

Press Release

Eating Culture in the Czech Republic and Ordering Meals through Food Delivery Apps – Food 2021

- ⊗ Most people eat three (41%) or four (30%) meals a day.
- ⊗ In any ordinary week most people usually prepare their own breakfast and dinner (or someone in their household prepares these meals for them) 6 or 7 times a week – this is the case of 68% of people for breakfast and 67% of people for dinner.
- ⊗ In an ordinary week 92% usually eat dinner at home, and 81% have breakfast and 41% have lunch at home.
- ⊗ 50% of respondents eat dinner with someone from their household 6 or 7 times a week, while 23% eat lunch and 34% eat breakfast with a household member.
- ⊗ The room in the home in which people most often eat their meals is the kitchen (53%), followed by the dining room (27%) and the living room (18%).
- ⊗ 35% of people regularly, i.e. at least once every two weeks, eat at a canteen/cafeteria, 33% at a restaurant, 21% at a fast-food restaurant, and 18% each at a cafe or in another home (usually the home of a family member or when visiting someone).
- ⊗ The majority (71%) of the Czech public never orders food through food delivery app (e.g. Wolt, Dámejídlo, Uber Eats), 26% do so sometimes, and 2% do so regularly.

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In our special Food 2021 survey the Public Opinion Research Centre examined the culture of eating. We asked respondents how many meals they eat a day, how often they prepare these meals themselves, how often they eat outside the home, where in the home they usually eat their meals, and how often they eat alone or in the company of another member of the household. The survey also included questions about ordering food through various food delivery apps (e.g. Wolt, Dámejídlo, Uber Eats), in which we were interested in learning whether people use these services and, if they do, how much money they spend on them a month.

Our first question dealt with how many times a day people eat or how many meals they usually have each day.¹ We can see from the result in Figure 1 that most people eat three meals a day (41%). Just under one-third (30%) of respondents said that they eat four times a day and another under one-fifth (17%) said that they eat five meals a day. Just under one-twentieth (4%) of respondents indicated that they eat more than five meals a day, while, on the contrary, just under one-eighth (8%) of respondents said they only eat two meals a day.

¹ Question wording: 'How many meals do you usually eat a day?' Response options: One meal, two meals, three meals, four meals, five meals, more than five meals a day.

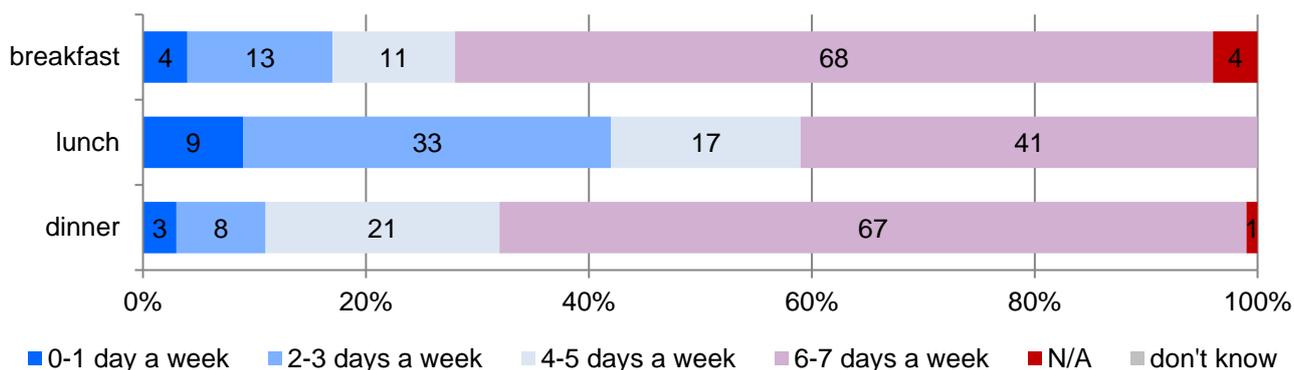
Figure 1: How many meals a day people eat (in %)



Source: Public Opinion Research Centre, Institute of Sociology, Czech Academy of Sciences, Food 2021, 10–26 July 2021, 884 respondents over the age of 15, face-to-face interviews.

