




# A Global Analysis of Cooking Around the World

YEAR 4

A Report by Gallup & Cookpad





Picture on cover: A family in Thailand is about to eat the meal they've prepared.

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## SECTION 1

# Introduction

The Cookpad and Gallup home-cooking survey, now in its fourth year, adds another layer to our understanding of a critical cultural touchstone: the cooking habits of people around the world. Last year's report, based on data collected in 2020, constituted a one-of-a-kind effort to provide a view of the state of cooking and eating as people were dealing with the first year of the COVID-19 pandemic and the unprecedented restrictions it imposed on many countries. We examined how home cooking changed in the face of these disruptions, finding that while the overall frequency of cooking increased in many parts of the world in 2020, the spike in interest in home cooking that appeared at the beginning of the pandemic seems to be settling down. With cooking habits appearing difficult to shift even with such extreme external pressure, one wonders what it would take to get people to cook more regularly.

This year's report provides an update of where home-cooking and eating habits stand in what some might consider the second year of the pandemic and others would call a slow, uneven return to "normal." Additionally, the analysis leverages our full four years of data to take a more detailed look into how cooking habits vary at the regional and country levels, allowing us to see trends over time and painting a more accurate image of what cooking at home looks like in over 95% of households around the world.

Cookpad started this research with a deceptively simple set of questions: How often are we cooking and who is doing the cooking? These questions have revealed an intimate and insightful look into the seemingly mundane but incredibly important habit of cooking at home.

While eating habits are often the subject of research and public discourse, much remains to be uncovered about people's cooking habits and their motivations to cook at home. As often pointed out, eating contributes to fundamental personal, social and environmental benefits and outcomes, such as (but not limited to) improved physical and mental health, family and social bonding, and sustainable food supplies. However, people are often unconscious of the broader impact of the choices they make when they eat. Cooking, on the other hand, is a proactive activity that gives individuals an opportunity to consciously assess and evaluate their eating-related decisions — be it through choosing the recipe and its nutritional value, sourcing the ingredients or deciding the means to prepare them. Having a deeper understanding of people's cooking habits should unveil insights into the thoughts and ideas behind them.

However, due to the time commitment cooking requires, it has also been seen as a privilege or a chore depending on the socioeconomic context. While some changes are starting to take hold, with men increasingly spending time in the kitchen in some parts of the world, the past four years of this research effort have largely shown how deeply ingrained cooking is in the cultural fabric of societies. As a result, the gender cooking gap remains a defining characteristic of this study, with women being the main food shoppers and preparers.

With this latest report, Cookpad and Gallup are hoping to encourage a deeper understanding of who cooks at home and how often, and to provide more visibility into the factors that are shaping cooking around the world.

## SECTION 2

# How Much Did the World Cook in 2021?

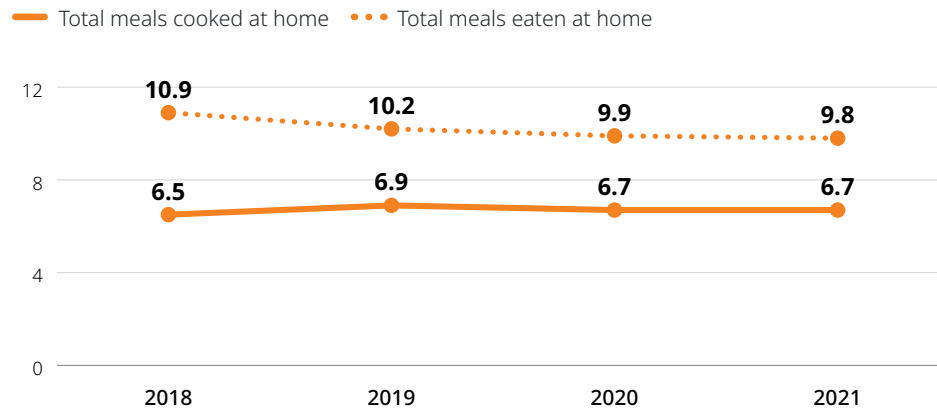
## SECTION 2.1

## Global Findings

### In this section:

- The overall frequency of **weekly average number of meals cooked at home<sup>1</sup>** was steady in 2021, at 6.7 home-cooked meals, the same as 2020.
- The overall frequency of **weekly average number of meals eaten at home** has decreased to 9.8 meals per week in 2021 from 9.9 meals in 2020.
- Although the **number of lunches cooked at home decreased slightly** from 3.2 to 3.1, the **number of dinners cooked increased** from 3.5 to 3.6.
- **People ate more dinners at home than lunches**, a trend that has been consistent since 2018. The difference between dinners and lunches eaten at home is 0.6 meals per week.

