

2024

The Lunch Report



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New ezCater research reveals that employees are skipping lunch breaks altogether just to continue working.

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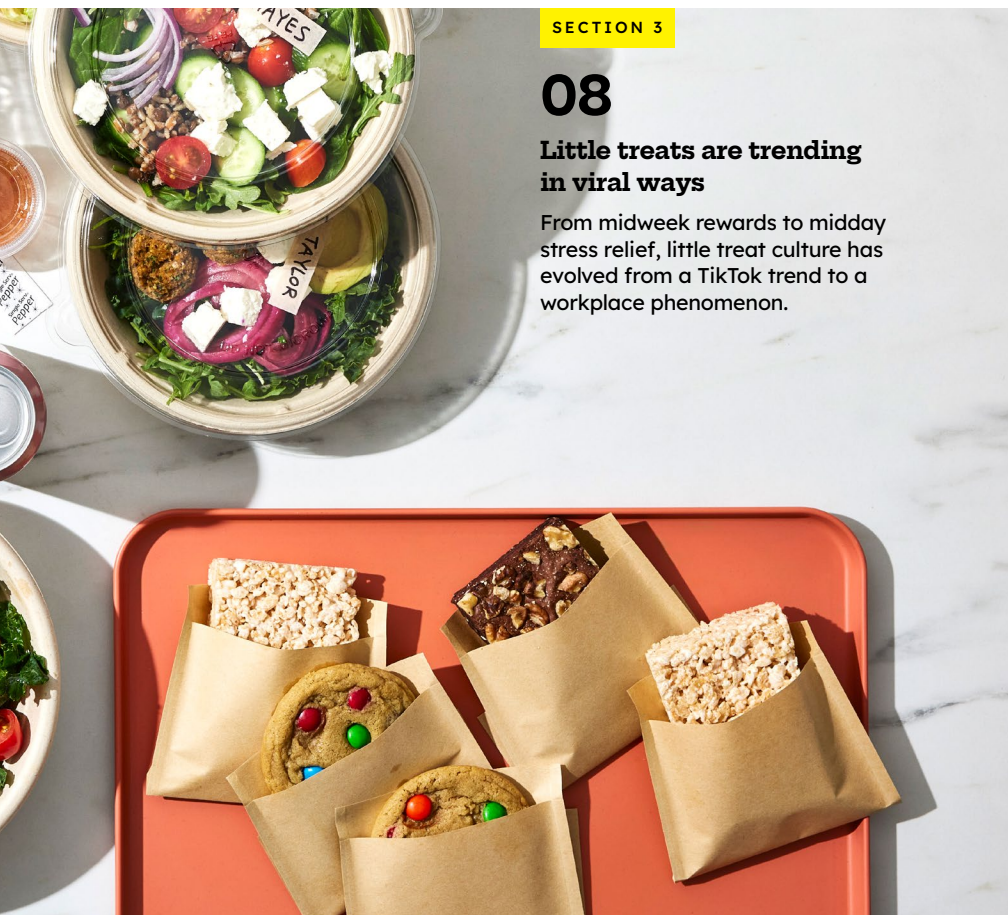
Employees are neglecting the midday meal. Learn how companies can encourage better work habits around food.

METRO DATA

19

How America's cities do lunch, from Boston to Washington D.C.

Take a deeper dive into the lunch habits of 10 metro areas in the U.S.



Fueling success: Lunch breaks make better employees

According to ezCater’s latest research,* employees who pause and refuel during the day boast better job performance, feel happier, and are less burned out. But that doesn’t mean they’re actually taking a lunch break.

While nearly half of the full-time workers we surveyed say they skip lunch entirely at least once per week, it’s younger generations who are the most likely to miss a midday meal. It’s not for lack of trying: Younger employees tend to block time for lunch, but ultimately dedicate that break to last-minute meetings or work they felt too guilty to pause.

However, it’s not just scheduling snags that are impacting lunch breaks. Our report also reveals that rising prices have changed the

lunch habits of 78% of employees, leading many to look for cheaper options and go out to lunch less frequently when at work.

In this year’s report, we share insights into why workers (especially young workers) are skipping lunch, the impact inflation has on employee lunch habits, a look at lunch preferences by region, and how “little treat culture” has manifested in the workplace.

Dig into ezCater’s 2024 Lunch Report to understand workplace lunch trends and learn why lunch breaks — as well as the occasional treat — may be the secret sauce to a better performing, more satisfied workforce.

*ezCater surveyed 1,000 full-time employees nationwide, and 4,000 workers across ten different major U.S. cities for region-specific lunch break data.

Report Highlights:

1

Employees say lunch breaks make a difference — but nearly half aren’t stopping to eat

98% of workers surveyed say that a lunch break improves their performance, but 49% skip it at least once per week and 33% skip it at least twice per week.

2

Gen Z is more likely to skip lunch breaks than any other generation

Nearly half of Gen Z skips lunch at least twice a week, despite saying it’s their favorite part of the workday.

3

Younger workers splurge the most on little treats during the workweek

87% of Gen Z have at least one treat per week, the most of any generation.

4

Inflation has taken a bite out of worker’s lunch habits

36% of today’s workers choose cheaper lunch options and 31% buy lunch out less frequently as a result of inflation.

5

Free lunch feeds hungry workers and encourages on-site attendance

58% of hybrid employees say they would work at least 3 days on-site if they were offered free lunch.

SECTION 1

Good food provides midday fuel, so why are employees skipping their lunch breaks?

Full calendars, limited bandwidth, and the urge to complete the workday as fast as possible have workers reluctantly passing up opportunities to sit down and eat lunch, according to ezCater's latest research.

But when they do find the time, lunch breaks pay off in a big way — for employees and employers alike.

