

### IFIC's Year-End Survey:

Consumer Insights from a Year Like No Other, and a Look to the Year Ahead

December 2020



### Methodology

One thousand interviews were conducted among adults ages 18+ from December 3rd to December 5th, 2020 and were weighted to ensure proportional results.

The Bayesian confidence level for 1,000 interviews is 3.5, which is roughly equivalent to a margin of error ±3.1 at the 95% confidence level.

#### **Statistical Significance**

Something is statistically significant if the result cannot be attributed to random chance. Statistical significance in this presentation should be compared within each demographic (e.g., age, race, gender, etc.).

For example, if the responses from female respondents is considered to be significant, it is in relation to male respondents and not necessarily other demographic groups.

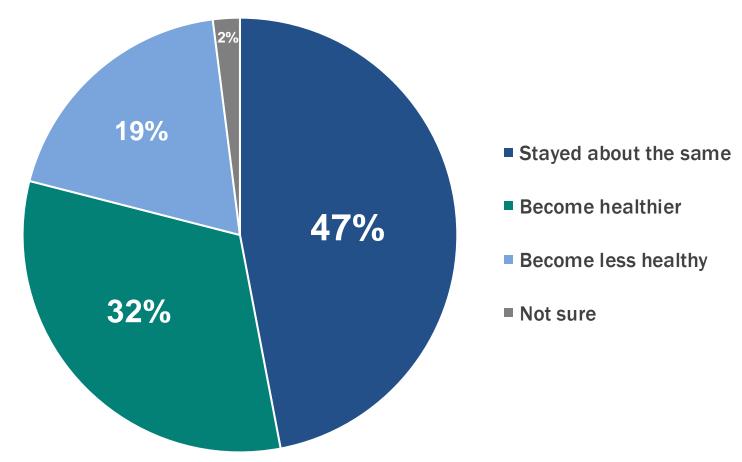




# Our food choices in 2020



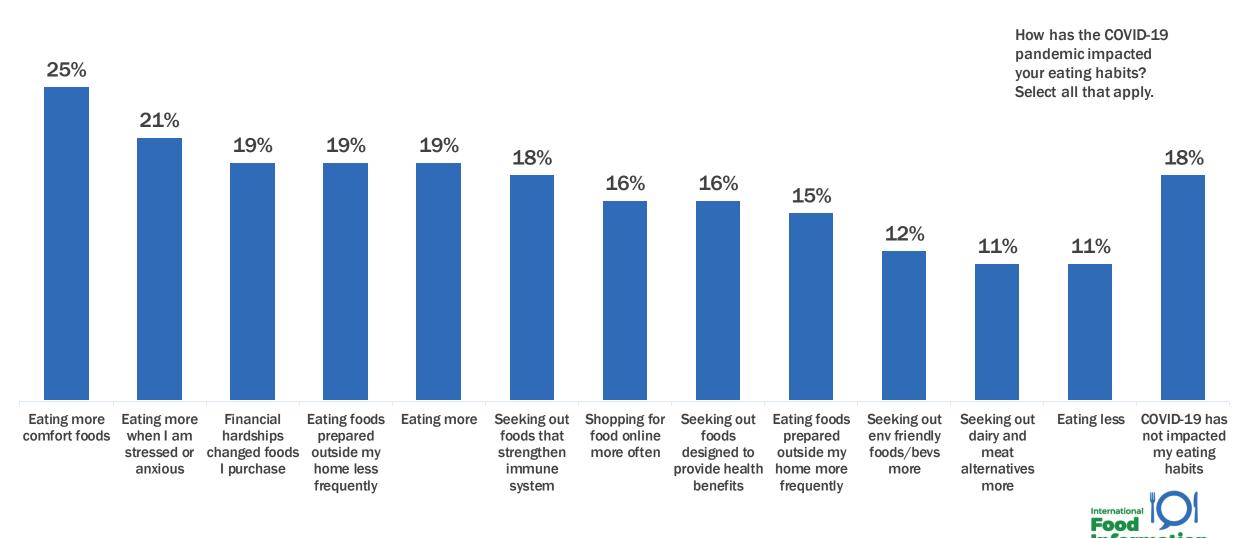
# Nearly 1 in 3 say their eating habits have become healthier over the past year



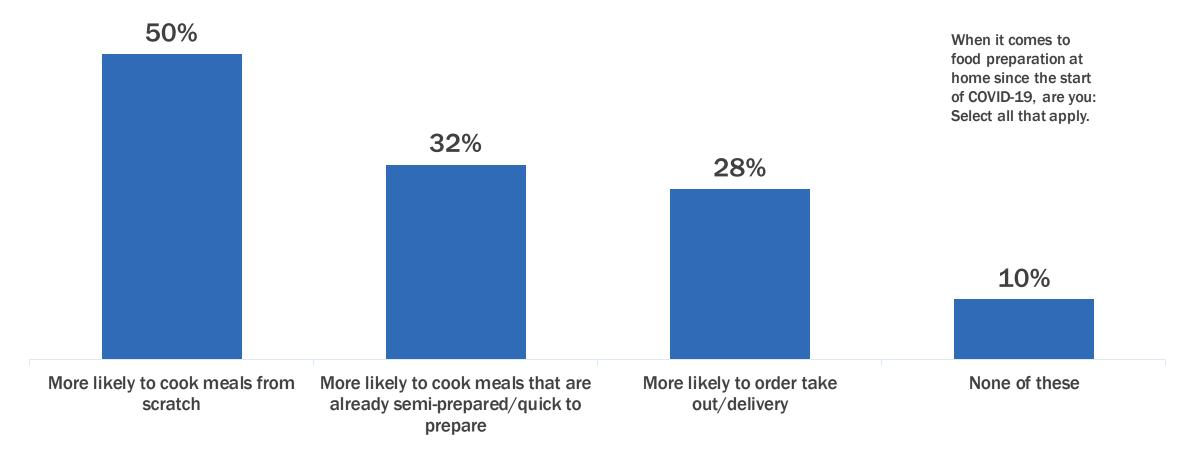
Looking back over the past year, have your eating habits:



# COVID-19 has impacted the eating habits of most people; 1 in 4 eating more comfort foods

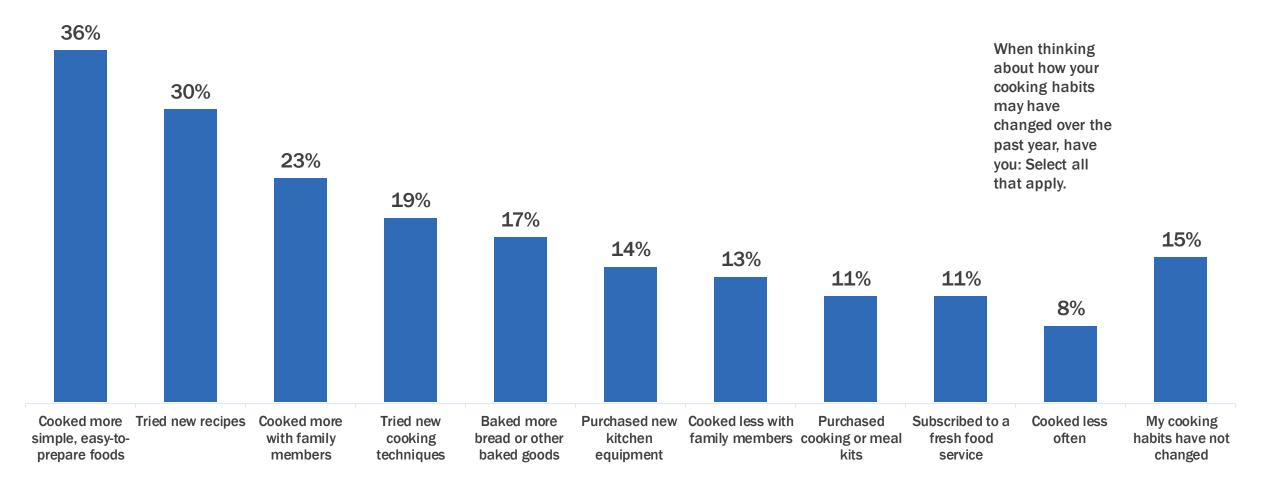


## Half of consumers are more likely to cook meals from scratch since the start of the pandemic



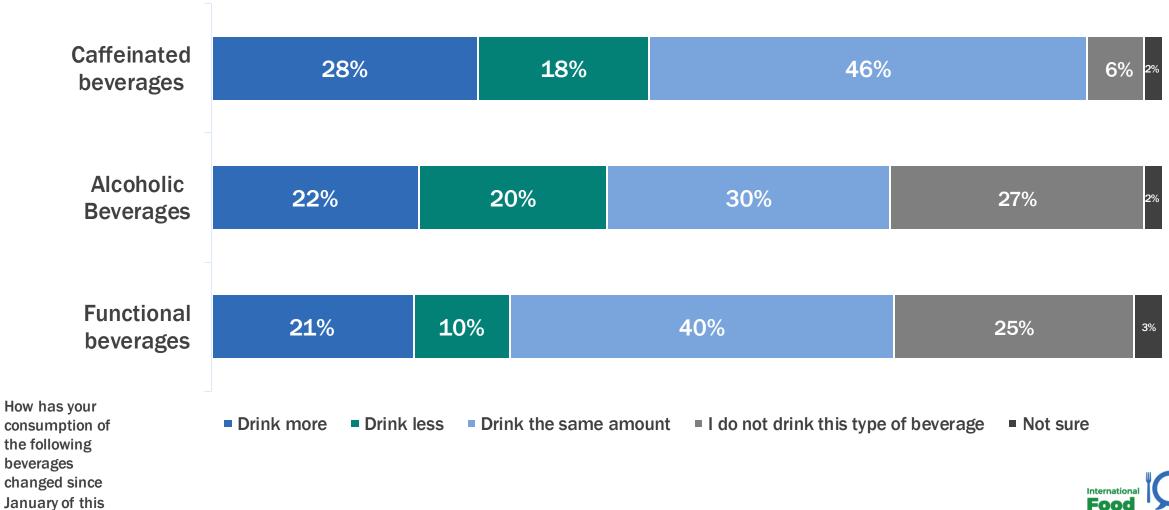


### Pandemic bread baking may have grabbed headlines in 2020, but more people have been cooking simpler foods and trying new recipes



