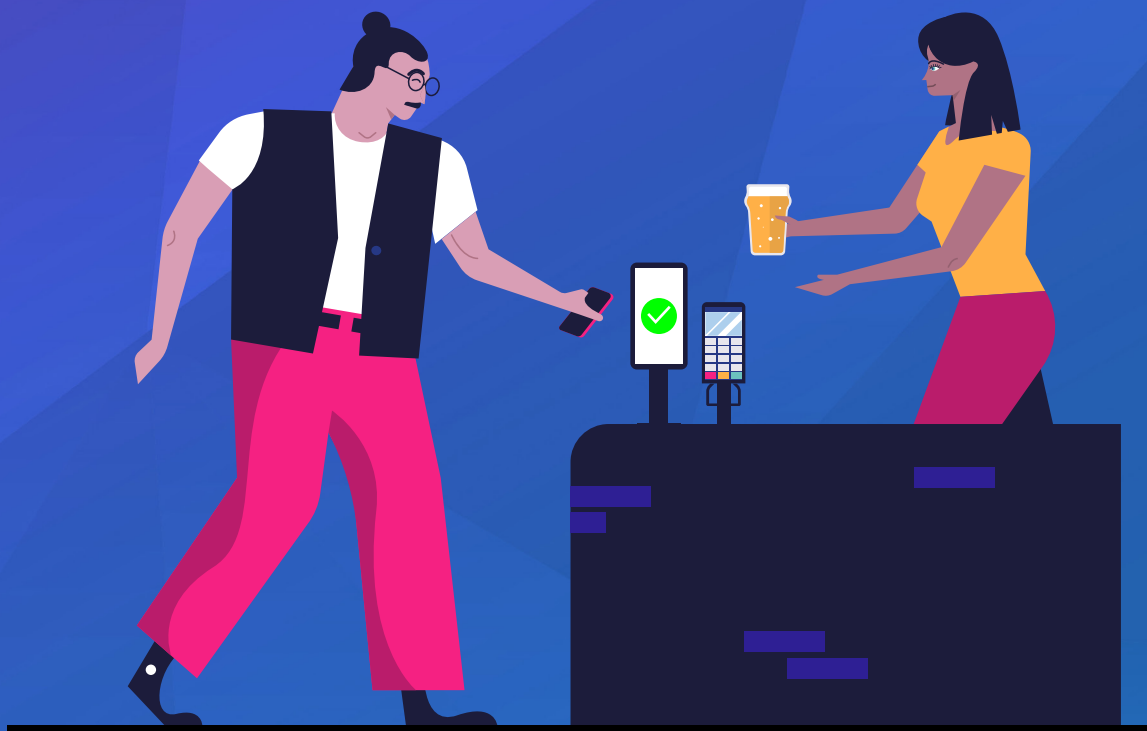


# The lunch break: 18-34-year-olds under the microscope

What do 18-34-year-olds value  
at lunch time and how can  
canteens attract them?



## Speed is critical to young people during lunch breaks - most use their lunch break to get more work done

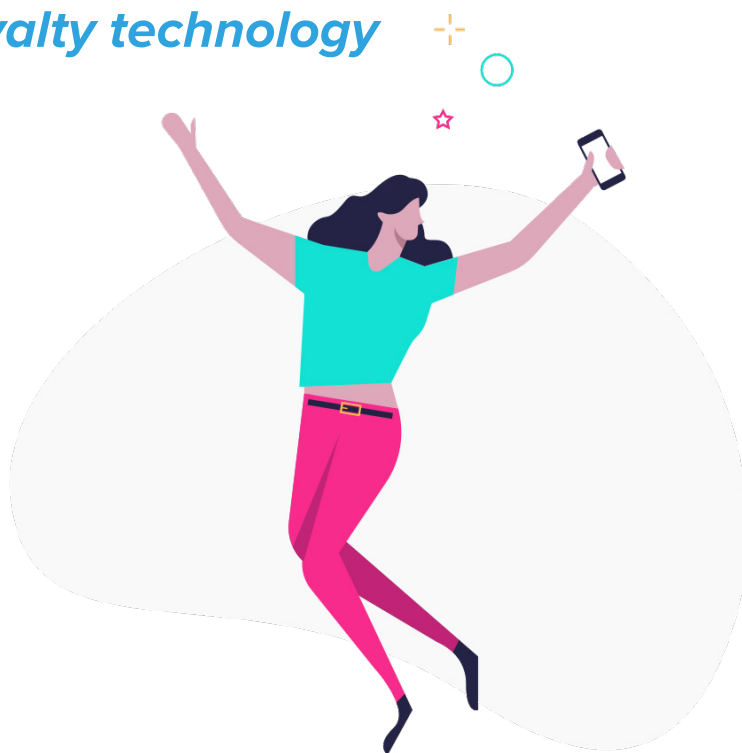
- Young people take short breaks: Two fifths (**39%**) of 18-34-year-olds either grab something and head back to their desks or take a short 15 min break
- Over a quarter (**27%**) of young people want faster service and say that they are put off going to their canteen due to long queues
- Half (**49%**) of 18-34-year-olds use their lunch break to get more work done

## Young people use their canteens - more than any other age group

- The majority of UK workers, who have access to a staff canteen, will go there for lunch three or more days a week (**41%**)
- Over half (**56%**) of 18-34-year-olds will eat at their staff canteen **3 or more times** a week. On average they eat at their canteen **2.7 times** per week
- 18-34-year-olds are more likely to eat in their canteen than any other age group - **9%** more likely to have lunch at their staff canteens than 33-54-year-olds and **18%** more than those over 55

## 18-34 year olds value technology in canteens - particularly ordering and loyalty technology

- Almost 8 in 10 (**77%**) 18-34-year-olds agree that they would eat in their workplace canteens if they were rewarded for doing so by a loyalty scheme that offered personalised deals. Of these, **43%** strongly agree
- A quarter (**24%**) would go to their canteen more often if service/queuing was faster
- Almost 1 in 3 (**28%**) of 18-34-year-olds would visit their canteen more often if they could pre-order my lunch and pick it up without queuing
- A quarter (**24%**) want a timely message telling them when food and drink available



[Download the full report to find out more](#)