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Data Journo

Data Visualization Assignment

**First Year of Pandemic Sees Rise in Food Orders**

Graphical user interface, application

Description automatically generated When the COVID-19 pandemic began in the year of 2020, many people chose to stay home. This meant that they needed to seek out alternative means to obtaining essential items, such as groceries. Many families used smart phone apps, such as InstaCart, Shipt, and other mobile ordering programs, to have their essential food items delivered directly (and safely) to their homes.

Out of a handful of major cities in the United States surveyed, Boston, Massachusetts, had the greatest amount of food orders, at 90 sales over the course of one year. New York, with 64 orders placed, and Los Angeles, with 52 orders placed, held the middle ground. San Diego chocked up just 38 food orders throughout the year.

Chart, sunburst chart

Description automatically generated

Out of the orders placed, carrots were the most abundant and common throughout the year. Perhaps faced with a health crisis, people sought to be healthier with their food choices. Vitamin D deficiency is common in humans in the modern age. Studies have found a low Vitamin D count can lead to a poorer immune system, something which frightened many during the pandemic. Or, perhaps carrots, a basic ingredient in a variety of staple dishes, was simply a common factor.

A surprising product ordered was arrowroot. Making up nearly 11% of all 243 food orders, arrowroot is a starch obtained from the rhizomes of several tropical plants, such as cassava. Many consider arrowroot to be a “superfood,” or a natural, cure all product that bestows a variety of health benefits upon the consumer. It is said to be high in potassium, iron, and B vitamins. Those who swear by arrowroot claims it benefits metabolism, heart health, and overall circulation in the body. But arrowroot isn’t just for health nuts.

It’s also a basic starch and can be used as a substitute for cornstarch. It’s possible due to the rush on grocery stores in the beginning of the pandemic, amid supply chain and demand issues, arrowroot was what many purchased as a replacement for cornstarch as many became amateur chefs while locked in their homes.

Link to workbook: <https://1drv.ms/x/s!Amh4_IYrfMojgQgXXgkiO5dtJS0D>