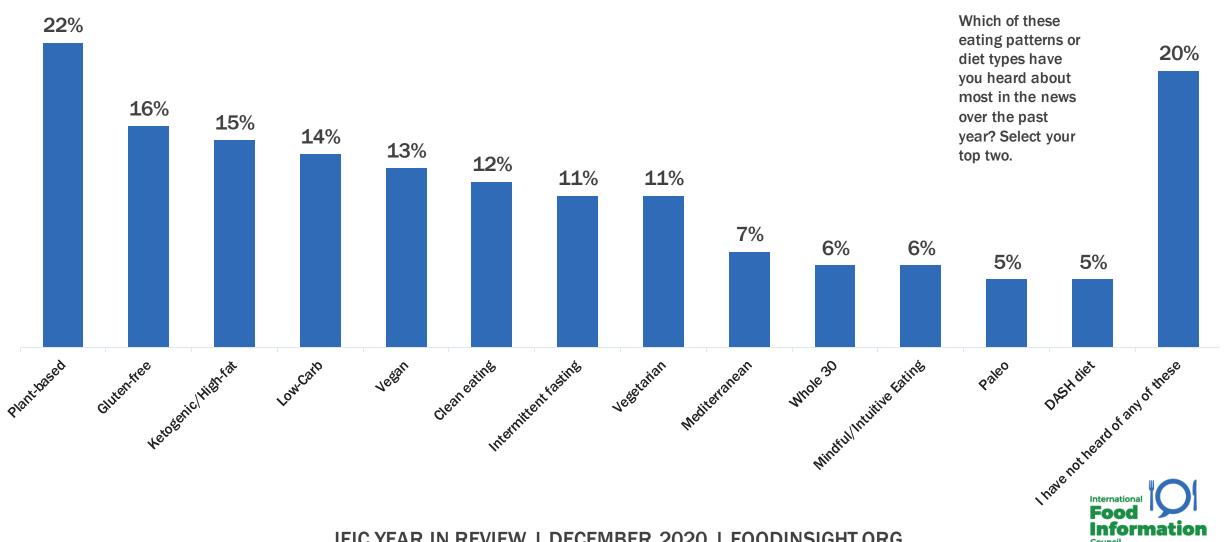


# Nearly 3 in 10 say they're drinking more caffeinated beverages this year

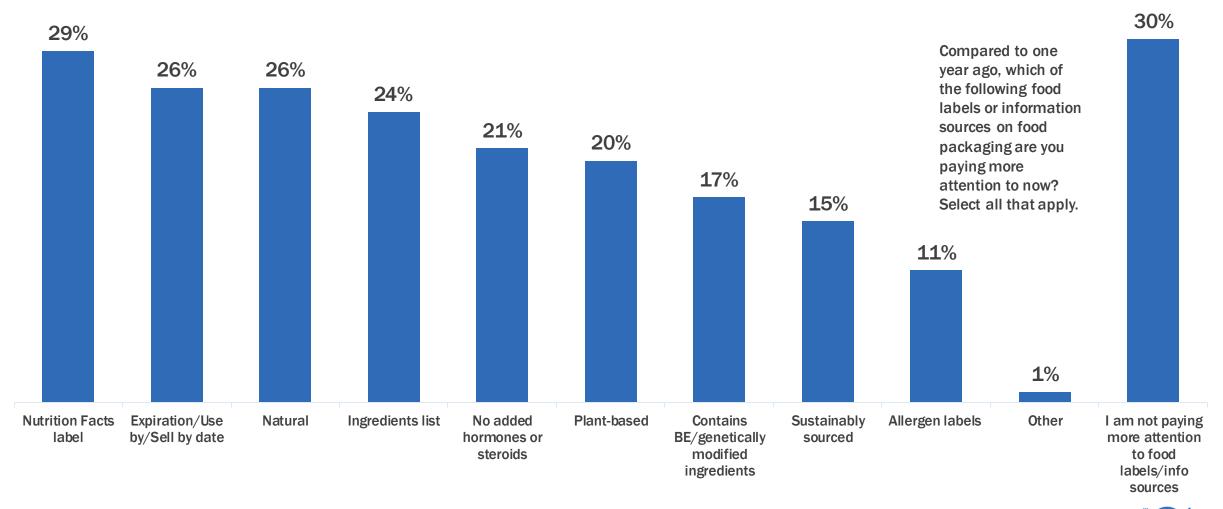


year?

