## **P5 Joana J**

**Bookmark: Introduction and background**

**Evelyn Boodaghians** [00:00:01]  
OK, great. So to start off, Fiona, 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?

**P5 Joana** [00:00:20]  
OK, I think there's a slight delay. So my name is Joanna or Anna.

**Bookmark: Job and responsibilities**

**P5 Joana** [00:00:29]  
So I work as like a chief customer officer. So what I do in terms of is just to make sure everything is organised in where I work and just kind of, I'm just kind of a link towards the customers and my company. I'm just like everything I try to do is to make sure they're all comfortable. What else? I think that's it's OK.

**Bookmark: Family and children**

**P5 Joana** [00:01:00]  
I'm married, I have 4 kids and one step kid.

**Evelyn Boodaghians** [00:01:06]  
And tell me a little bit about your kids and your your partner. They all live in the home with you. Does some live other places? How does that?

**P5 Joana** [00:01:16]  
Yeah, they all live in the home with me, so they are still really young, but my stepdaughter is about 14 years of age. The rest are within like three to 10. Yeah.

**Evelyn Boodaghians** [00:01:32]  
Would you mind telling me? So you mentioned your stepdaughter is 14, and how about the ages of the other kids?

**P5 Joana** [00:01:38]  
OK, three 5, I think 7 and then 10.

**Evelyn Boodaghians** [00:01:49]  
I I know. I get it. Yeah. Awesome.

**Bookmark: Childcare arrangements**

**Evelyn Boodaghians** [00:01:57]  
And then tell me a little bit about childcare for your kids. Who's involved in that?

**P5 Joana** [00:02:04]  
OK, so my husband, he's into like tech and stuff, so he works a lot from home. Well, I'm home today because I'm a bit under the weather. But most of the times traditionally I grew up in a way that traditionally women take care of the kids and everything. So I traditionally take care of them more. It's just he would always just be there to back up in the ways he can. So I would say it's more or less like I'm a 5050.

**Evelyn Boodaghians** [00:02:37]  
See, and you mentioned that, do you work from home or do you go into an office?

**P5 Joana** [00:02:42]  
I go into an office.

**Evelyn Boodaghians** [00:02:45]  
And So what does childcare look like when you're going to work?

**P5 Joana** [00:02:50]  
OK, if they are not in school at that point, maybe during a holiday, they'll I'll probably have a lineup of activities that they're meant to do. Either go out, go to their aunties or stay home with their dad, or play dates with friends, or go to the park, go watch a movie, just those sorts of activities. I usually already have them planned. Sometimes you read a book or watch a movie at home, do external lessons, just different things. It all depends on what their interests are generally because I'll always still try to improve their knowledge and skill. Also during those periods where they're home most of the time, but during like school days when they get back home, usually they just do their homework, eat, maybe take a snack, watch a little TV, then go to bed.

**Evelyn Boodaghians** [00:03:51]  
OK. And during the school year, who kind of is dropping them off or picking them up or their bus? How does that work?

**P5 Joana** [00:04:01]  
OK, they actually use a school bus but when we when we weren't in New York at the time we usually I usually drop them off since I leave the house early. I usually drop them off unless I'm not in the states or country at that moment, but my husband picks them up most times.

**Evelyn Boodaghians** [00:04:21]  
I see now they're taking a bus but before and then. I'm very unfamiliar with kids and ages so I apologize. Your three-year old? Is your 3 year old in school too or no? No.

**P5 Joana** [00:04:35]  
Not yet.

**Evelyn Boodaghians** [00:04:36]  
OK. And So what does the day look like for them, the three-year old?

**Bookmark: Child's daily routine**

**P5 Joana** [00:04:42]  
OK, the three-year old is most times always at home and just with dad and I don't know what what they always do. Play games, sleep, eat. Yeah, just that way.

**Evelyn Boodaghians** [00:04:57]  
OK, great thinking about your kids and we can include your step kid in there too if you'd like. However you like.

**Bookmark: Children's independence**

**Evelyn Boodaghians** [00:05:06]  
How independent would you say your kids are?

**P5 Joana** [00:05:11]  
Well, in a way I feel like because they have older siblings, 10 year old and 14, they tend to be a bit independent. Or even if they are not so independent, they tend to go to both of them (older siblings) for and the elders being a female, they tend to go too high a lot, so don't necessarily come to me. So I feel like that kind of builds up their independence. So I would say they're a tad bit independence in in some certain things, but I really don't know the context. I mean, which you're asking. Yeah.

**Evelyn Boodaghians** [00:05:45]  
Yeah, I'll ask a more specific question now.

**Bookmark: Cell phone usage**

**Evelyn Boodaghians** [00:05:48]  
Do any of your kids have phones? Their own cell phones?

**P5 Joana** [00:05:51]  
I guess. OK, Yeah, the 14 year old.

**Evelyn Boodaghians** [00:05:54]  
OK, so 14.

**P5 Joana** [00:05:56]  
There's a, there's a little, it's not, is it? It's not a smartphone at home, but just for like emergencies so everyone can has access to it. But the person with the smartphone is my stepdaughter.

