

Family Meals Barometer



April 2025 Update



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Published by:
FMI Foundation



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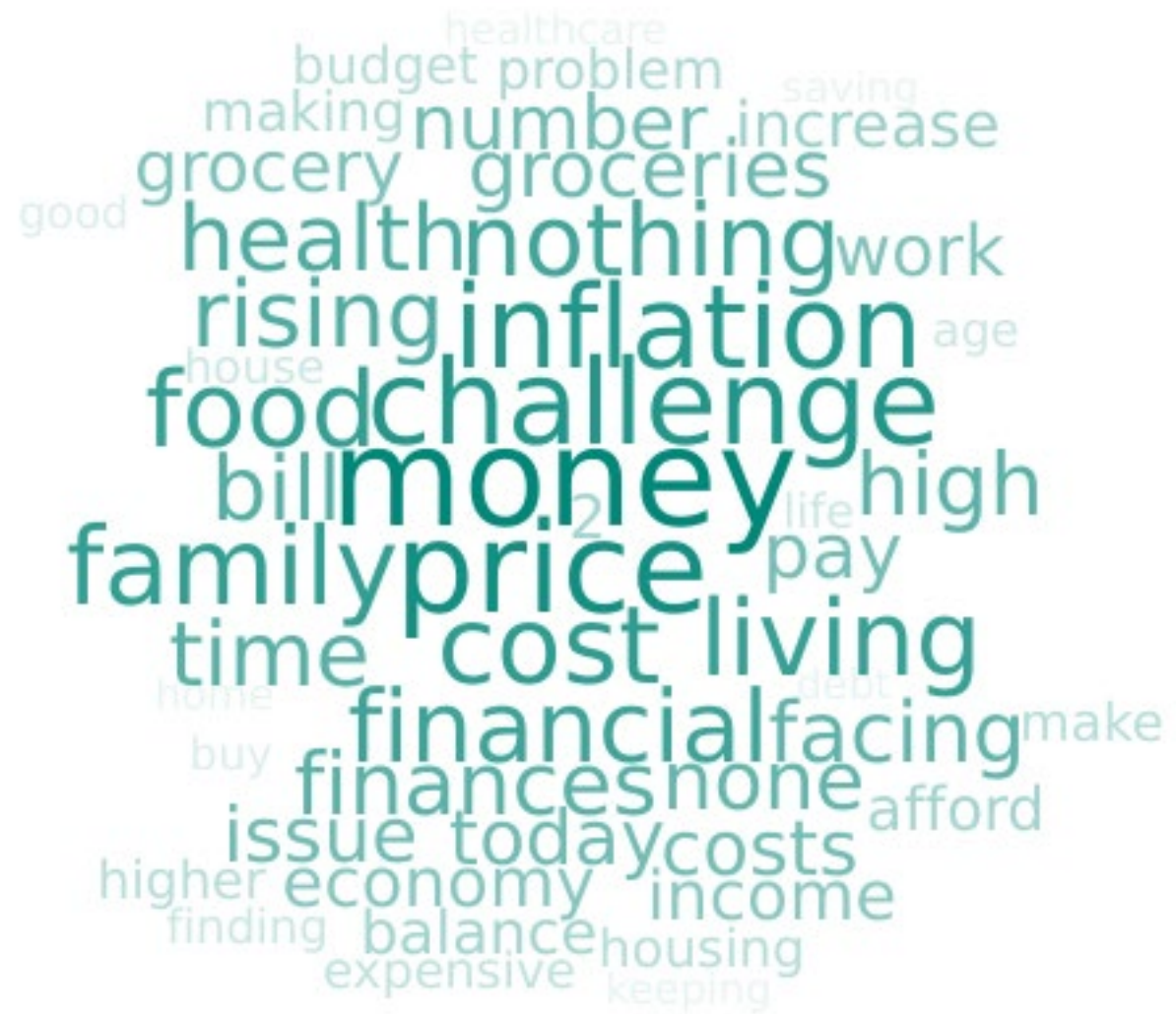
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Many consumers cited financial concerns, such as high costs of living, inflation and rising grocery prices, as the main challenge facing their family.

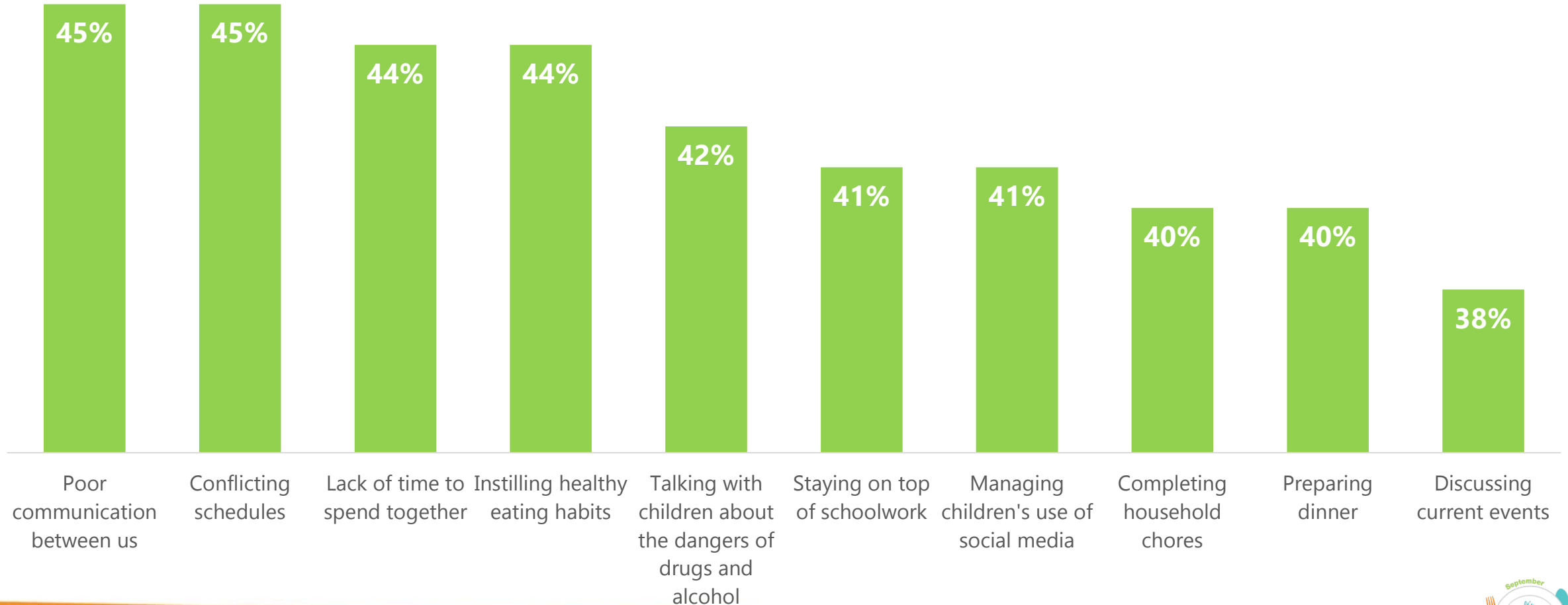


Q: What is the number one challenge facing your family today?



Challenges

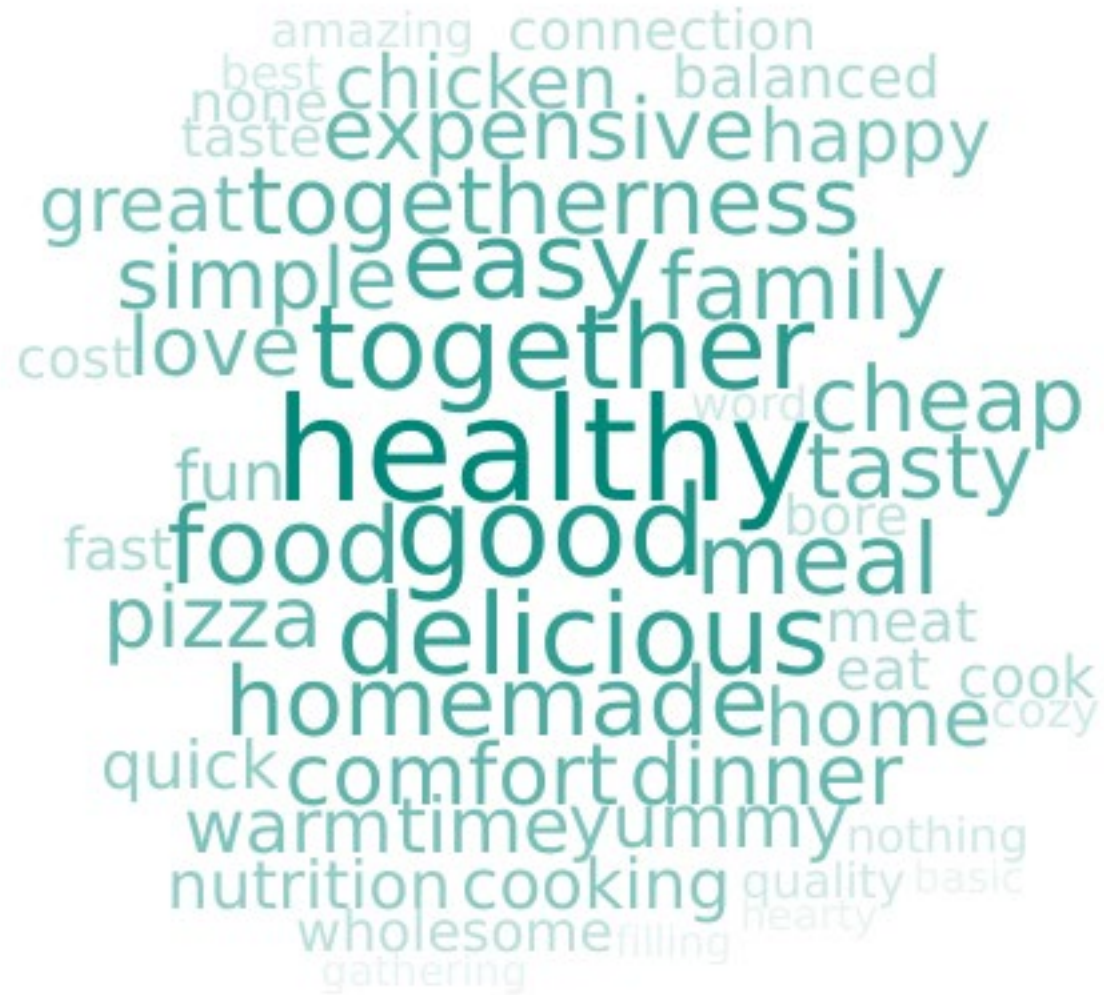
The top challenges in families' day-to-day life include poor communication, conflicting schedules, lack of time to spend together, and instilling healthy eating habits.