### "Plant-based" tops the list of diets heard about most in the news



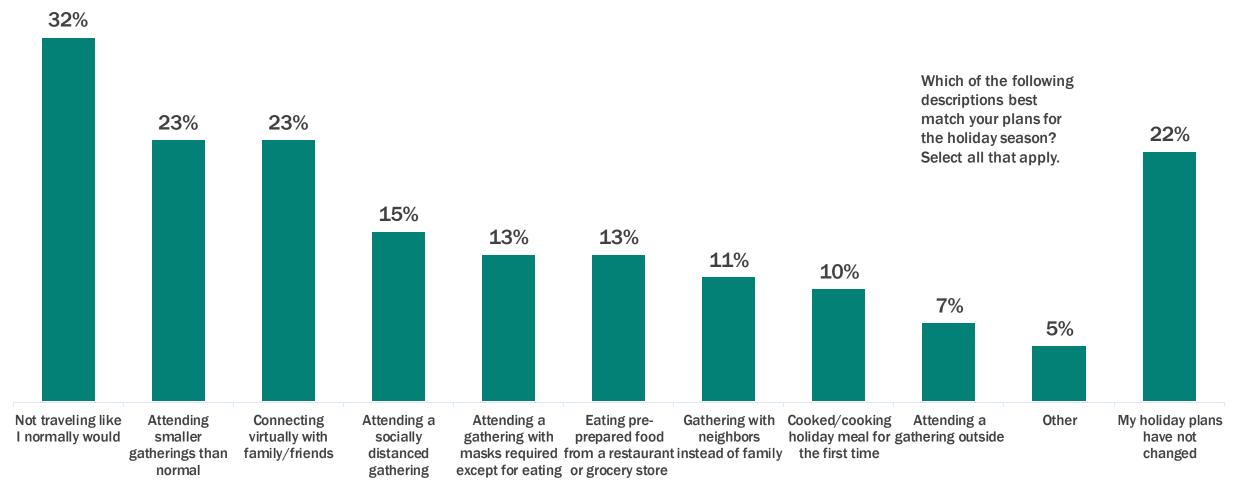
### Nearly 3 in 10 looking to the Nutrition Facts label more often this year; similar number aren't paying more attention to labels



### Holiday plans in 2020

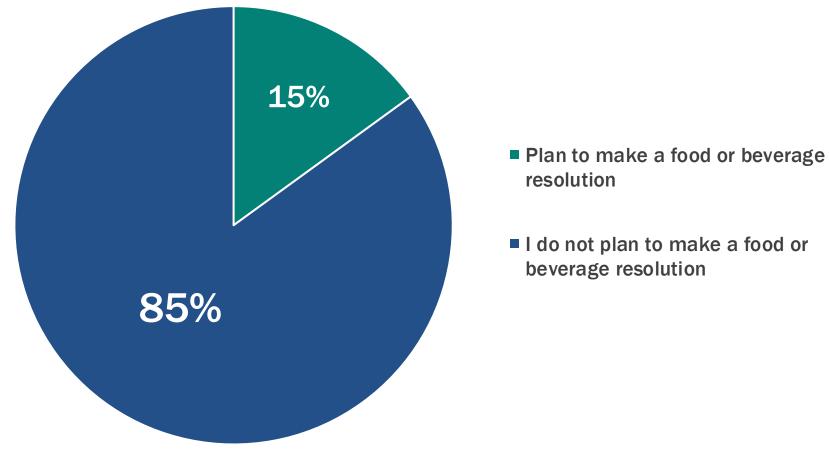


# The holidays look different for many this year, but 1 in 5 don't think their plans will change





### Most people will not be making a food or beveragerelated resolution for 2021

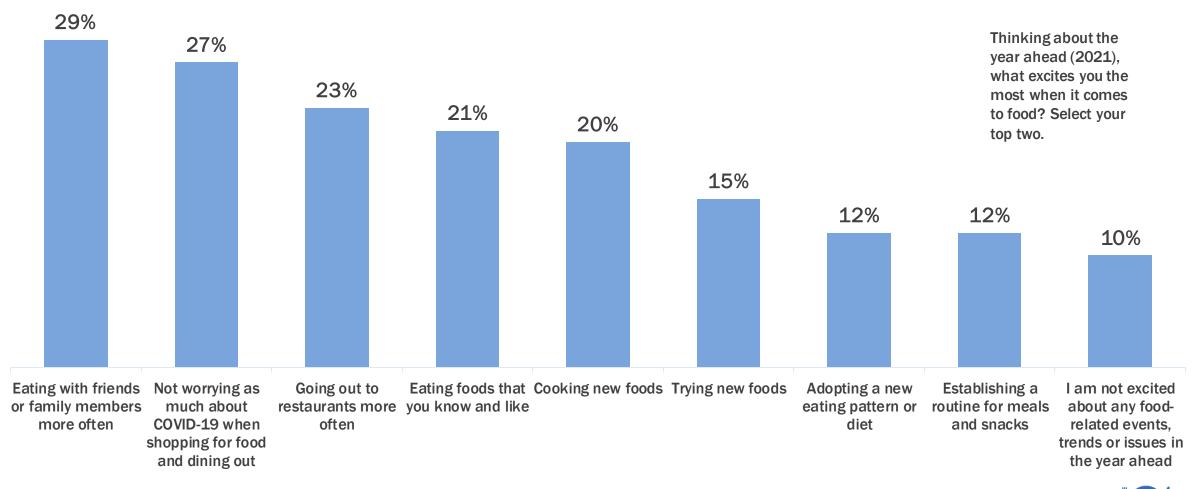


If you plan to make New Year's resolution related to foods or beverages, please state what it is below. If you do not, please select "I do not plan to make a food or beverage resolution."

