

Data from the 2016 NZ Health and Lifestyle Survey

Food Preparation

— In the home —



More low income families prepare and eat their main meal at home each week than high income families.



66% of low income families (Q1)* prepare and eat 7/7 main meals at home each week.



41% of high income families (Q5)* prepare and eat 7/7 main meals at home each week.

*Income was split into 5 quintiles. Q1 represents the lowest income families, and Q5 represents the highest income families.