<sup>1</sup> Total meals calculated as the sum of rounded lunch and dinner numbers. Data reported across years may differ from previous reports due to changes in rounding methodology.

**FIGURE 1**
**Annual global frequency of cooking and eating home-cooked meals (trended 2018-2021)**
*Meals per week*


In 2021, whereas some countries began the process of easing out some of the restrictions brought forth by the pandemic, a full return to pre-pandemic activities was not fully observed.<sup>2</sup> In fact, most countries remained at least in part or for some duration in observance of some level of restriction which impacted different areas of life, including the frequency of both cooking and eating at home. It is therefore not surprising that in many countries, as well as at the overall global level, the average frequency of cooking either remained stable or changed only slightly. Naturally, differences in the frequency of cooking or eating a home-cooked meal were observed across countries and in different regions as the world slowly returned to relative normalcy.

**The average frequency of cooking at home remained stable year-on-year since 2020, at 6.7 meals per week.** Notably, in 2020, the global home-cooking average was affected by the significant decline of home cooking in China (down from 8.3 in 2019 to 6.3 in 2020). In 2021, the global trend is unaffected by any specific country as China's cooking frequency at 6.9 home-cooked meals per week was in line with the global average. If omitting China's impact since 2020, the global home-cooking average has seen a marginal decrease from 6.8 in 2020 to 6.7 in 2021.

Indonesia, which also stood out as a country of interest in 2020 with the largest increase in the frequency of cooking, tied for the largest decline in the frequency of cooking in 2021, which brought it back to be more in line with the global average at around 7.2 cooked meals per week. No other countries had both the population size and frequency change to skew the observed global results.

<sup>2</sup> For instance, the Oxford Stringency Index, which measures "the strictness of 'lockdown style' policies that primarily restrict people's behavior" on a 0-100 scale (with a higher score indicating a greater level of restrictiveness), has an average value of close to 80 in several countries during the time period Gallup surveyed (as well as the week prior). However, in about half of the countries where Gallup surveyed in 2021, the Stringency Index was below 50, indicating a more permissive atmosphere.

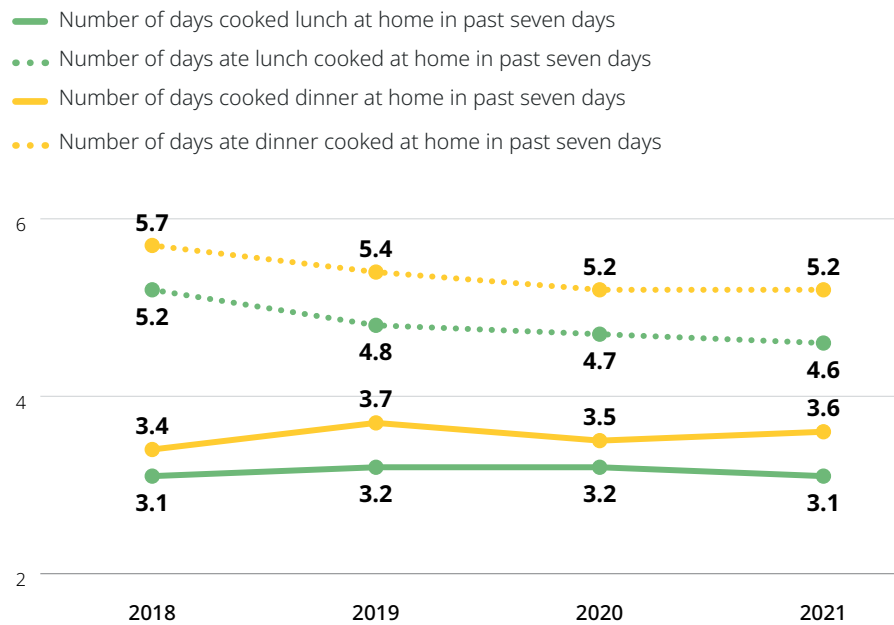
Eating at home decreased slightly in 2021 to 9.8 meals per week compared to 9.9 the year before. If omitting China's impact since 2020, this decline is similar — as the number of home-cooked meals people ate in 2021 fell to 10.1 from 10.3 in 2020. Regardless of whether China is included in the total number of meals in 2021, the frequency of eating at home decreased by around one full meal per week from an all-time high of 10.9 meals observed in 2018.