### A look ahead to 2021

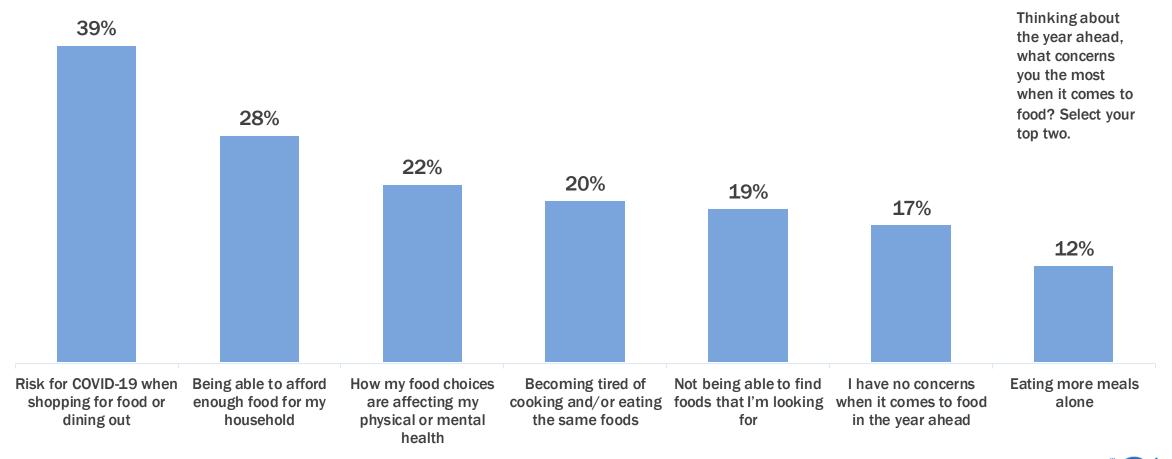


# COVID-19 related "returns to normal" top the list of what excites people most about food in the new year





# Worries about COVID-19 risk, affording food are biggest food concerns for the year ahead



# Appendix



### Looking back over the past year, have your eating habits:

	Stayed about the same	Become healthier	Become less healthy	Not sure
Total	47%	32%	19%	2%
Men	55% ↑	33%	11%↓	1%
Women	41%↓	30%	25% ↑	4%
Less than \$40K	46%	28%	23%	3%
\$40K-\$79K	45%	34%	20%	1%
\$80K+	48%	36%	14%	3%
White	52%	27%↓	18%	3%
African American	42%	39%	17%	3%
Hispanic/Latinx	36%	43%	20%	0%↓
Under 45	41%↓	40%↑	17%	1%
45-64	51%	23%↓	21%	4%
65+	56%	24%	18%	2%
Non-college	47%	28%	21%	3%
College	47%	35%	17%	1%



### How has the COVID-19 pandemic impacted your eating habits? Select all that apply.

	Eating more comfort foods	Eating more when I am stressed or anxious	Financial hardships changed foods I purchase	Eating foods prepared outside my home less	Eating more	Seeking foods that strengthen immune system	Shopping for food online more often
Total	25%	21%	19%	19%	19%	18%	16%
Men	23%	17%	15%	20%	18%	17%	18%
Women	26%	24%	22%	19%	20%	19%	<b>15</b> %
Less than \$40K	27%	21%	25% ↑	17%	20%	16%	13%
\$40K-\$79K	26%	21%	18%	13%	18%	18%	17%
\$80K+	22%	22%	12%↓	28% ↑	19%	22%	21%
White	25%	23%	17%	19%	19%	17%	16%
African American	25%	17%	19%	18%	26%	16%	<b>15</b> %
Hispanic/Latinx	24%	12%	17%	17%	14%	17%	21%
Under 45	25%	19%	20%	22%	18%	20%	19%
45-64	25%	24%	19%	14%	22%	15%	15%
65+	26%	20%	14%	22%	16%	17%	11%
Non-college	25%	21%	20%	14%↓	20%	18%	12%↓
College	25%	21%	18%	25% ↑	19%	18%	20% ↑



### How has the COVID-19 pandemic impacted your eating habits? Select all that apply.

	Seeking out foods designed to provide health benefits	Eating foods prepared outside my home more	Seeking out environ friendly foods/beverages more often	Seeking out dairy and meat alternatives more	Eating less	COVID-19 has not impacted my eating habits
Total	16%	15%	12%	11%	11%	18%
Men	16%	15%	15%	13%	8%↓	19%
Women	16%	15%	9%	9%	15% ↑	17%
Less than \$40K	14%	10%	7%↓	7%	13%	<b>22</b> % ↑
\$40K-\$79K	15%	20%	15%	9%	11%	18%
\$80K+	21%	18%	16%	18%↑	9%	9%↓
White	16%	13%	11%	9%	11%	21%
African American	12%	<b>15</b> %	11%	13%	12%	13%
Hispanic/Latinx	15%	21%	11%	15%	9%	10%
Under 45	18%	20%↑	16%↑	16%↑	10%	7%↓
45-64	12%	11%	9%	8%	11%	25% ↑
65+	19%	9%	7%	5%	16%	<b>32</b> % ↑
Non-college	13%	13%	8%↓	7%↓	12%	22%
College	19%	17%	16% ↑	<b>15</b> % ↑	11%	14%↓

