

# The lunch break: **battle of the sexes**





### Men take longer lunch breaks than women

66% of men take 30+ minutes at lunch

60% of women take 30+ minutes at lunch



### Men are more active at lunch time but women want to be

49% of men go for a walk

39% of women go for a walk

26% of men go to the gym

13% of women go to the gym

84% of men go for a walk or want to

80% go for a walk or want to

31% of men want to go to the gym more

31% of women want to go to the gym more



### Neither gender wants culture or learning at lunchtime

45% of men would not go to a gallery or museum

62% of women would not go to a gallery or museum

51% of men would not go to a class

64% of women would not go to a class



### Men go to their canteen more frequently than women

72% of men go to their canteen once a week or more

62% of women go to their canteen once a week or more

On average men go to their canteen

On average women go to their canteen

2.4 times per week

1.8 times per week



### Speed is important to both genders in canteens

24% of men say it takes too long to queue in their canteen

24% of women say it takes too long to queue in their canteen



### Both genders would visit their canteens more if it had a loyalty scheme that offered them personalised offers or deals based on past purchases

59% of men said they would

54% of women said they would

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

**Methodology** - This report from Preoday and Yoyo reflects the anonymised responses of 2,003 workers based in the UK with a workplace canteen, surveyed between 12th – 19th September 2018. The survey was conducted by Opinium.