Employee performance and productivity increases with a lunch break

98%

of workers say that a lunch break improves their performance

And the benefits don't stop there

51%



of workers feel it makes them happier

49%



of workers feel they have more mental clarity and feel less burned out

Still, many workers aren't fueling up

49%

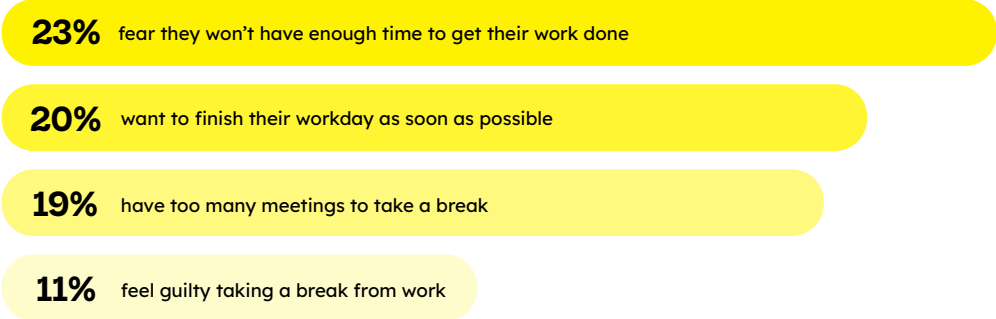
skip lunch altogether at least once per week

Only 38% take a break away from their desk every day during lunch

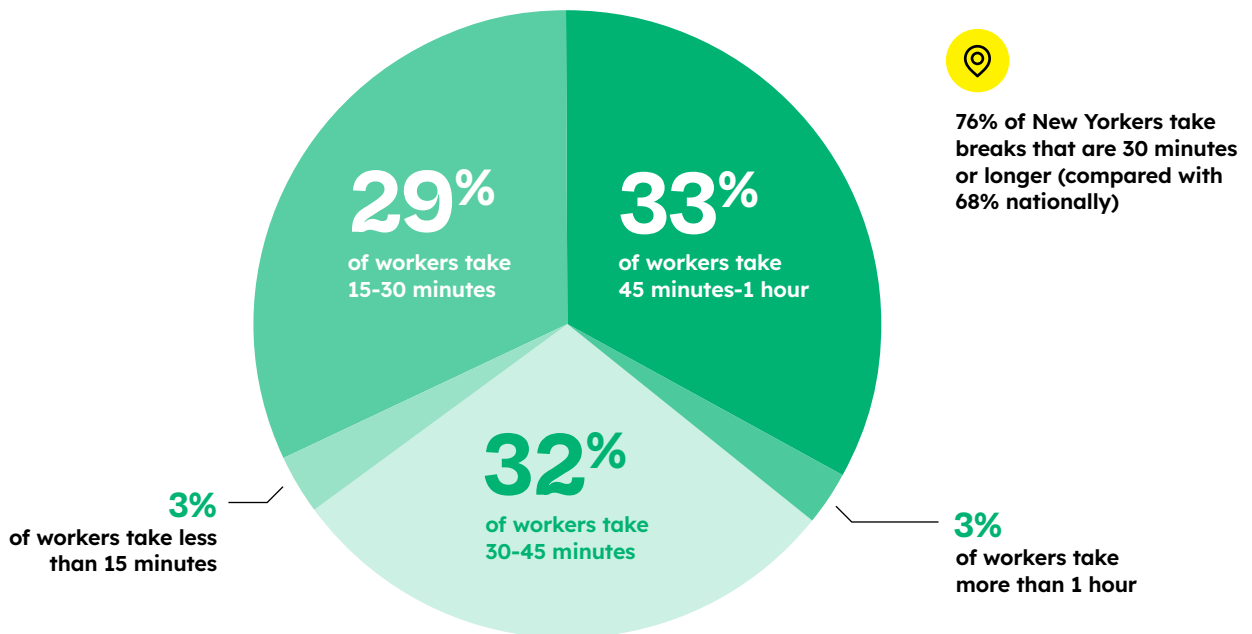
27%

of millennials say they don't have enough time to get their work done if they take a break

Employees say they're too busy for a midday meal



When workers do take a lunch break, nearly a third take less than 30 minutes



SECTION 2

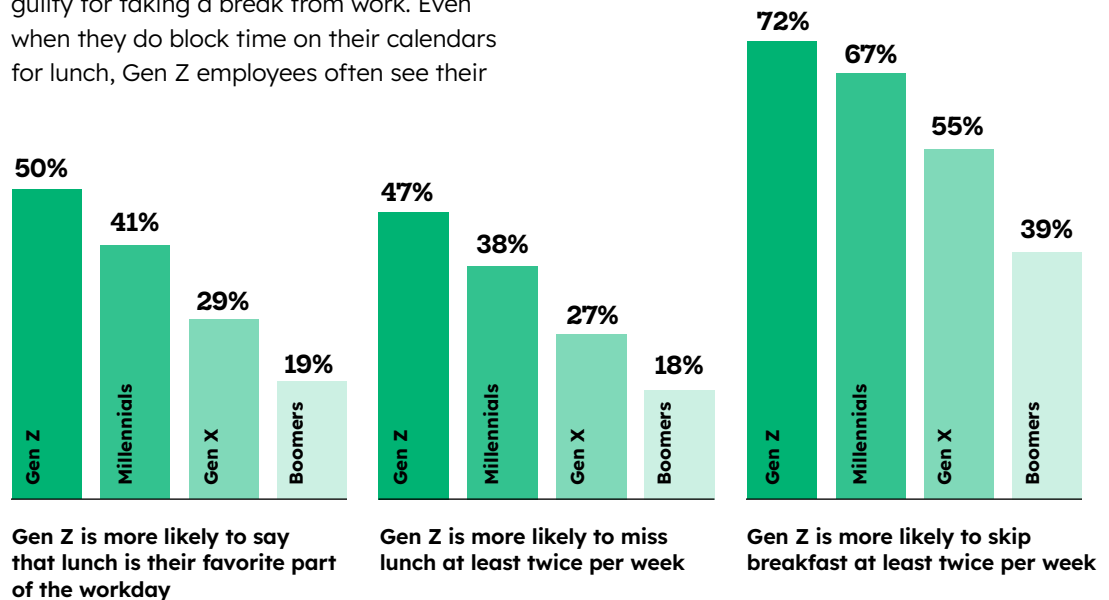
Gen Z loves lunch the most but eats it the least

ezCater surveyed employees of all ages and discovered that there is a generational lunch break divide. While Gen Z is the most likely to say lunch is their favorite part of the day, they're also the most likely to skip midday meals.

