## **Changing Role of Meals in America**

Recent decades have seen a gradual erosion of American mealtime rituals.

The Hartman Group's *Transformation of the American Meal* report in 2017 found that although the growth of snacking has eroded mealtime rituals over the long term, few consumers see snacking as affecting their meals overall.

## Change in Snacking (Past 5 Years)

46%

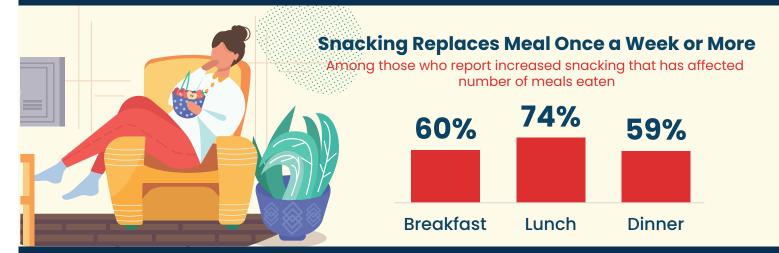
About the same

32%

Much/somewhat less often

22%

Much/somewhat



Source: Transformation of the American Meal 2017 report

Then came the 2020-21 coronavirus pandemic in which stay-at-home orders and remote working resulted in a major shift from food service meal sourcing to at-home cooking and a host of other, often mixed approaches.

## Which begs the question: Where do American meals and cooking stand today?

The Hartman Group's **At the Dining Table 2021: American Meals and Cooking** syndicated study aims to provide food manufacturers, retailers, distributors and restaurants with an in-depth view of how to best help consumers achieve the meals they desire to have. Visit our website to learn more: www.hartman-group.com

