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.

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

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

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
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.

- West: $866/year
- Midwest: $896/year
- Northeast: $1,001/year
- South: $1,240/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

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.”