## **P1 Olga M**

**P1 Olga** [00:00:00]  
I had a, a client, I'm working from home this week because I've got my little boy that's a little bit under the weather.

**Bookmark: Client's federal tax return**

**P1 Olga** [00:00:07]  
And I was preparing a, a client's federal tax return, right? A little bit late because, you know, he just gave me the info and he's like, can I audio and video record so I don't forget this? It's like, what could you possibly forget? You're going to get a return.

**Evelyn Boodaghians** [00:00:23]  
Yeah.

**P1 Olga** [00:00:24]  
Well, I'm old. It's like you're younger than I am, but go ahead. Just record what you want exactly. Oh.

**Evelyn Boodaghians** [00:00:32]  
That's funny you started to share a little bit about this, but can you tell me a little bit about yourself, maybe where you live, what you do sounds like?

**P1 Olga** [00:00:38]  
Taxes OK, so I don't know what city state you're in but I am in D South Texas.

**Bookmark: Diversity in South Texas**

**P1 Olga** [00:00:43]  
I'm 20 miles from the Mexico border. This is Tex Mex food heaven. And in the last 20 years, Miss Evelyn, this region of Texas has become so diversified in people because now we have, it used to be just like literally Americans and Mexicans right from the other side of the border. And we would mix, right, we'd marry each other, all that good stuff. But now we have so many people from Central America, South America. We have a lot of Europeans. We have a thriving Chinese, Japanese, Indian, Asian, European Community. I mean, you can actually go out and get kolaches made, you know, from authentic Czechoslovakian individuals.

**Evelyn Boodaghians** [00:01:37]  
Yeah.

**P1 Olga** [00:01:38]  
And then we have now some Italians in our city and when they're in our region and it's fantastic because they make real food that's Italian. So this has become a Mecca now to me. Like, you know, and, and I grew up here. I'm 55 now. Congratulate me. I'm a senior citizen. I've been married for over 36 years to the same little boy that used to pull my hair in 3rd grade. But don't worry, he's grown up. He's, he's all potty trained and everything. We have 5 kiddos 17,14,11, 8 and five and they're all athletes. Even the five year old is playing really really good soccer so they eat tons. I have trouble keeping up. So and then in our guest house live my parents two houses down live my parents in law. My mom, you know, across the street is my sister. So we all live very, very closely. So when we get together, I find I may have made, I don't know, rice and beans or, you know, a nice lasagna or something for the people in this house, you know, about nine people, mine and then my parents, 9. But then so and so, you know, we'll call. Oh, no, no, no. We're going over to Olga's. Yeah, we'll be right there. OK. OK, I'm coming too. So I end up having to either prepare something on the spot, try to fill them with salads, which never works, you know, So we rely on food delivery service a lot. This area has so much to to give. It's really, I'm, I'm so excited to say it's more diverse now than it ever was. Because it used to be you could get American food or you could get Mexican food. And now there's everything in between and and so much more.

**Evelyn Boodaghians** [00:03:41]  
Yeah, yeah. Thank you so much for sharing that. You've covered so many of my questions about your fanboys and.

**P1 Olga** [00:03:48]  
And something else, You know, our culture, the we'll see the Mexican, I'm, I'm, I was born in Mexico, right? But I'm AUS citizen because of my dad. So The thing is our culture, not only do we always spend time with each other for some reason, but it it centers around our kids, our family, our our community, sports and food. There's always one of those there, or two or three.

**Evelyn Boodaghians** [00:04:30]  
Yeah, that makes a lot of sense.

**Bookmark: Childcare and school activities**

**Evelyn Boodaghians** [00:04:33]  
You mentioned that you have five kids, 1714118 and five. Tell me a little bit about child care for your kids. Who's involved? Like how do you manage that?

**P1 Olga** [00:04:45]  
OK, it takes a village right now when I'm, I'm at home, it's it's no problem. I do a tour of the city in the morning and then a tour of the city in the afternoon during the school year. And their school year is beginning on Thursday. They'll be getting really, really early and they finish really late. A week into June they finish. OK, So I will go to an elementary school, a middle school, and a high school to drop off and pick up right now in the afternoons, I may not need to go pick up at the elementary school because they have after school programs available where not only will they give them a snack if it's parent approved, or they'll play games with them, or they'll have some sort of dance class. Or from there, the Boys and Girls Club at the school will go 'cause they turn the cafeteria and the gym into the Boys and Girls Club in the afternoons. So they might take my 8 year old daughter to dance class, right? And so I'm paying for that service for the shuttle and then at 6:00 I'll pick her up from dance class. Or they might take my little boy to soccer practice at the other campus and that's still school related. OK, It'll be an actual school bus taking him, and then I'll pick them up at one of the other elementary schools where they gather, you know, 536 o'clock depending on what they're doing, right? So that'll take care of those. The middle schoolers might have chess, band, cheerleading and then my high schoolers will always have sports or some other club. So those I don't consider too much to need after school care more just after school pick up 'cause my 17 year old is still not allowed to drive until later later next year sometime.

**P1 Olga** [00:06:49]  
He just turned 17. So. And yeah, no, that's not happening. And that's.

**Evelyn Boodaghians** [00:06:55]  
That's a family rule. That's not like in Texas rule. That's you've decided that.

**P1 Olga** [00:07:00]  
That's, that's a family rule because right now it's still not a hardship. I'm still able to, if I'm not able to, if I'm stuck with clients and during tax season, like from January to about the end of April, I don't pick them up. But my husband goes to pick them up. He owns his own business. So he can go pick them up, right? And he'll leave. He'll do the, the tour of the afternoon and all that. Or he might pick them up at the middle school and take them to music class and then or guitar lessons and then go back to work and then afterwards pick him up. Every once in a while we do hire a an actual babysitter when my husband is just like he's a commercial builder, Like they just finished building a Driscoll Children's Hospital, right? And they're still finishing up. So every once in a while he's stuck. But we do have a set of actual three or four, a list of three or four people that do our daycare.

**Evelyn Boodaghians** [00:08:02]  
And then?

**Bookmark: Babysitters and pickup arrangements**

**P1 Olga** [00:08:03]  
Go ahead.

**Evelyn Boodaghians** [00:08:04]  
What are those individuals responsible for the babysitters that you hire random at random times?

