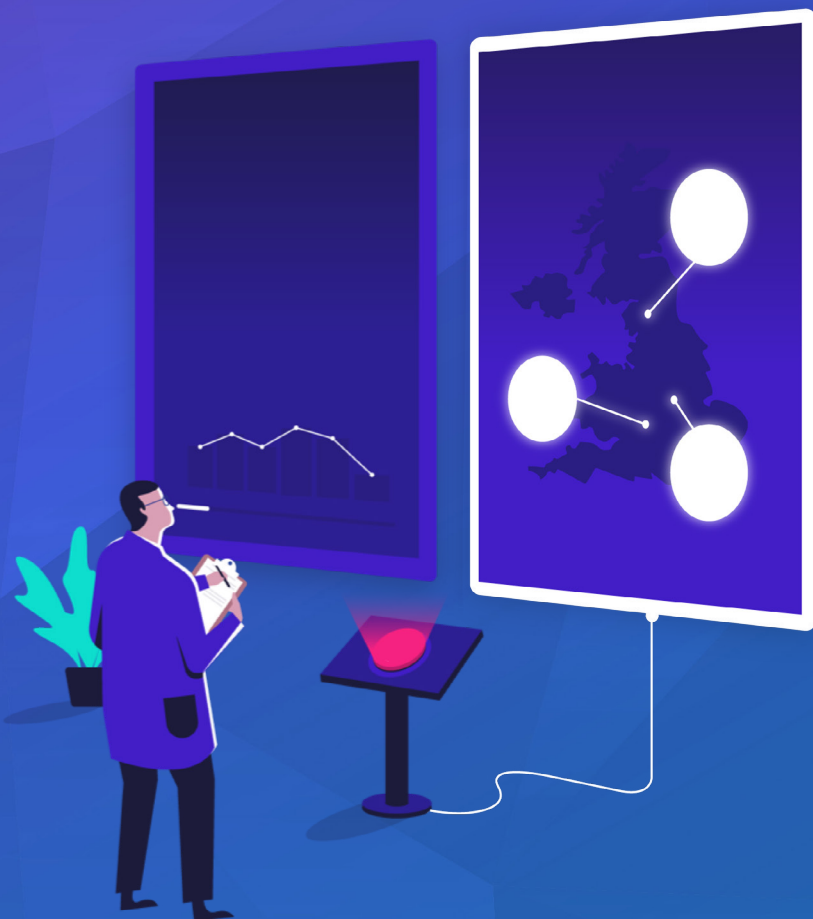


# The lunch break: findings from around the UK





## People in the North of England take the shortest lunch breaks and eat in their canteens the most frequently

- You are least likely to be entitled to an hour for lunch if you work in Newcastle (**10%**)
- People working in Newcastle are least likely to take an hour for lunch (**6%**)
- Workers in the North of England eat most frequently overall in canteens – **7.4 times** per month in North East, **7.0 times** per month in Leeds and **7.4 times** per month in Newcastle

## People in Brighton relish their lunch breaks

- Everyone working in Brighton says they take some form of lunch break
- People working in Brighton are most likely to take an hour for lunch (**27%**)
- Workers in Brighton are most likely to go for a walk at lunch time (**55%**)
- Brightonians aren't rushed at lunch time – only **18%** said that speed was important

## Londoners are the most impatient at lunch time but spend the longest in queues

- Londoners spend longest time queuing – on average **6.5 minutes** vs **4.5 minutes** nationwide
- **41%** of London workers say they can queue anywhere between 5 and 15 minutes
- Londoners are particularly impatient – **31%** said queuing at lunch time in their canteen takes too long
- People working in London are most likely to use their lunch break to get more work done, with more than half (**55%**) of Londoners saying this is what they currently do with their time.
- Londoners are most likely to eat in their canteens every day – almost a quarter (**24%**) of respondents say they visit their canteen five times per week

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