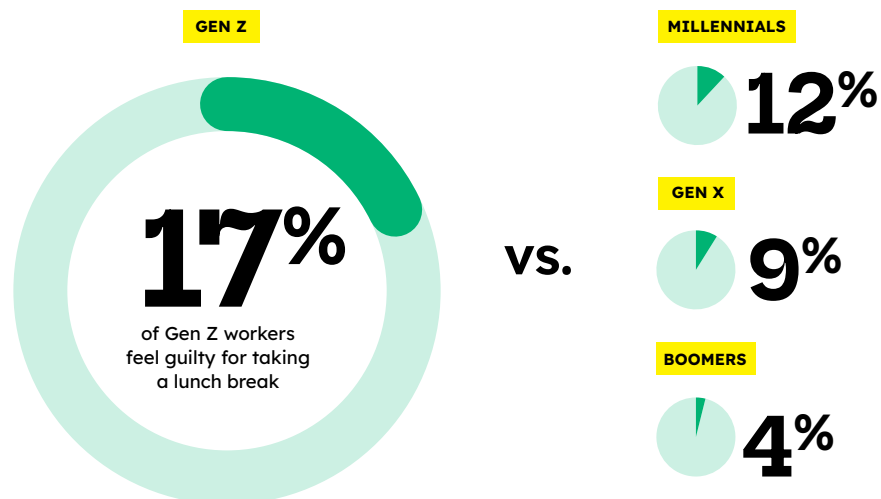
Why? Guilt is one major reason. Gen Z is four times more likely than boomers to feel guilty for taking a break from work. Even when they do block time on their calendars for lunch, Gen Z employees often see their

break scheduled over, leaving them without a chance to eat a nourishing meal.

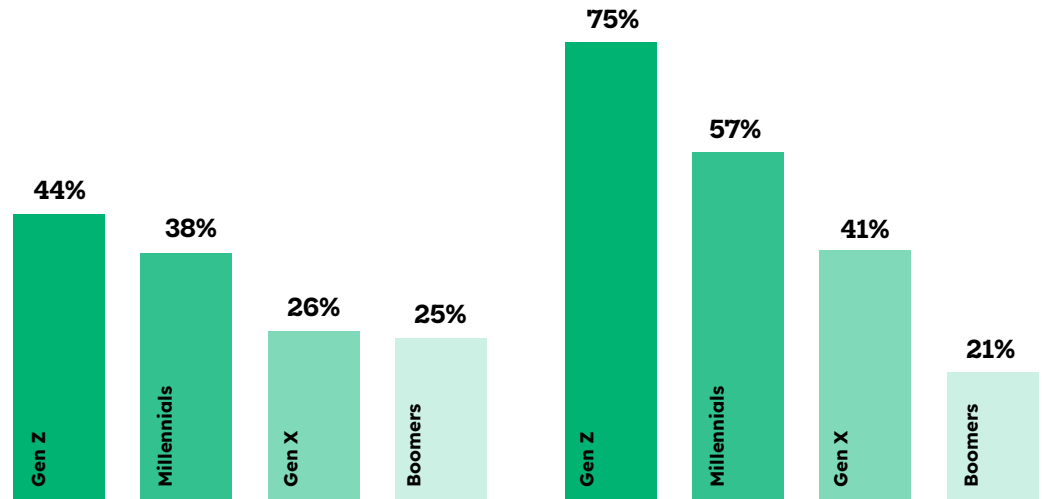
If this generational divide continues, it could have long-lasting consequences. As Gen Z is expected to make up nearly one third of the workforce by 2030, skipped lunches might just become the norm.



Gen Z experiences lunchtime guilt most often



Gen Z frequently blocks time for lunch, but rarely uses the break



Gen Z is more likely to block lunch time on their calendars...

...but of those who block lunch time on their calendars, that time often gets used for another purpose, like last-minute work meetings



100%

of Gen Z workers say that taking a lunch break positively impacts their job performance

SECTION 3

Little treats are having a big moment

Sweet and savory treats are being used as rewards (and little moments of escapism) everywhere today — the workplace included.

“Little treat culture” is exactly what it sounds like: embracing a treat-yourself mindset. Once a TikTok trend, it’s now a phenomenon that has extended into the workplace. ezCater data reveals younger workers are more likely to splurge on little treats throughout the workweek than older generations, in part

due to TikTok’s popularity and influence (and possibly because the youngest workers are the least likely to eat breakfast or lunch). In fact, 70% of Gen Z says TikTok has influenced their treat consumption at work.

Top treats in the workplace



#1

Candy and chocolate



#2

Salty snacks (e.g., chips, pretzels)



#3

Cookies



#4

Pastries (e.g., donuts, croissants)



#5

Fruit or healthier sweet options



#6

Ice cream/ frozen desserts



#7

Artisanal beverages (e.g., specialty lattes)



#8

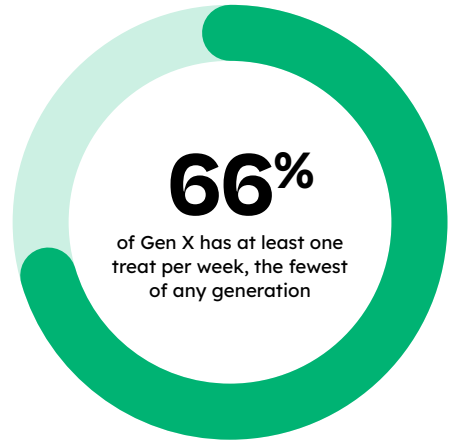
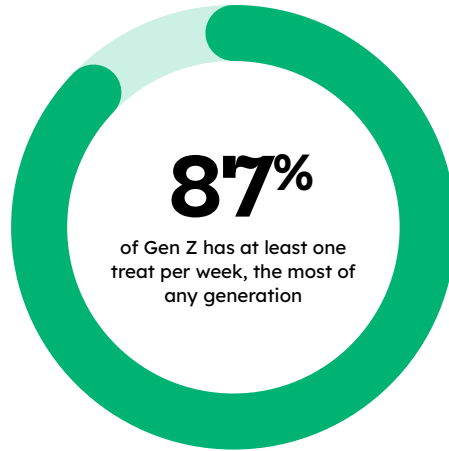
Charcuterie/cheese

30%

of all workers have at least one little treat per day, while 76% have at least one per week

Millennial and Gen Z workers are more likely to have fruit or healthier treat options (38%), compared to older generations (32%).

Gen Z enjoys little treats a little more



But they spend a lot more on little treats

Many workers indulge in free treats they find at the office but Gen Z is more willing to pay a premium for the treats they want.



Gen Z is the **least likely** to find treats in the office

(12% compared to 17% for all other generations)



Gen Z is the **most likely** to spend money on little treats

(28% spend more than \$10 compared to 15% for all other generations)

What motivates workers to grab a workday treat?

A boost of energy

53%

A reward

42%

A stress reliever

38%

Millennials (46%) and Gen Z (43%) are **most likely** to use little treats as a stress reliever.