**Evelyn Boodaghians** [00:06:13]  
OK, so your 14 year old, is this your stepdaughter? She has a smartphone, Yeah, but the other kids have access to a phone. It's just not a smartphone.

**P5 Joana** [00:06:24]  
Yeah.

**Evelyn Boodaghians** [00:06:25]  
OK, OK. And what does your 14 year old stepdaughter use her smartphone for? What do you see her?

**P5 Joana** [00:06:33]  
Doing OK so I see her online, she communicates with friends and take pictures, post on social media, she plays games, listens to music, watches Netflix and I think those are the stuff that just general teen stuff.

**Evelyn Boodaghians** [00:06:54]  
And when did she get her her cell phone? When was that?

**P5 Joana** [00:06:58]  
OK, she got it when she turned 13.

**Evelyn Boodaghians** [00:07:04]  
And do you guys have any rules with the cell phone or not so much?

**P5 Joana** [00:07:08]  
Yeah, we do. There is a time you don't use it immediately, you wake up, you don't use it as the first thing in the morning and you don't use it past it's 8:00 PM at night. You also don't use it when you have some chores to do or you have homework or or family activities that you're supposed to be engaged in. So if we see that you do every other thing, fine, you could have a little extension on one of those things. And also it's, it's actually, it's also monitored. I think her dad puts in, I don't really know the name of the app, but it's, it's quite monitored. So she doesn't get to see things that are not age appropriate.

**Evelyn Boodaghians** [00:07:52]  
I see so her dad monitors like the type of content she can see.

**P5 Joana** [00:07:57]  
Yeah.

**Evelyn Boodaghians** [00:08:01]  
OK, interesting. OK.

**Bookmark: Food and meal routines**

**Evelyn Boodaghians** [00:08:04]  
I want to talk a little bit about food and your family, so we'll start pretty gentle. What does a typical week look like for your family in terms of food? Yes, OK.

**P5 Joana** [00:08:18]  
So in terms of food, I I cook a lot during the weekends. I tend to like cook because most of the weekends I'm home, so I tend to cook meals that would I say up to like I grew up I'm, I'm African. Oh, sorry. So I grew up like having to eat or making meals and then removing it from the refrigerator. So like soups, stews and stuff like that. So I make them in pots and then refrigerate it. So during the week for school, for break, for school, they they get to like go to school with that. But during the week that's on weekends.

**Bookmark: Ordering food on Wednesdays**

**P5 Joana** [00:09:03]  
So, but most times in the evenings, I just in some days for like a family, like the whole family on like I think it's Wednesdays, we get to order out. So I, I try to make it that way. We tend to order out on Wednesdays. But for me personally, and I think my husband too, he orders out too. He orders out too often and me too at work. I, I think if I don't eat in the raw cafeteria, I tend to order out as well. But I tried to like kind of mix it to be healthy and homemade food, especially for the kids. I don't order too much for them.

**Evelyn Boodaghians** [00:09:46]  
I see, so for you and your husband, sometimes lunches you'll order.

**P5 Joana** [00:09:50]  
Out, yeah.

**Evelyn Boodaghians** [00:09:52]  
And it sounds like for the family, it's usually on Wednesdays that you guys order out, but you try to balance it.

**P5 Joana** [00:09:58]  
Yeah.

**Evelyn Boodaghians** [00:10:00]  
Tell me a little bit about why Wednesdays came to be. Why is that kind of the day?

**P5 Joana** [00:10:04]  
OK, because since I make food on the weekends, so it's always like we would have something different on Saturday or we'll have something different on Saturday. We'll have something different Sunday. And then for the week for going to school, you definitely have something. So by the time it's like Tuesday, all the meals I have made, we've kind of eaten through all of them. So, and also we kind, we, we kind of like to make Wednesday like a, like a family kind of night. So we get to like order whatever anyone chooses to eat. So it's just like the middle of the week and by then the food that I made during the weekend is already being exhausted.

**Evelyn Boodaghians** [00:10:52]  
OK, that makes sense. The Wednesday is kind of just like Family Day. It's like actually emptied out. So it makes sense to order. OK. And then how does the rest of the weight plan look?

**Bookmark: Variety in meals**

**Evelyn Boodaghians** [00:11:05]  
So Wednesday you order out what's happening Thursday and Friday before the next weekend.

**P5 Joana** [00:11:10]  
Yeah, So Thursdays and Fridays we still eat from, from, from the food we have. Like if I do Stew, like tomato Stew, for example, we could eat starts with rice, have it with macaroni, have it with bread, have it with. So I just kind of like switch around what it would be just so it would be different maybe with chicken, with beef or with eggs. So it's just small less that way. Just switch everything up.

**Evelyn Boodaghians** [00:11:36]  
Yeah. So get some variety, it sounds like. Yeah. OK.

**Bookmark: Kids' lunches and dinner**

**Evelyn Boodaghians** [00:11:40]  
Did you do so it sounds like your kids, even when they're in school, they're taking their own lunch. They don't eat lunch at school.

**P5 Joana** [00:11:51]  
OK, they do it. They do have school lunch but I always make sure they take something too from home just have have it just in case, OK?