Gallup and Cookpad measure the frequency of cooking by asking respondents to think back about the number of meals that they have PERSONALLY cooked at home in the past seven days — first asking about lunch and then dinner. Respondents are read the following definition for “cooking at home”:

*By “cooking at home,” I mean a meal prepared AT HOME from ingredients such as vegetables, meats, grains or other ingredients. Please do not think about pre-made foods or leftovers that you reheat. (See questionnaire in the appendix.)*

FIGURE 2

### Annual global frequency of cooking and eating home-cooked meals: Lunch and dinner (trended 2018-2021)

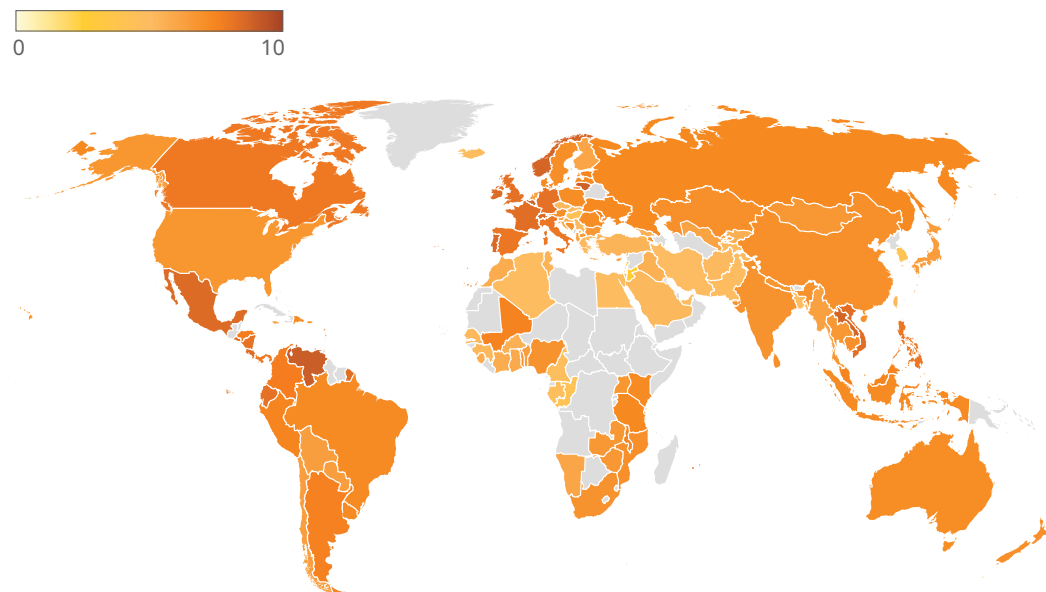


Consistent with observed trends from prior years, people continued to both cook and eat more dinners at home than they did lunches. In fact, the downtick in the frequency of cooked lunches appears to have been offset by the uptick in the frequency of cooked dinners, with each moving by 0.1 meals in opposite directions. As for eating, the global difference between dinners eaten at home and lunches was 0.6 meals. While people had just as many dinners in 2020 as they had in 2021 (an average of 5.2 dinners per week), the number of lunches eaten at home declined slightly from 4.7 in 2020 to 4.6 in 2021.

**FIGURE 3**

**Average total cooking in 2021 (global map)<sup>3</sup>**

*Meals cooked per week (lunch and dinner)*



<sup>3</sup> Note, countries marked in gray are countries that are not included in the World Poll sample. See appendix for list of countries sampled.