Q: When thinking about your day-to-day life with your family, how challenging are the following? Extremely/Very challenging



Many consumers associate family meals with healthful choices, togetherness, and affordability.

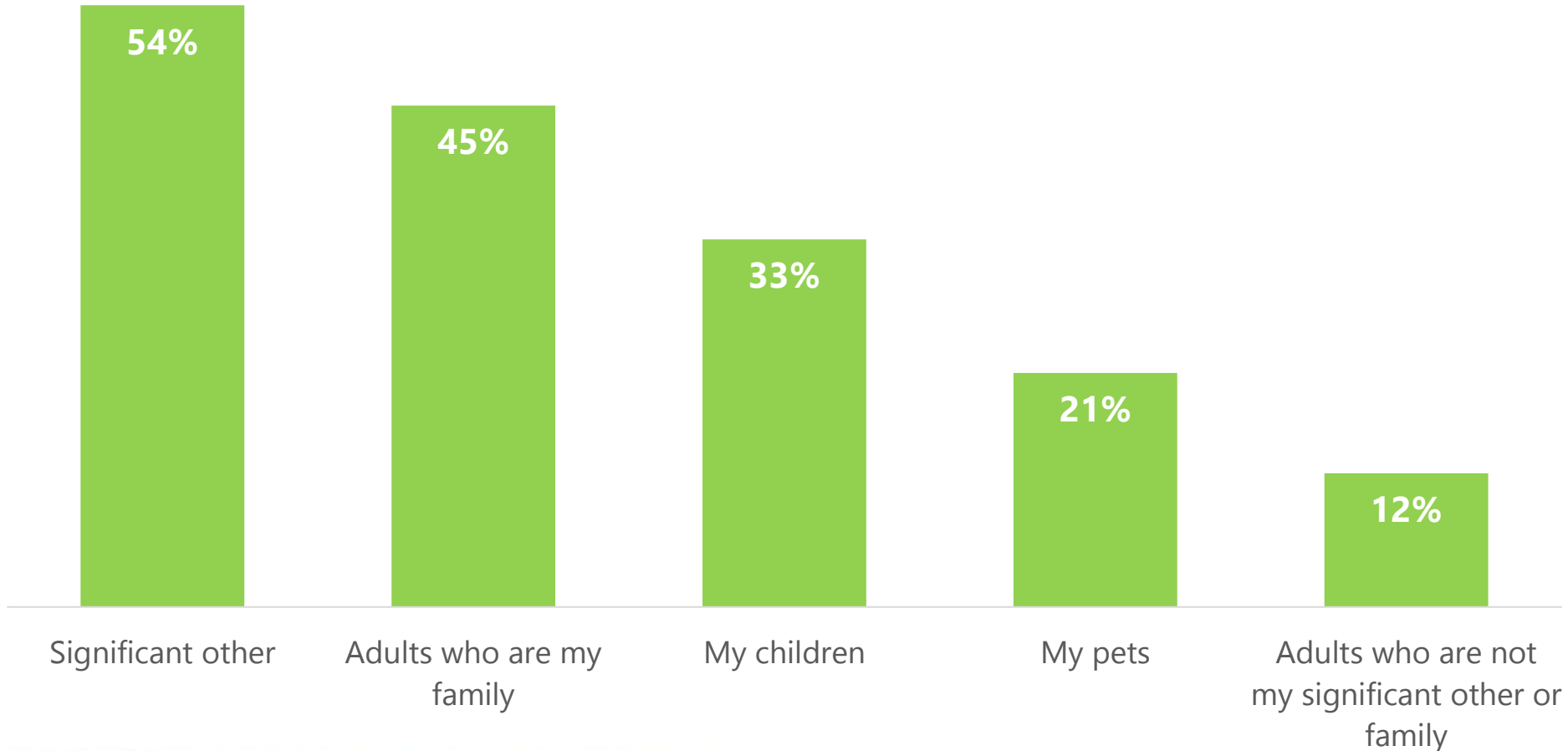


Q: What one word comes to mind when you think of your family meals?



Definition of Family

Most consumers include their significant other in their definition of family, in the context of family meals.



Q: In the context of family meals, does your definition of family include...Select all that apply.



New Habits

Almost half of consumers have been having more family meals at home in the past year.

Field	Doing Less	Doing the Same Amount	Doing More
Cooking by myself	14%	51%	34%
Cook with your family (by family, we mean your definition of family)	17%	49%	34%
Eat out at restaurants with my family	48%	38%	14%
Successfully avoid food waste	13%	50%	37%
Have family meals at home	12%	44%	44%
Order in from restaurants (take-out or delivery)	45%	40%	16%

Q: In the past year, would you say you have been doing each of the following less, more or the same amount as you did previously?



New Habits

Most consumers expect to continue cooking more and having family meals more.

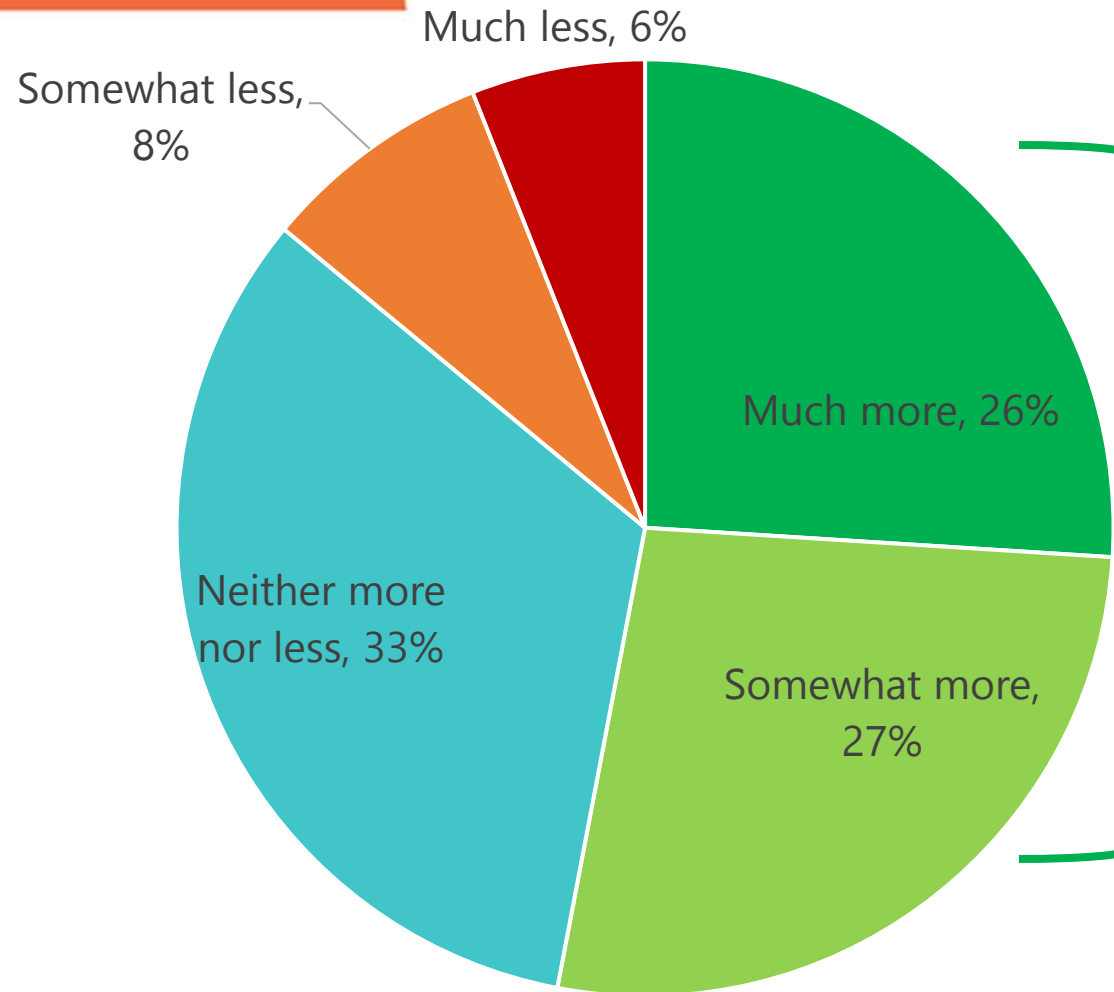
Field	Yes	No
Cooking by myself	93%	7%
Cook with your family (by family, we mean your definition of family)	94%	6%
Eat out at restaurants with my family	87%	13%
Successfully avoid food waste	96%	4%
Have family meals at home	96%	4%
Order in from restaurants (take-out or delivery)	86%	14%

Q: Going forward into the future, do you expect you will continue...? Base: Doing more in the past year