**Evelyn Boodaghians** [00:12:02]  
Yeah.

**P5 Joana** [00:12:04]  
I tried to make sure that they eat breakfast at home and they also take lunch, especially for for the younger ones. But the older ones, the 10 year old and 14 year old, they they eat lunches in school, but they still have lunch is either if they're not taking it to school, they would come back and eat it while still at work and then for dinner. Maybe I could just whip up something.

**Evelyn Boodaghians** [00:12:29]  
I see, so just in case you send them with lunch but the older ones have lunch available at school for them.

**P5 Joana** [00:12:36]  
Yeah, yeah, OK.

**Evelyn Boodaghians** [00:12:38]  
OK.

**Bookmark: Cooking and meal prep**

**Evelyn Boodaghians** [00:12:45]  
OK. And then you mentioned cooking, so it sounds like you cook on the weekends. Does anyone else help with cooking or not so much?

**P5 Joana** [00:12:55]  
I would say maybe just prepping the meals because most food I cook requires a lot of ingredients and ingredients prepping. So my older kids do help, even the younger ones do. They do help maybe to chop up some onions or tomatoes or stuff like that. So they do help out do it. Then my husband usually helps in purchasing them.

**Evelyn Boodaghians** [00:13:22]  
OK, so more grocery shopping is your husband.

**P5 Joana** [00:13:26]  
Yeah, yeah.

**Bookmark: Grocery shopping habits**

**Evelyn Boodaghians** [00:13:29]  
Tell me a little bit about that. So what does grocery shopping or food shopping look like for your family?

**P5 Joana** [00:13:35]  
OK, so grocery shopping. We try to buy stuff in bulk as much as possible unless maybe it's completely out of our way or maybe we completely forgot. But as much as possible, we like to make sure there's a list of things and buy things in in as much as possible. Except the perishable items like the tomatoes that we can now buy maybe weekly or every two weeks. So everything we shop, we shop about just once a month in terms of like cooking items, because most of the items I that once a month I can use them for even two months.

**Evelyn Boodaghians** [00:14:20]  
I see. OK. So there's kind of like a big grocery shopping that happens once a month and that's.

**P5 Joana** [00:14:28]  
The stuff.

**Evelyn Boodaghians** [00:14:29]  
But then you mentioned like tomatoes and things you buy each week. Yeah. How do you do your bulk shopping? What does that look like?

**P5 Joana** [00:14:40]  
OK. So it's usually maybe in the supermarkets or online it I think it all depends on how he feels like at that point.

**Evelyn Boodaghians** [00:14:56]  
And it sounds like your husband is more responsible for this element.

**P5 Joana** [00:15:01]  
Of yeah.

**Evelyn Boodaghians** [00:15:02]  
OK.

**P5 Joana** [00:15:03]  
Sometimes I could just tell him to go grocery shopping. I know that maybe he does it online sometimes, but I feel like most times he goes out to do it. But I don't know. I've never really asked. I just know that it's going to be done.

**Evelyn Boodaghians** [00:15:18]  
Yeah. So it seems like sometimes it's online, but sometimes it's in the store, but he handles it OK. Sometimes it's not OK and then for those things you mentioned, like I'll sometimes you'll forget something or you guys need to get something. Is he also doing that type of grocery shopping or do you do?

**P5 Joana** [00:15:42]  
You no. I if if I'm home at that point, I can go get it.

**Evelyn Boodaghians** [00:15:46]  
OK.

**P5 Joana** [00:15:47]  
Or just place an order for it. It all depends actually at that point, because lately some delivery services actually offer grocery list shopping, so we tend to use that too sometimes.

**Evelyn Boodaghians** [00:16:03]  
Tell me a little bit more about it.

**Bookmark: Online grocery shopping**

**Evelyn Boodaghians** [00:16:05]  
How do you decide if you're going to use one of those or go in person?

**P5 Joana** [00:16:10]  
For me, I hardly, I don't really like to go out to do the shopping. So I like clothes, groceries, food. I kind of like everything online. I rather order in than actually go go out to the restaurant to eat and stuff like that. So that actually kind of effects like me going out in public and everything. So that's is I do most of the grocery shopping online if I'm doing it, maybe if I forgot something.

**Bookmark: Apps and services used for grocery shopping**

**Evelyn Boodaghians** [00:16:43]  
Yeah, and what apps or services do you use right now for your grocery shopping?

**P5 Joana** [00:16:50]  
OK, I know. I think the the Grubhub offers that service. I know it's not offered everywhere, but here in Brooklyn they do it. I think I've used it once or twice.

**Evelyn Boodaghians** [00:17:08]  
And then do you have another one that you use more frequently?

**P5 Joana** [00:17:11]  
Amazon.

**Evelyn Boodaghians** [00:17:13]  
Oh OK, Amazon, and that's for grocery as well.

**P5 Joana** [00:17:19]  
Yeah.

**Evelyn Boodaghians** [00:17:23]  
OK, do, do, do. OK, this makes sense. I'm going to switch to talking a little bit about. So we talked about cooking and grocery shopping and now like ordering food for delivery.