SECTION 4

The true cost of lunch at work

Food prices are up, and they're eating into more than just employees' budgets.

Food prices have surged nationwide. Employees have taken notice and are changing their lunchtime routines, from seeking out cheaper meal options to eating out less frequently. But with grocery prices on the rise, even brown bag lunches aren't as cost-effective as they used to be.

In fact, ezCater survey data reveals that homemade lunches rarely get eaten, yet they still eat into employees' budgets and free time spent prepping meals at home. But since ordering and picking up restaurant food often takes between 20 and 30 minutes, workers are hard-pressed to find a time-saving alternative.

How much does a purchased lunch cost?

On average, employees:

 spend **\$12.67** for a purchased lunch

 purchase **2.2 lunches** per week

The monthly cost of lunch

Whether brown bagging it or ordering out, workday meals take a big bite out of employee budgets.

 **\$282***
Per month

Food is a high-value work perk, especially as employee budgets tighten

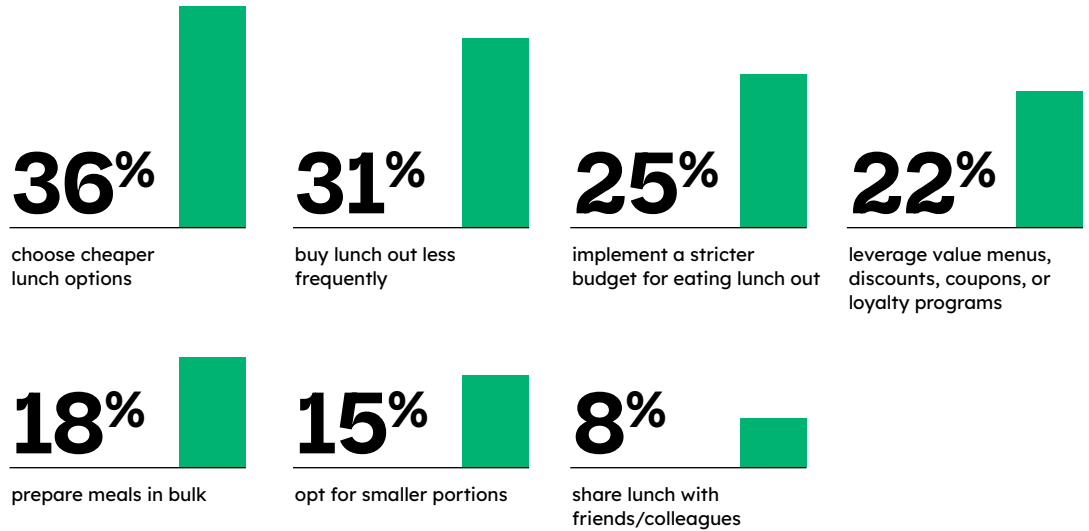
For many employees, daily food stipends — whether it's \$10 or \$20 dollars a day — can cover the full cost of lunch.

A \$15 stipend would cover the cost of lunch for **59% of employees**

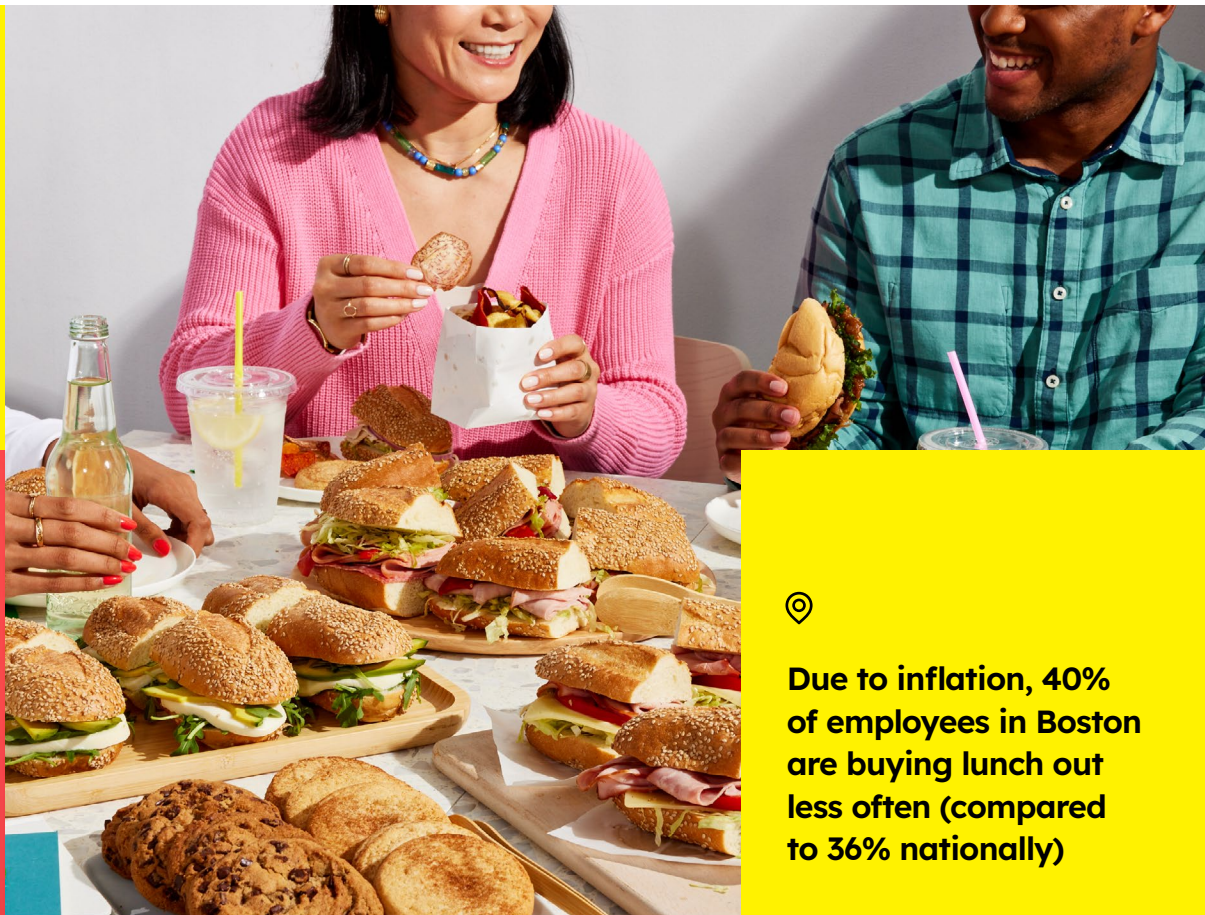


78% of employees say inflation has changed their lunch habits

Lunchflation has challenged employees to think outside the (lunch) box.