We then asked respondents how often in a week they prepare their own meals (breakfast, lunch, dinner) or someone in their household prepares the meals for them.² Breakfast and dinner are clearly the meals that people most often prepare at home, as more than two-thirds of respondents (68% breakfast, 67% dinner) said that they prepare these meals at home 6 to 7 times a week. It should be noted as well that just under one-twentieth (4%) of respondents indicated that they do not eat breakfast. If we compare how often people prepare breakfast and dinner, we find that people prepare dinner at home more often than breakfast – 88% of respondents said they make dinner themselves at least 4 times a week, while in the case of breakfast the figure is 79%. In the case of lunch, just over two-fifths (41%) of people prepare this meal at home 6 to 7 times a week, just under one-fifth (17%) do so 4 to 5 times a week, around one-third (33%) do so 2 to 3 times a week, and just under one-tenth (9%) do so even less often.

Figure 2: How often do people (or someone in their household) make their own meals? (in %)

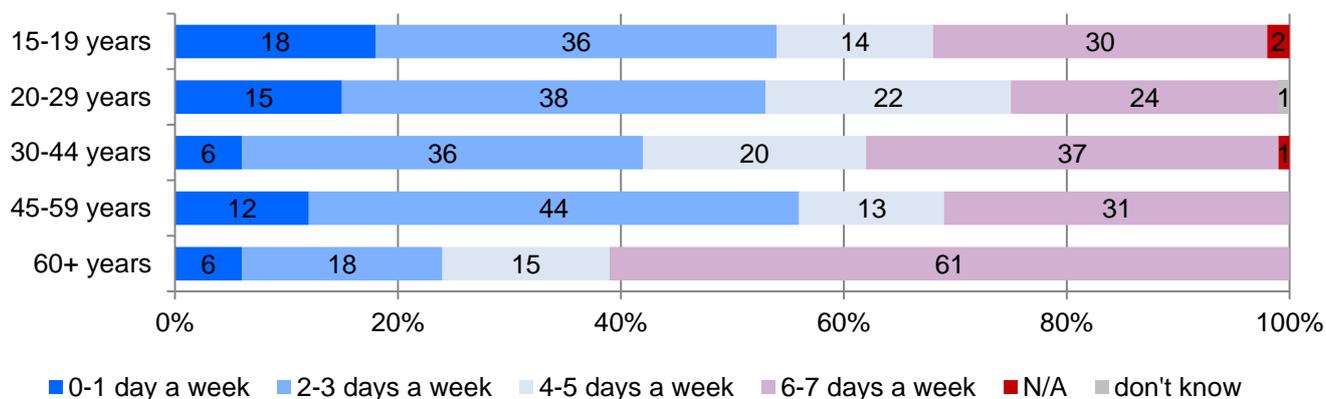


Source: Public Opinion Research Centre, Institute of Sociology, Czech Academy of Sciences, Food 2021, 10–26 July 2021, 884 respondents over the age of 15, face-to-face interviews.

A more detailed analysis revealed that it is most often women and people over the age of 60 who make their meals themselves in the case of every meal, while the biggest differences compared to the other age groups were observed in the case of lunch (see Figure 3).

² Question wording: 'In any ordinary week how often do you prepare your own meals (or someone in your household prepares them for you)? a) breakfast, b) lunch, c) dinner.' Response options: 0-1 day a week, 2-3 days a week, 4-5 days a week, 6-7 days a week, N/A – does not apply (I don't eat that meal), don't know.

Figure 3: How often do people make their own lunch (or someone in their household makes it for them)? – age comparison (rows in %)