#### When it comes to food preparation at home since the start of COVID-19, are you: Select all that apply.

	More likely to cook meals from scratch	More likely to cook meals that are already semi-prepared	More likely to order take out/delivery	None of these
Total	50%	32%	28%	10%
Men	46%	30%	33%	11%
Women	54%	33%	23%	9%
Less than \$40K	51%	34%	21%↓	14% ↑
\$40K-\$79K	50%	29%	35%	8%
\$80K+	49%	32%	32%	5%
White	51%	32%	26%	9%
African American	48%	36%	31%	12%
Hispanic/Latinx	49%	25%	35%	9%
Under 45	49%	33%	33% ↑	7%
45-64	49%	30%	27%	11%
65+	55%	31%	16%↓	14%
Non-college	49%	32%	27%	11%
College	51%	31%	29%	8%



When thinking about how your cooking habits may have changed over the past year, have you: Select all that apply.

	Cooked more simple, easy-to- prepare foods	Tried new recipes	Cooked more with family members	Tried new cooking techniques	or other naked	Purchased new kitchen equipment
Total	36%	30%	23%	19%	17%	14%
Men	31%	25%	25%	17%	14%	12%
Women	40%	34%	21%	21%	20%	15%
Less than \$40K	39%	30%	14%↓	15%	14%	12%
\$40K-\$79K	36%	32%	27%	23%	21%	13%
\$80K+	32%	28%	30% ↑	22%	19%	16%
White	35%	31%	24%	19%	15%	13%
African American	29%	26%	19%	23%	22%	8%
Hispanic/ Latinx	48%	18%	15%	11%	10%	18%
Under 45	33%	29%	23%	22%	20%	16%
45-64	32%	33%	24%	20%	17%	12%
65+	<b>52</b> % ↑	25%	18%	12%	11%	9%
Non-college	39%	27%	19%	17%	16%	11%
College	34%	33%	27%	22%	18%	16%



When thinking about how your cooking habits may have changed over the past year, have you: Select all that apply.

	Cooked less with family members	Purchased cooking or meal kits	Subscribed to a fresh food delivery or pick- up service	Cooked less often	My cooking habits have not changed at all over the past year
Total	13%	11%	11%	8%	15%
Men	14%	15%	13%	9%	17%
Women	12%	8%	9%	7%	13%
Less than \$40K	14%	8%	8%	7%	<b>21</b> % ↑
\$40K-\$79K	11%	11%	9%	9%	11%
\$80K+	14%	15%	<b>16</b> % ↑	9%	9%
White	12%	10%	11%	8%	17%
African American	16%	12%	8%	<b>11</b> %	11%
Hispanic/ Latinx	19%	17%	12%	4%	12%
Under 45	14%	16% ↑	<b>16</b> % ↑	8%	7%↓
45-64	13%	8%	4%↓	8%	<b>21</b> % ↑
65+	10%	4%↓	7%	9%	<b>24</b> % ↑
Non-college	14%	8%	7%↓	7%	19% ↑
College	12%	14%	<b>14</b> % ↑	9%	11%↓



### How has your consumption of the following beverages changed since January of this year?

	Caffeinated Beverages		Alcoholic Beverages			Functional Beverages			
	Drink more	Drink less	Drink same amount	Drink more	Drink less	Drink same amount	Drink more	Drink less	Drink same amount
Total	28%	18%	46%	22%	20%	30%	21%	10%	40%
Men	28%	17%	49%	27%	19%	33%	<b>26</b> % ↑	12%	39%
Women	29%	19%	43%	18%	20%	27%	16%	9%	42%
Less than \$40K	26%	17%	48%	15% ↓	21%	23% ↓	15% ↓	9%	39%
\$40K-\$79K	26%	20%	49%	25%	18%	36%	22%	9%	43%
\$80K+	35%	19%	38%	28%	21%	33%	<b>29</b> % ↑	14%	38%
White	29%	17%	46%	23%	18%	29%	22%	10%	38%
African American	26%	25%	42%	15%	20%	33%	19%	15%	46%
Hispanic/Latinx	27%	<b>15</b> %	43%	26%	25%	34%	23%	5%	46%
Under 45	32%	20%	40%↓	29% ↑	<b>24</b> % ↑	28%	<b>26</b> % ↑	<b>16</b> % ↑	39%
45-64	27%	18%	47%	21%	19%	31%	21%	6%↓	42%
65+	19%	12%	59% ↑	6%↓	9%↓	33%	6%↓	3%↓	42%
Non-college	25%	<b>15</b> %	<b>52</b> % ↑	15% ↓	20%	31%	15% ↓	9%	44%
College	32%	21%	40%↓	29% ↑	20%	29%	<b>26</b> % ↑	11%	37%



Which of these eating patterns or diet types have you heard about most in the news over the past year? Select your top two.