## SECTION 2.2

# Regional Findings<sup>4</sup>

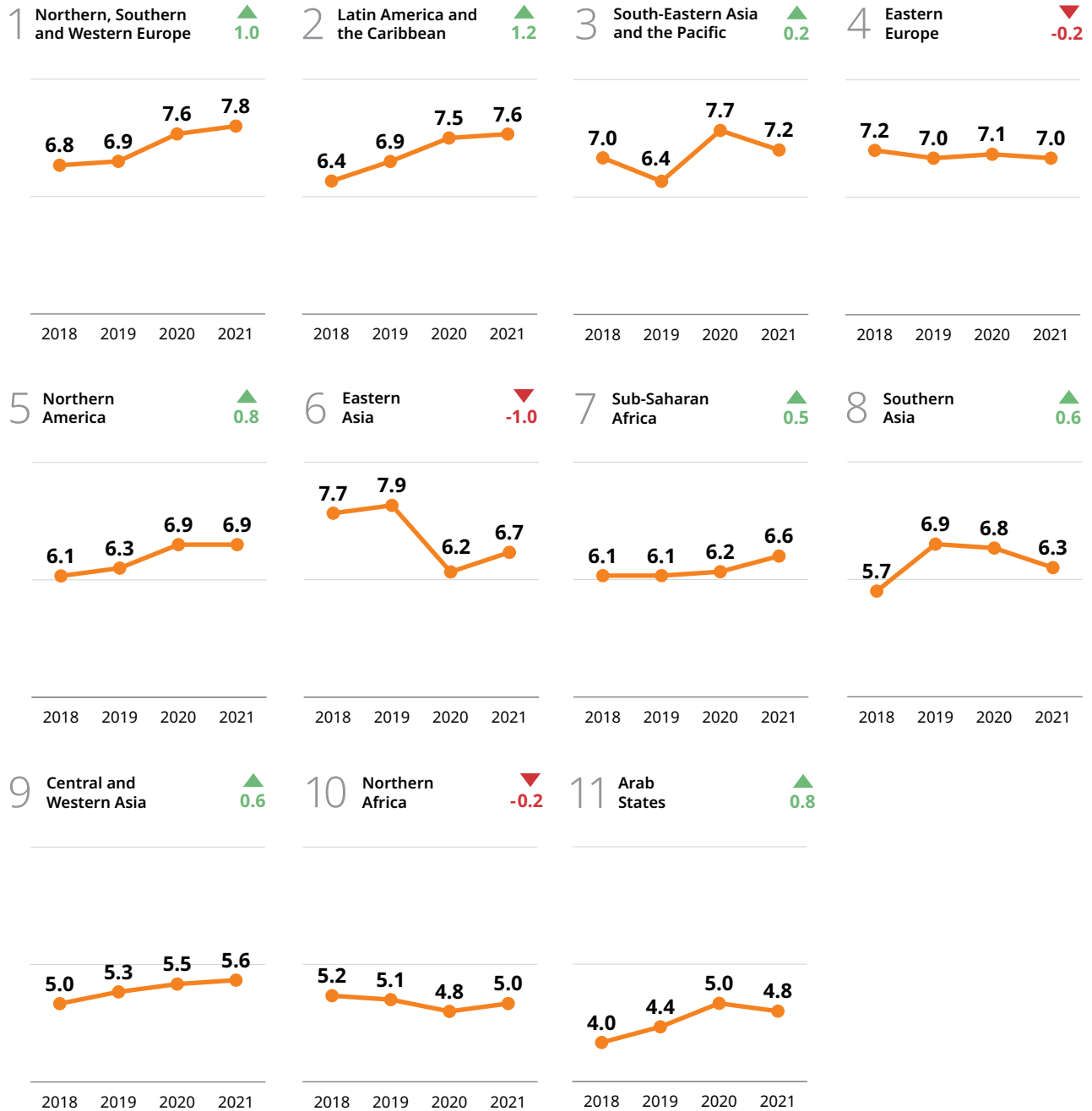
### In this section:

- The **region that cooked the most in 2021 was Northern, Southern and Western Europe**, with 7.8 home-cooked meals on average per week. It was **closely followed by Latin America and the Caribbean** at 7.6 meals per week.
- The **region that cooked the least in 2021 was Arab States** at just 4.8 meals per week. This region has consistently ranked last since 2018.
- The regions that saw the **largest decrease in weekly cooked meals were Southern Asia and South-Eastern Asia and the Pacific**, whereas **Eastern Asia saw an increase** by the same magnitude (0.5 meals per week).

<sup>4</sup> Note, this year's report uses a different regional grouping than in previous reports. Past reports used five regions, whereas this year's report uses 11 regions. Gallup and Cookpad believe that this new, more granular definition, which is used by some international organizations such as the International Labour Organization, better accounts for cultural, social and economic similarities between countries within each regional grouping. Section 4 of the report explores these regions in greater depth.

**FIGURE 4**
**Regional cooking frequency 2021**
*Meals cooked per week (lunch and dinner)*

▲ ▼ Change in number of meals cooked between 2018 and 2021



Northern, Southern and Western Europe emerged as the region that cooked the most in 2021, averaging 7.8 home-cooked meals per week. This region has been observing a steady and continued year-on-year increase since 2018, when it cooked one less meal per week than it does today.

