

When lunch bites back

Americans spend an average of **\$2,746** per year on lunch



Visa 2015 Lunch Survey

Dining in or dining out?

The average American packs lunch or eats at home more frequently than dining out.

Cafe

On average, Americans eat lunch out about **2 times** per week and spend:

per day \$11.14
per week . . . \$20.05
per year \$1,043

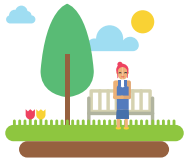
By packing lunch or eating at home an average of **5 times** per week, individuals spend:

\$6.30	\$32.76	\$1,704
per day	per week	per year

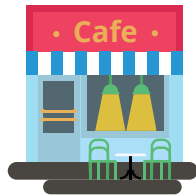


Home is where the lunch is

Almost half of Americans eat lunch at home, regardless of whether it was homemade or purchased.



Outside
7%



Restaurant
12%



Work
31%*



Home
42%

*Of the **31%** of Americans who eat lunch at work — **15%** eat at their workspace or desk, **11%** in the break room or kitchen, and **5%** dine in their employer's cafeteria.



Lavish lunches

1% of diners spend **\$50** or more per meal and eat out **3 times** per week — costing them a whopping **\$9,383*** a year.

*3 (avg. times/week) x \$60.15 (avg. weekly spend) x 52 (weeks in a year)

Brown bagging it

32% of Americans say that they never eat lunch out.



Men's big-ticket midday meal

Men spend a massive **60%** more than women on lunch by dining out more frequently and choosing pricier meals.



Men: 2.1 times/week x \$11.87/meal = **\$24.93/week**

Women: 1.5 times/week x \$10.37/meal = **\$15.56/week**



Southerners splurge dining out

Americans in the South eat lunch out more frequently and spend nearly **\$200** more annually than the national average of **\$1,043** per year.

Get Visa's NEW free Lunch Tracker App

Take the 30 Day Challenge to save money and improve spending habits. Get useful cost-cutting tips. Share meal pictures with friends.

Available for iOS devices at iTunes app store
PracticalMoneySkills.com/Lunch
[#LunchTrackerApp](https://twitter.com/LunchTrackerApp)



Visa Inc. 2015 Lunch Spending Survey
The survey results are based on 2,033 telephone interviews conducted nationally on July 16-19 & August 6-9, 2015, in cooperation with ORC International's Omnibus Service "Telephone Caravan."