Family Connection

Compared to a few years ago



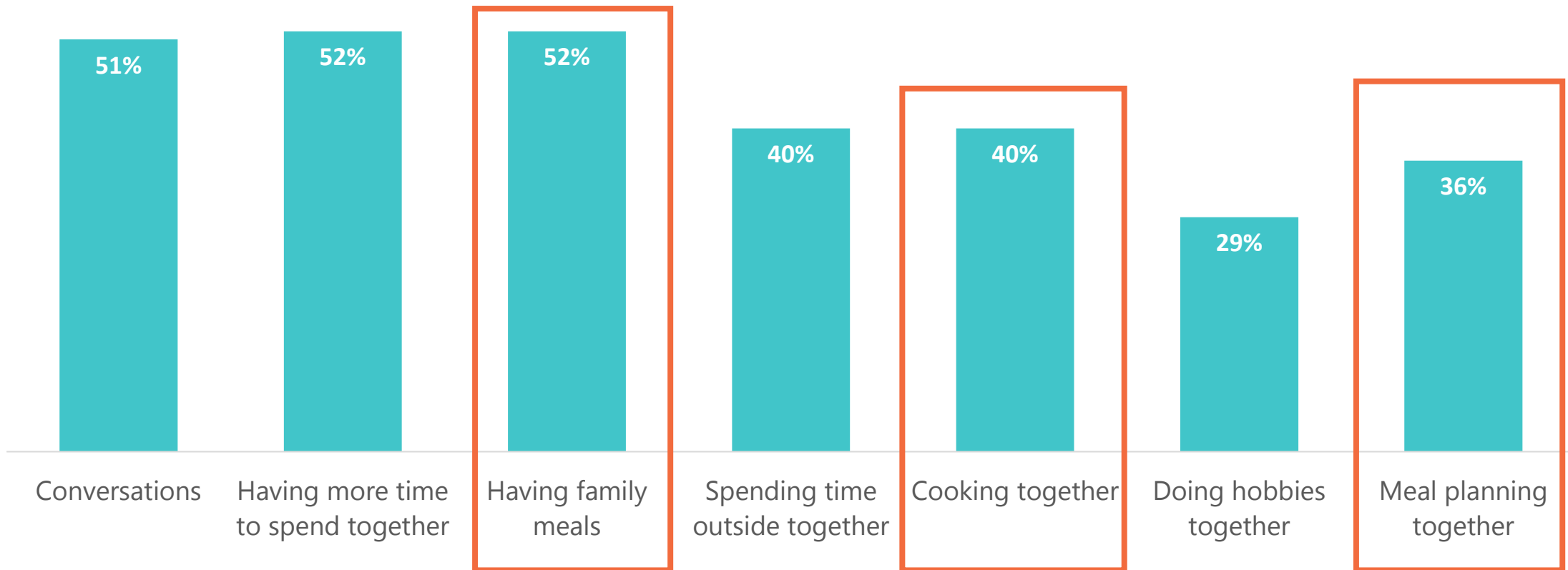
53% feel **more connected** than a year ago

Q: Compared to a few years ago, do you feel more, or less, connected to your family or loved ones?



Activities leading to Connectedness

For over half of consumers, having family meals has led to more family connectedness.

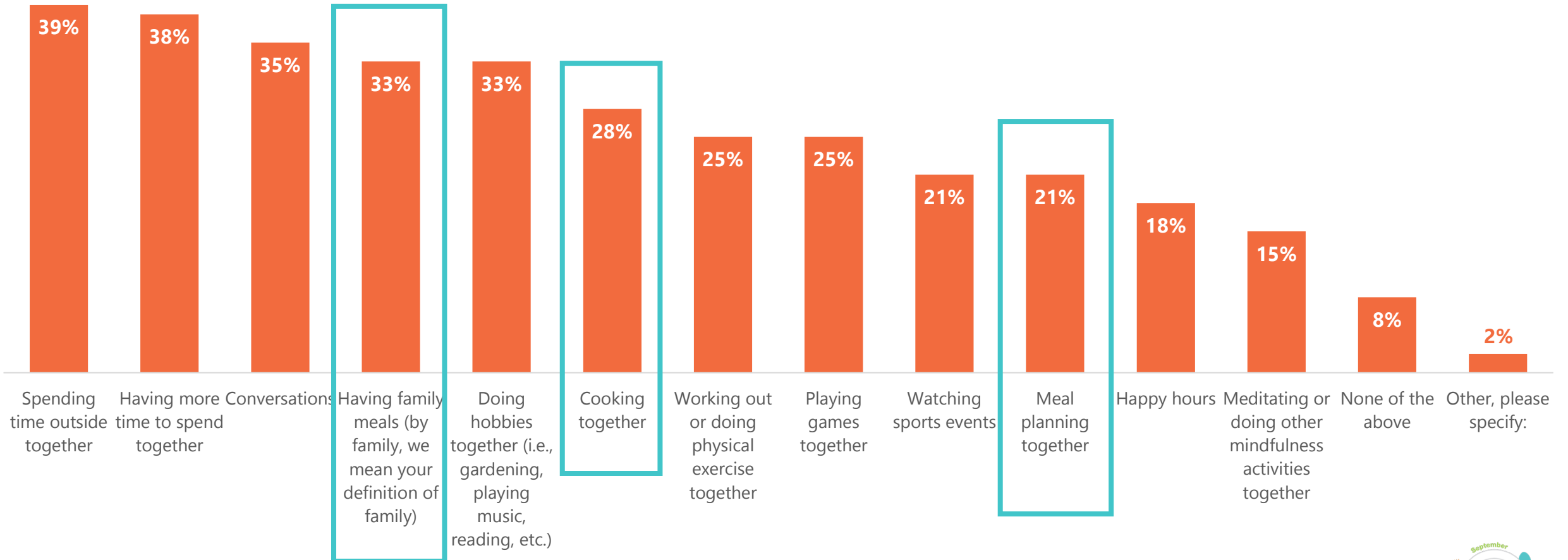


Q: Which, if any, of the following have led you to feel more connected to your family or loved ones?



If you had more time in your day...

If they had more time in their day, a third of consumers would have more family meals.

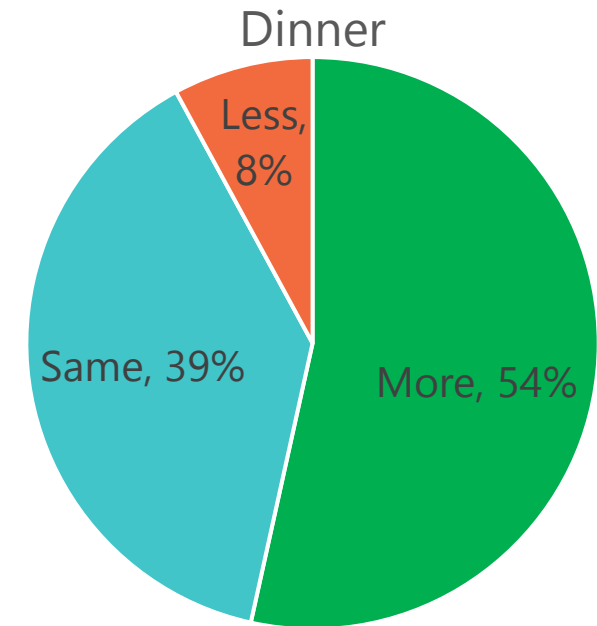
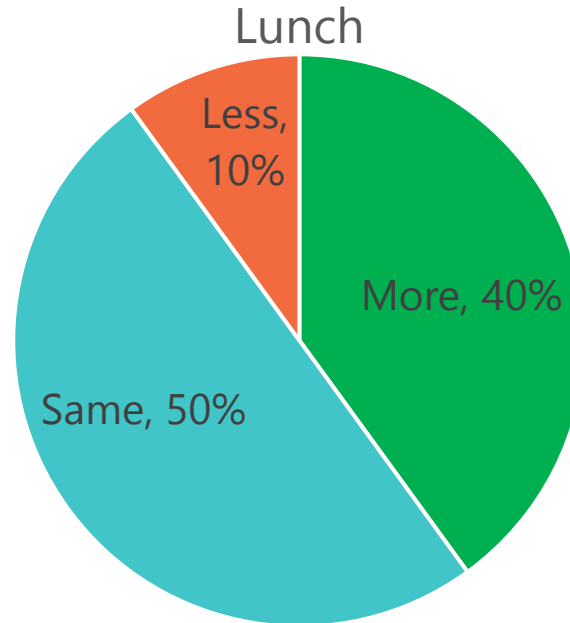
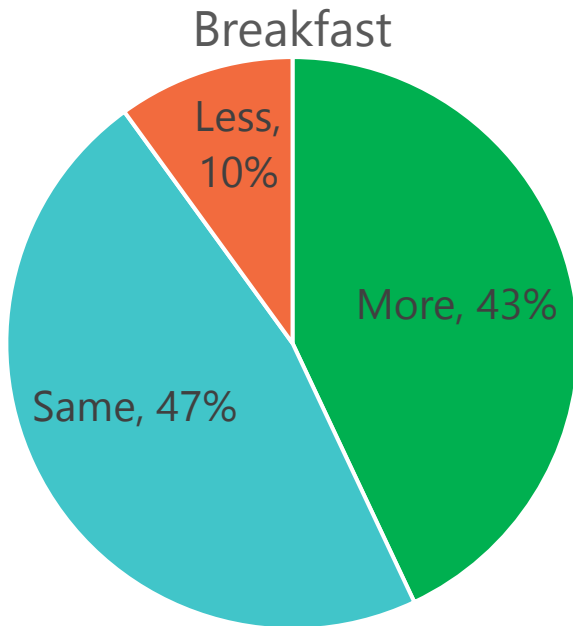


Q: If you had more time in your day, which of the following would you do more of?



Future Family Meals

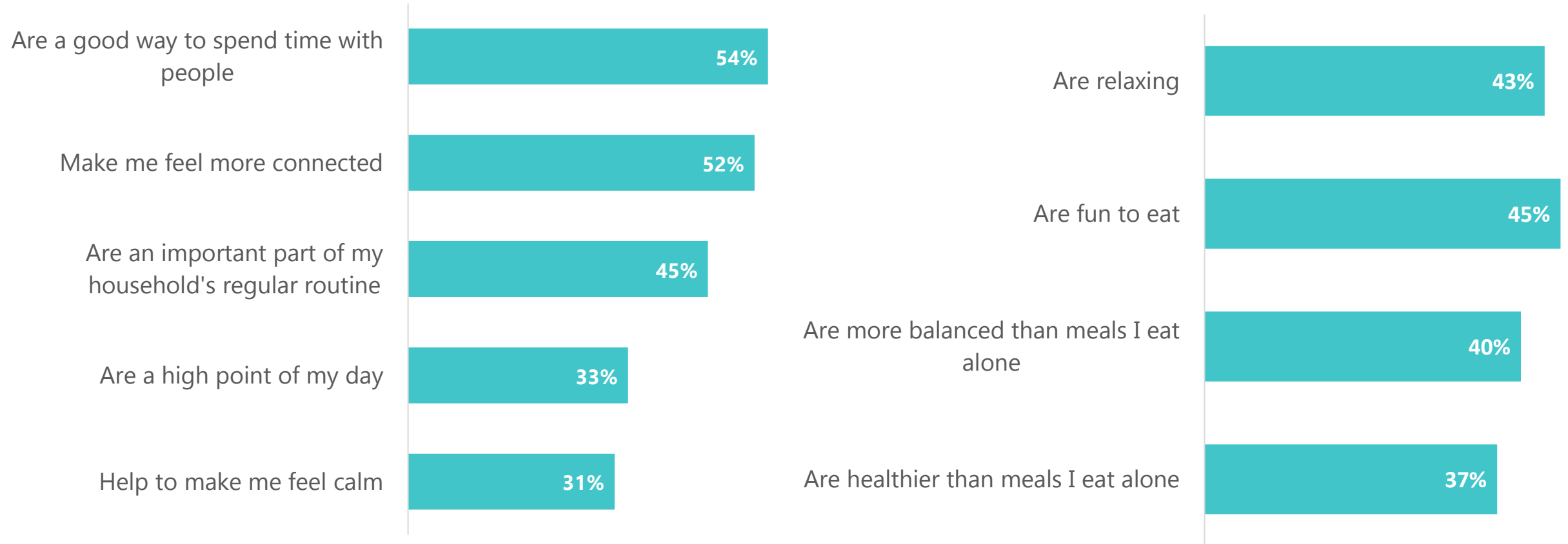
Many consumers intend to share more family meals, across all mealtimes, in the future.



