

# Food Politics - What is Covid-19 doing to American food habits?

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The industry-sponsored International Food Information Council (IFIC) regularly conducts surveys of consumer food buying habits.

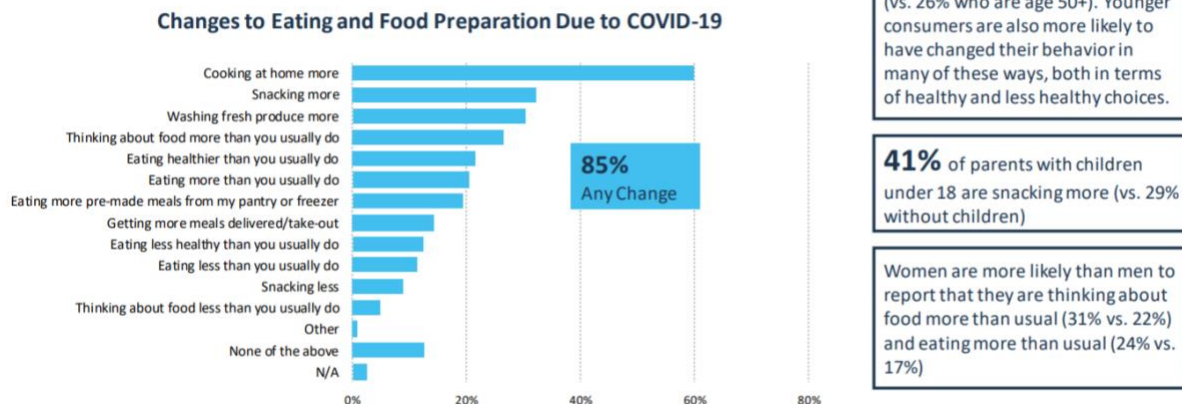
Its latest survey was conducted in mid-April. According to the [press release](#), the “COVID-19 Pandemic Transforms the Way We Shop, Eat and Think About Food.”

COVID-19 has also upended almost every aspect of our daily lives, not the least of which includes our eating and food-purchasing habits. Among the 85% who have made any change, the biggest—far and away—is that 60% of Americans report cooking at home more. Respondents also say they are snacking more (32%), washing fresh produce more often (30%) and thinking about food more than usual (27%).

[The survey’s](#) chief finding:

### More than 8 in 10 Americans have altered their food habits as a result of the COVID-19 pandemic

Women, those under age 35, and parents are among some of the most likely to have made changes



Q13b: Has there been any change to food you eat or how you prepare food as a result of the coronavirus (COVID-19) crisis? Select all that apply. (n=1,011)

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No surprises here or in any of the other findings, but it’s nice to have the data.