



"Staying Strong with Family Meals" Barometer Summary

June 2024

Americans agree: Family meals are a great setting for teaching civility.

- **76%** agree: Family meals are a great time to have and teach respectful interactions.
- **70%** agree: Frequent family meals create a safe environment for my family to discuss the thornier societal issues.
- **68%** agree: Sitting at a meal together tends to keep conversations more civil.



Know about the benefits of family meals

Most Americans (66%) feel the benefits of family meals outweigh the costs.

Family meals...

- Make me feel more connected – **56%**
- Are a good way to spend time with people – **53%**
- Are an important part of my household's regular routine – **45%**
- Are fun to eat – **43%**
- Are more balanced than meals I eat alone – **42%**

Barriers to family meals include:

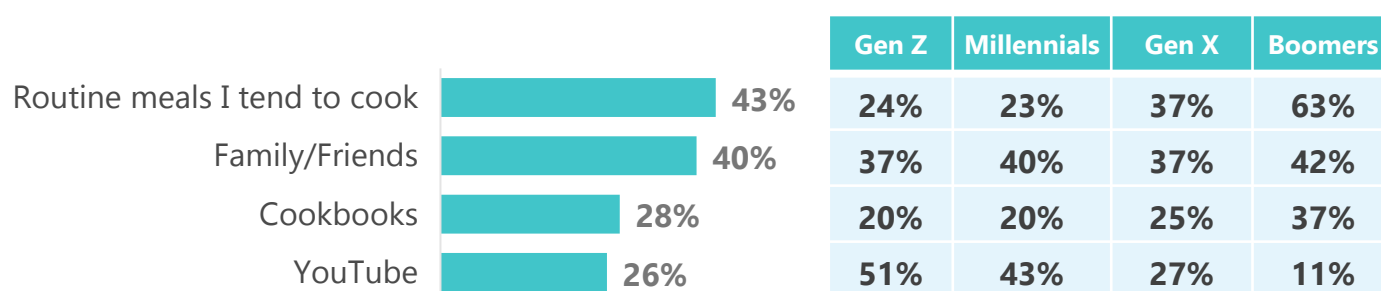


Almost all (88%) consumers agree that sharing family meals is important.

Very few Americans feel that cooking is a chore. Almost half (43%) “like” or “love” cooking.*

- Despite this enjoyment, the number of people cooking at home daily has consistently dropped since 2021, as has the time home cooks spend preparing meals.
 - 21%** report cooking a meal at home seven days a week, compared to **28%** in 2021
 - 75%** prepare their main meal in under an hour, compared to **37%** taking an hour or more to prepare their meal in 2021

Meal inspiration comes from multiple sources, with younger cooks connecting to digital sources and older ones leaning on familiarity and friends.*



How Could Food Retailers Make Meal Preparation Easier*



To learn more about the Family Meals Movement™, visit www.fmi.org/familymeals

Methodology: Data used for this report was captured April 19-24, 2024, online among a national sample of 1,003 adults.

**Source: U.S. Grocery Shopper Trends 2024: Eating and Cooking*