Q: In the future, do you intend to share family meals...?

Experience of family meals

Consumers have positive experiences of family meals. Over half feel family meals are a good way to spend time with people and make them feel more connected.



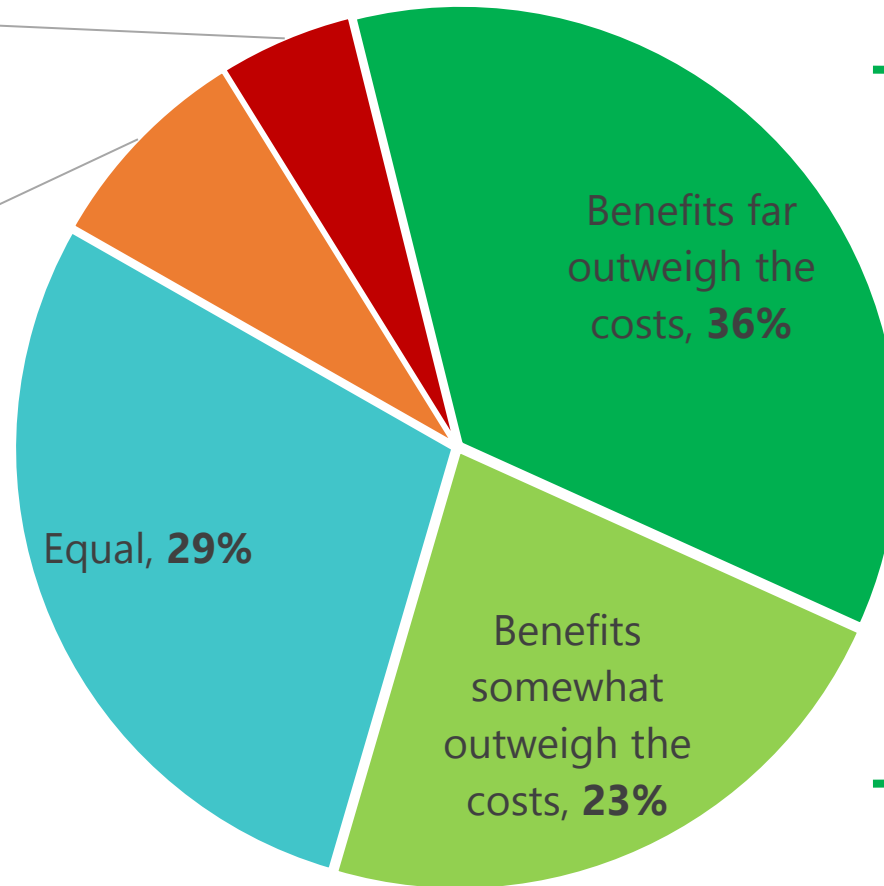
Qs: Which, if any, of the following would you say are true about the EXPERIENCE/FOOD of eating family meals?



Are family meals worth it?

Costs far outweigh the benefits, **5%**

Costs somewhat outweigh the benefits, **8%**



59% feel **the benefits** of family meals **outweigh** the costs

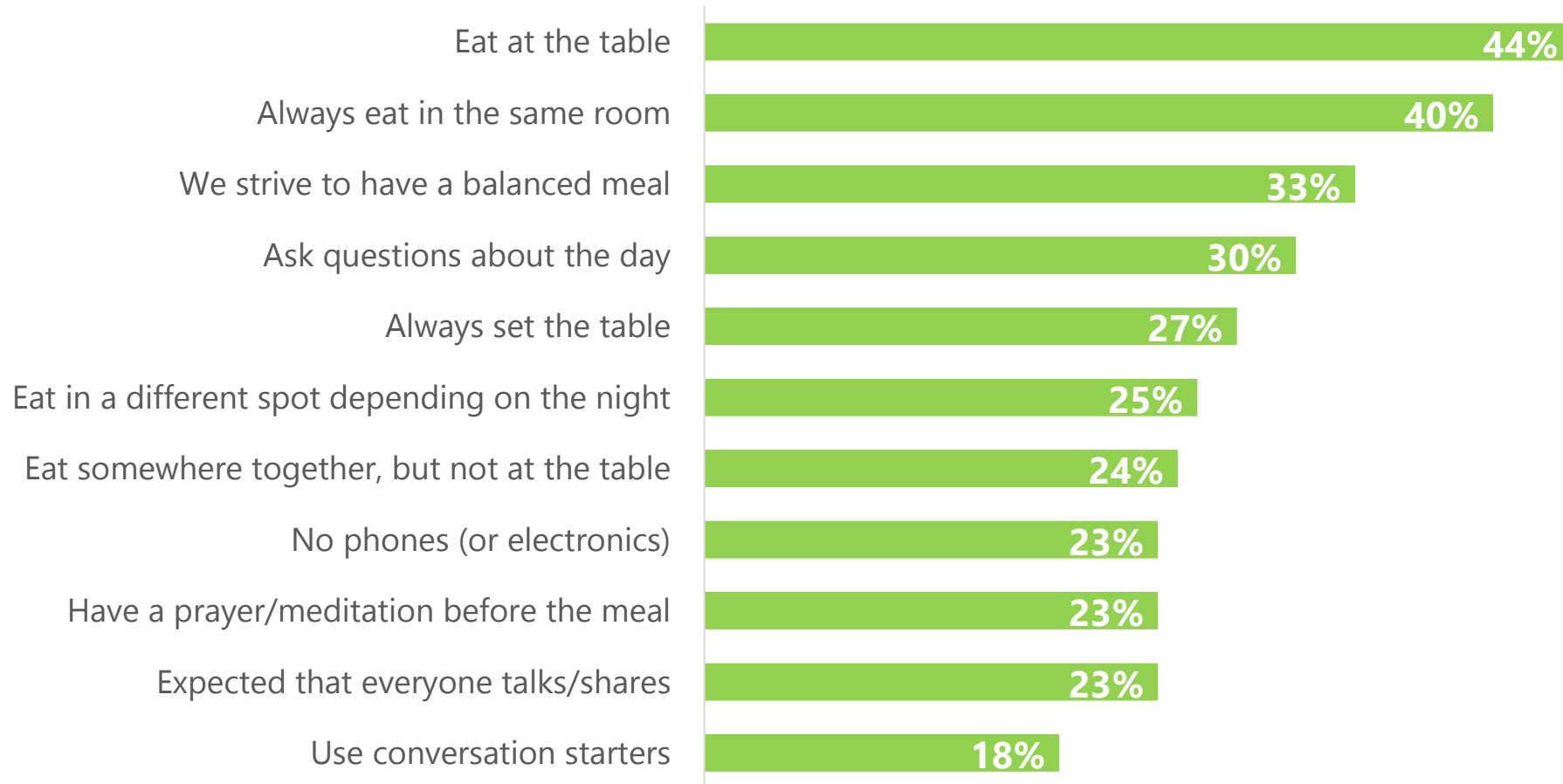
65% of **Households w/kids** feel **the benefits** of family meals **outweigh** the costs

Q: When thinking of family meals overall, including planning, shopping, preparing and eating, how do the benefits compare to the costs?



Family Meals at Home

When sharing family meals at home, many consumers eat at the table or always eat in the same room.

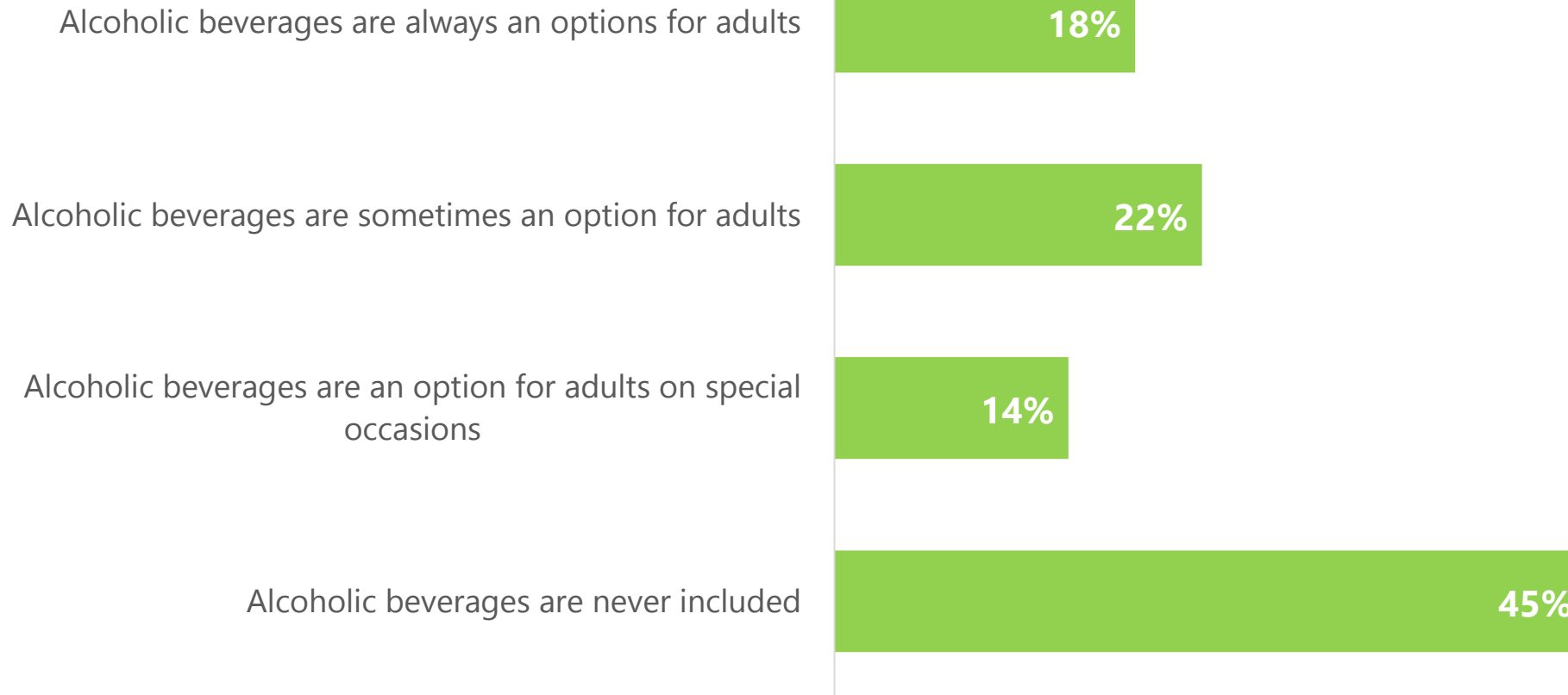


Q: What do your family meals look like at home?