**P1 Olga** [00:08:10]  
Babysitters would be able to or they are responsible for pickup, right? Secure pickup texting me. OK, I have so and so. I have so and so. Kind of like when the Secret Service does a call over the radio, we have a flower bonnet, you know, we have the Kitty cat code words like that. So my kids, you know, they have code words. And so she'll say, you know, the bird is in the nest and all that kind of the Kitty cats in the cat house, whatever cat tree. And so she'll pick them up and then if she needs to take them somewhere else, she takes them somewhere else and I have to get a text. So and so is here now kind of like step by step so that I know where all my little puddings are. At the same time, if she, if the babysiter is bringing them home, then it depends on what they have to do. So she'll give them a snack. She's responsible for feeding them right, Making sure that they stay in the house, 'cause the minute that they're out the house, that means they're out in the neighborhood.

**Evelyn Boodaghians** [00:09:16]  
OK.

**P1 Olga** [00:09:17]  
And they could take hours before those kiddos come back. So babysitter will feed them and then make sure they get a shower. Most of them should be able to take a nap 'cause they're athletes and they're encouraged to nap to, you know, regrow bones and and muscle and all that. And then get them to finish homework by the time parents get home OK?

**Evelyn Boodaghians** [00:09:42]  
Finish homework. OK, tell me a little bit more about feeding them and giving them a snack.

**Bookmark: Feeding and snack preparation**

**Evelyn Boodaghians** [00:09:47]  
What does that look like when there's a babysitter?

**P1 Olga** [00:09:51]  
OK, when there's a babysitter, that means that she will need to go into the fridge and basically get a meal, put a meal together based on whatever's in there because she's not allowed to chop. Why? Because with five kids, even if you take away the, the two older ones, my, my kids are all very, very hyperactive, right? One little distraction and she will lose a finger. So we do it for her, right? So there's always chopped vegetables in my fridge from which she could put together a salad. There's always homemade chicken Nuggets that have already been oven baked and she could just heat up and you know, chop and put on top of a salad next to carrots, things like that. There's already steamed vegetables, veggies like sweet potatoes are a favorite, broccoli, things like that. There'll already be some oven baked fries that she can heat up again in the oven, you know, and do that. There might be some chicken cutlets again that they've all she just needs to heat up. OK, and she knows that she needs to do half veggies, you know, half and then the other half is protein and or 1/4 is protein and a quarter might be some sort of grain product carbs basically, right. And then she knows they're not allowed to have any sugar as far as drinks or juices.

**Evelyn Boodaghians** [00:11:36]  
OK. No sugar in drinks or juices. OK.

**P1 Olga** [00:11:39]  
She is allowed to order out.

**Bookmark: Ordering food and restrictions**

**P1 Olga** [00:11:42]  
OK, it's if it's a Friday. And this is mostly at the beginning of the year because by that time, football, basketball, volleyball are done, at least here in our area. And so the kids get home earlier, You know, she picks them up earlier and they don't have, they might not have us because for me, it's tax season. And my husband takes advantage that it's not the rainy season, it's not the winter. So he's out later in the day when the days are getting longer, he stays out a little longer, that kind of thing. So she is allowed to order out. And we do have our favorite restaurants and we have certain things that they can order and certain things that they shouldn't order.

**Evelyn Boodaghians** [00:12:31]  
OK.

**P1 Olga** [00:12:32]  
If I leave them to their own devices, my little kid will order a steak, his grandfather orders a steak.

**P1 Olga** [00:12:42]  
And so then we get a big bill and that's it. Just doesn't make sense. But that's what he does anyways.

**Evelyn Boodaghians** [00:12:49]  
And tell me a little bit more about that. So you mentioned like the bill. How do you figure out like the money the babysitter needs for ordering? Like how does she go about ordering I guess?

**Bookmark: Delivery services used**

**P1 Olga** [00:13:00]  
OK, babysitter has my husband's accounts as far as our Uber one and which is now also includes post mates. And here in our area, it did all blend in. So everybody stopped using post mates and it's Uber one, right? And then she has a my Grubhub, OK, right. Why do we keep them separate? We use each other's it's it's the same thing, right? There is another one here in town called Favor. I don't know what state you're in. Have you ever heard of Favor?

**Evelyn Boodaghians** [00:13:37]  
No. Tell me about it.

**P1 Olga** [00:13:38]  
We're in Texas. The biggest grocery store here is called HEB Grocery store. HEB Grocery, right? And Favor is owned by HEB Grocery. So like for example, if I were to go ahead and have my groceries delivered by Walmart, it's actual Walmart employees here that do that, right? If I were to have it delivered by HEB, it's Favor employees, OK, that deliver it, right? So every once in a while we do use that. We're gearing. Our trend has been to stop doing DoorDash because they're not, they're only delivering to the city center, the very, very, you know, downtown area. There are a lot of new apartment complexes that have popped up and little high rises, which are high rises, but they're like 55 floors, right? And so they tend to deliver there to where Uber one, if you want them to deliver 20 miles out, it's going to cost you, it's a little bit extra, but or you're going to have to wait up to an hour, but they'll deliver.

**Evelyn Boodaghians** [00:14:59]  
Yeah.

**P1 Olga** [00:14:59]  
You know, right?

**Evelyn Boodaghians** [00:15:03]  
I want to dig a little bit more into this idea of the your babysitter ordering.

**Bookmark: Childcare activities during different seasons**

**Evelyn Boodaghians** [00:15:09]  
So you mentioned that it's only after the beginning of the year, if I got it that right because?

**P1 Olga** [00:15:15]  
That's what like for example, in the fall, like they're about to start school, right? They've already in the mornings they've been doing, they've been doing 2A days for football and two a days for band, right? That's my 14 year old daughter and my 11 year old son. So my son will go to football practice at 6:00 in the morning, and then he'll go again at 6:00 in the afternoon. My daughter will go to band at 7:00 in the morning, right? And then she'll go again at 7 in, in the evening when the school starts after school, they go right to band practice. And so then my son will go to football practice and then I pick him up and all that. The school will go ahead and give him, you know, a, a snack and then we pick him up. So during the fall there's not much for our babysitter group to do right? Because when they pick them up, like let's say that I'm stuck at work till 9:00 and so is my husband, when they pick up the kids, they will all at least have had a snack to where and and that's all during football season, cheerleading, basketball and volleyball that all run concurrently.