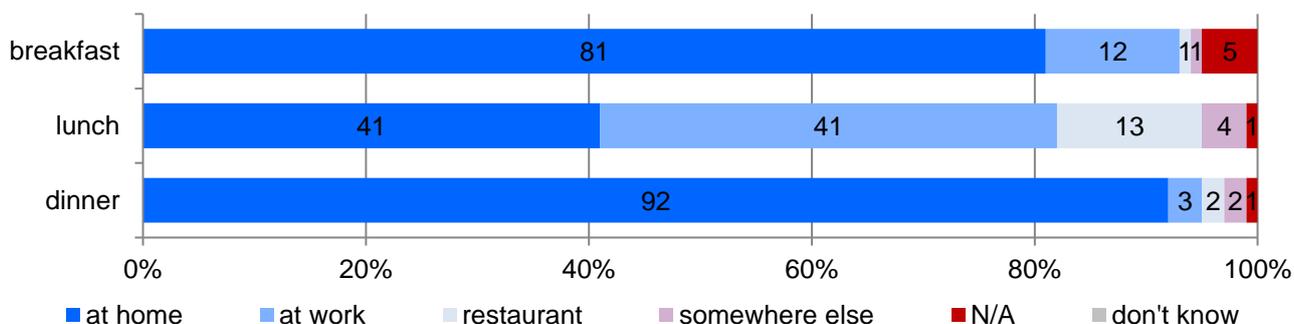


Source: Public Opinion Research Centre, Institute of Sociology, Czech Academy of Sciences, Food 2021, 10–26 July 2021, 884 respondents over the age of 15, face-to-face interviews.

On the question of where people usually eat their meals in any ordinary week,³ most people eat all their meals – breakfast, lunch, and dinner – at home (see Figure 4). Specifically, 92% of people usually eat dinner at home and 81% eat breakfast at home, while people least often have their lunch at home (41%). In the case of lunch, equal shares of people eat lunch at work as at home (41%). More than one-tenth (13%) of people indicated that in an ordinary week they usually have lunch at a restaurant, café, or canteen.

Young people between the ages of 15 and 19, people with a higher standard of living, and managers and business people are the ones who tend to eat more in restaurants, cafés, and canteens. Men, working-age people (20 to 59), office workers, and manual workers are the ones who tend to lunch most at work.

Figure 4: Where do people most often eat?



Source: Public Opinion Research Centre, Institute of Sociology, Czech Academy of Sciences, Food 2021, 10–26 July 2021, 884 respondents over the age of 15, face-to-face interviews.

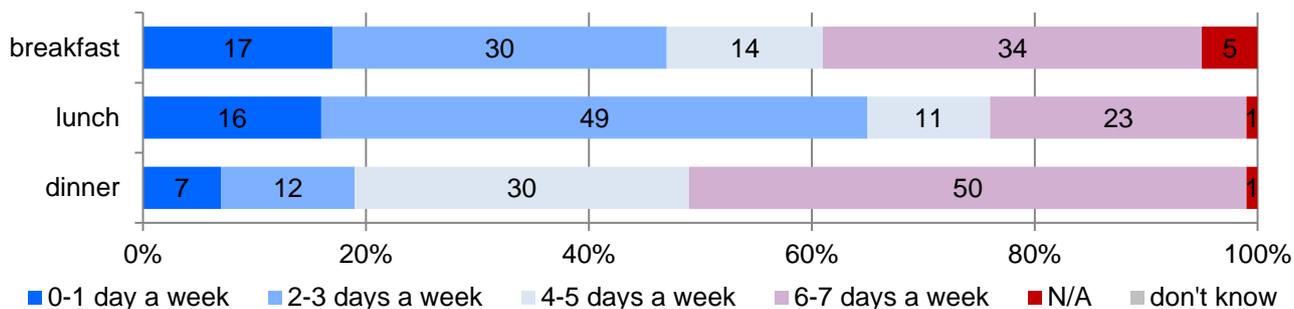
We were also interested in learning how often people eat meals with other household members.⁴ We asked these questions only of respondents who share a household with at least one other person. The results revealed (see Figure 5) that people most often eat their dinner with at least one other household member: one-half (50%) of respondents do this almost every day (6 or 7 times a week), just under one-third (30%) do so 4 or 5 times a week, and just under one-twentieth (19%) do so less often. In the case of lunch, most people (49%) eat with someone from their household 2 to 3 times a week, which is consistent with the results of the preceding question, and no doubt reflects the practice of people working outside the home during the week and then probably lunching together on weekends. One-third of respondents (11%) eat lunch with someone from their household 4 to 5 times a week and almost one-quarter (23%)

³ Question wording: 'In any ordinary week where do you usually eat: a) breakfast, b) lunch, c) dinner?' Response options: at home, at work, at a restaurant/café/canteen, N/A – not applicable (doesn't eat that meal).