Alcohol

55% of consumers at least occasionally include alcoholic beverages for adults during family meals.

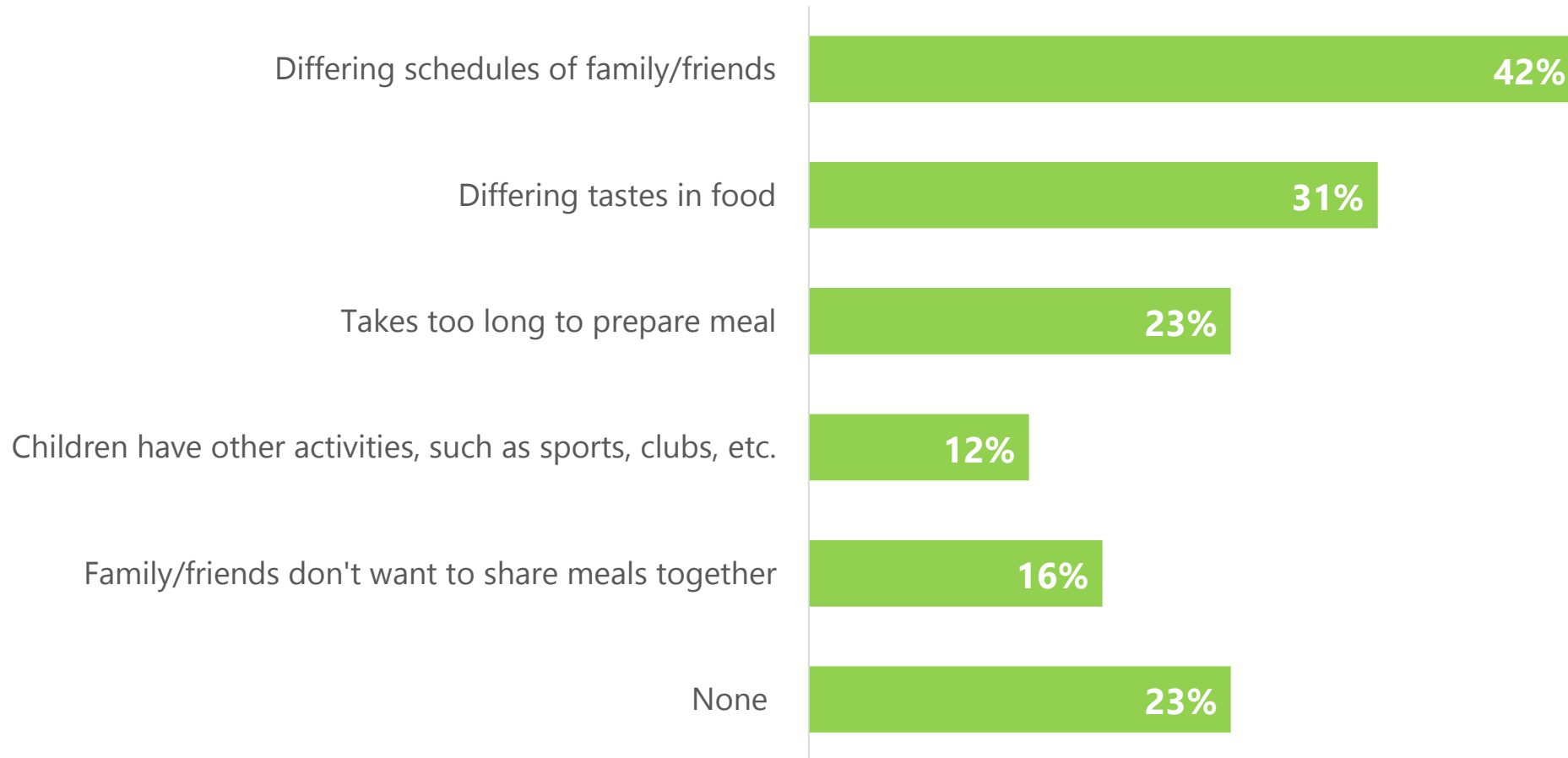


Q: Which of the following is true about your family meals?



Barriers

The top barriers to family meals include differing schedules and differing tastes in food.

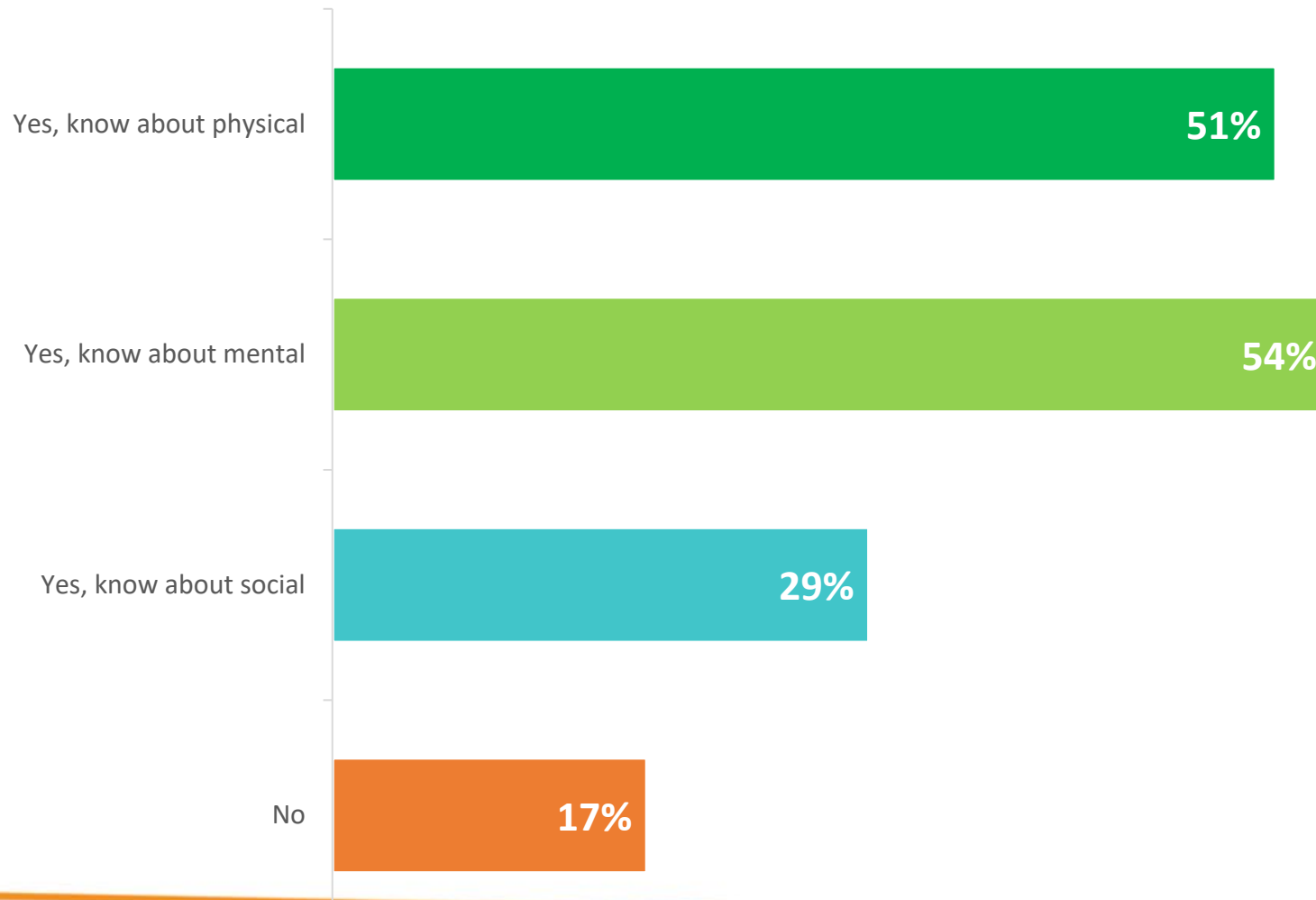


Q: What are the barriers to eating family meals?



Benefits

83% of consumers know about at least some of the benefits of family meals.