**Evelyn Boodaghians** [00:16:32]  
Right.

**P1 Olga** [00:16:34]  
And then all those sports, it's just like the NFL, it's over by February, right? These here are, unless you're going to stay, they're all done by Christmas. So then in the spring, well, we call it the spring in in January. Our seasons start early in January. And when she starts picking them up, you know, to help us out, that means that there's no football, so they might just go to chess club. I see it's 45 minutes. So she's picking him up earlier. OK. It just depends. Things, things are things are very fluid. They're very. They have to be flexible. That's why our babysitter pool is four people. It can't be one. Why? Because these are college students and. And I cannot expect them to be available, you know, on the fly, so to speak. Yeah. At a moment's notice. And sometimes things change here at a moment's notice. Yep. That makes sense. Yeah.

**Bookmark: No-go and go restaurants for kids' orders**

**Evelyn Boodaghians** [00:17:37]  
You mentioned there's some no go and go restaurants and then no go and go items that the kids are able to order. Tell me a little bit about that. Like the rules.

**P1 Olga** [00:17:47]  
What I have found is I had to put all the typical fast food restaurants on the no go, no McDonald's. We haven't been to McDonald's for a long time, but I had to establish that no go restaurant, you know, just no, because I would come home and she's like, yeah, you know, we we had to postmate it or or we did Uber one. OK, fine, OK, no worries. You know, she couldn't put something together or there wasn't enough because these kids eat tons. Then she'll say OK, and and I printed you out the receipt. All that and she'll make notes about who ate and who didn't, right. And then I like McDonald's who ate two Big Macs and it'll be my son, you know, And then I find out my little one ate a Big Mac and they're not able to go to sleep because of all the sugar and the carbs and things like that. And so I I just don't want him having that type of food.

**Evelyn Boodaghians** [00:18:58]  
Yeah.

**P1 Olga** [00:18:59]  
But they can order some Chipotle. They can order from Zamoras, which is a really good fresh restaurant. And they'll actually get baked chicken and they'll get, you know, the other side is like completely just veggies. They don't get any bread or anything. They can order from there anything that they want. There's another one called Fresh, right, kind of a Frenchy type of deal, and all you get is a big salad bowl and it's got salad on the bottom, chicken or beef on top, and then a bunch of veggies in between.

**P1 Olga** [00:19:43]  
So I try to get them to eat. You know, chick-fil-A's on the go list. You know, they still do do well with that, but they're not allowed to have their drinks. OK, 'cause all of those have sugar.

**Evelyn Boodaghians** [00:19:56]  
That makes sense.

**P1 Olga** [00:19:59]  
Yeah, you don't want to have. I don't. I don't like getting home and having my kids literally bounce off the walls. And it happens.

**Evelyn Boodaghians** [00:20:06]  
If yeah, that makes sense. You mentioned this idea that she prints out the receipt, makes notes on it of who ate and who didn't and what they ate. Tell me a little bit more about that.

**Bookmark: Importance of tracking kids' food intake**

**Evelyn Boodaghians** [00:20:17]  
What's the process I guess when she does order and why is that important?

**P1 Olga** [00:20:23]  
OK, so I can always go back into the app and see, you know, what happened. But she does. She's just started doing it on her own. One of them name is Nora. And I got everybody else to do it because then I was able to see who ate what, who drank what. Why is that important? These are athletes, these are little athletes who are growing. You know, I'm not saying and, and the Olympics just ended, but I'm not saying I'm growing a bunch of Olympians. But I'm barely 54. My 17 year old son is 6/5. OK, so you cannot nourish that body with a hamburger. You literally need a hunk of beef, right? My daughter is a cheerleader. She's 59 and growing. She's 14, mind you, she's 14, just turned 14. So these kids need tons of protein, and they know that. But every once in a while, it's just easier and more fun to eat something else. So we, we do try to, you know, feed him better. I played, I played volleyball all through, through college. And that was very, very similar to what my parents used to do to try to get me to, to eat. And I grew up in a military family. So, and now we do have those times when like every Friday, once a month, you know, the rule is if we are not home early with them, they can order pizza.

**Bookmark: Pizza treat once a month**

**Evelyn Boodaghians** [00:22:12]  
OK, tell me a little bit more about that. Is that a babysitter's there with them, or is that the kids are so?

**P1 Olga** [00:22:19]  
If a babysitter's there with them or grandma and grandpa and they can invite, you know, grandma and grandpa over or their cousins from across the street, they can have a little pizza party and that's fine. But still no, no sugary drinks, right? OK. And that, that is a a pretty good, pretty good treat.

**Evelyn Boodaghians** [00:22:40]  
OK, OK. I'm just wanna make sure this is very helpful. You're great at talking about this stuff. I I think every mother probably is.

**P1 Olga** [00:22:50]  
Good to talk about their treats, right? Before I forget, I wanted to tell you a couple of the other no goes.

**Bookmark: Limitations on Chinese food**

**Evelyn Boodaghians** [00:22:57]  
Oh yeah.

**P1 Olga** [00:22:57]  
Go ahead. We do Chinese food only once a month, right, because of the extremely high soy and gluten and sodium content. OK. And everything is fried. Everything is fried. It's just what else do they like to do? There is a, I'm sure you're familiar with Subway, but there is a different one.

**Bookmark: Healthy options at a Central American sandwich shop**

**P1 Olga** [00:23:29]  
It's called. It's called ma witches like Moss sandwiches. Oh.

**Evelyn Boodaghians** [00:23:35]  
Interesting. OK.

**P1 Olga** [00:23:36]  
Right. OK, it's, there is a restaurant that has a Central American flair because you can get a sandwich or you can get what's called a torta, right, which is a PITA pocket with everything stuffed in there. OK, they're allowed to get things from there because those are fairly healthy and all the meats are either smoked or baked. They're not. Nothing is tight, right? And nothing is cured.