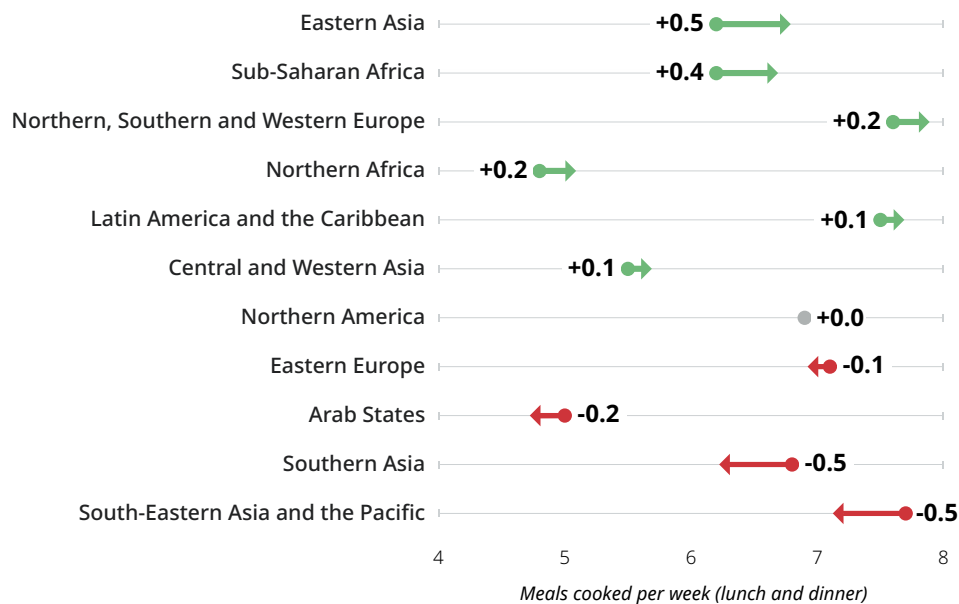
Latin America and the Caribbean emerged in second position with 7.6 home-cooked meals per week on average, which represents an increase of more than one full meal per week compared to 2018.

Although ranking first in 2021, the region of Northern, Southern and Western Europe has not consistently cooked the most. In fact, that position was occupied before the pandemic by Eastern Asia, where respondents reported cooking an average of 7.7 and 7.9 home-cooked meals per week in 2018 and 2019, respectively.

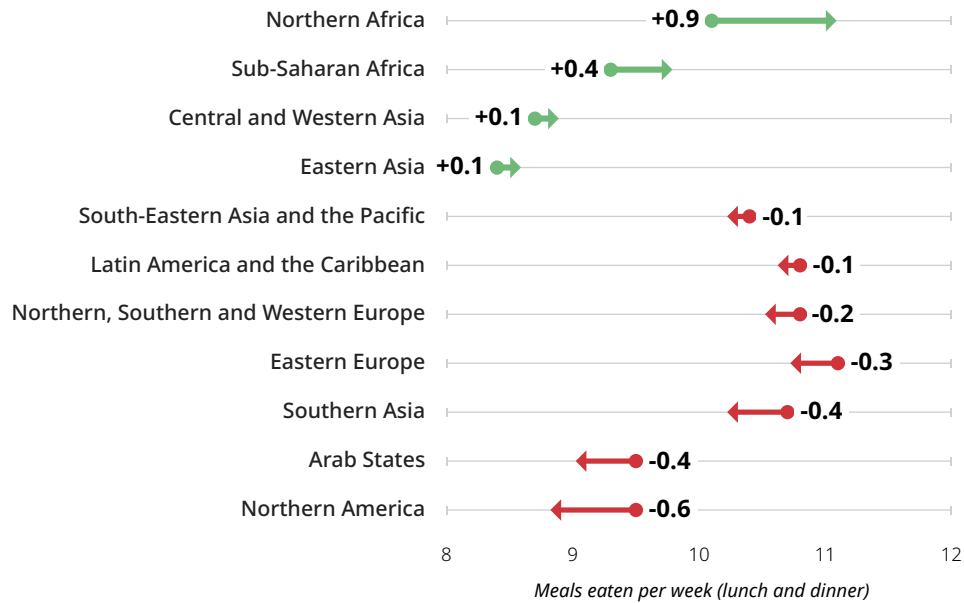
The region that cooked the least in 2021 was Arab States at just 4.8 meals per week. The Arab States region has also consistently ranked last across regions in its frequency of cooking. Nevertheless, that frequency represents a slight increase from the all-time low average of just four home-cooked meals per week in 2018.