⁴ Question wording: 'How often in any ordinary week do you eat the following meals with at least one other member of your household (e.g. a partner, children)?' Response options: 0-1 day a week, 2 to 3 days a week, 4 to 5 days a week, 6 to 7 days a week, N/A – not applicable (doesn't eat that meal).

do so 6 to 7 times a week. By contrast, around one-sixth (16%) of respondents eat lunch with another household member less often (0 to 1 times a week). How often people eat breakfast with another household member is roughly in between the frequency with which they have lunch or dinner with others, as around one-third (34%) of respondents said they eat breakfast with at least one other household member almost every day (6 to 7 times a week), around one-seventh (14%) do so 4 to 5 times a week, just under one-third (30%) do so 2 to 4 times a week, and just under one-fifth (17%) do so less often. One-twentieth (5%) of people said that they do not usually eat breakfast.

Figure 5: How often do people eat with someone else in their household (% , only those who share a household with one or more other people)



Source: Public Opinion Research Centre, Institute of Sociology, Czech Academy of Sciences, Food 2021, 10–26 July 2021, 884 respondents over the age of 15, face-to-face interviews.

In terms of socio-demographic characteristics, people over the age of 60, women, and people who have a partner or children are the ones who most often eat meals with another household member. By contrast, people between the ages of 15 and 19 (and up to the age of 29 in the case of lunch), people who do not live with a partner, and single people are the ones who least often eat meals with another household member.

We asked respondents where and specifically in what room of the house they usually eat their meals.⁵ The results in Figure 6 clearly show that most people eat their meals in the kitchen, which was the room selected by a more than one-half majority (53%) of respondents. The second most common room in which people eat, selected by more than one-quarter (27%) of respondents, is the dining room. Just under one-fifth (18%) of respondents indicated that they most often eat in the living room. The other response options, an office in the house or another room (one's own bedroom), were selected by just 1% of respondents.

Figure 6: In what room in the home do people eat most of their meals? (in %)



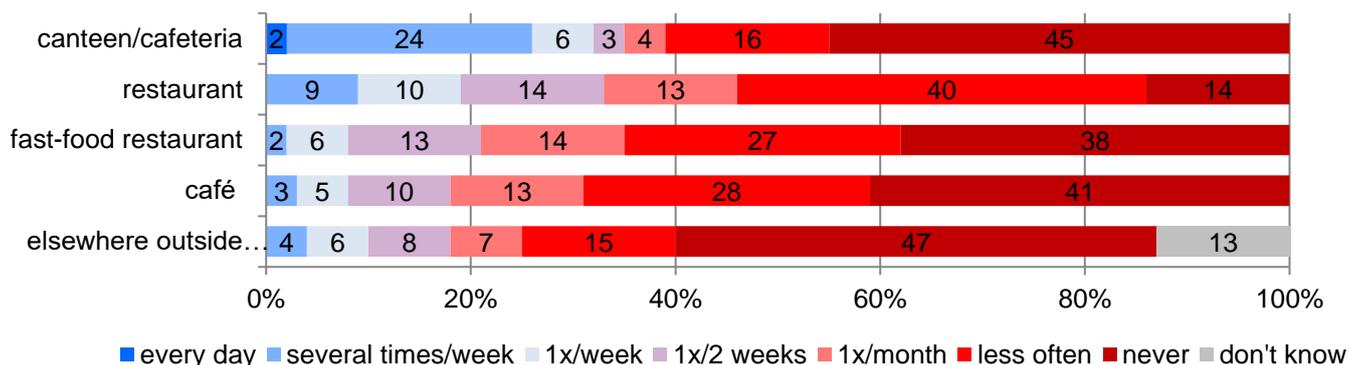
Source: Public Opinion Research Centre, Institute of Sociology, Czech Academy of Sciences, Food 2021, 10–26 July 2021, 884 respondents over the age of 15, face-to-face interviews.

A more detailed analysis revealed that people over the age of 60, people with a basic or vocational level of education or with a secondary level of education without the school-leaving exam, people who assess their household standard of living as poor, and people who do not live with a partner are those who most often eat their meals in the kitchen. People between the ages of 30 and 44, people with a university education, people with a good household standard of living, and people who share a household with a partner and children more often eat their meals in the dining room. People between the ages of 20 and 29 and people who do not live with a partner indicated most often that they eat their meals in the living room. People in the youngest age group, between the ages of 15 and 19, most often indicated some other room, specifying that this meant their own room or bed.

⁵ Question wording: 'What room in the home do you usually eat in?' Response options: kitchen, dining room, living room, bedroom, office, other.

