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2020

## "COVID Months as Recipes"

Opal Belisle

006764570@coyote.csusb.edu

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# Recipe February 2020

SERVINGS 28  
PREP TIME \_\_\_\_\_

FROM THE KITCHEN OF \_\_\_\_\_

## INGREDIENTS

1 t COVID cases in  
the U.S.

1 cup Blood test  
results

1/2 cup <sup>new</sup> relationship

3+ limiting my  
contact with  
others

## INSTRUCTIONS

I received concerning blood  
work that showed I had  
low blood count, and a scary  
pre diagnosis being shared.

I was told to be extra  
careful and that I could NOT  
get sick, because of COVID.  
At this time I also had  
a boyfriend who I could  
not see often, I just started  
a relationship with him.



# Recipe March 2020

SERVINGS 31  
PREP TIME \_\_\_\_\_

FROM THE KITCHEN OF \_\_\_\_\_

## INGREDIENTS

## INSTRUCTIONS

1- Bone marrow biopsy I had a bone marrow biopsy  
1 cup Schools closing done and it was not  
1/2 cup No longer attending college classes  
2t NO work  
1t California Shutting down "quarentine"

conclusive. Everything appeared normal there. More test to be done. I was then told by my doctors I could not go to work or to my college classes anymore.



# Recipe April 2020

SERVINGS

30

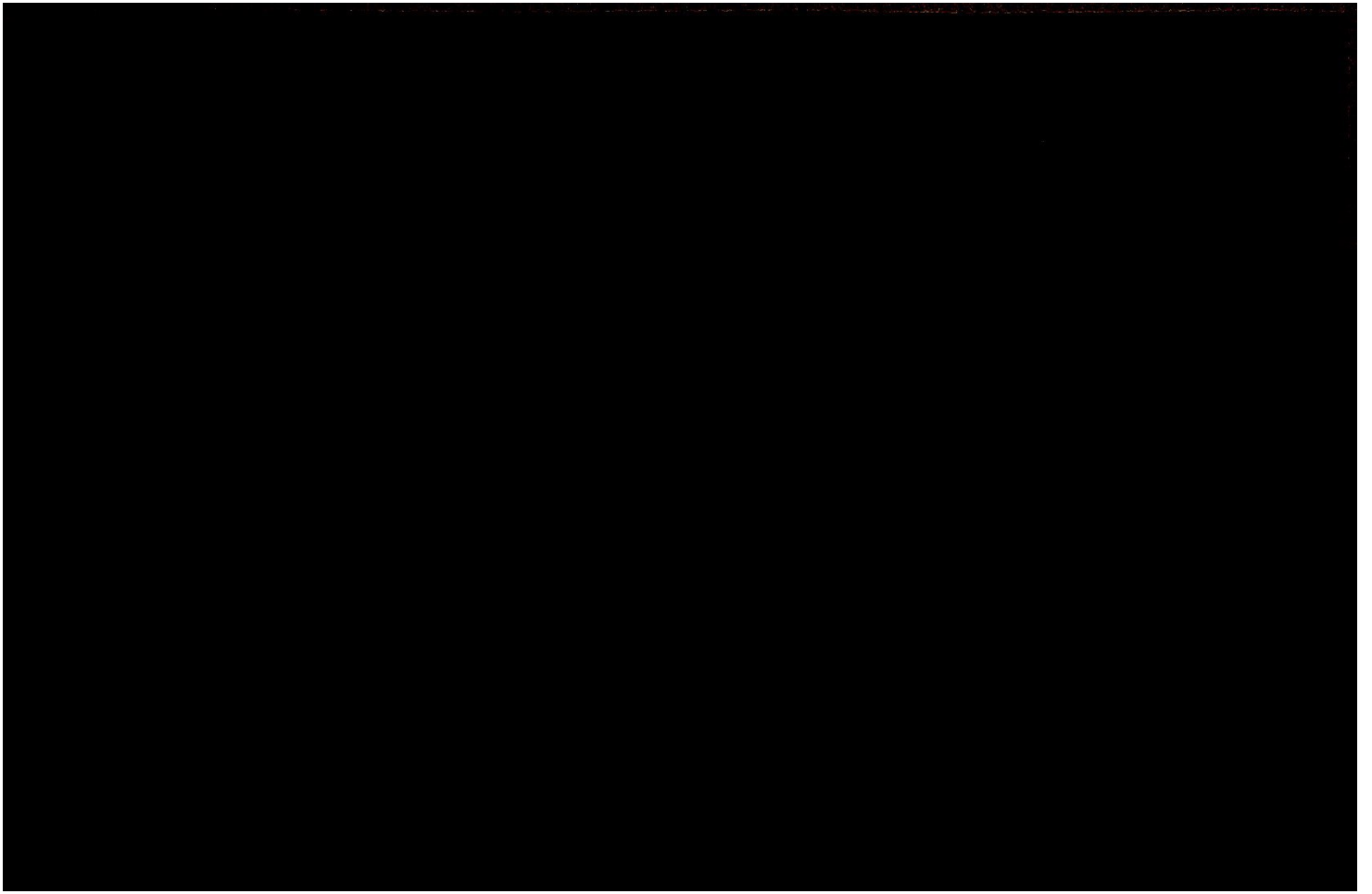
PREP TIME

FROM THE KITCHEN OF

## INGREDIENTS

## INSTRUCTIONS

1T Starting to bake California's shut down led  
as a hobby to me baking more and  
1/2 cup California reading more to kill time  
stays closed since I had no school or  
2T Reading work. I had orders to get  
more my blood draws weekly  
1/2 cup weekly so they could make sure I  
blood draws was stable and didn't need a  
2T Relationship transfusion. My relationship  
ends with my boyfriend ended  
because of the distance  
and limited quality time.





# Recipe June 2020

SERVINGS  
PREP TIME

30

FROM THE KITCHEN OF \_\_\_\_\_

## INGREDIENTS

2x Repeated bone marrow biopsy  
1/2 cup California's closed  
1/2 cup Started to take summer classes online

## INSTRUCTIONS

I had a repeat bone marrow biopsy to make sure the iron did what they wanted. California still was in shut down. me and Starbucks became even better friends. I was still baking and reading a lot. I had decided to take 2 summer classes so that I could feel normal and have responsibility.



# Recipe July 2020

SERVINGS 31  
PREP TIME \_\_\_\_\_

FROM THE KITCHEN OF \_\_\_\_\_

## INGREDIENTS

$\frac{1}{2}$  cup NOT liking  
online  
classes

2 T Fourth of July  
Fireworks

1 T California  
barely re-  
opening

$\frac{1}{2}$  cup Liver  