FIGURE 5A

### Regional change in cooking at home from 2020 to 2021



The region that observed the largest year-on-year increase in weekly cooked meals was Eastern Asia, with 0.5 more weekly meals cooked at home on average. Southern Asia and South-Eastern Asia and the Pacific, on the other hand, saw a decrease of a similar magnitude, with both regions seeing 0.5 fewer weekly meals cooked at home on average.

**FIGURE 5B**
**Regional change in eating at home from 2020 to 2021**


As for the frequency of eating at home, Northern Africa observed the largest increase, with respondents reporting eating almost one more meal at home on average per week (0.9 additional meals on average). On the other hand, Northern America, which consists of just two countries in our sample (the United States and Canada), observed the largest drop — over half a meal fewer per week. All other regions observed modest changes in their frequency of eating at home.

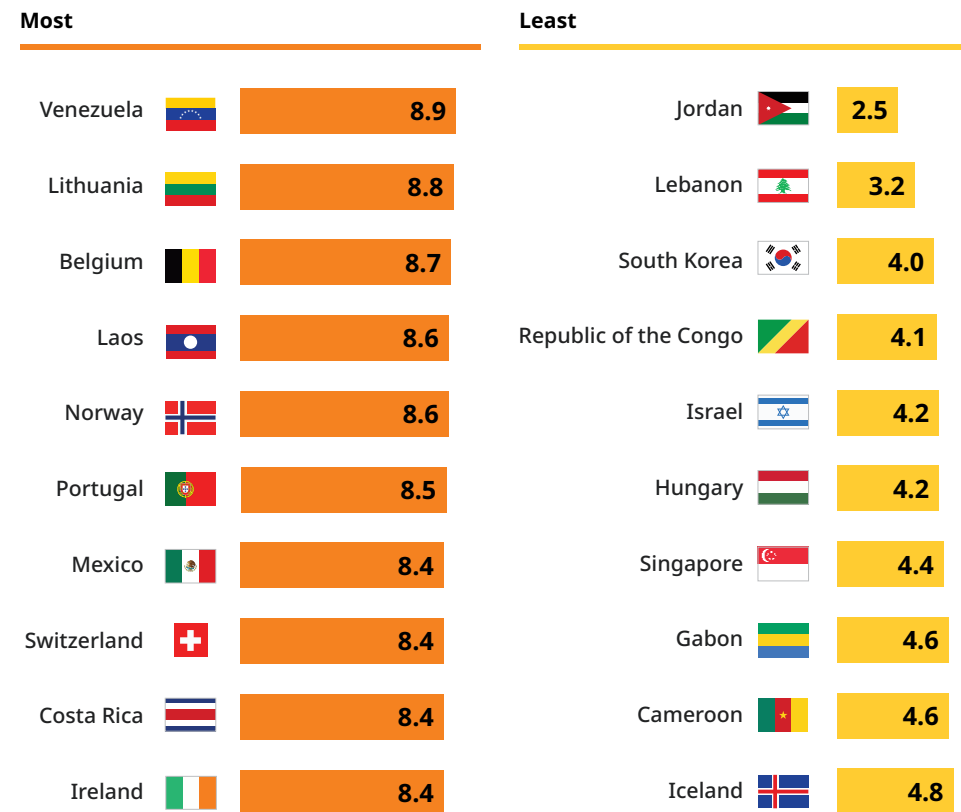
[Section 4](#) of this report explores these regional variations and trends in more detail.


**SECTION 2.3**

## Country Findings

### In this section:

- **Venezuela is the country with the highest frequency of cooking** in 2021 (at 8.9 meals per week), moving up from its No. 2 position in 2020.
- **Jordan continues to be the country with the lowest frequency of cooking**, at 2.5 meals per week.
- **Lithuania saw the largest increase** in the weekly frequency of home-cooked meals — an increase of 1.4 meals per week.
- **Indonesia and Hong Kong saw the largest drops** in the weekly frequency of home-cooked meals — a decrease of 1.4 meals each per week.