Houstonians are most likely to say inflation has impacted their lunch habits (84%)



Due to inflation, 40% of employees in Boston are buying lunch out less often (compared to 36% nationally)



Lunch isn't just financially taxing. There's a mental load, too.

56%

feel stressed meal prepping for work lunches

73%

feel that meal prepping impacts their free time

Homemade lunches often go uneaten

Despite their effort,

83%

end up not eating some of the meals they prep

29% of employees had their food stolen from the office fridge, and 86% of those employees report that it happened more than once



Fun fact: employees in New York spend the most time outside of work meal prepping, with 13% spending more than 3 hours a week (compared to 9% nationally)

Meal prepping eats up valuable time

44%

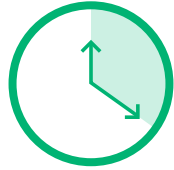
of workers say they feel rushed when they have to prep meals in the morning

29%

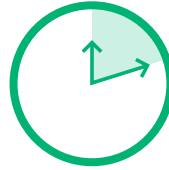
of workers say it impacts the time they get to spend with their families



Finding lunch outside the office takes time out of employees' days



Before even sitting down to eat, employees spend an average of **22 minutes** buying lunch out



Employees wait in line for their food an average of **12.5 minutes**



Only **7%** of employees always order their lunch ahead of time

Younger workers would benefit most from employer-paid lunch

Younger workers tend to spend more on lunch (whether brought or bought), so their wallets may welcome employer-paid meals even more than their older colleagues.

Millennials spend about **\$26 more per week on groceries for work than Gen X and boomers**

\$26↑



Gen Z is almost twice as likely than average to spend **\$20+** buying lunch out or ordering delivery during the work week

2X

SECTION 5

The state of lunch in top U.S. cities

Lunch habits are like pizza — every city has their own take. Here’s what midday meals look like across major U.S. cities.

ATLANTA
Atlanta workers are the most likely to take a lunch break, with 43% taking a break every day (vs. 36% nationally).

[Learn more >](#)

BOSTON
Bostonians are more likely to buy cheap treats, under \$5 (43% vs. 39% nationally).

[Learn more >](#)

CHICAGO
Chicagoans are the most likely to skip lunch because they don't have enough time for it (32% vs. 25% nationally).

[Learn more >](#)

DALLAS
Dallas workers are the most likely to say that taking a lunch break has a big impact on their job performance (39% vs. 35% nationally).

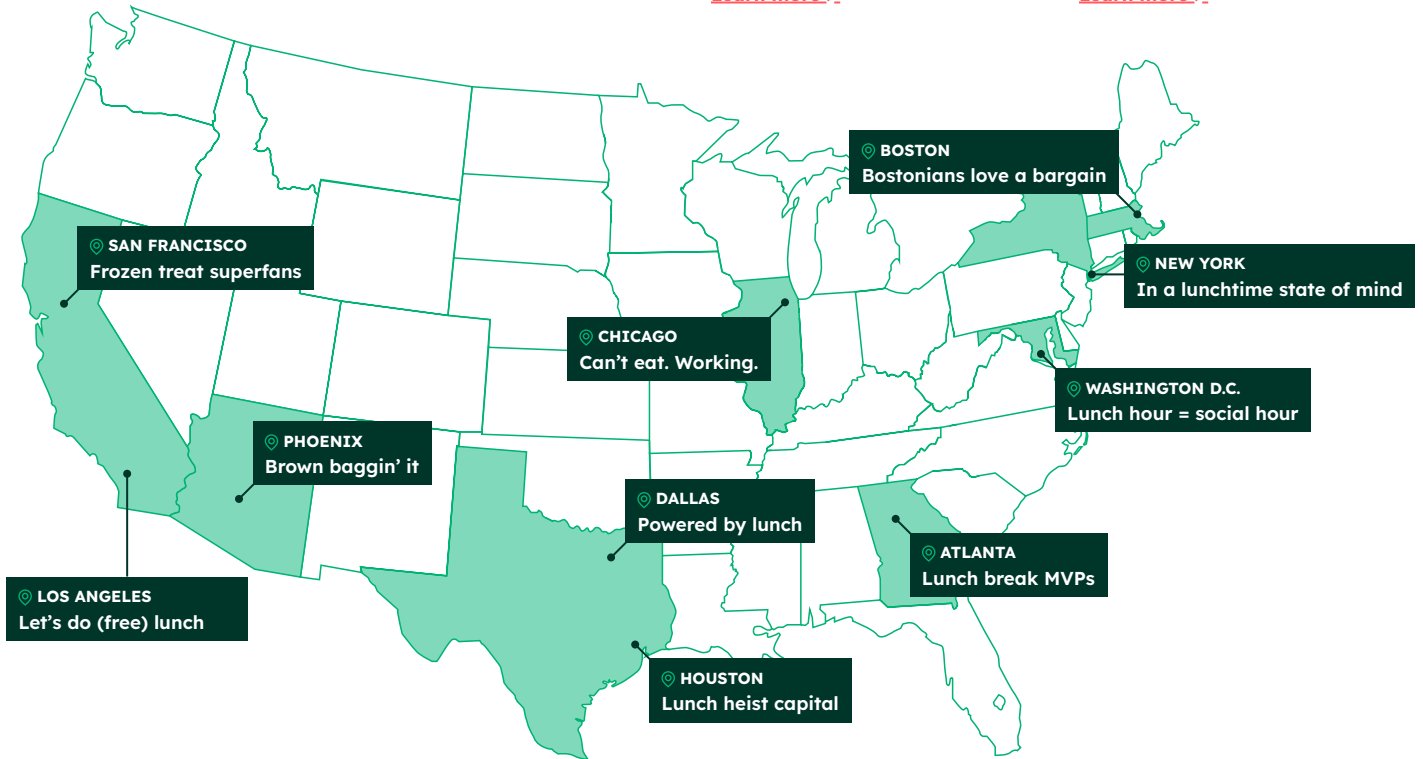
[Learn more >](#)

HOUSTON
Houston workers are the most likely to get their lunch stolen on multiple occasions from a fridge at work (93% vs. 86% nationally).