**Evelyn Boodaghians** [00:24:04]  
Like.

**P1 Olga** [00:24:05]  
You know, you, you might. It's not a deli meat, in other words, right? It's like real, a real food. Yeah. What else? There are a couple of other Mexican restaurants that we love. One of them stopped using delivery service altogether. I guess they just want people to go there. But the babysitter is allowed to go and, you know, pick it up, that kind of thing. Bless her, 'cause that means she has to get one to five kids in the car with her to go get it. But she does. It's right around the corner. OK, what else? What else? What else is on the no go? They're all they're for. There's like so many fantastic Thai restaurants. There are a couple that are allowed to order from mostly because they have like meticulous cleanliness because my husband and I have been there and we know a couple of the owners and they've told us like how they prepare some of the food and things like that. There is a Japanese place as well that we love and we don't have too many, too many of those near us. Like they're a little bit further out in the region, but they make fantastic. Oh my gosh. So my kiddos are allowed to get every once in a while some sushi. They like sushi.

**Evelyn Boodaghians** [00:25:35]  
OK OK, this helps paint a good picture.

**Bookmark: Cell phone usage and parental controls**

**Evelyn Boodaghians** [00:25:42]  
Your kids currently the different ages, do any of them have cell phones or is that not allowed in the house?

**P1 Olga** [00:25:49]  
My oldest 2 have a cell phone. OK.

**Evelyn Boodaghians** [00:25:54]  
And what did they use their phones for? Like are there any rules with their phones?

**P1 Olga** [00:26:00]  
There are a couple of parental controls as far as websites that they're not allowed to go to in our state. OK, something happened with the legislature, but in the state of Texas, you have to prove you're 18 to go to certain sites, so those sites are blocked off.

**P1 Olga** [00:26:26]  
Right. And they it because it's material not suitable for kids under 18, right. So all we did is we just basically went in there and reinforced like we went to see, OK, let's make sure they cannot go there.

**Evelyn Boodaghians** [00:26:39]  
Yeah.

**P1 Olga** [00:26:40]  
Right.

**Bookmark: Purpose of cell phone usage**

**P1 Olga** [00:26:40]  
Do that right, they'll use their phones for, of course, social media. They'll use it to talk to friends, text, communicate with their teachers in regards to homework, all that. All of their school accounts are on there where they can see their grades, where they can see their schedules, because sometimes football practice might be 30 minutes early or 30 minutes late. So they will actually post their schedule, revised schedule, things like that. They'll get notices about soccer practice is not Thursday anymore, now it's Friday or different changes, things like that. What else? They'll use it.

**Bookmark: Ordering food using cell phone**

**P1 Olga** [00:27:32]  
I know my my oldest son knows how to order food and he has done it every once in a while. There is one, like when I think two of our babysitters are seasoned as far as they've been with us for at least three years or helping us out for at least three years because they live in the neighborhood and they're daughters of friends of either my selves or my, my my husband's. Two of them are kind of new. One of them's been with us since the beginning of this past school year. She's not a fan of ordering, right? The third one, the 4th one, has been with us maybe a little longer, maybe like a year and a half or so, and she doesn't order as much either. OK. In other words, my five kids are better at convincing or have more luck at convincing the older. The two that are been with us for a while.

**Evelyn Boodaghians** [00:28:37]  
And then you mentioned sometimes your son orders on his own. Tell me a little bit more about them.

**P1 Olga** [00:28:43]  
He'll talk, he'll talk Cindy into, oh, let me do it. I'll take care of dinner. OK. Like, like, look, we can, we can do, we can compromise. And he's just, I don't know, he's going to be a litigator or something. Say, look, we'll make a salad out of everything that's in the fridge. We'll eat the salad first. But let me order, you know, this and this and this and that, you know, and so, you know, they'll order chicken strips or something like that, you know, with that crazy sauce that they love and that's that. So that's how he that's why he does it. But he'll use my husband's account and the credit card's already in there. You had asked me about payment before.

**Bookmark: Credit card usage and monitoring**

**P1 Olga** [00:29:25]  
The credit cards are already in there. You can't see them. So my babysitters wouldn't would only be able to see like the last four, something like that. OK.

**Evelyn Boodaghians** [00:29:34]  
Credit card is already in there. So when your son orders, he's on your husband's account. Credit card's already in there.

**P1 Olga** [00:29:41]  
Right. And we, we prefer it that way and we, we ourselves know how to monitor that because we'll have like he's got one credit card he uses for for that, for all his subscriptions, subscriptions that are under his name. And I have one where all the subscriptions are under my name. OK, mine will have my like my Stitch Fix, my Chewy, my Barkbox, you know, and I've got Netflix and Hulu and he has, you know, Amazon Prime and all that.

**Evelyn Boodaghians** [00:30:16]  
I see.

**P1 Olga** [00:30:18]  
That it would be OK 'cause we've been together for a lifetime. So yeah, Cherry's carrying in our in our, in our life.

**Evelyn Boodaghians** [00:30:28]  
Does your oldest son ever order? Not when the baby's like completely independently when the babysitter isn't there? Or is that more just so when the babysitter's present?

**P1 Olga** [00:30:38]  
Yes, if not all kids are going to be there, like let's say, OK, this, this happened I think in May our babysitters had finals, right? Because they're all in college, so they basically still did US the favor of going to pick up, you know, the oldest three. So 171411 and left him at the house. I was gonna go pick up the other two. So when not all five of them are at home and he's there and they can't think of something to do, you know, I'll get a text. Do you mind if we order such and such that that's fine, but go ahead and order enough for everybody so that there's some left when we get there, right? Or order me, you know, a family size of this or a family size of that because grandma's coming over. So if all five kids were there, my 17 year old's not allowed to be alone in charge because they will run over him.

**Evelyn Boodaghians** [00:31:50]  
I see.

**P1 Olga** [00:31:51]  
He's. He's not. He is a mature young man. He's becoming a mature young man. But I know my kids, They'll just, you know, anyways.

**Evelyn Boodaghians** [00:32:08]  
Only when the old it's just the older kids.

**P1 Olga** [00:32:10]  
Yeah, that are more manageable for him and and then the house is quieter when you add my 2 little ones, it's it's a party, it's challenged. It is very challenging for him. He can't seem to say no. So he will go ahead and and order something and that's fine.

**Bookmark: Communication and coordination with son**

**Evelyn Boodaghians** [00:32:31]  
And that's he'll text you and just to make sure every time he has to text you or.

**P1 Olga** [00:32:35]  
Because he will do open the fridge and say there's nothing to eat and close it. And so he'll text there's nothing to eat. Can I go? And he's like, OK, there's always something to eat. So I might say, OK, look in the freezer, thaw out, you know, some of the leftover lasagna that you know, there's at least 5 servings in there. Do that. And then underneath there's a salad in the crisper do that, you know, or put and, and I'll just say, you know, onions, tomatoes, yellow Peppers, romaine lettuce. I'll literally have to spell it out for him.