**Bookmark: Balancing health and convenience in food choices**

**Evelyn Boodaghians** [00:17:37]  
So we talked about it a little bit like that's Wednesday nights, but you mentioned something of like you try to balance the health versus the at home. Tell me a little bit more about what you meant by that.

**P5 Joana** [00:17:52]  
OK, So there is limited, would I say, African kitchens that I know of. So that's why I try to cook more at home. And then again, I don't like so much fried food and fried chicken and I don't know how well the oil is being used and the grease. So I, I kind of like I'm comfortable knowing that the oil I use at home is fresh. The ingredients I use are fresh. That's why it means that like, even if there's convenience in like the food delivery, I will just try to like make those healthier choices most of the week because I don't know for sure what goes into, into that.

**P5 Joana** [00:18:43]  
And then I can incorporate vegetables a lot in the meals. And because during during Wednesdays, it's not just one particular meal, not like, OK, just pizza. They could have burgers, they could have fries, they could have fried chicken, they could have whatever they want. It's like a variety of everything. So I would call that like an unhealthy evening. So during the rest of the week I tried to like do more proteins, more vegetables like whole grains and stuff like that.

**Bookmark: Family's food delivery on Wednesdays**

**Evelyn Boodaghians** [00:19:15]  
And on those Wednesdays, are you ordering from like one restaurant? Do you guys do multiple orders? What's that look like for your family?

**P5 Joana** [00:19:25]  
OK, personally I when I find a restaurant that I like, I tend to stick to it. So I like to order from one restaurant for myself. But when it comes to the whole family, sometimes they just go through the apps and then maybe a picture sticks out to them and they decide to order this. So at that point, but if it's me doing my during the week, I just stick to stick to one.

**Evelyn Boodaghians** [00:19:56]  
Yeah, tell me a little bit more on on Wednesdays when the family's ordering like. How do you guys decide where to order from? What's that process look like?

**P5 Joana** [00:20:08]  
Sorry.

**Evelyn Boodaghians** [00:20:10]  
On Wednesday, when the whole family's ordering, how do you guys decide where to order from? What does that process look like for you?

**P5 Joana** [00:20:18]  
OK, so we'll just like check in. What is everyone in the mood for? When we get a few ideas, maybe someone can rally up and be like, let's all take this. So when we kind of get a few ideas of what that would be, we can now like go to like Uber it's or something and just like search for it, search maybe Grubhub as well. And then maybe compare prices like the general prices that they offer and then choose the best one.

**Evelyn Boodaghians** [00:20:51]  
And do you guys end up usually ordering just from one place or do you ever do?

**P5 Joana** [00:20:55]  
Like, yeah, we end up ordering from one place.

**Evelyn Boodaghians** [00:21:01]  
OK, OK. That makes sense. And everyone eats the food from the food delivery. All the kids? Or does some of the kids not eat it?

**P5 Joana** [00:21:10]  
No, everyone.

**Evelyn Boodaghians** [00:21:11]  
OK, OK, great.

**Bookmark: Kids ordering food independently**

**Evelyn Boodaghians** [00:21:18]  
Do your kids ever order food delivery independently of you and your husband or not so much?

**P5 Joana** [00:21:27]  
I think my daughter, my stepdaughter has ordered pizza before. I am my husband and we stepped out for a little bit. So we just told her to order pizza because we tried to like make it OK. No, we didn't step out. I think she was at a friend's or a neighbors. It was a while ago. I think we had dropped them off at the neighbors because we stepped out or something. So we we tell them how to do stuff like that. So they did not have lunch that day. I think it was like a friend's emergency. So I and my husband had to run out. So we just needed them to just be somewhere. And then we told her to like place order for pizzas and then when we get back we would arrange something really quick.

**Evelyn Boodaghians** [00:22:18]  
I see. OK.

**P5 Joana** [00:22:19]  
So apart from that, they don't really order because they don't have access to money.

**Evelyn Boodaghians** [00:22:24]  
I see. OK, yeah, in that situation, how did she end up ordering? What? Yeah, we.

**P5 Joana** [00:22:34]  
We gave her cash. She may have cash, but it it's just like your stipend for for like the week or for like the day. So if you end up using it for ordering of food, you may not necessarily, it may not necessarily be enough, and equally you may not it may not be enough for what you actually want to do the next, what the money is really meant for.

**Evelyn Boodaghians** [00:23:00]  
I see. So in that case, you gave her the cash so that she could order. Yeah. And did she use one of those apps to orders or a different way of ordering the pizza?

**P5 Joana** [00:23:14]  
She used, she used, I think it was we, we, we called straight to the, the pizza place. I don't think it was a nap. I don't believe it was a nap.

**Evelyn Boodaghians** [00:23:26]  
I see. So you guys called the pizza place and a place there. OK, interesting. And that was kind of like a one time situation because of the emergency. Yeah. OK, great.

**Bookmark: Reasons for limiting kids' independent ordering**

**Evelyn Boodaghians** [00:23:52]  
Thinking about like, so it sounds like your kids don't really order themselves independently. Why do you think that's the case? Like why? Why do you prefer that that they not order for instance?