**FIGURE 6**
**Countries that have cooked the most/least in 2021**
*Meals cooked per week*


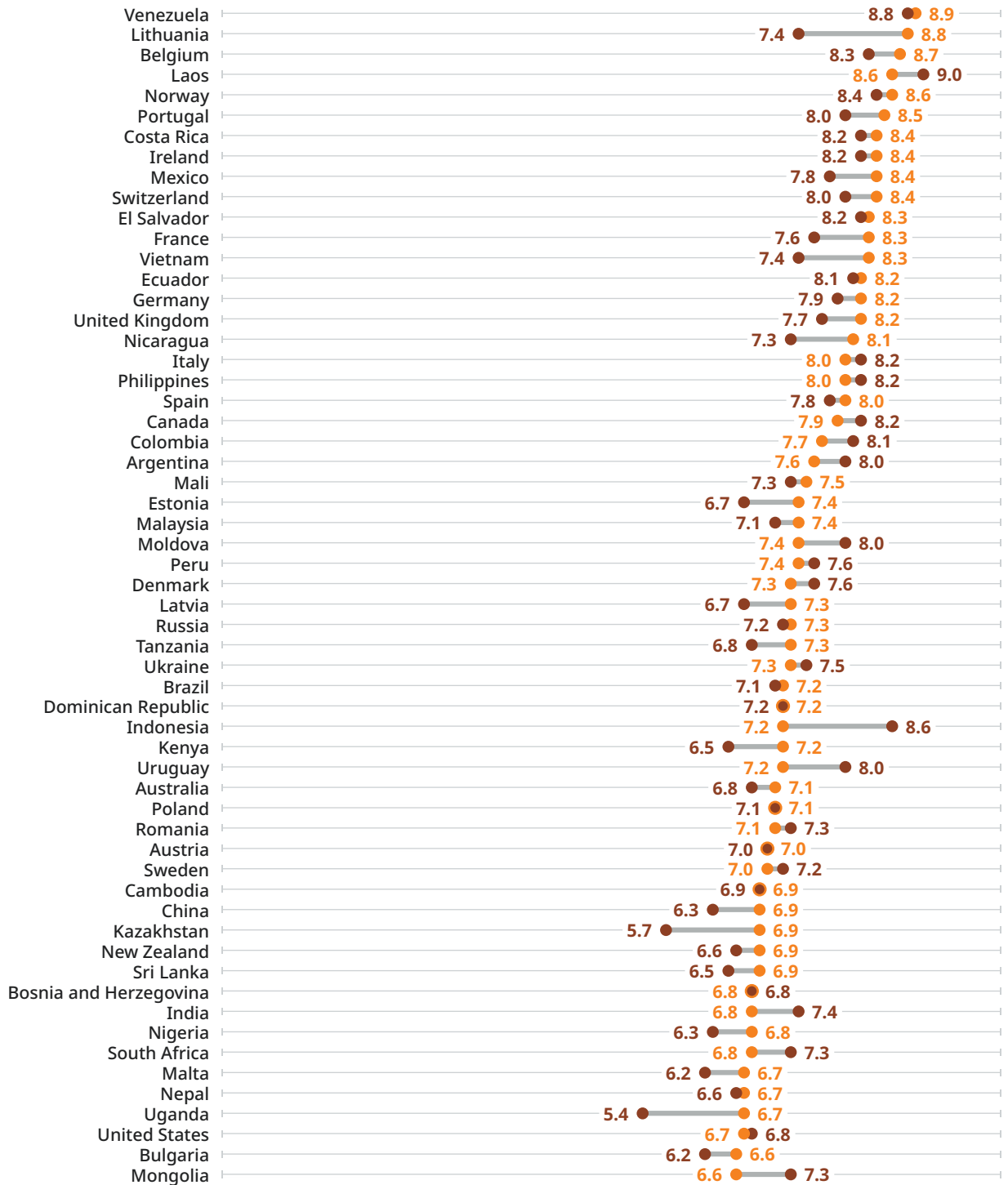
Country rank order based on total meal value past the first decimal.

The country that cooked the most in 2021 was Venezuela, leading with an average of 8.9 meals per week. It was closely followed by Lithuania and Belgium at 8.8 and 8.7 meals per week, respectively. Jordan, on the other hand, remained the country that cooked the least in 2021, with an average of 2.5 meals per week. It was followed by Lebanon and South Korea with 3.2 and 4.0 meals on average per week, respectively.

