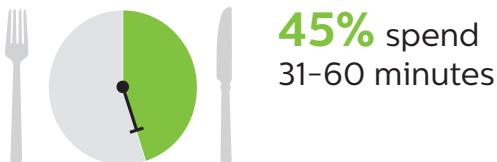


Food Preparation

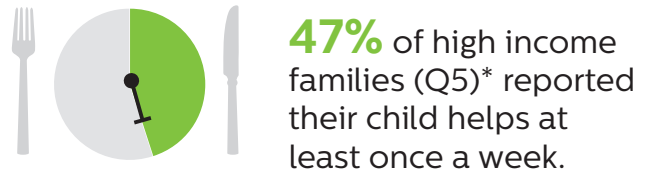
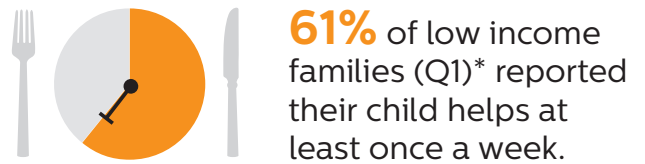


Many families spend **less than an hour** preparing and cooking their main meal of the day

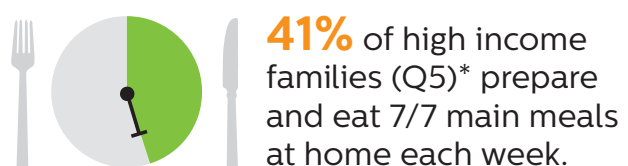
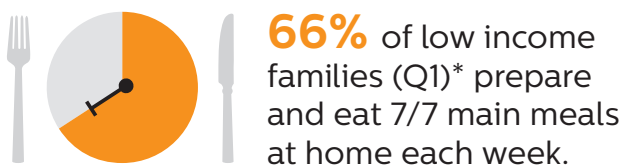


Combined, this is **80%** of all families in our survey spending an hour or less.

More children from low income families help with cooking and meal preparation than children from high income families.



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



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