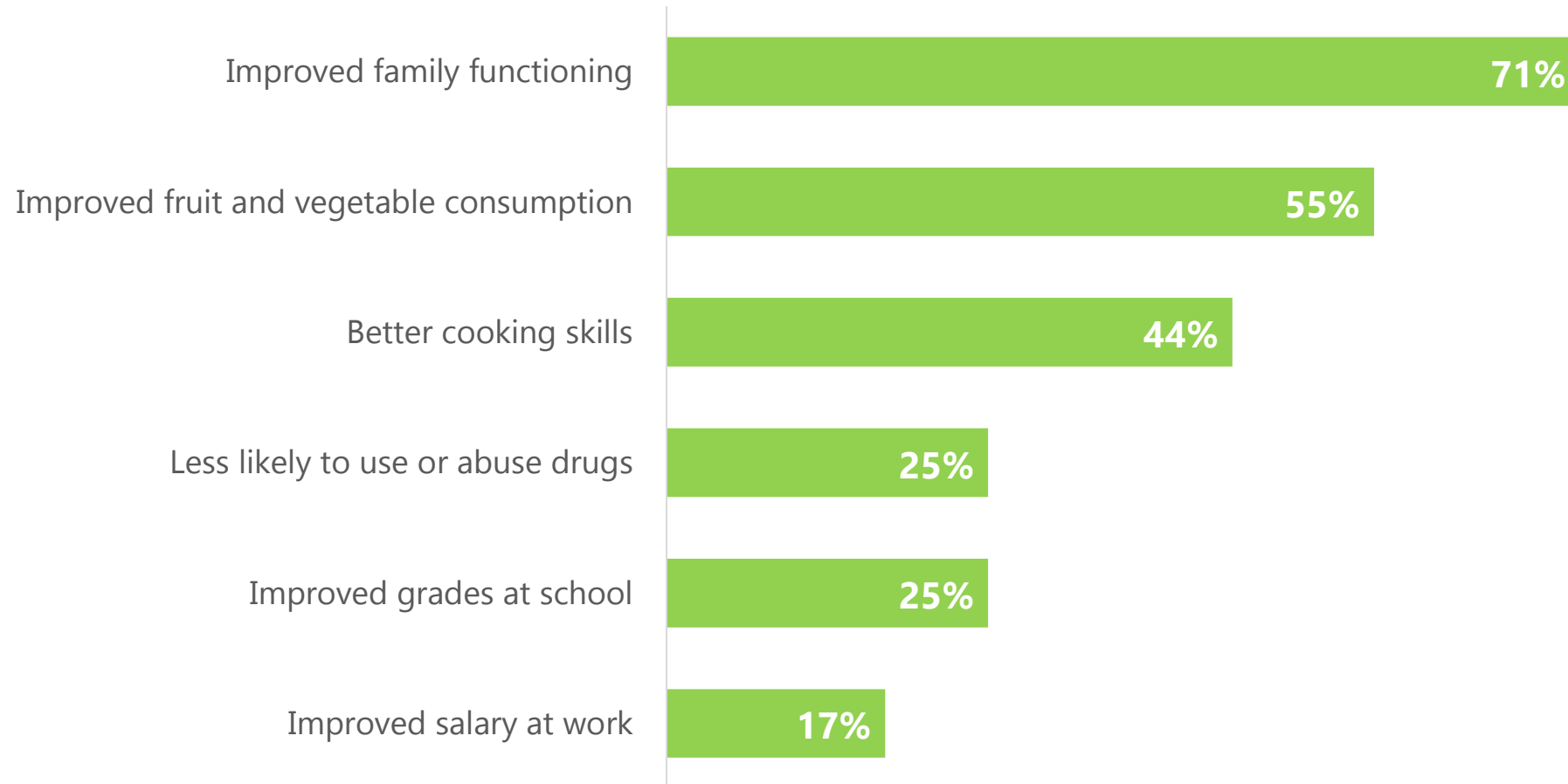


Q: Do you know about the physical health, mental/emotional health and social benefits of eating family meals?



Benefits

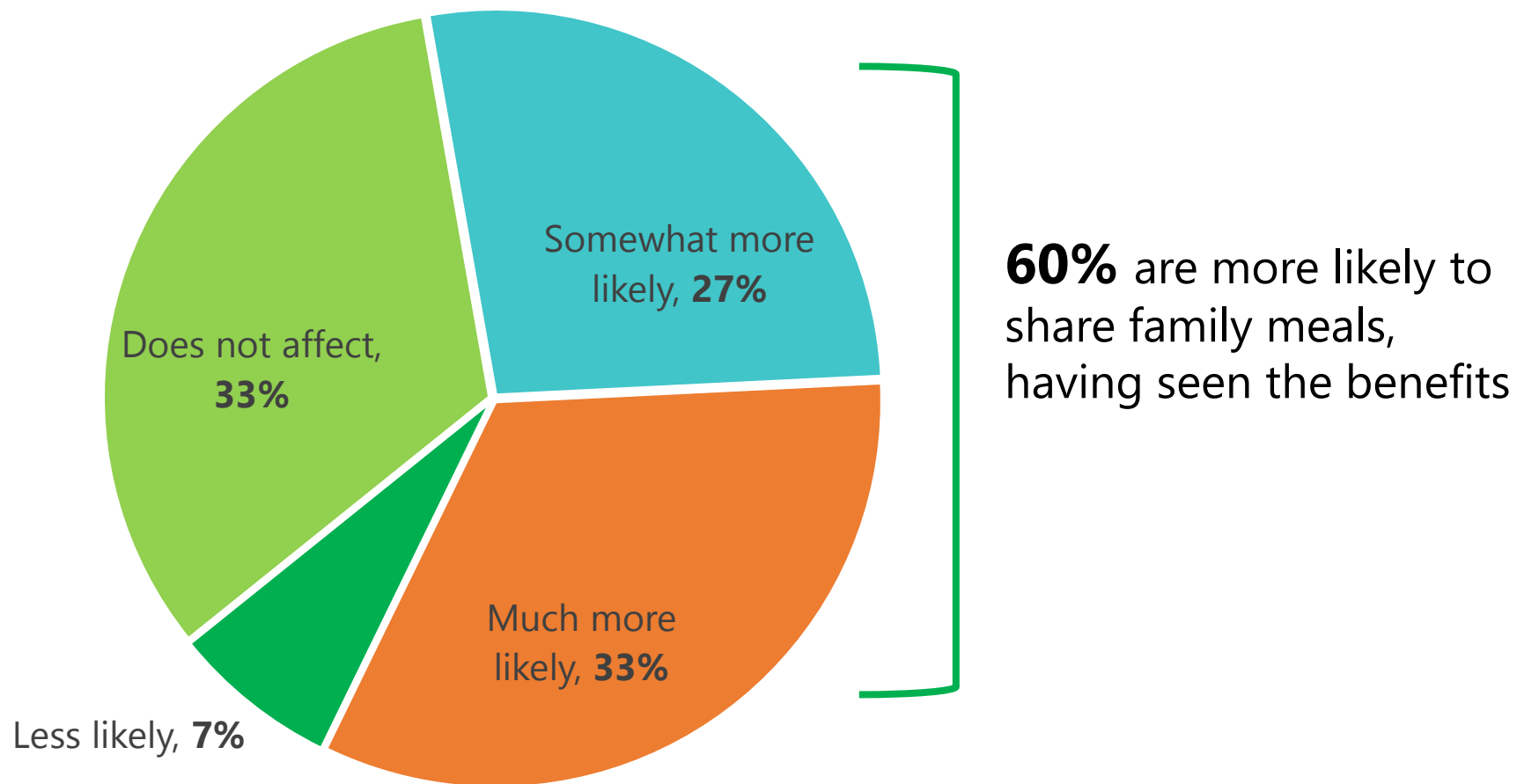
Most consumers have knowledge of specific benefits of family meals.



Q: What are some of the benefits of eating family meals?



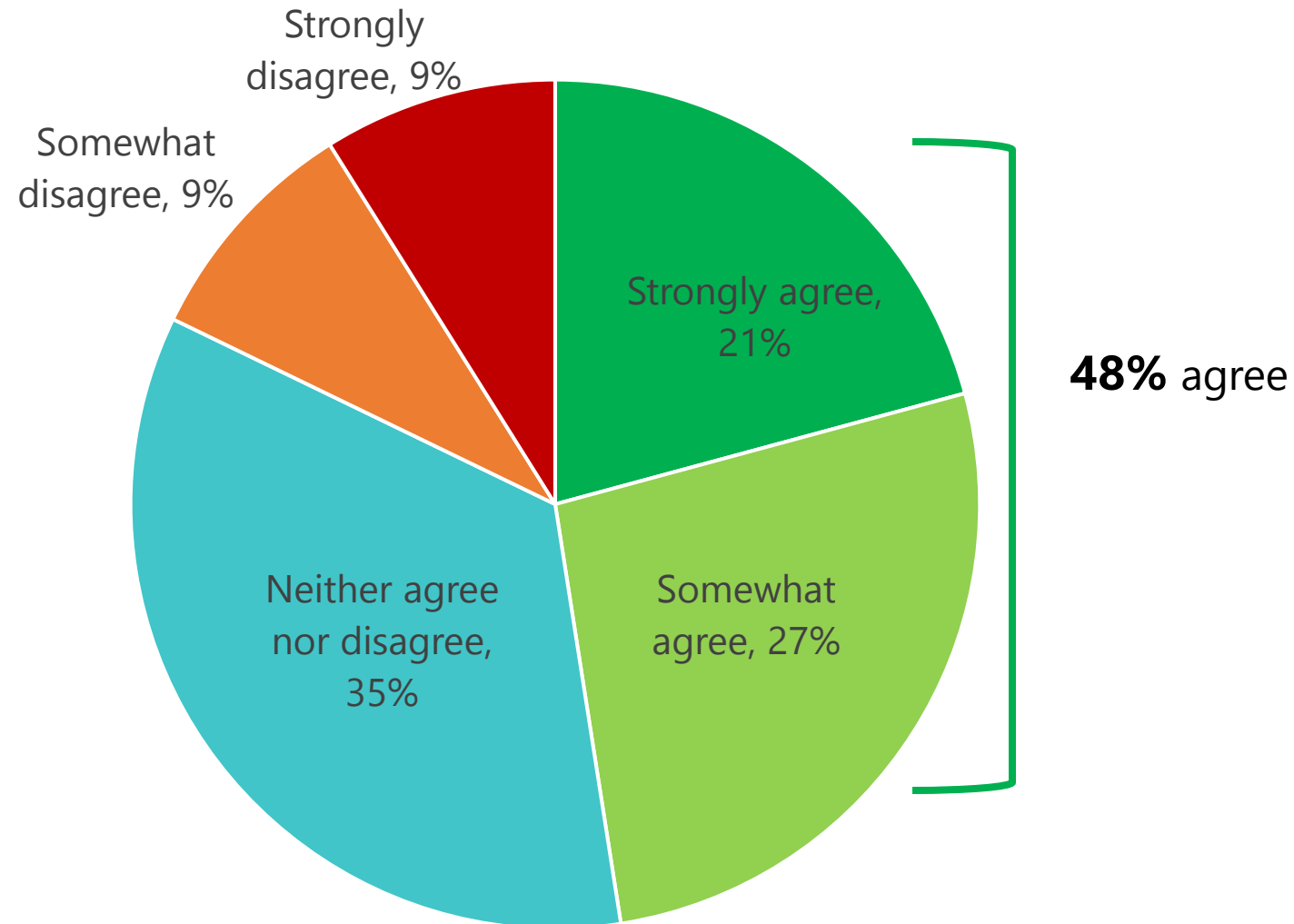
Benefits



Q: Having seen the benefits of eating family meals, how does that affect your likelihood of sharing family meals in the future?