**P5 Joana** [00:24:09]  
I feel like to avoid wastage because I am sometimes they may order based on would I say a craving or maybe from the picture. So not just would they waste the food, they may equally waste the money. And also I try to limit those type of ordering, but if they start ordering out, it can be kind of addictive because I know that I kind of had a problem with that cooking because I tried, I'm trying to teach them how to cook. So if you're, if you keep ordering out unless it's an emergency, unless like you're told to do so. And again, there is, they don't really have that space to do that because it's not like it's an abomination. But if they're not at school and they're home and if they want anything, their dad can do it, I can do it. So it's just like they've never really been put in that situation before. But I feel like it's something that they can do. It's just if the opportunity has never like risen.

**Evelyn Boodaghians** [00:25:18]  
Yeah, this is interesting.

**Bookmark: Teaching kids to cook and avoiding addiction to ordering out**

**Evelyn Boodaghians** [00:25:19]  
You mentioned like you're trying to teach them to cook and so you don't want them to like become a.

**P5 Joana** [00:25:24]  
Negative. It's ordinance.

**Evelyn Boodaghians** [00:25:27]  
Yeah. And then you mentioned that at one point you would become a little bit addicted to ordering out. Is that, did I capture that correct? Yeah, yeah, yeah.

**P5 Joana** [00:25:37]  
OK, so I would order, I would order food. I already have the exact ingredients to cook that food at home. So it's just, I would say I'm feeling a bit lazy to cook and then I'll order it and then it's so much money and I'm like, why did I do that? But I'll still do it the next time just because that day I just want to like, stay in bed all day. But then when I when I started having kids, just kind of like, that wasn't an option anymore. Yeah.

**Evelyn Boodaghians** [00:26:12]  
Interesting. So it was really when you started having kids that that became like more cooking.

**P5 Joana** [00:26:17]  
Yeah.

**Evelyn Boodaghians** [00:26:21]  
OK.

**Bookmark: Managing meals and food for the family**

**Evelyn Boodaghians** [00:26:22]  
And then thinking about how you currently are managing the food for your family, everything we've talked about, what do you think is working well with how you have things set up for the family?

**P5 Joana** [00:26:34]  
When I feel having a schedule always works great but and then them looking forward to something too is equally nice. Them knowing that you can have a mix of everything, some days you can be spoiled, some days you, you can eat home and then just a balance of everything. So they can see that it's possible to have homemade food is still possible to eat out, just a mix of everything. So you save money, but equally spend money, but not recklessly. So I feel like in as much as I, I just feel like it's an actual lesson.

**Evelyn Boodaghians** [00:27:11]  
Yeah. This idea of like spending wisely, not recklessly seems like a big thing.

**Evelyn Boodaghians** [00:27:22]  
OK. Is there anything that you wish was working better or you like have thought about that you want to change up if anything? If not, that's OK.

**P5 Joana** [00:27:38]  
I feel like the the, the way that I plan the whole meals and food right now is actually pretty good for me. Yeah, I think it's pretty good, yeah.

**Evelyn Boodaghians** [00:27:54]  
OK, awesome.

**Bookmark: Allowances and money for kids**

**Evelyn Boodaghians** [00:27:55]  
OK, we talked, we started talking about this a little bit, but I want to pivot and talk a little bit about your kids relationship to money. So currently, do your kids have access to their own money in any way, either through allowance or jobs or anything like that?

**P5 Joana** [00:28:14]  
Just allowance.

**Evelyn Boodaghians** [00:28:17]  
Tell me a little bit about that. How does allowances work in your house?

**P5 Joana** [00:28:25]  
OK, so the allowances are not like maybe when they get to do chores or something, but most times they are tied to like competing inappropriate chores. But we tried as much as possible to like make it just like a set amount weekly so that they could maybe if we go to the store, they could get whatever they want or get a toy or maybe save up to to buy a gift for their sibling or something. So the money kind of varies. Yeah. So it's not like a fixed amount all the time. And also because of their ages, it's not the same or it's not the same for all of them.

**Evelyn Boodaghians** [00:29:12]  
I see. So you mentioned it's not like a fixed amount weekly. How does it end up like coming about? Like how do you decide how much and when?

**Bookmark: Variability of allowances and impact of spending**

**P5 Joana** [00:29:25]  
OK, so we, we just try as much as possible to give them weekly. Sometimes the younger ones especially 5 dollars, $10 and stuff like that. But sometimes you can be really impressive during the week. Maybe you do your chores properly and then rather than five, we decide to give you 10. Or maybe a birthday is coming up, one of their birthdays are coming up, we can decide to increase it a little bit. Or maybe you, you want to go to school, you have, you want to get a gift for your friend. So all those things makes it vary.

**Evelyn Boodaghians** [00:30:05]  
I see.

**P5 Joana** [00:30:06]  
And also it also depends again on how you spend the previous one. If you're out only buying like candies and stuff, even when I tell you that too much of it is bad, you'll probably receive less the next time I.

**Evelyn Boodaghians** [00:30:22]  
See, so how they spent the previous allowance kind of impact, how much is it?

**Evelyn Boodaghians** [00:30:31]  
Tell me a little bit more about that.

**Bookmark: Spending habits and rules**

**Evelyn Boodaghians** [00:30:32]  
Do you have like rules on like what they can and can't use their allowance for or not so much?

