



Press release
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Eighth FOOD barometer survey

European employees consult more online dietary information and want a more balanced lunch

The 2019 FOOD barometer survey points to growing use of new technologies, with a strong increase in people consulting online information about how to eat healthily—not just employees during their lunch break, but restaurant owners, too.

For the past 10 years, the European FOOD (Fighting Obesity through Offer and Demand) program, coordinated by the Edenred Group, has promoted healthier eating in the workplace.

In 2019, Edenred and its partners surveyed more than **47,000 employees and almost 1,800 restaurant owners in 10 European countries** (Austria, Belgium, the Czech Republic, France, Italy, Portugal, Romania, Slovakia, Spain and Sweden) to analyze their food-related habits and needs.

Arnaud Erulin, Edenred's Chief Operating Officer for Europe, Middle East and Africa commented: *"Edenred is the everyday companion for people at work. Our involvement in the FOOD program demonstrates our belief that the workplace is the ideal location to take concrete measures to support healthy eating. Thanks to our unique network of businesses, employees and restaurant owners who have partnered with our Ticket Restaurant solution, we have our fingers on the pulse of the latest lunchtime trends, as reflected by the FOOD barometer survey, and that allows us to promote balanced nutrition at work, the cornerstone of our offer."*

Apps promoting more balanced eating habits

- **Taking a lunch break is still standard practice: 71% of Europeans take a lunch break during their working day.** But for the first time since 2012, Europeans prefer to have their lunch in a restaurant (**23%**) rather than at the office (**20%**).
- **According to 65% of the European employees we surveyed, new technologies can play a positive role in food in the workplace.** 50% of European employees think that apps offering recipes and nutritional advice are the best way of eating more healthily, followed by apps making recommendations when buying products (**29%**) and calorie-counting apps (**26%**).
- **More and more restaurant owners are also embracing new technologies: 45%** of them think new technologies could help them prepare new and healthier dishes (**up +4 points on 2018**). **86%** of European restaurant owners claim to be knowledgeable about what makes up a balanced diet (vs. **60%** in 2012).

Some typically French characteristics:

- As staunch defenders of the lunch break, **81% of French employees take a lunch break every day, and 30% eat their lunch in a restaurant on a daily basis** (vs. **23%** of Europeans).
- More and more people in France also use digital tools to improve their eating habits. **54% of them believe new technologies can help them adopt a more balanced diet** (up 3 points on 2018).

In France, the 2019 FOOD barometer survey highlighted **growing awareness among employees of the importance of eating a healthy and balanced diet** at work.

- **72%** of French employees choose a restaurant according to the nutritional quality of the dishes they serve.
- **80%** of French restaurant owners claim to be knowledgeable about what a balanced diet requires, and **20%** have seen stronger demand for balanced dishes among their customers in the last year. **48%** of them think that new technologies could help them prepare healthier menus that meet these new expectations. **42%** of them think that online courses would be the best source of inspiration (16 points higher than the European average).

Read the 2019 FOOD barometer survey's report in full:

- [Employees](#)
- [Restaurant](#)

[Read the recommendations of the FOOD program on balanced food for employees and restaurant owners.](#)

About the Fighting Obesity through Offer and Demand (FOOD) program

The FOOD (Fighting Obesity through Offer and Demand) program is a public-private partnership that aims to combat obesity in Europe by promoting balanced nutrition at work to employees and restaurant owners. Initially launched in 2009 in six countries (Belgium, Czech Republic, France, Italy, Spain and Sweden), the program has since been extended to include Slovakia, Portugal, Austria and, more recently, Romania, and it currently has 27 partners.

Actions taken by the FOOD program aim to raise awareness among employees and restaurant owners of the importance of a balanced diet, and to adapt supply to demand. The program has developed a number of useful tools and practices, including the FOOD barometer survey, first conducted in 2012, which helps to analyze and to better understand societal trends as well as the needs of employees and restaurant owners.

As the coordinator of the FOOD program, Edenred is able to call on its unique network of corporate clients, user employees and partner merchants in Europe to organize the program. The Group regularly invites its stakeholders to join the initiative and to complete the FOOD barometer survey questionnaire.

Edenred is the everyday companion for people at work. Its leading intermediation platform connects 50 million employees and 2 million partner merchants via 830,000 corporate clients, across 46 countries. Thanks to its global technology assets, the Group managed 2.5 billion specific purpose payment transactions in 2018, primarily carried out via mobile applications, online platforms and cards, and representing nearly €30 billion in business volume.

Edenred's 10,000 staff are driven by a commitment to improving employees' quality of life, increasing companies' efficiency and boosting merchants' revenues. They achieve this through three business lines:

- Employee Benefits (food, meals, well-being, leisure, culture and human services)
- Fleet & Mobility Solutions (fuel, tolls, maintenance and business travel)
- Complementary solutions, including Corporate Payment Services (virtual payment cards, identified wire transfers and supplier payments), Incentive & Rewards (gift cards and platforms, and incentive programs), and Public Social Programs.

Edenred is listed on the Euronext Paris stock exchange and included in the following indices: CAC Next 20, FTSE4Good, DJSI Europe and MSCI Europe.

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