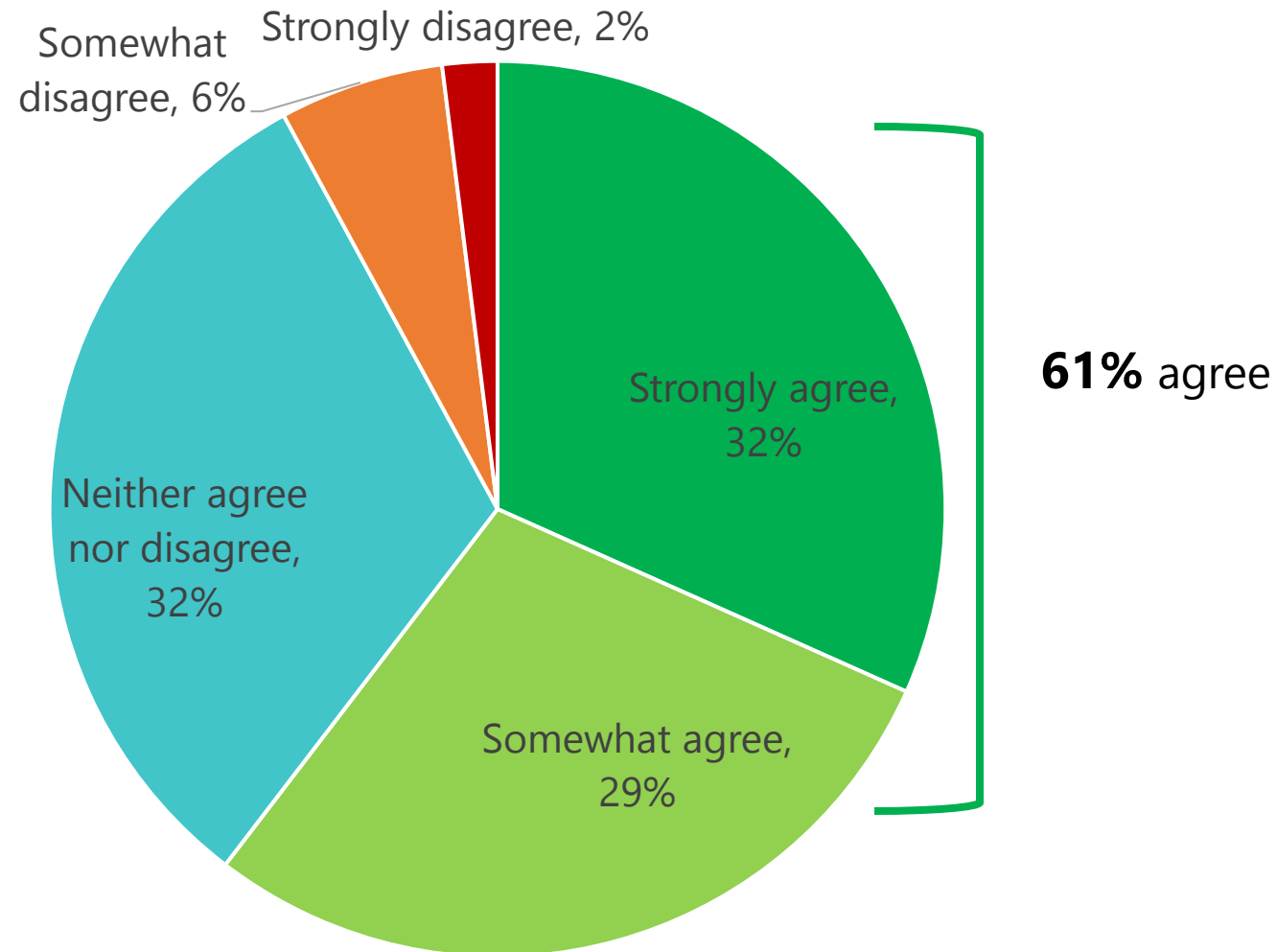
My concept of family meals has changed in the past few years.



Q: How much do you agree or disagree with the following statements?



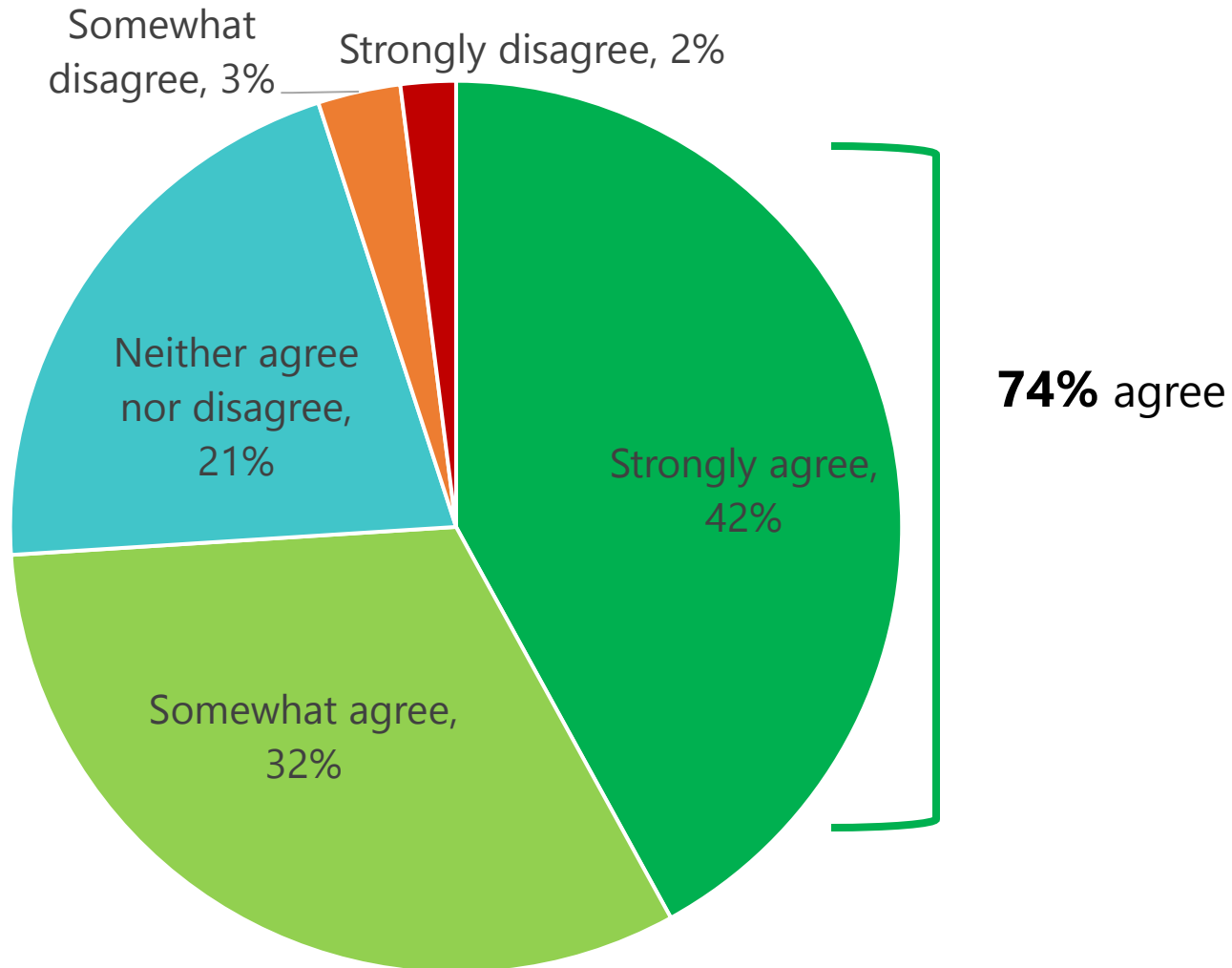
I plan to have more family meals because they are more economical.



Q: How much do you agree or disagree with the following statements?