**P5 Joana** [00:30:38]  
I don't have so much rules, but I feel I tell them a lot that they shouldn't spend it on so much snacks because we have candies at home. We have snacks at home. And that you could actually save the money to do something better, like maybe to get yourself in nice clothes you've been admiring for a while or to get yourself that's why you've been admiring or something. So I tried to like put it to them because they don't really use it for much.

**Evelyn Boodaghians** [00:31:08]  
Yeah, yeah, I.

**P5 Joana** [00:31:09]  
Feel like I tried to in sin in them that you could actually save it. You could actually buy yourself a little candy, share with your friends and all that. But if you're just buying just candies, phone and then it's just for yourself. It's kind of like wasteful to me and it's not really smart because it seems like glutenous.

**Evelyn Boodaghians** [00:31:32]  
I see, so you're trying to teach them like savings but then also like spending it the right way too? It sounds like would So you mentioned they are sometimes buying candy.

**Bookmark: Items purchased with allowance**

**Evelyn Boodaghians** [00:31:48]  
What else do you see them buying with their money?

**P5 Joana** [00:31:52]  
OK, my my 10 year old daughter has bought a book before. She bought a story book before. So I see that buy books sometimes they buy these little jewelries, the five year old buys these little jewelries as well. So they just buy things that maybe are flashy to them or stuff like that.

**Evelyn Boodaghians** [00:32:17]  
Yeah. And when they're buying candy and things like that, are you like in the store with them or do they go by themselves? Like how I guess how it could?

**Bookmark: Involvement in spending decisions**

**P5 Joana** [00:32:26]  
Be in school. Sometimes it could be in school. Yeah. Yeah. Because if we are going general grocery shopping and I'm like, oh, we don't have enough money for that. And then you decide, OK, you want to pay for it yourself, that's fine. But most times I pay for whatever stuff we buy in general, except I, I'm like, we don't have money for that. Just like, maybe teach them a little lesson of why you're supposed to have saved a little bit of your money to use in situations like this.

**Evelyn Boodaghians** [00:32:59]  
Yeah, I see. So you'll tell them we don't have money for that, but it's really just to teach them like.

**P5 Joana** [00:33:05]  
Yeah, that's if they had saved them money earlier, they would have been able to get this now.

**Evelyn Boodaghians** [00:33:12]  
OK. That makes sense.

**Bookmark: Giving allowances in cash**

**Evelyn Boodaghians** [00:33:14]  
And then how do you give them this money? Is it cash or do you have like a different way of giving them their allowances?

**P5 Joana** [00:33:23]  
I give them cash, yeah, but I tried to, I tried to tell them that they could just keep it down to a dollar a day because it's like weekly. So they could just keep it down to a dollar a day.

**Evelyn Boodaghians** [00:33:39]  
And what do you mean when you say keep it down to a dollar a day just so I.

**P5 Joana** [00:33:42]  
Understand, like if I give you $5 for a week, I give you like $5 for a week. You don't need to use that $5 for a week. You can decide to use $1.00 every day. So you can decide to like to like have. You can decide to use like. I just prefer them to like keep the the money home so they don't get it misplaced so they can end up just taking like a dollar to school or something.

**Evelyn Boodaghians** [00:34:13]  
OK. So it's also about like not losing it. Yeah. OK. Although they don't meet.

**Evelyn Boodaghians** [00:34:24]  
OK, OK, great.

**Bookmark: Future changes to allowances**

**Evelyn Boodaghians** [00:34:29]  
And then what do you think is working well about this? What's working well? What do you think you want to change about it, if anything?

**P5 Joana** [00:34:38]  
I feel like it's kind of stitches, some certain level of responsibility. So, so far, I don't think there's anything I would want to change, but I think I feel like they would start earning the money very, very soon, maybe in little ways, like in chores and stuff like that. The other one actually gets her allowance because there are some certain things that she may want and she asks for. So we could actually increase it. And then she actually does anything that she's asked to do. But the younger ones is just like a favour for them. So I feel like maybe in a couple of months or in a year or so, they should be able to earn it too.

**Evelyn Boodaghians** [00:35:23]  
I see. So the oldest one earns her allowance, but the youngest one just kind of get it. But soon they'll start to do chores and have to earn it. Yeah. OK. Interesting. And then have you looked into like with your oldest or any of the kids, like any of these like debit cards for kids or things like that or not so much?

**P5 Joana** [00:35:46]  
OK, I I think I've heard about it, but I haven't. I haven't looked into it just yet.

**Evelyn Boodaghians** [00:35:55]  
That makes sense. OK, Let me just make note of that.

**Evelyn Boodaghians** [00:36:03]  
OK, OK, great.

**Bookmark: Current subscriptions**

**Evelyn Boodaghians** [00:36:14]  
OK. So I wanted to transition a little bit now I know we're going back and forth a lot. I want to talk a little bit about like different subscriptions you might have currently, and this can be for food or outside of food. So even things like entertainment, like Netflix and stuff like that, like all of that is open. So right now, what subscriptions do you have? Which ones kind of do you remember that you have right now?