**P1 Olga** [00:33:17]  
Do that, but then he might text. There's not enough. They eat a lot, right? Yeah.

**Evelyn Boodaghians** [00:33:26]  
OK, so you either let him know like this is what's in there, this is what you can make or OK, go ahead and order.

**P1 Olga** [00:33:33]  
Right. And, and sometimes I will have already texted him and I don't know, the text just disappears. You didn't text me. I don't know. I accidentally deleted it. So I have to do it again. Yeah. Or I will leave something on the fridge. And that paper, I don't know what happens to it, but.

**Evelyn Boodaghians** [00:33:57]  
I see kids, yeah.

**Bookmark: Approved food list and restrictions**

**Evelyn Boodaghians** [00:34:00]  
And then just circling back to the no go go restaurants and items, is that something that's like written down somewhere or is that more just so good about it so much?

**P1 Olga** [00:34:09]  
That is laminated.

**P1 Olga** [00:34:11]  
That is laminated and with double stick tape on the side of the fridge and everything's verifiable. It's not like he can go and buy it with cash 'cause he has none and he doesn't have all the credit card numbers, so he can't go buy anything. So it has to. He can order something, but it has to be from the approved list 'cause he will eat two or three Big Macs and you're looking at, well, each one is about 900 calories and all that is just empty calories.

**Evelyn Boodaghians** [00:34:56]  
Yeah, that makes sense. OK, We've talked a lot about like the babysitters and very fascinating. But I also want to take a step back and just talk about your family in general.

**Bookmark: Family's daily routine and meals**

**Evelyn Boodaghians** [00:35:09]  
So tell me a little bit about when the babysitters aren't there. Like what does a typical week look like in terms of food for the family? Breakfast, lunch and fat?

**P1 Olga** [00:35:22]  
OK, so I will get up. My husband and I always get up like 4:45 in the morning and we will do this. I will put in a couple of loads of laundry 'cause we do have two washers, 2 dryers with all this, all these many kids, it's the laundry room is an entire, an entire, it's an entire ecosystem. So while the laundry's getting done, right, my husband and I will get a workout right after we shower. Then we come out and he will go ahead and pack lunches, right? And we do, we'll do cold lunches or hot soups, things like that. A couple of fruits and then protein, full fruits, I mean, proteins that have, I mean, sorry, snacks that have protein, so likes and cheeses and some nuts, that kind of thing, right? So he does, he packs lunches, get some ready, put some on the little console table going out the door next to where all the backpacks are, right.

**Bookmark: Breakfast preparation**

**P1 Olga** [00:36:30]  
And then I will go ahead and actually get breakfast ready. So it's kind of like those I used to laugh years ago when I started watching YouTube because I would see like ladies that would say this is how I get breakfast ready for my family of 12. And I used to laugh. I used to laugh. I was like, there's just no way, right, 'cause they would get like two dozen eggs. Well, I find myself that that's what I do, right? And that's fine. So we'll do eggs, we'll do some breakfast meats, we'll do whole grain toast on the weekends. If I have a little bit more time, we'll get some, you know, waffles or pancakes made. That is a treat. Not too often we do that. I tend to do a lot of overnight oats with chia seeds and flax seeds.

**P1 Olga** [00:37:25]  
You know, get the fiber in there, Prebiotics, probiotics, a lot of fruit, a lot of berries 'cause they'll tend to be, you know, lower in sugar, lower in the glycemic index and that's really good for these athletes, things like that. Now we are in South Texas. I'm not going to lie to you. I will go ahead and on the Sundays we will make, you know, some breakfast tacos with potato egg, maybe some cheese, bacon and egg tacos, things like that. So it is, it is a process, but on most, you know, mornings it's getting all that breakfast. And then, so while then my older kids come in, they'll clean up the, the breakfast table and I go and finish getting ready. And so then by this time, lunches are packed, breakfast has been served, the table's been cleared. You know, the dishwasher is, is doing her thing. And then we kind of head out the door, right.

**Bookmark: Grocery shopping and delivery**

**P1 Olga** [00:38:31]  
As far as grocery shopping, I'll tend to do it, believe it or not, sometime late at night when there's nobody in my kitchen, nobody in my pantry area. I'll go in there and I'll just, I made myself a little, you know, PDF sheet and I'll just go ahead and click what I need and how much. And, or I'll go in there with my HEB, my Walmart or my Target app And I will just go to favorites and just add, add, add, add, add. And then I will either have, I tend to have my Walmart delivered because I know them. They are fantastic and they're very consistent and whenever they have really, really good fruit, like especially during the spring and summer, I never have to worry about getting booze or something 'cause you have to think about it.

**P1 Olga** [00:39:35]  
I'm getting, you know, 3 lbs of bananas, I'm getting 24 apples. These are big orders, right, 'cause I have to pack, you know, lunches every single day. Or when the kids are home. Think about it, when the kids are home, that's fruit in the morning, fruit in the afternoon. So that could be at at least 12 pieces of fruit every day. So I rely on Walmart for that on my HEB order. I trust them also and Favor will go ahead and deliver that order. And then Target is usually an afterthought pick up order after I pick up the kids. On my way back, we'll stop in and we'll pick that up.

**Evelyn Boodaghians** [00:40:23]  
OK. After thought pickup order, are you still ordering? You're ordering it for like curbside pickup or your curbside pickup.

**P1 Olga** [00:40:31]  
Right.

**Bookmark: Meal prep on Sundays**

**P1 Olga** [00:40:32]  
And then typically Sunday nights I will go ahead and do meal prep. So I will do four to five casseroles to have for during the week. I'll do two to three cans of lasagna, right? I might do those typically on Tuesday night 'cause I have to lay everything out. And then, you know, I do have a lot of beautiful, you know, pots and pans, but that's a lot of meat 'cause we'd use the meat sauce and a lot of cheese and all that. So I need room to spread out and that's why I do that just in one. I might do some typical homemade Tex Mex dishes like piccadillo con carne, which is just like a soup, right? I'll actually make a lot of chicken noodle soup and I will go ahead and put it in the one quart containers and I will put them in the freezer in the garage. And then I tend to, you know, thaw those out. So I make big batches and then thaw them out. I.