[Learn more >](#)

LOS ANGELES
Angelenos are the most likely to get an employer-provided lunch, with 43% treated to lunch at least once per week (vs. 36% nationally).

[Learn more >](#)



NEW YORK
New Yorkers look forward to lunch the most during the workday (81% vs. 73% nationwide).

[Learn more >](#)

PHOENIX
Phoenix residents are the least likely to go out and buy lunch (13% vs. 10% nationally).

[Learn more >](#)

SAN FRANCISCO
San Franciscans are most likely to pick ice cream and frozen desserts when it comes to little treats (26% vs. 21% nationally).

[Learn more >](#)

WASHINGTON D.C.
DC workers are the most likely to say that taking a lunch break helps them connect better with their colleagues (30% vs. 25% nationally).

[Learn more >](#)

State treat preferences unwrapped

We asked workers to share their thoughts on all things little treats across the U.S. Dive in to learn more about how employees are indulging their sweet (and savory) teeth at work.

[Learn more >](#)

SECTION 6

Employer-provided lunch is a win-win-win

Companies, employees, and restaurants benefit from free lunch at work.

When it comes to work perks, lunch is the gift that keeps on giving... and giving and giving. Free lunch at work drives employee satisfaction, enhancing productivity and improving overall happiness in the workplace. It attracts more hybrid employees on-site, too, making the commute more rewarding and maximizing comradery between teammates.

As employee budgets tighten, food is a much-appreciated work perk. Not only does free lunch offset other costs — like travel to the workplace — but it also simplifies how workers source meals during the workweek. And when employers pay for lunch, they give restaurants more visibility and access to new customers.



Food impacts employee satisfaction

Satisfied employees are **more likely** to work for a company that pays for lunch at least once per week

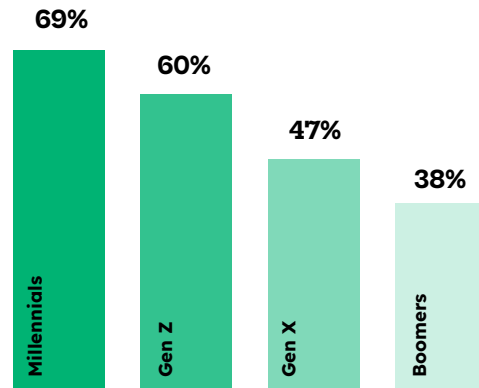
Food increases on-site attendance

58%

of hybrid employees say they would work at least 3 days on-site if they were offered free lunch



Lunch motivates millennials to make the commute



Millennials are more likely to work 3+ days a week on-site when an employer-paid lunch is offered

Food for work increases restaurant visibility

When companies have food delivered to the workplace, nearly a quarter (23%) of employees get to try restaurants they have never tried before



SECTION 7

How employers can encourage better work habits around food

More of the workforce is losing their lunch breaks to over-crowded schedules than ever before. Even food brought from home goes uneaten, and with prices continuing to rise, it's no longer sustainable for employees to maintain their current lunch routines.

Here's a winning recipe for employers to encourage healthier (and happier) work habits around food.

1

Bring little treats to the office

Little treats, sweet and savory alike, are the perfect way to show appreciation or break up a busy workday — whether it's specialty lattes to liven up a morning meeting or mini cupcakes to help beat the afternoon slump.



2

Offer free or subsidized meals to help offset high food costs for employees

The cost of food is higher today, eating into workers' paychecks. Even if it's once or twice a week, providing a meal perk can make a big difference to your worker's weekly food budget.



3

Encourage company-wide lunch breaks

Today's workers (especially the youngest) find it challenging to take a lunch break, even when they block their calendars. Institute 30-minute lunch breaks for the entire company, and make sure senior leaders take those breaks too, so they're modeling good lunch break habits.

The not-so-secret recipe to winning lunch breaks

Free or subsidized lunch doesn't just fill stomachs — it fuels better performance and stronger workforces. See how ezCater's solutions can help you feed any size team on any budget.

[Learn more about ezCater >](#)





How top cities in the U.S. do lunch





Atlanta workers understand the importance of lunch breaks and value them accordingly.

The monthly cost of lunch in Atlanta

Whether they're brought in or ordered out, work lunches take a big bite out of employees' monthly budgets — making food a much-appreciated work perk.

\$ Atlantans spend **\$382** on work lunches per month, including lunch from restaurants and groceries for making lunch.

% 80% of Atlantans' lunch habits are affected by inflation, with 37% opting for cheaper lunch options and 38% buying lunch less frequently.

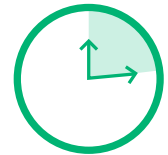
On average, Atlantans take a lunch break away from their desk 3.4 days a week and spend...



39 minutes
taking their lunch break



22 minutes
buying lunch out



13 minutes
waiting in line to buy lunch

For Atlantans, lunch is in and breakfast is out

- 43% of Atlanta employees take a break for lunch every day, the most of any metro surveyed.
- Atlantans are 15% more likely to say lunch is their favorite part of the day.
- Although Atlantans prize lunch, they skip breakfast more than any other metro. 24% say lunch is their first meal of the day, five workdays a week.



Busy, budget-conscious Bostonians often don't take a proper lunch break, but that doesn't stop them from making room for breakfast or a cheap afternoon treat.



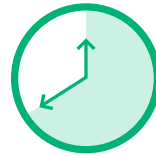
The cost of doing lunch in Boston

Whether they're brought in or ordered out, work lunches take a big bite out of employees' monthly budgets — making food a much-appreciated work perk.

\$ Bostonians spend **\$312** on work lunches per month, including lunch from restaurants and groceries for making lunch.

% 77% of Bostonians' lunch habits are affected by inflation, with 33% opting for cheaper lunch options and 40% buying lunch less frequently.

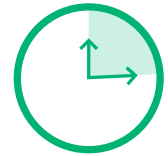
On average, Bostonians take a lunch break away from their desk 2.9 days a week and spend...



35 minutes
taking their lunch break



21 minutes
buying lunch out



11 minutes
waiting in line to buy lunch

Boston runs on breakfast, with lunch often an afterthought

- Bostonians eat breakfast the most of any metro: 40% make sure they eat breakfast every day, 17% more than the national average.
- 42% of Bostonians take a lunch break two days or less a week, with 17% never taking a lunch break (33% higher than the national average).
- Boston workers skip lunch breaks because of their workload, with 29% saying they don't have enough time in the day to get all their work done, and 24% saying they have too many meetings during the lunch hour.
- Bostonians are 23% less likely to protect their lunch break by blocking their calendar off than other major U.S. cities. Only 26% block off their calendar for a lunch break, and even when they do, only 40% of them use that time to eat.