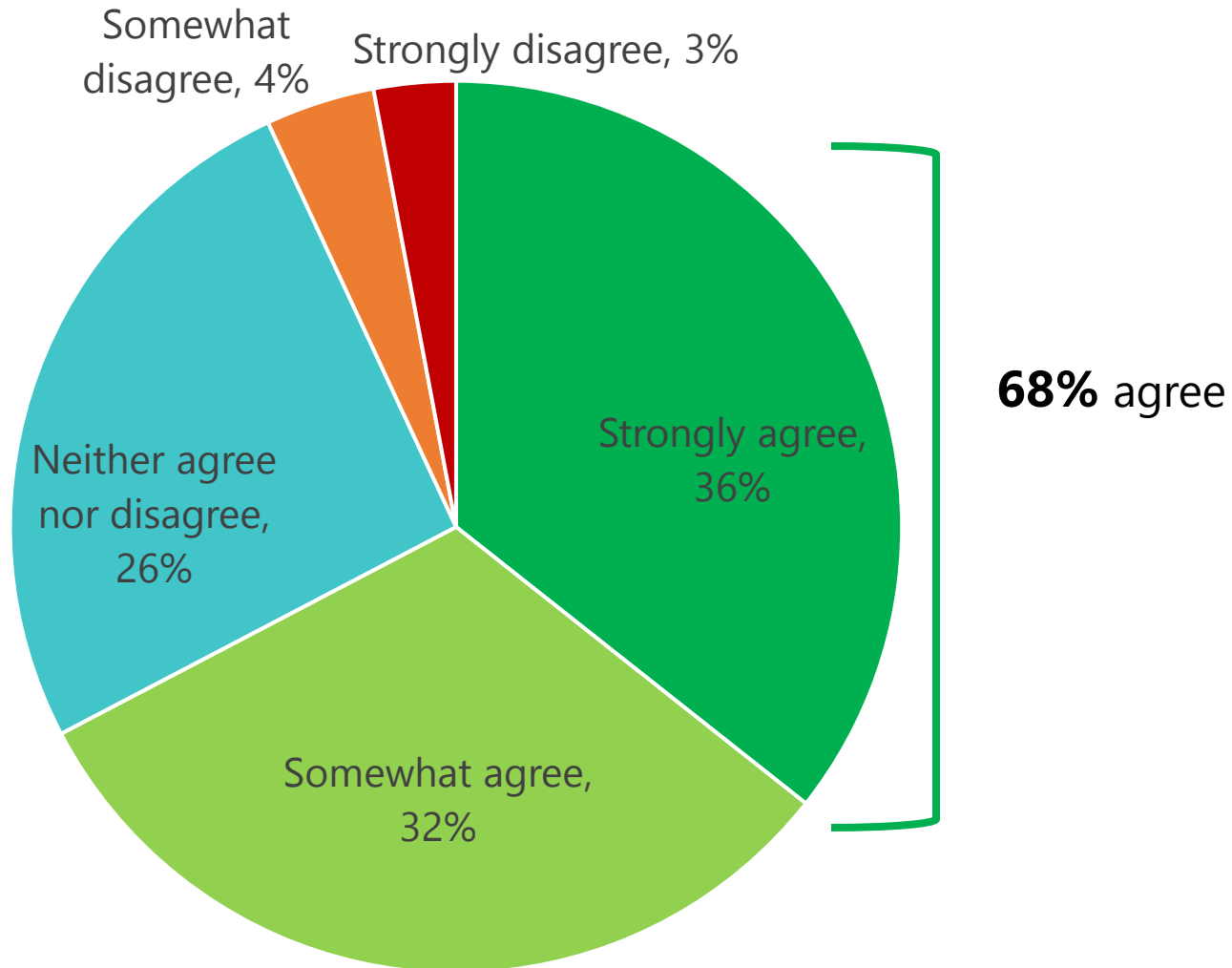
Family meals are a great time to have and teach respectful interactions



Q: How much do you agree or disagree with the following statements?

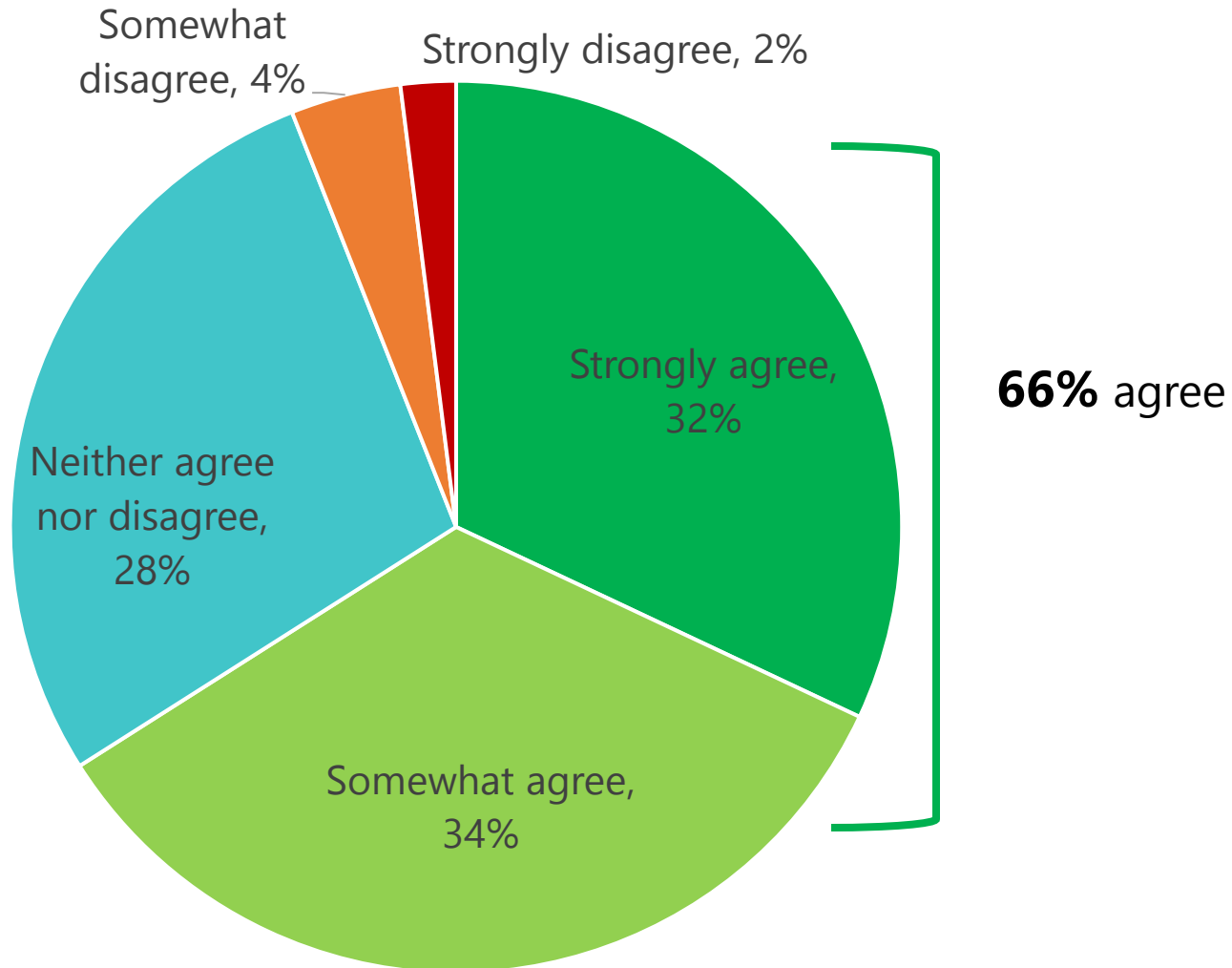


Frequent family meals create a safe environment for my family to discuss the thornier societal issues



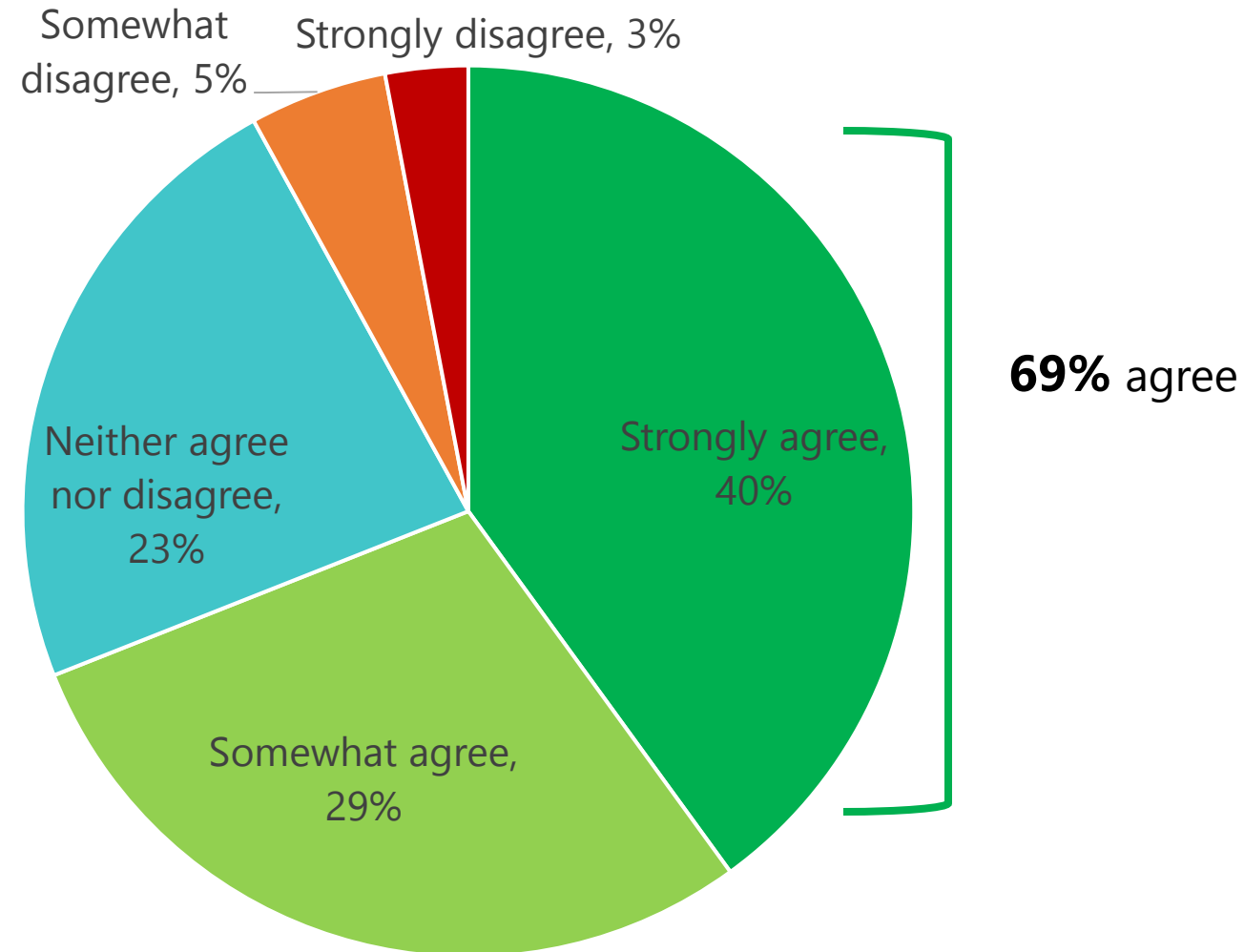
Q: How much do you agree or disagree with the following statements?

Sitting at a meal together tends to keep conversations more civil



Q: How much do you agree or disagree with the following statements?

Civility in America is worse today compared to ten years ago.




Q: How much do you agree or disagree with the following statements?

A large teal-colored shape, resembling a stylized arrow or a corner bracket, pointing towards the top-left corner of the slide. It frames the white text box on the left side.

Methodology:

Data used for this report was captured April 10-16, 2025, online among a national sample of 1,028 grocery shoppers.

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Join the Movement!



<https://www.fmi.org/family-meals>