	Plant-based	Gluten-Free	Ketogenic/ High-Fat	Low-Carb	Vegan	Clean eating	Intermittent fasting
Total	22%	16%	15%	14%	13%	12%	11%
Men	22%	18%	12%	13%	<b>15</b> %	13%	9%
Women	23%	14%	18%	14%	11%	10%	14%
Less than \$40K	23%	19%	14%	13%	10%	12%	10%
\$40K-\$79K	20%	12%	17%	17%	16%	11%	12%
\$80K+	24%	14%	15%	12%	<b>15</b> %	12%	13%
White	22%	15%	18%	14%	11%	11%	11%
African American	23%	18%	13%	15%	14%	11%	14%
Hispanic/Latinx	19%	19%	5%	15%	13%	15%	7%
Under 45	19%	18%	12%	13%	<b>17</b> % ↑	15% ↑	13%
45-64	23%	13%	16%	12%	10%	10%	12%
65+	29%	16%	22%	17%	10%	5%	6%
Non-college	19%	15%	15%	15%	12%	9%	10%
College	26%	16%	16%	13%	14%	14%	13%



Which of these eating patterns or diet types have you heard about most in the news over the past year? Select your top two.

	Vegetarian	Mediterranean	Whole 30	Mindful/ Intuitive Eating	Paleo	DASH	I have not heard of any of these eating patterns/diets
Total	11%	7%	6%	6%	5%	5%	20%
Men	<b>16</b> % ↑	9%	6%	6%	5%	<b>7</b> %	17%
Women	8%↓	5%	5%	7%	5%	4%	22%
Less than \$40K	8%	4%	1%↓	8%	5%	5%	24%
\$40K-\$79K	12%	7%	8%	4%	5%	6%	20%
\$80K+	15%	10%	9% ↑	6%	4%	6%	13%
White	11%	8%	7%	5%	5%	5%	21%
African American	14%	6%	5%	4%	2%	3%	19%
Hispanic/Latinx	13%	2%	3%	14%	2%	11%	20%
Under 45	<b>15</b> % ↑	7%	<b>7</b> %	8%	4%	<b>7</b> %	13%↓
45-64	8%	6%	5%	6%	4%	6%	<b>26</b> % ↑
65+	8%	8%	3%	2%	8%	1%↓	26%
Non-college	9%	4%↓	4%	6%	5%	6%	<b>27</b> % ↑
College	14%	10%↑	7%	7%	5%	5%	13%↓



Compared to one year ago, which of the following food labels or information sources on food packaging are you paying more attention to now? Select all that apply.

	Nutrition Facts label	Expiration/Use By/Sell by date	Natural	Ingredients list	No added hormones or steroids
Total	29%	26%	26%	24%	21%
Men	28%	27%	29%	26%	17%
Women	29%	26%	23%	23%	24%
Less than \$40K	24%	27%	22%	21%	21%
\$40K-\$79K	29%	26%	24%	25%	22%
\$80K+	34%	27%	33%	27%	21%
White	27%	25%	24%	22%	18%
African American	22%	23%	29%	26%	23%
Hispanic/Latinx	30%	39%	25%	27%	21%
Under 45	27%	28%	33% ↑	25%	23%
45-64	29%	21%	19%↓	24%	16%
65+	32%	34%	18%	23%	27%
Non-college	24%↓	28%	20%↓	23%	19%
College	34% ↑	25%	<b>31</b> % ↑	26%	23%



Compared to one year ago, which of the following food labels or information sources on food packaging are you paying more attention to now? Select all that apply.

	Plant-based	Contains bioengineered /genetically modified ingredients	Sustainably sourced	Allergen labels	Other	I am not paying more attention to any food labels
Total	20%	17%	<b>15</b> %	11%	1%	30%
Men	19%	16%	17%	16%↑	0%	26%
Women	21%	18%	14%	7%↓	1%	34%
Less than \$40K	16%	16%	11%	7%	1%	37% ↑
\$40K-\$79K	20%	18%	16%	10%	0%	27%
\$80K+	26%	19%	<b>22</b> % ↑	<b>17</b> % ↑	1%	22%
White	20%	16%	16%	11%	1%	34%
African American	21%	20%	14%	12%	0%	25%
Hispanic/Latinx	14%	23%	13%	16%	0%	16%
Under 45	23%	20%	20% ↑	16% ↑	0%	17%↓
45-64	19%	16%	12%	8%	2%	38% ↑
65+	15%	15%	10%	7%	1%	48% ↑
Non-college	15%↓	14%	11%↓	11%	1%	38% ↑
College	25% ↑	21%	19% ↑	12%	1%	22%↓



Which of the following descriptions best match your plans for the holiday season? Select all that apply.

	Not traveling like I normally would	Attending smaller gatherings than normal	Connecting virtually with family/friends	Attending a socially distanced gathering	Attending a gathering with masks except for eating	Eating pre- prepared food ordered from a restaurant or grocery store
Total	32%	23%	23%	15%	13%	13%
Men	32%	25%	24%	19%	18%↑	15%
Women	32%	22%	22%	11%↓	9%↓	11%
Less than \$40K	30%	<b>17</b> %	20%	12%	11%	9%
\$40K-\$79K	29%	25%	24%	17%	15%	15%
\$80K+	37%	29%	27%	17%	16%	<b>17</b> %
White	30%	26%	21%	14%	12%	12%
African American	24%	16%	29%	16%	<b>15</b> %	14%
Hispanic/Latinx	37%	21%	20%	17%	22%	<b>17</b> %
Under 45	28%	25%	24%	<b>22</b> % ↑	<b>21</b> % ↑	<b>17</b> % ↑
45-64	35%	22%	24%	12%	8%↓	9%
65+	36%	20%	19%	2%↓	5% ↓	10%
Non-college	26%↓	18%↓	21%	13%	14%	9%
College	<b>37</b> % ↑	28% ↑	25%	17%	13%	<b>16</b> % ↑