Cheap treats? Yes, please!

- More than employees in any other metro, Bostonians enjoy free snacks in the office (20% vs. 17% nationally).
- 43% of Bostonians are buying treats that cost less than \$5.
- Over two-thirds (68%) have their treat as a mid-afternoon break.

Chicagoans value the social and stress-relieving aspects of a lunch break, but the pressures of work can still get in the way.



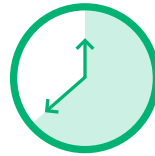
The monthly cost of lunch in Chicago

Whether they're brought in or ordered out, work lunches take a big bite out of employees' monthly budgets — making food a much-appreciated work perk.

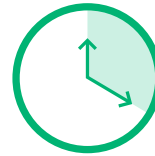
\$ Chicagoans spend **\$350** on work lunches per month, including lunch from restaurants and groceries for making lunch.

% 78% of Chicagoans' lunch habits are affected by inflation, with 34% opting for cheaper lunch options and 37% buying lunch less frequently.

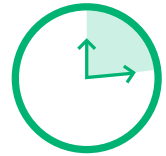
On average, Chicagoans take a lunch break away from their desk 3.1 days a week and spend...



37 minutes
taking their lunch break



22 minutes
buying lunch out



13 minutes
waiting in line to buy lunch

Lunch makes them less stressed, but it still isn't a priority

- 48% of Chicagoans say that a lunch break makes them less stressed, the most of any metro.
- 20% say they skip lunch 3 or more times a week — more than any other metro. Why? 32% say it's because they don't have enough time in their day to get their work done.
- Chicagoans spend the least amount of money prepping work lunches, with 26% spending less than \$25 weekly on lunches.

Lunchtime is bonding time

- 35% of Chicagoans say they look forward to sharing lunchtime with their coworkers, more than any other metro.
- They are also most likely to get their little treats from coworkers (28% compared to 24% national average).




Dallas is big on lunch, seeing it as an important and meaningful part of the workday.

The monthly cost of lunch in Dallas

Whether they're brought in or ordered out, work lunches take a big bite out of employees' monthly budgets — making food a much-appreciated work perk.

 Dallasites spend **\$382** on work lunches per month, including lunch from restaurants and groceries for making lunch.

 79% of Dallasites' lunch habits are affected by inflation, with 39% opting for cheaper lunch options and 38% buying lunch less frequently.

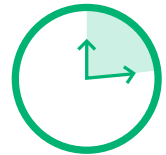
On average, Dallasites take a lunch break away from their desk 3.2 days a week and spend...



39 minutes
taking their lunch break



23 minutes
buying lunch out



12 minutes
waiting in line to buy lunch

Lunch is bigger in Texas

- Dallas employees take their time, with 40% saying that they take at least 45 minutes for lunch.
- Only 30% always have breakfast or a snack before lunch, which is 12% lower than the national average.
- 40% say that lunch is their favorite part of the day.
- When they take a lunch break, 56% of employees say they have more mental clarity and 47% say they're more productive.

Treats are big, too


- 57% of Dallas employees use treats as an energy boost.
- 55% of Dallasites want salty snacks, more than any other metro.
- Dallasites are more likely to have their treats with lunch or just after (33% vs. 28% nationally).




In this sprawling city, many employers earn their employees' commutes by providing food at the workplace — much of which also gets taken home.

The monthly cost of lunch in Houston

Whether they're brought in or ordered out, work lunches take a big bite out of employees' monthly budgets — making food a much-appreciated work perk.

 Houstonians spend **\$383** on work lunches per month, including lunch from restaurants and groceries for making lunch.

 84% of Houstonians' lunch habits are affected by inflation, with 38% opting for cheaper lunch options and 34% buying lunch less frequently.

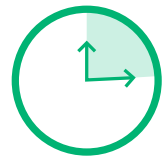
On average, Houstonians take a lunch break away from their desk 3.1 days a week and spend...



38 minutes
taking their lunch break



23 minutes
buying lunch out



13 minutes
waiting in line to buy lunch

In Houston, lunch brings employees into work

- When companies pay for lunch, Houston employees enjoy spending less money (50% vs. 45% nationwide) and that it guarantees them a screen break (30% vs. 26% nationally).
- Houston employees with a hybrid work model are more likely to work onsite full-time if their employer provides lunch (27% vs. 22% national average).
- More than any other metro, Houston employees find the meal planning process stressful (17% vs. 14% nationally).

Grabbing leftovers — and others' lunches

- Leftovers don't go to waste in Houston, with 84% saying they take workplace catering leftovers home — more than any other metro.
- Getting their lunch stolen is not a one-off event, with 29% of Houstonians saying it's happened on multiple occasions.

Employer-provided lunch and little treats help Angelenos balance the workday.



The monthly cost of lunch in L.A.

Whether they're brought in or ordered out, work lunches take a big bite out of employees' monthly budgets — making food a much-appreciated work perk.

\$ Angelenos spend **\$432** on work lunches per month, including lunch from restaurants and groceries for making lunch.

% 81% of Angelenos' lunch habits are affected by inflation, with 35% opting for cheaper lunch options and 34% buying lunch less frequently.

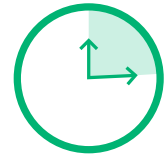
On average, Angelenos take a lunch break away from their desk 3.4 days a week and spend...



39 minutes
taking their lunch break



24 minutes
buying lunch out



14 minutes
waiting in line to buy lunch

Lunch breaks are an essential part of Angelenos' workday

- L.A. workers are the most likely to make lunch their first meal of the day, with only 26% saying they have breakfast or a snack every day.
- 55% have lunch away from their workstations at least 4 times a week.
- 44% spend more than \$15 a day on lunch, compared to 34% nationally.
- Prepping for work lunches eats into L.A. employees' free time the most of any metro, with 18% saying it has a big impact, compared to the nationwide average of 13%.
- 33% of Angelenos report having had their lunch stolen. Of those, 92% report that it's happened more than once. But only 12% of employees admit they've knowingly stolen a lunch that wasn't theirs.