**P5 Joana** [00:36:41]  
OK. I have Amazon subscription and the Amazon Prime and then I I do have Netflix.

**P5 Joana** [00:36:52]  
What else do I have? I think I just, I'm sure of those two because I personally use them a lot. So I'm sure of those two. Yeah, OK.

**Evelyn Boodaghians** [00:37:03]  
And then for any of the food delivery apps you use like DoorDash or Uber, it's do you have their membership programs or no, just a regular I.

**P5 Joana** [00:37:11]  
Do I do have I do make monthly payments for Uber, it's OK.

**Evelyn Boodaghians** [00:37:16]  
OK.

**Evelyn Boodaghians** [00:37:21]  
With the Amazon, for instance, or the all of these actually, do you share these subscriptions with anyone in your family outside of your family?

**Bookmark: Sharing subscriptions with family**

**P5 Joana** [00:37:31]  
Yeah, I share. I share. I share it with my family, my sisters and I don't. I don't think I share with friends, just family.

**Evelyn Boodaghians** [00:37:45]  
And is that for all of these, Amazon, Netflix and Uber Eats, or just some of them?

**P5 Joana** [00:37:49]  
Just Amazon and Netflix.

**Evelyn Boodaghians** [00:37:53]  
I see, so the Uber eats is not shared?

**P5 Joana** [00:37:55]  
Yeah, it's like I am my husband. Yeah.

**Evelyn Boodaghians** [00:37:58]  
Oh, just you and your husband. OK, how?

**Bookmark: Managing Netflix profiles**

**Evelyn Boodaghians** [00:38:04]  
And then I think you mentioned that your oldest daughter sometimes uses Netflix. So is she using the Netflix you also have access to?

**P5 Joana** [00:38:12]  
Yeah, OK. But we all have our different profiles so she has her own profile.

**Evelyn Boodaghians** [00:38:18]  
Yeah, that was going to be my next question. So how do you like manage what she has access to or how she uses it?

**P5 Joana** [00:38:26]  
She uses Netflix for kids so I would know for sure because of like what was last watched. I know what what I watch and I know when I ended. Even I and my husband doing use the same profile unless we are trying to like watch a general movie together and then we just we just play the movie. But I have my profile, he has proper we have different tastes in movies. So I know what I watch, he knows what he watches. So it's not it's going to be really difficult for my child to watch what is not appropriate for her through a subscription. I see.

**Evelyn Boodaghians** [00:39:03]  
And then do you like check in at all on what she's watching or not so much like how?

**P5 Joana** [00:39:08]  
I do. I do once in a while I just like going to see but I don't watch what she's watching so I may just like go through it to just know what the names are about. But I I don't think I've ever clicked to watch. So now I'm thinking about it, I feel like I may not know its content really, but I just feel like I I should trust them enough to know that it's appropriate.

**Evelyn Boodaghians** [00:39:36]  
Interesting. So you look at the titles that you've never like watched what she's watching. So there's like a level of like trust that hopefully they know what's age appropriate.

**P5 Joana** [00:39:48]  
Yeah, like like Netflix does. Because if they are using Netflix for the kids session, Netflix should only show things that are for kids.

**Evelyn Boodaghians** [00:39:58]  
OK, interesting. And then how about for your Amazon and Uber Eats?

**Bookmark: Ordering with Uber Eats**

**Evelyn Boodaghians** [00:40:07]  
Does your daughter have access to that or no?

**P5 Joana** [00:40:10]  
No, unless maybe I want her to order something, then I could just give her the details.

**Evelyn Boodaghians** [00:40:17]  
OK. And has that happened before or no?

**P5 Joana** [00:40:21]  
Not. Not yet. OK.

**Evelyn Boodaghians** [00:40:24]  
If you were to do that, would you concerns or no?

**P5 Joana** [00:40:30]  
No, I don't think I would have any concerns. I don't think there will be any concerns because it would just be for her to place an order for what she wants and then maybe pay, pay like through my card or something. So I don't think I'll have any concerns except I would really want her to check in on us to know maybe the budgets or or like how much she's able to spend. Because if it's connected to my card, I wouldn't want an outrageous amount of money just because you're not the one paying for it.

**Bookmark: Managing budget for ordering**

**Evelyn Boodaghians** [00:41:05]  
OK. This is interesting. Let's continue there. So you mentioned like you want to kind of be able to know her to know what the budget is. Is there anything else you'd want to manage if she was to order herself?

**P5 Joana** [00:41:18]  
I feel like if she was to order herself, she should be able to ask us her budget and also depending on like what she feels like having at that moment. So I feel like it's still up to her, but she should be able to like tell us exactly. Like she should be able to ask about the budget honestly.

