

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
more often



Snacking Replaces Meal Once a Week or More

Among those who report increased snacking that has affected number of meals eaten

60%



Breakfast

74%



Lunch

59%



Dinner

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