### Which of the following descriptions best match your plans for the holiday season? Select all that apply.

	Gathering with more neighbors instead of family		Attending a gathering outside	Other	My holiday plans have not changed
Total	11%	10%	7%	5%	22%
Men	14%	14% ↑	9%	1%↓	21%
Women	7%	8%	6%	8%↑	23%
Less than \$40K	6%	7%↓	4%	7%	29% ↑
\$40K-\$79K	12%	9%	7%	4%	19%
\$80K+	15%	17% ↑	<b>11</b> % ↑	2%	14%↓
White	10%	10%	8%	5%	25%
African American	10%	15%	10%	4%	18%
Hispanic/Latinx	14%	12%	3%	3%	12%
Under 45	16% ↑	16% ↑	10% ↑	2%↓	12%↓
45-64	9%	7%	6%	8%↑	28% ↑
65+	0%↓	1%↓	2%↓	6%	36% ↑
Non-college	9%	7%↓	5% ↓	6%	27%↑
College	12%	14%↑	10%↑	3%	17%↓



If you plan to make New Year's resolution related to foods or beverages, please state what it is below. If you do not, please select "I do not plan to make a food or beverage resolution."

	Plan to make a food or beverage resolution	I do not plan to make a food or beverage resolution		
Total	15%	85%		
Men	18%	82%		
Women	12%	88%		
Less than \$40K	10%	90%		
\$40K-\$79K	12%	88%		
\$80K+	<b>23</b> % ↑	77%↓		
White	15%	85%		
African American	12%	88%		
Hispanic/Latinx	21%	79%		
Under 45	<b>21</b> % ↑	79%↓		
45-64	10%↓	90%↑		
65+	7%	93%		
Non-college	11%↓	89%↑		
College	18% ↑	82%↓		



Thinking about the year ahead (2021), what excites you the most when it comes to food? Select your top two.

	Eating with friends or family members	Not worrying as much about COVID-19	Going out to restaurants more often	Eating foods that you know and like	Cooking new foods	Trying new foods	Adopting a new eating pattern or diet	Establishing a routine for meals and snacks	I am not excited about any food- related
Total	29%	27%	23%	21%	20%	15%	12%	12%	10%
Men	25%	24%	22%	23%	21%	17%	12%	16%	10%
Women	32%	30%	24%	19%	20%	13%	13%	9%	11%
Less than \$40K	25%	27%	21%	22%	20%	15%	12%	9%	<b>16</b> % ↑
\$40K-\$79K	32%	28%	21%	19%	22%	16%	14%	13%	7%
\$80K+	29%	24%	25%	23%	21%	16%	12%	17%	7%
White	30%	28%	<b>28</b> % ↑	20%	19%	13%	12%	11%	11%
African American	16%↓	21%	13%	19%	25%	22%	13%	14%	15%
Hispanic/Latinx	29%	31%	6%↓	24%	22%	19%	15%	19%	6%
Under 45	25%	23%	16%↓	25%	<b>28</b> % ↑	<b>19</b> % ↑	16%	<b>18</b> % ↑	5% ↓
45-64	30%	25%	26%	21%	16%	14%	10%	10%	15%
65+	36%	<b>42</b> % ↑	35% ↑	14%	11%	5% ↓	8%	3%↓	18% ↑
Non-college	27%	26%	23%	20%	18%	16%	12%	12%	13%
College	30%	27%	23%	22%	22%	14%	13%	13%	8%



Thinking about the year ahead, what concerns you the most when it comes to food? Select your top two.

	Risk for COVID-19	Being able to afford enough food for my household	Food choices affect physical/mental health	Tired of cooking and/or eating the same foods	Not being able to find foods that I'm looking for	Eating more meals alone	I have no concerns when it comes to food
Total	39%	28%	22%	20%	19%	12%	17%
Men	37%	25%	26%	18%	20%	13%	18%
Women	41%	30%	19%	22%	18%	11%	17%
Less than \$40K	39%	36% ↑	19%	14%↓	19%	12%	19%
\$40K-\$79K	40%	25%	20%	24%	23%	10%	15%
\$80K+	38%	23%	28%	24%	17%	15%	<b>15</b> %
White	37%	28%	21%	22%	18%	12%	19%
African American	39%	24%	18%	20%	23%	13%	17%
Hispanic/ Latinx	37%	32%	34%	9%	23%	13%	13%
Under 45	38%	31%	28% ↑	25% ↑	20%	15%	8%↓
45-64	39%	27%	18%	17%	18%	10%	22%
65+	42%	21%	15%	14%	20%	7%	33% ↑
Non-college	37%	30%	16%↓	18%	22%	9%↓	<b>22</b> % ↑
College	41%	26%	28% ↑	22%	17%	15% ↑	13% ↓









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