Employer-provided lunch motivates Angelenos to work onsite

- 43% get lunch provided at least once per week by their employer, 17% more than the national average.
- 62% said they would work at least 3 days a week onsite if their employer paid for lunch.

Treats and more treats

- 31% of Angelenos have a little treat daily, with a notable preference for artisanal beverages (24%) and treats as a social activity with colleagues (25%).

Despite their hectic urban lifestyle, New Yorkers remain committed to doing lunch.



The monthly cost of lunch in New York City

Whether they're brought in or ordered out, work lunches take a big bite out of employees' monthly budgets — making food a much-appreciated work perk.

\$ New Yorkers spend **\$418** on work lunches per month, including lunch from restaurants and groceries for making lunch.

% 78% of New Yorkers' lunch habits are affected by inflation, with 34% opting for cheaper lunch options and 34% buying lunch less frequently.

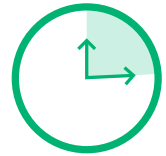
On average, New Yorkers take a lunch break away from their desks 3.2 days a week and spend...



40 minutes
taking their lunch break



23 minutes
buying lunch out



14 minutes
waiting in line to buy lunch

Lunch in the Big Apple is a big process

- 76% of New Yorkers take breaks of 30 minutes or longer, the most of any metro — 7% over the national average.
- They also spend the most time outside of work meal prepping, with 13% spending more than 3 hours a week.
- When they buy takeout lunch, the process takes longer than any other metro, with 30% saying it takes more than 30 minutes.

New York runs on lunch (and treats)

- 81% of New Yorkers look forward to lunch, the most of any other metro.
- 41% of hybrid workers say they'd work on-site 3-4 days a week if their employer-provided lunch, a 17% increase from the national average.
- More than anyone else, New Yorkers enjoy little treats as a way to reward themselves (49% vs. 43% nationwide).
- They're also most likely to get their treats from nearby cafés or shops (41% vs. 33% nationally).



When it comes to lunch, Phoenicians are a thrifty bunch, spending less and taking fewer breaks — even though they know that lunch gives them a lift.

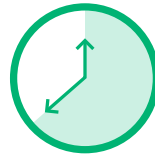
The monthly cost of lunch in Phoenix

Whether they're brought in or ordered out, work lunches take a big bite out of employees' monthly budgets — making food a much-appreciated work perk.

\$ Phoenicians spend **\$349** on work lunches per month, including lunch from restaurants and groceries for making lunch.

% 82% of Phoenicians' lunch habits are affected by inflation, with 39% opting for cheaper lunch options and 34% buying lunch less frequently.

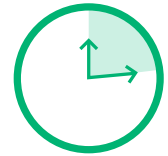
On average, Phoenicians take a lunch break away from their desk 3 days a week and spend...



37 minutes
taking their lunch break



23 minutes
buying lunch out



12 minutes
waiting in line to buy lunch

The lunch crunch is crushing Phoenix employees

- Phoenicians take the fewest amount of lunch breaks of any metro: 18% report never taking a lunch break away from their workstation—39% over the national average.
- And when they do, 35% take breaks of less than 30 minutes.
- Nearly a quarter (23%) say that lunch is their first meal of the day, 5 workdays a week.

When they take a lunch break, the benefits are clear

- 54% have better/more mental clarity (compared to 50% nationally).
- 46% feel less burned out (compared to 43% nationally).
- 31% get less angry or frustrated about work (compared to 24% nationally).

Phoenicians are cost-conscious when it comes to work lunches

- 27% say they always make and bring lunch from home, which is 28% higher than the national average.
- 13% say they never go out and purchase lunch, the most of any metro.
- When they do order lunch, 33% keep the cost under \$10.
- 61% go for inexpensive little treats under \$5 or free office treats.

In a city where lunch is seen as an opportunity for social connection, San Franciscans are willing to pay a bit more for a midday meal.



The monthly cost of lunch in San Francisco

Whether they're brought in or ordered out, work lunches take a big bite out of employees' monthly budgets — making food a much-appreciated work perk.

\$ San Franciscans spend **\$416** on work lunches per month, including lunch from restaurants and groceries for making lunch.

% 79% of San Franciscans' lunch habits are affected by inflation, with 32% opting for cheaper lunch options and 32% buying lunch less frequently.

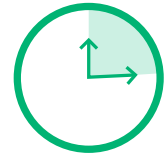
On average, San Franciscans take a lunch break away from their desk 3.2 days a week and spend...



38 minutes
taking their lunch break



24 minutes
buying lunch out



13 minutes
waiting in line to buy lunch

In San Francisco, lunch reigns supreme

- San Franciscans are the least likely to skip lunch, with 55% saying they never skip it.
- 39% of San Franciscans have breakfast or a snack every day, a 16% increase from the national average.
- 41% of San Franciscans spend more than \$15 for lunch. Despite having the most expensive lunches, they are more likely to go out for lunch multiple times per week.
- More than any other metro, Bay Area employees say that lunch makes them happier (51% vs. 46% nationally).
- 35% look forward to sharing their lunchtime with their coworkers.





Washington, D.C.



The hustle and bustle of our nation's capital is reflected in the city's lunch habits, where lunch breaks are often brief and money is tight.

The monthly cost of lunch in Washington D.C.

Whether they're brought in or ordered out, work lunches take a big bite out of employees' monthly budgets – making food a much-appreciated work perk.



Washingtonians spend **\$350** on work lunches per month, including lunch from restaurants and groceries for making lunch.



79% of Washingtonians' lunch habits are affected by inflation, with 35% opting for cheaper lunch options and 39% buying lunch less frequently.

On average, Washingtonians take a lunch break away from

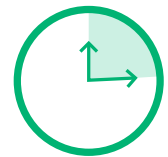
their desk 2.9 days a week and spend...



36 minutes
taking their lunch break



23 minutes
buying lunch out



12 minutes
waiting in line to buy lunch

Time for lunch? Not so much in our nation's capital

- Nearly 1 in 5 D.C. employees (17%) never take a lunch break away from their workstation. And when they do, over a third (37%) take less than 30 minutes.
- Nearly a quarter (23%) of employees say they skip lunch because of meetings that get scheduled over lunchtime.
- More than any other metro, 30% of D.C. employees say that taking a lunch break helps them connect better with their colleagues.

Washingtonians splurge on treats to relieve stress

- 43% say they have treats to relieve stress (vs. 38% nationally).
- They're also more likely to go to a nearby café or coffee shop for their treats (39% vs. 33% national average).