for any of these, are they like family plans which allow you to share or are you more so doing like the individual plans?

**P9 Darlene** [00:44:13]  
The family plan, yeah. So you can use multiple devices.

**Bookmark: Family plans for streaming services**

**Evelyn Boodaghians** [00:44:19]  
And when do you decide if you'll do like the family plan versus like a more single person plan? How does that decision come to be?

**P9 Darlene** [00:44:28]  
Usually it's like, well, because we also have like multiple TV's in our house. So I think sometimes it's like, oh, you, if you can use enough like a certain number of logins. So we just do the family plan so we don't have to, like, figure out who can be on it and not, Yeah.

**Evelyn Boodaghians** [00:44:48]  
And do the kids use the Disney Plus, Netflix, Hulu, any of those or not as much?

**P9 Darlene** [00:44:54]  
Yeah, they do. But of course, we're like in the room when they're, you know, watching whatever it is.

**Evelyn Boodaghians** [00:45:01]  
Yeah. How do you feel like those types of apps do for kids and like the management they give the parents over it?

**P9 Darlene** [00:45:11]  
Yeah. So our kids don't really watch on the on the devices. It's all like in a public area. So we don't have them log in on their own. I don't even think they they don't wouldn't know how to log in because I think we have the passwords and stuff. So unless we log in, if we're like on an airplane or something, then they watch it, but they're never really alone watching it.

**Evelyn Boodaghians** [00:45:34]  
I see. So it's in front of you. They kind of know what's going on.

**P9 Darlene** [00:45:38]  
Yeah.

**Evelyn Boodaghians** [00:45:40]  
OK, that makes sense.

**Evelyn Boodaghians** [00:45:49]  
I'm going to look at my questions really quickly and see if we covered everything. I think we did, but let me just take a look, OK?

**Evelyn Boodaghians** [00:45:58]  
We talked about that. We talked about grocery. I've had to learn how to speed read. I'm going to speed read through this.

**Evelyn Boodaghians** [00:46:18]  
OK? I think this is Oh, OK.

**Bookmark: Ordering groceries for others**

**Evelyn Boodaghians** [00:46:23]  
So you mentioned that your mom's, your mom lives 500 miles away. You've ordered her food delivery in the past or groceries or things like that. Have they ever done that independently for themselves or No, Not so.

**P9 Darlene** [00:46:37]  
Much. Yeah, they don't. Yeah, they don't do too much techy stuff so that they wouldn't be able to if they, if they needed me to do it, I would do it for them, yeah.

**Evelyn Boodaghians** [00:46:52]  
OK and then we may have already covered this. I was trying to look at my notes to see if I asked it, but apologize if it had been asked before. But you mentioned you use Instacart.

**Bookmark: Choosing a store on Instacart**

**Evelyn Boodaghians** [00:47:02]  
Have you used any delivery services for grocery beside Instacart? Like for instance, placing a order at a grocery store itself for pickup or someone else deliver, or is it things like that?

**P9 Darlene** [00:47:15]  
Oh, I have not Instacart and then or Costco and then Target, but Target's not really grocery. But yeah, those were probably the three that I've tried. OK.

**Evelyn Boodaghians** [00:47:26]  
Oh, and then on Instacart there's like many different, I think there's many different stores on Instacart. Do you? How do you decide? Like when you go on Instacart what store you're going to order from?

**P9 Darlene** [00:47:36]  
Yeah, usually it's like ALDI, which is the one that I've always, I always shop at anyway, So I'm familiar with the products. And I also look at the prices 'cause I feel like with Instacart, ALDI doesn't really mark it up as much as some of the other stores.

**Bookmark: Price comparison on Instacart**

**P9 Darlene** [00:47:54]  
So if I just have like a running list for ALDI and I, I also searched like whatever I'm trying to buy and then look at the price differences. So like, for example, I don't know like canola oil, I'll like search it and see which one has the best price. And it's usually ALDI. So I'll just like start a start a cart with them.

**Evelyn Boodaghians** [00:48:19]  
OK. So kind of start with one item and see where has the best price for that and then find the store from there and go from there. Yeah, but it sounds like Aldi's usually the go to and that's the one you go to in person too.

**P9 Darlene** [00:48:31]  
Yeah.

**Evelyn Boodaghians** [00:48:33]  
OK. OK. I think that was everything. Darlene, thank you so much for your time today. I really appreciate it. I'm going to mark off and use your interviews that you were here, great participants, so they'll handle all the incentives. Happy to answer any questions if you have any questions for me. But if not, I'm also happy to let you go.

**P9 Darlene** [00:48:51]  
Yeah, well, thank you so much. It was really interesting and hope you guys good luck with all your research.

**Evelyn Boodaghians** [00:48:57]  
Thank you and have a good start to the school year.

**P9 Darlene** [00:49:00]  
OK. Thank you so much. OK, bye.

## **Notes**