

**SPEND YOUR LUNCH WELL - RESEARCH RESULTS**

**Key outtakes:**

* We are using the lunch break to do other things i.e. social media, phone calls, shopping
* 28% of us are eating lunch at our desks
* 33% of us skip lunch once a week
* Women were more inclined to eat in a communal area while men were more likely to eat lunch ‘on the go’ or work through.
* 24% believe their lunch break has got shorter and less regular than 18 months ago

**How often do work demands take over your lunch break?**

Very regularly 12%

Regularly 21%

Occasionally 40%

Never 26%

**Which best describes your typical lunch break?**

I usually work through my lunch break 11%

I eat lunch at my desk 28%

I eat lunch ‘on the go’ i.e. travelling, between meetings, etc. 11%

I meet friends / family / colleagues for lunch 5%

I eat lunch in a communal area in/near my workplace 31%

I use my lunch break to do other things 7%

**What do you use your lunchbreak for (other things)**

Gym 7%

Shopping 30%

Personal admin 31%

Phone calls 37%

Catch up work 30%

Social media 24%

**How long is a typical lunchbreak**

0-15 14%

16-30 min 46%

31-45 23%

46-60 min 15%

60-90 1%

90+ mins 1%

**How often do you skip lunch**

Once a week 33%

Once fortnight 11%

Once month 10%

Once 3-6 months 7%

Once a year 2%

Never 36%

**Do you think you would be more productive if you used your lunch break to relax, learn something new or interact with others?**

Yes *59%*

Neither 34%

No 6%

**-ENDS-**

**About the research**

The survey asked 1000 Australians how they send their lunch breaks. There was a fairly even gender split, most respondents were 25-44 (44%) while 41% were 45+. They earned between $30k-$150k, Most were Syd and Melb based and 53% were office-based workers.

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