The last question on the topic of how people eat was a general one and asked respondents how frequently they eat outside the home.⁶ Most respondents said that they regularly, i.e. once every two weeks, eat at a canteen (35%) or a restaurant (33%). Approximately one-fifth of respondents said that at least once every two weeks they eat at a fast-food restaurant (21%), a café (18%), or somewhere else outside the home, usually at the home of another family member or when visiting someone else (18%). Conversely, almost one-half of respondents said they 'never' eat at canteens/cafeterias (45%). Around two-fifths of respondents said they 'never' eat at cafés (41%) or fast-food restaurants (38%). And around one-seventh (14%) of respondents said they 'never' eat at restaurants.

Figure 7: Where do people usually eat?

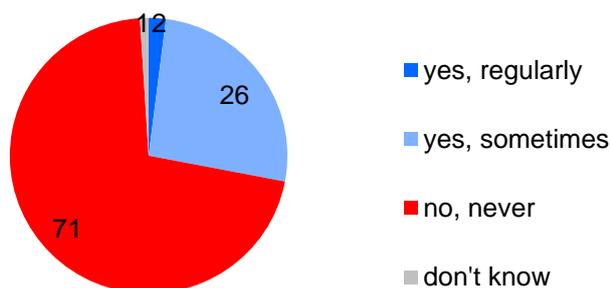


Note: Items are listed in order according to the sum of responses 'every day', 'several times a week', '1x/week', and '1x/2 weeks'.

Source: Public Opinion Research Centre, Institute of Sociology, Czech Academy of Sciences, Food 2021, 10–26 July 2021, 884 respondents over the age of 15, face-to-face interviews.

We included two questions in the survey that asked people how often they order food through food delivery apps (e.g. Wolt, Dámejídlo, Uber Eats). As we can see in Figure 8, the majority (71%) of the Czech public never use these services, more than one-quarter (26%) sometimes use them, and 2% of people regularly use these food delivery apps to order food.

Figure 8: Do people order food using food delivery apps? (in %)



Source: Public Opinion Research Centre, Institute of Sociology, Czech Academy of Sciences, Food 2021, 10–26 July 2021, 884 respondents over the age of 15, face-to-face interviews.

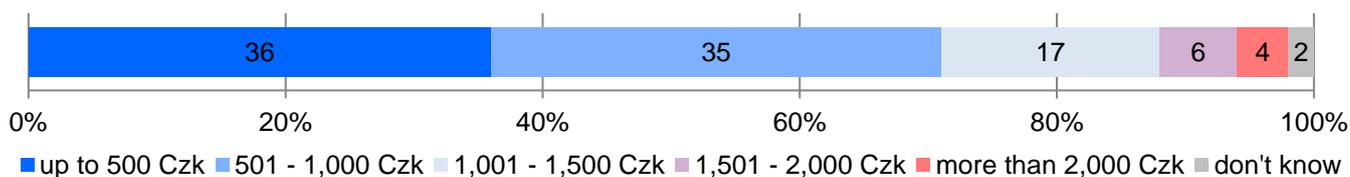
Based on socio-demographic and other characteristics, people aged 20 to 29, with a university education, who assess their household standard of living as good, with a high income, students, managers and businesspeople, and who live in cities with more than 80,000 inhabitants are the ones who more often tend to use these food delivery apps. By

⁶ Question wording: 'How often, if ever, do you eat at the following places? a) restaurants, b) canteens/cafeterias, c) fast-food restaurants, d) cafés, e) other places outside the home.' Response options: every day, several times a week, 1x a week, 1x every 2 weeks, 1x a month, less often, never.

contrast, people over the age of 60, people who assess their household standard of living as 'neither good nor bad', people with basic or vocational education or with a secondary level of education without the school-leaving exam, and seniors are the ones who tend 'never' to use food delivery apps to order food.

Those respondents who said they at least sometimes order food through delivery apps were then asked approximately how much they spend a month on these kinds of food orders.⁷ Figure 9 presents the results. Just over one-third (36%) of respondents estimated that they spend up to around 500 Czk a month on these food orders and one-third (35%) estimated they spend between 501 and 1,000 Czk. Just under one-fifth (17%) of respondents said they think they spend between 1,001 and 1,500 Czk a month. One-tenth of respondents said they spend more than 1,500 Czk a month on food ordered through these apps.