**Evelyn Boodaghians** [00:41:36]  
See and then chicken soup. Big batches in freezer? Thaw them out.

**P1 Olga** [00:41:42]  
Right, I will make, I will pre chop all my veggies on Sunday so that for during the week I can pop them out and in the morning I can make omelets or I can mix them in with the eggs, you know, hide those veggies.

**Bookmark: Preparation of vegetables**

**P1 Olga** [00:42:00]  
The kids are none the wiser and they eat their you know green bell Peppers, red bell Peppers, all that celery, what else? The veggies will be pre chopped so that they can just go in there and get the big gallon size freezer bags and they'll already have the washed romaine salad that they can just get dump into a bowl. Mix it. The only thing I don't chop is watery vegetables like tomatoes. I.

**Evelyn Boodaghians** [00:42:32]  
See.

**P1 Olga** [00:42:33]  
Right. But onions and things like that will already be there. I will go ahead and steam a lot of veggies before.

**Evelyn Boodaghians** [00:42:45]  
Is this also on Sunday?

**Bookmark: Cooking and freezing meals**

**P1 Olga** [00:42:47]  
Yes, OK. I have a six burner stove, so it's fairly easy. OK, like.

**Evelyn Boodaghians** [00:42:53]  
Sundays are and I have.

**P1 Olga** [00:42:54]  
And I have the big steamer baskets, right? And I can usually bribe my 14 year old to help me. She's really, really good at peeling, chopping, steaming, you know, and we've got like three or four big ol steamer baskets, things like that.

**Bookmark: Rice and quinoa preparation**

**P1 Olga** [00:43:11]  
I'll go ahead and use the the rice cooker and make a bunch of rice. And then during the week it's super easy at night to make like shrimp fried rice, chicken fried rice and then put it with a little, you know, baked chicken cutlet or baked chicken breast. And it's my version of of a much healthier, lower sodium Chinese type dinner. And they love that kind of rice. We'll do the same with quinoa. So I'll prep quinoa, sweet potatoes, broccoli, carrots. I'll make a Normandy mix with the cauliflower. I've made cauliflower rice before. You know, this is like 6 cauliflower heads. Yeah, them and then mash them and they make really, really good rice. And then you just add a little bit of chicken broth and it tastes fantastic. And then that's an instant healthy side dish to something.

**Evelyn Boodaghians** [00:44:11]  
Yeah, a couple of things there.

**Bookmark: Ordering groceries on specific days**

**Evelyn Boodaghians** [00:44:14]  
So you mentioned about your grocery shopping, how you have the HGB and Walmart and then Targets and afterthoughts. Do you like when do you when during the week do you order I guess is the yeah question is there like a specific days you do your groceries or does it depend?

**P1 Olga** [00:44:32]  
I OK Tuesday for some reason is just another casserole night or another lasagna night or another chopping night. Sundays, I gotta get some food prep in there, right? Saturdays is for family. Friday nights are also for family. So Wednesday or Thursday I might go in there and I'll be there with the phone. Just adding favorites in there. OK, this is what I need. You know, or if something isn't available on a favorite, you know, I'll still do a big pick up order, but I won't have, I mean, I'll still do an order. I won't have it delivered or picked up. I'll go then say OK, now I want to pick it up, but only after I've walked the store to see what else they might have that's new.

**Evelyn Boodaghians** [00:45:21]  
I see.

**Bookmark: Involvement of children in cooking**

**Evelyn Boodaghians** [00:45:22]  
OK, that makes sense. And then you mentioned for cooking, there's a lot of things you're doing. You mentioned that you can bribe your 14 year old sometimes. Does anyone else help out with cooking or is it mostly used?

**P1 Olga** [00:45:32]  
My 11 year old boy has taken an interest ever since he discovered that there are a bunch of, you know, young boys on YouTube that have all these chopping skills, right? So he's taken an interest to learn how to actually chop correctly and all that. So he'll go in there and he knows how to do a really good onion and he'll, you know, dice me some carrots and, and he'll get me some potatoes and things like that. He'll do a few. But he's, he's such a sports fanatic that he's either watching sports with his dad or he's in the backyard playing them. So it's a, it's kind of like when he's available to help is not when I'm doing my prep anyway. Everything in the universe has to be correct for it to kind of, you know.

**Evelyn Boodaghians** [00:46:27]  
That makes a lot of sense.

**Bookmark: Use of food delivery for special occasions**

**Evelyn Boodaghians** [00:46:30]  
OK. And then we talked a lot about how the babysitters use food delivery. But how do you you and your husband use food delivery, if at all?

**P1 Olga** [00:46:39]  
OK, so yesterday I was in the office and we had a luncheon for one of our wonderful assistants, that accounting assistant slash bookkeeper that's going on maternity leave. So we went ahead and used Uber One to basically get us what could only be described as a fantastic feast. And you know, when, when, when, when a woman's pregnant, you crave all these different things? Well, that's exactly what this feast was. So it was her favorite sandwiches from, you know, Jason's Deli And then waffle fries from from Chick-fil-A. So it looked like a very weird table, right? It looked like a potluck, but it was kind of a very fancy potluck 'cause we dressed it up and everything. So we did that at work. We'll do it, you know, once a week at home. If I know so and so's coming over and I'll go check my freezer and I've got OK, only two pots of lasagna or two pans of lasagna, I'm I'll go ahead and order some other side dishes. I'll order pre made pasta from one of our fantastic local Italian restaurants. I'll do that right. I'll order like a big ziti or something like that. I'll order some specialty cannoli. So mostly on when someone from outside the house is coming in, which is about once a week. And that's just because with our culture, it's always like, oh, I invited so and so. I invited so and so. Oh so it's no longer 14 people for this little tiny casual dinner. Now it's 22, so I won't have time to make, you know, a homemade salsa.