Biopsy

## INSTRUCTIONS

I did not really like online  
classes because it was so  
much harder to feel a

connection with peers, professors,  
and material.

I saw some AWESOME fireworks  
in my neighborhood that made  
me so happy.

I also had a liver biopsy  
that showed I did not have  
Cirrhosis - it was the most  
scared I've been in a ~~procedure~~  
Procedure.



# Recipe August 2020

SERVINGS

31

PREP TIME

FROM THE KITCHEN OF

INGREDIENTS

2 cups my 22<sup>nd</sup>  
Birthday  
1/2 cup Fall 2020  
semester  
1/2 cup going back  
to work

INSTRUCTIONS

I got to see my Brother and  
sister in law for my birthday  
and I haven't seen them in a  
while due to COVID.

I got to go back to work  
at my elementary school as an  
Instructional Assistant after  
begging my doctor.

The fall 2020 semester  
started and I began to  
feel overwhelmed w/ online  
schooling.



# Recipe September 2020

SERVINGS 30  
PREP TIME \_\_\_\_\_

FROM THE KITCHEN OF \_\_\_\_\_

INGREDIENTS

INSTRUCTIONS

ZT adjusting to my "new" work duties or atmosphere

1 cup adjusting to 6 classes being all virtual.

Work was very weird now that I could go back. We were putting work together and creating packets to send out instead of working with the students since they couldn't come in person. I missed them so much, as did my coworkers. Adjusting to 6 classes on blackboard and zoom was a lot to get used to, I much more prefer in person classes.



# Recipe October 2020

SERVINGS

31

PREP TIME

FROM THE KITCHEN OF

INGREDIENTS

INSTRUCTIONS

2T being prepared  
for students  
to come back  
in November  
2 days a week  
1/2 Cup Halloween  
but with NO  
trick or treaters  
2t Christmas  
lights being  
up

We began to prepare for students  
in person since we are a  
small special Education classroom  
we had a Halloween without  
giving any candy. I also  
saw people starting to  
hang up their Christmas  
lights and posting Christmas  
movies they were watching -  
trying to feel good even  
with everything shut down  
AGAIN



# Recipe November 2020

SERVINGS

30

PREP TIME

FROM THE KITCHEN OF \_\_\_\_\_

INGREDIENTS

INSTRUCTIONS

- 27 Kids being told our students came back for to go back to 2 weeks, only 2 days out of virtual the week. Then we were learning told they could no longer come cup back to school and we had 1/2 A Thanksgiving with no gathering to do distance learning again. I started watching Christmas movies with my mom. We also had a small Thanksgiving with no gathering due to COVID limitations.
- 27 watching Hallmark Christmas movies.