Figure 9: How much people spend a month on food ordered through food delivery apps (in %, only those who at least sometimes use food delivery apps to order food)



Source: Public Opinion Research Centre, Institute of Sociology, Czech Academy of Sciences, Food 2021, 10–26 July 2021, 254 respondents over the age of 15, only those who at least sometimes order food using food delivery apps, face-to-face interviews.

Technical parameters of the survey

Survey: *Food 2021*

⁷ Question wording: 'Approximately how much do you spend a month on food ordered using food delivery apps?' Response options: up to 500 Czk, 501 – 1,000 Czk, 1,001 – 1,500 Czk, 1,501 – 2,000 Czk, more than 2,000 Czk.

<i>Implementer:</i>	<i>Public Opinion Research Centre, Institute of Sociology, Czech Academy of Sciences</i>
<i>Project:</i>	<i>Strategy AV21 'Food for the Future'</i>
<i>Survey fielding dates:</i>	<i>10 July – 26 July 2021</i>
<i>Selection of the respondents:</i>	<i>Quota sampling</i>
<i>Quotas:</i>	<i>Region (NUTS 3 regions), size of place of residence, sex, age, education</i>
<i>Data weighting:</i>	<i>Education X NUTS 2, age X NUTS 2, sex X region, size of place of residence X age, education X age</i>
<i>Source data for quota sampling and data weighting:</i>	<i>Czech Statistical Office</i>
<i>Representativeness:</i>	<i>Population of the Czech Republic over the age of 15</i>
<i>Number of respondents:</i>	<i>884</i>
<i>Number of interviewers:</i>	<i>161</i>
<i>Data collection method:</i>	<i>Face-to-face interviews with respondents conducted by interviewers – combined CAPI and PAPI techniques</i>
<i>Survey instrument:</i>	<i>Standardised questionnaire</i>
<i>Questions:</i>	<i>PL.81, PL.82, PL.83, PL.84, PL.85, PL.86, PL.87, PL.88</i>
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<i>Prepared by:</i>	<i>Radka Hanzlová</i>

Glossary:

Quota sampling: This sampling method replicates the structure of the basic survey population (in this case the population of the Czech Republic over the age of 15) by determining the size of selected sample parameters, i.e. 'quotas'. In other words, in quota sampling the same percentages of selected characteristics in the population are reproduced in the sample. To create quotas, we use data from the Czech Statistical Office. In our surveys we set quotas for sex, age, education, region, and size of the place of residence. The sample is therefore created to ensure that the percentage shares of men and women, for example, correspond to the percentage shares of men and women in each region of the Czech Republic. Similarly, the sample reflects the different percentages of the population living in the country's different regions, and the percentage of citizens in different age categories, with different levels of education, and in different community sizes.

A representative sample is a sample of the total population whose characteristics can be validly inferred to be the characteristics of the total population. In our case this means that respondents are selected in a way that allows us to ensure that the data we obtain on them can be generalised to apply to the population of the Czech Republic over the age of 15.

Data weighting: A technique used to increase a sample's representativeness for selected population characteristics by assigning weights to each respondent. The weights are created using the method of iterative proportional fitting/weighting and are always within the range of 0.333 and 3.

The Public Opinion Research Centre (CVVM) is a research department at the Institute of Sociology, Czech Academy of Sciences. It has a history that extends back to 1946, when the Czechoslovak Institute for Public Opinion Research began operating as part of the Ministry of Information. The current centre was founded in 2001 when its predecessor (the IVVM) was transferred from the Czech Statistical Office to the Institute of Sociology of the Czech Academy of Sciences. As part of a research institution the centre has a high-quality professional work environment at its disposal and is part of an institution with a reputation of excellence. As part of an academic setting the Public Opinion Research Centre must fulfil all the requirements for and maintain the highest professional standards. The main part of the centre's work is devoted to the "Our Society" research project, which conducts ten surveys each year. This public opinion research is conducted on a representative sample of the Czech population aged 15 and over and approximately 1.000 respondents take part in each survey. The omnibus form of the questionnaire means that the survey can cover a large range of subjects, which therefore regularly includes political, economic, and other generally socially topics. The survey includes both repeat questions, which can be used to observe the development of certain phenomena over time, and questions on new topics in response to current events. The long-term continuous nature of this public opinion research project makes this scientific project unique in the Czech Republic.

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