**P1 Olga** [00:48:44]  
So I might go ahead and call on, you know, Zamora's and say, hey, can I have like a gallon or like, you know, two or a 2 pints of your homemade salsa? Sure. You know, that kind of thing. Or if I'm pressed for time, I'll call on Mama Mia's Italian restaurant and I'll say, hey, can I get like 2 pints of marinara sauce or, you know, your, your meat sauce and they're like, yeah, sure. And they're going to charge you for it, but that's fine. Even Tex Mex food that it's fairly simple to make. If I'm just pressed for time, I might order extra rice, extra beans, you know, side dishes, things like that. There's a restaurant in here in Texas, in Louisiana called Luby's. It's a cafeteria style, right? They make a fantastic Thanksgiving everything. So around the holidays, I will actually go ahead and and use I used to postmate it, but now it's Uber and, you know, just a bunch of side dishes to have on hand. So at any time, it doesn't doesn't have to be Thanksgiving. If I wanted an extra really creamy macaroni and cheese, or we want, you know, that green bean casserole, or we want, you know, just some gravy to put over, you know, baked chicken, but it's Turkey gravy, you know, So it makes it special, makes it holiday, you know, we'll do that.

**Evelyn Boodaghians** [00:50:17]  
Interesting, do you buy those and freeze those or is that just for that time period you'll like keep it in the fridge?

**Bookmark: Freezing and storing pre-made dishes**

**P1 Olga** [00:50:22]  
OK, why? Because they give them to you in those deli pint containers and now they have ABPA free plastic containers and they're freezable and they hold up really well. I've tested it. I test everything to see if it's if it's good to freeze.

**Evelyn Boodaghians** [00:50:40]  
Interesting. OK, OK, this is helpful. Awesome. OK, we have about 8 minutes left so I want to transition to a little bit of a different topic.

**Bookmark: Children's access to money**

**Evelyn Boodaghians** [00:50:53]  
You talked about your kids and money. I think you mentioned like, oh, my son doesn't have his own money. So tell me a little bit about that. Did your kids currently have access to their own money or not so much?

**P1 Olga** [00:51:05]  
They get an allowance, but I'll be honest, they tend to like my 8 year old daughter for some reason. She's a saver. Everybody else seems to be a spender. I don't know. I thought, you know, my, my, I thought her grandparents gave her money because we went to the mall for father to buy something for, you know, my husband for Father's Day. She pulls out like ten $5 bills. I'm like, where do you get this? Did grandma and grandpa give you money? No. You gave it to me. Why did I give it to you? It's like the last 10 months. She never spends it, she saves it. But she bought Dad something really nice. She basically had her sister take a picture of her and then she put her picture on on the T-shirt so that daddy could wear it underneath the suit. So that.

**Evelyn Boodaghians** [00:52:09]  
Oh, that's OK.

**P1 Olga** [00:52:11]  
I know it, you know, it's, it was original. I was like, OK, go ahead and do it. It's so pretty. My oldest son will spend it on in purchase in app purchases, you know, for video games and things like that, 'cause he's, he's a gamer. My daughter will spend it on hair things for her hair, you know, bows. She'll, she'll, she likes to go to Michael's. The older ones, the two older ones get $20. It's not every week. It's not every two weeks. It's somewhere in between, right? They'll remind us, right? It's been 9 days. It's been, you know, however many days. But my daughter will go to Michael's and she'll make her own bows, which is really economical. My 11 year old, I don't know what it is that he spends it on, but he never has it. They they don't save it.

**Evelyn Boodaghians** [00:53:15]  
OK, 11 year old don't know.

**P1 Olga** [00:53:18]  
Now, surprisingly so, they're all very good at math. My three oldest ones actually know how to balance a checkbook and all that, 'cause this particular school district does provide them financial literacy, you know, in education classes. So I know they're good at it, but right now I'm not so worried about it because I know my my two oldest ones know how to budget.

**Evelyn Boodaghians** [00:53:49]  
Yes.

**P1 Olga** [00:53:50]  
They know how to budget, they're just right now I'm not so worried about them. It's not an expectation that I have to set for them.

**Evelyn Boodaghians** [00:53:58]  
Yes.

**Evelyn Boodaghians** [00:54:02]  
And then how do you give them their allowance?

**Bookmark: Methods of giving allowance: cash, Zelle, PayPal**

**Evelyn Boodaghians** [00:54:05]  
Is it cash, credit card, debit cards? Like what's that look like?

**P1 Olga** [00:54:11]  
Zelle or PayPal, OK, OK. It's like for the little ones, the little ones get $5.00 cash, the two.

**Evelyn Boodaghians** [00:54:20]  
Interesting, So Zelle or PayPal for the oldest and then cash?

**P1 Olga** [00:54:26]  
For my daughter, my 14 year old daughter is the oddball. She likes zelle. OK, 'cause your friends have Zelle.

**Evelyn Boodaghians** [00:54:34]  
Interesting. So then.

**P1 Olga** [00:54:35]  
PayPal.

**Evelyn Boodaghians** [00:54:36]  
Do they have their own bank accounts then if they have Zelle? I'm not as familiar with how it works.

**P1 Olga** [00:54:43]  
They do.

**Bookmark: Separate bank accounts for savings and spending**

**P1 Olga** [00:54:45]  
They do. It's tied to their bank account, OK, But they don't have access to what we deposit for them. We have.

**Evelyn Boodaghians** [00:54:56]  
OK. So you deposit.

**P1 Olga** [00:54:58]  
How there's a set of savings and checking that they know about, that they used to tie it to so that they can backwards and forwards with their friends. And then there's another set that's for our purpose because, you know, that's like for Christmas savings, you know? Yeah, the bike that my daughter wants. You know, that kind of thing.

**Evelyn Boodaghians** [00:55:24]  
OK, but then they have their own which they can do with their friends, like if they need to send their friends money and things like that. Understood, right? Because.

**P1 Olga** [00:55:35]  
And, and the reason we set those up is because my husband and I were looking for a way to, to save for those special things that they want, right? Like, my oldest son for, you know, his junior year for spring break, they wanted to go to the island. And he's like, please help me save money and all this stuff. So he would put some away, but he never did. So like, he still spent it. So we used it to save for that, right? And to us, it was kind of out of sight. I don't mind. And then we also wanted them to have a way to pay for things that they need at school, like for example, school yearbooks and moms for homecoming and all that. And it just, I hate having to, I don't carry much cash.