**Evelyn Boodaghians** [00:41:40]  
So what she orders is up to her, but just within a certain budget. Budget.

**P5 Joana** [00:41:46]  
Yeah, yeah.

**Evelyn Boodaghians** [00:41:49]  
OK.

**P5 Joana** [00:41:55]  
OK, sorry. Give me one second, I'll be back.

**Evelyn Boodaghians** [00:41:58]  
Yeah, no problem.

**Evelyn Boodaghians** [00:42:20]  
Hi, hi. OK, no problem. OK, do, do, do.

**Evelyn Boodaghians** [00:42:31]  
And then, yeah, for your Netflix, the one that's shared with your sisters and for your Amazon, do you know, are those like considered a family plan? Are those like a single person plan? Do you know how the plan works?

**P5 Joana** [00:42:46]  
It's, it's a, it's, I feel like it's just a single person plan. So they just get to log in the details and then just create another profile.

**Evelyn Boodaghians** [00:42:59]  
I see. OK, so it's one plan but multiple profiles.

**P5 Joana** [00:43:05]  
Yeah, OK.

**Evelyn Boodaghians** [00:43:06]  
OK, great.

**Evelyn Boodaghians** [00:43:13]  
OK, wonderful.

**Bookmark: Food when kids visit relatives**

**Evelyn Boodaghians** [00:43:16]  
OK, I've just remembered something. While I was looking at my notes, you mentioned that sometimes your kids will go to your their aunts or their your sisters. When they go to aunts and sisters, how does food work there? Like what does that look like for them?

**P5 Joana** [00:43:32]  
OK so just like me my sisters cook as well so I really would not have a problem with that. But if they go there and they decide to order out I still don't have a problem with seats. I feel like they can do whatever they want. I don't have a problem with ordering of food so they can order what they want. That's why most when when they're home I try as much as possible to do homemade. So they should go to my aunts, my sisters, my their grandparents or whatever. I feel like they they have the liberty to eat whatever they want if they want to work out, if they want to just go out or something. But home, at least I can manage it.

**Evelyn Boodaghians** [00:44:12]  
Yeah. So if they're there, they could do whatever they want, no concern.

**P5 Joana** [00:44:17]  
Because it's not. It's not something that happens like very often.

**Evelyn Boodaghians** [00:44:21]  
Yeah.

**Evelyn Boodaghians** [00:44:24]  
OK.

**Bookmark: Caregiver role for older family members**

**Evelyn Boodaghians** [00:44:26]  
The last topic I just want to ask about with regard to your family or even non family members, would you say that you're a caregiver to anyone like any older family members or non family members at the moment or not so much?

**P5 Joana** [00:44:43]  
No, not so much. I wouldn't really consider myself a caregiver because books, my parents and my in laws aren't really old so no I wouldn't consider myself and my parents aren't even in the country. But my in laws aren't that they're about 6060 or 65 or they're about so they are still really active and agile. So I wouldn't consider myself a caregiver.

**Bookmark: In-laws' grocery shopping and cooking**

**Evelyn Boodaghians** [00:45:11]  
I see your in laws, do they do their like own grocery shopping, cooking and things like that or not so much right now?

**P5 Joana** [00:45:21]  
Most times we when we go when we want to do orders, we also like get groceries for them too so they cook for themselves. They also get groceries, but sometimes we can just call do you need anything while we are at the shop and then get it for them.

**Evelyn Boodaghians** [00:45:37]  
I see. So if you're like at a store, you'll call them and ask them if they need anything.

**P5 Joana** [00:45:41]  
Yeah.

**Evelyn Boodaghians** [00:45:43]  
And how far do they live from you?

**Bookmark: Proximity of in-laws' residence**

**Evelyn Boodaghians** [00:45:45]  
Are they also in Brooklyn or somewhere else?

**P5 Joana** [00:45:49]  
They're also in Brooklyn. They're also in Brooklyn, But do they live far? And I would say it's about 10:10 to 15 or about 20 minutes, depending. So it's not so far, OK.

**Evelyn Boodaghians** [00:46:06]  
But it sounds like they're cooking for themselves, Things like that.

**P5 Joana** [00:46:09]  
Yeah.

**Bookmark: In-laws' use of food delivery**

**Evelyn Boodaghians** [00:46:12]  
And then do you know did they use food delivery or is that something like foreign?

**P5 Joana** [00:46:17]  
I don't. I don't. I don't really think they do. I don't think they do use food delivery systems. No, I don't.

**Evelyn Boodaghians** [00:46:24]  
Think they do. OK, OK, OK. Just finishing that up there. Do, do. OK. I'm just looking at my questions here. Anna, I think we've covered everything. Just wanna do one last swipe through and make sure, yeah, I think that this is everything. Great.

**Bookmark: Conclusion and gratitude**

**Evelyn Boodaghians** [00:47:00]  
Well, we'll finish up 10 minutes early. We went through all the questions. So happy about that. Thank you so much for your feedback. This has been very helpful and insightful.

**P5 Joana** [00:47:09]  
Thank you so much for having me.

**Evelyn Boodaghians** [00:47:11]  
Yeah, of course I will click off in user interviews that you came and great participant, they handle all the payments but issues you can message me through the user interviews, but I've never had an issue but just.

**P5 Joana** [00:47:25]  
If you thank you.

**Evelyn Boodaghians** [00:47:27]  
Yeah, have a good reputation. Thank you so much. Bye.

## **Notes**