

# 2022 Food and Health Survey Snapshot on Parents

With children under 18 years old



**79%** snack at least  
**once a day**, and are more  
likely\* to snack because  
they need energy



The top health benefits that  
parents seek out from foods,  
beverages and nutrients are  
"energy/less fatigue" and  
"improved sleep"



**70%** have followed a  
diet or eating pattern in  
the past year



More likely\* to follow a  
diet or eating pattern to:

- Eat in a way that  
would be good for the  
environment
- Improve their  
relationship with food



**69%** believe their  
individual choices about  
food and beverage  
purchases impact the  
environment



**43%** buy groceries  
online at least once a week

\*Sample Size: n = 374. Comparisons are in relation  
to those without children under 18 years old.

[View the full survey here](#)

@foodinsight