**Bookmark: Using PayPal for school expenses and fundraisers**

**P1 Olga** [00:56:37]  
So if my son says, OK, I want to get this girl a homecoming mom, it's $28.00. OK, I'll do an even 30 and that takes care of that. T-shirts, you know, uniforms, things like that, that they need, you know, the teacher said we need this, the teacher said we need that. Or you know, I'll just, it's just so much easier to do that because if I give them the cash, I never see it again. For some reason. It stays a little, it lasts a little longer if it goes into the PayPal.

**Evelyn Boodaghians** [00:57:12]  
I see. So let's say it's homecoming and your son wants to go. He'll let you know, hey, homecoming tickets, this amount, you'll deposit that in his the account that he can't see, and then he'll use that too.

**P1 Olga** [00:57:24]  
Oh, he'll say, can I have an extra 10 bucks? Because I'm I want to send out five Cupids.

**Evelyn Boodaghians** [00:57:28]  
Yeah.

**P1 Olga** [00:57:30]  
OK, here's a 10, go send out your cupids, things like that. And then they'll be fundraisers. You know, my daughter's third grade class was collecting pennies for which for this fundraiser, you know, fill the jar with pennies and that class would get like a pizza party or something. I gave her pennies. I gave her two rolls of pennies to go put into the jar. I've no idea where they went. She doesn't know where they went, but I gave them to I PayPal. I zelled my 14 year old, she got down from the the car with my 8 year old daughter, took her into the school, sent the PayPal to the administrator. The administrator went and put the money in the jar. I see. Yeah.

**Evelyn Boodaghians** [00:58:21]  
I see so it.

**Bookmark: Tracking where the money goes**

**P1 Olga** [00:58:22]  
It makes things easier in so many ways that I wouldn't expect it to make things easier.

**Evelyn Boodaghians** [00:58:29]  
Yeah. So it sounds like sometimes when you give cash, you don't know where it ends up. It might go somewhere or right? But with this way you can kind of.

**P1 Olga** [00:58:37]  
Track, right, right. All these kids are athletic, right? There's coaches Day, which is September, yes, it's an early September, September or October 6th, one of those. So you know, I used to give five 10/15/20 to pitch in for the gift at the at their schools. I never knew anything about it. Now I can just give it to the kids and then I know where it went.

**Evelyn Boodaghians** [00:59:06]  
And how do you know where it goes? Like, do you? Yeah. How do you?

**P1 Olga** [00:59:09]  
I have access to their account OK and I know the names.

**Evelyn Boodaghians** [00:59:16]  
Cash and they didn't know.

**P1 Olga** [00:59:17]  
Right. Like they can't say Evelyn's the principal. I gave it to her. No, Evelyn's not the principal, OK.

**Evelyn Boodaghians** [00:59:25]  
Gotcha.

**P1 Olga** [00:59:26]  
No, no, she's that cute. You know, 11th grade girl. No, no, no.

**Evelyn Boodaghians** [00:59:31]  
So they can you can see where they are like depositing the money after you give it to them.

**P1 Olga** [00:59:37]  
Right.

**Evelyn Boodaghians** [00:59:41]  
Oh gosh, we're at time. OK, never mind. I don't want to keep us over. Sorry. I just looked at the time and notice that we're at 12:30 one. OK, this is super helpful, very interesting.

**P1 Olga** [00:59:51]  
What will your, your, the researcher do with this information? What are they trying to create?

**Evelyn Boodaghians** [00:59:56]  
Yeah, sorry, my life's about to go.

**Bookmark: Understanding how families use food delivery**

**Evelyn Boodaghians** [00:59:59]  
So we've like done a lot of research with how individuals order, but we've never looked at like how do families use food delivery or like things like that. So for instance, we never had insight into like, oh, babysitters might be ordering. And because it's just one account, it just looks like, oh, Olga or her husband is ordering. So we didn't really know what was going on here. So I think it's just more so that we understand what this space is and then see if there's like ways that we can help in those regards. So like for instance you mentioned. Like you have no go and go restaurants.

**Bookmark: Setting limits for kids ordering on their own**

**Evelyn Boodaghians** [01:00:30]  
So is there a way that we might need to have like controls if kids are ordering on their own, Like they don't even see the restaurants?

**P1 Olga** [01:00:37]  
There should be a, a limit, there should be a you know, a meal for three kids at home should not cost $80.00. One time my son ordered and it was $80 and it was the only time you know, and after that, you know, I need to get a snap. I now get a snapshot of what it is that my son's ordering, if he's ordering, right.

**Bookmark: Ordering for family members**

**P1 Olga** [01:01:01]  
But remember how I told you that my parents live in the guest house? Every once in a while they order as well. And it's the same process. They look at go, no go and who's going to be around and and all that. And that's fine. And I know they have their own deal. They have their own accounts. But if by chance they're at home with my kids and that's the need, that's fine.

**Evelyn Boodaghians** [01:01:25]  
And so your son has to send you a screenshot before he places the order or after with the dollar amount.

**Bookmark: Monitoring and approving orders**

**P1 Olga** [01:01:31]  
After's fine, but he knows that it shouldn't unless I, unless I said, hey, you know, I'm just not going to be in the mood to make dinner. Go ahead and order us this, this and that from when we get home and make sure you save us some. Don't just order it and eat it all. But yeah, that one time I just, he ordered like from LongHorn Steakhouse.

**P1 Olga** [01:01:56]  
So it was two big meals and a little kids meal for my 11 year old and I was like no, no.

**Evelyn Boodaghians** [01:02:03]  
That makes sense. Yeah. And then your your parents live in the house, but they have their own accounts and they sometimes order for themselves, but then sometimes for the family too.

**Bookmark: Using parents' accounts for family orders**

**P1 Olga** [01:02:12]  
They'll use our accounts to order for us. Oh OK. And I have them pay for my 20 million kids.

**Evelyn Boodaghians** [01:02:19]  
Gotcha. OK, so if ordering from themselves they have their own, but if ordering for the family they use yours.

**P1 Olga** [01:02:23]  
Right.

**Evelyn Boodaghians** [01:02:25]  
Thank you so much for your time I look at this.

**P1 Olga** [01:02:26]  
Welcome, I hope this helps.

**Evelyn Boodaghians** [01:02:28]  
Yes, I will mark off that you were here. You'll get your incentive. I really appreciate it. Thank you.

**P1 Olga** [01:02:33]  
Have a good one. Bye bye.

## **Notes**