Notably, the relative difference across the 10 countries that cooked the most is marginal, about half a meal. However, at the other end of the distribution, the difference across the 10 countries that cooked the least is a difference of 2.3 meals.

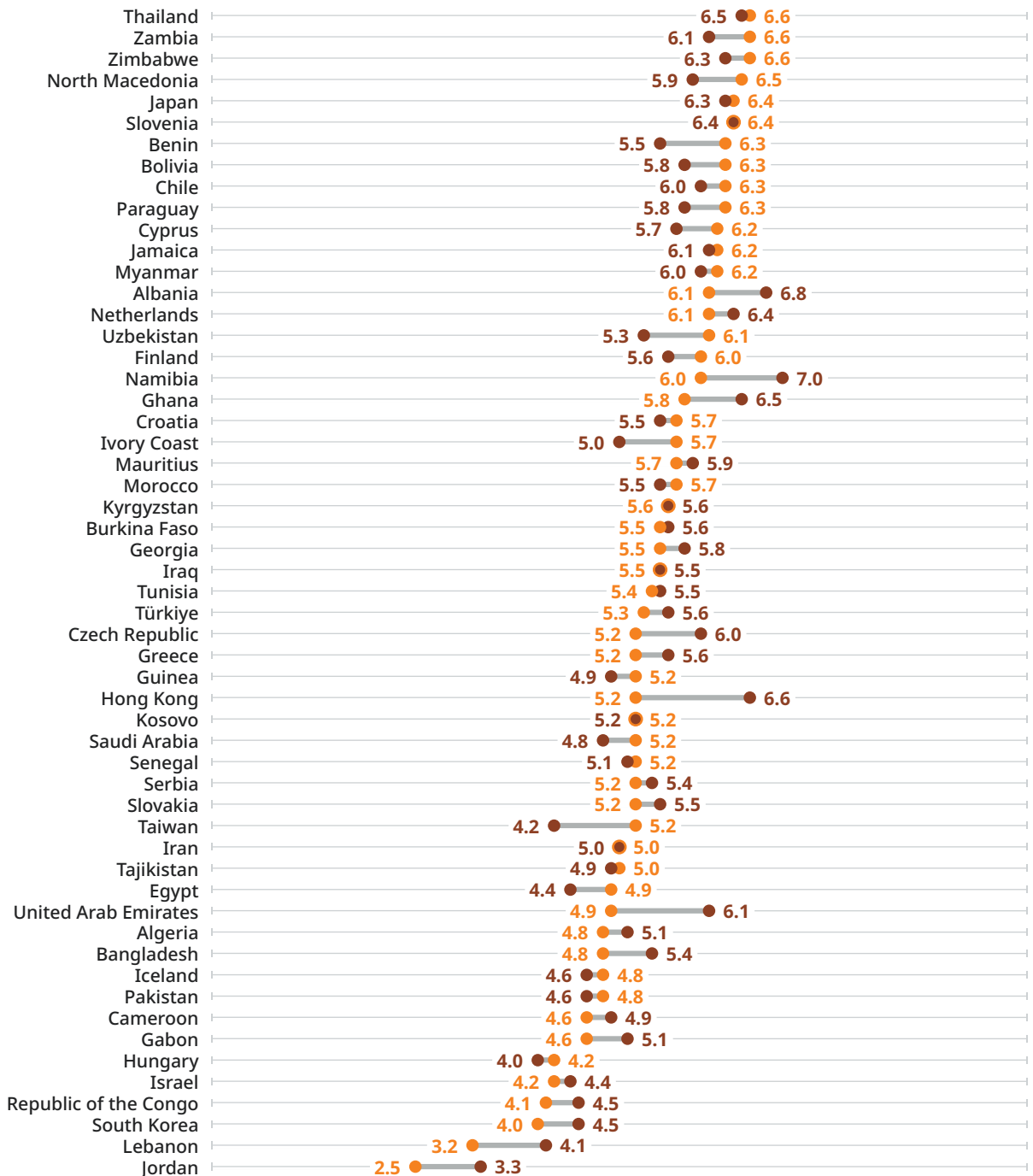
**FIGURE 7**
**Change in cooking in 2021**
*Meals cooked per week among countries surveyed in both 2020 and 2021*

● 2020 ● 2021



**FIGURE 7**
**Change in cooking in 2021 (continued)**
*Meals cooked per week among countries surveyed in both 2020 and 2021*

● 2020 ● 2021

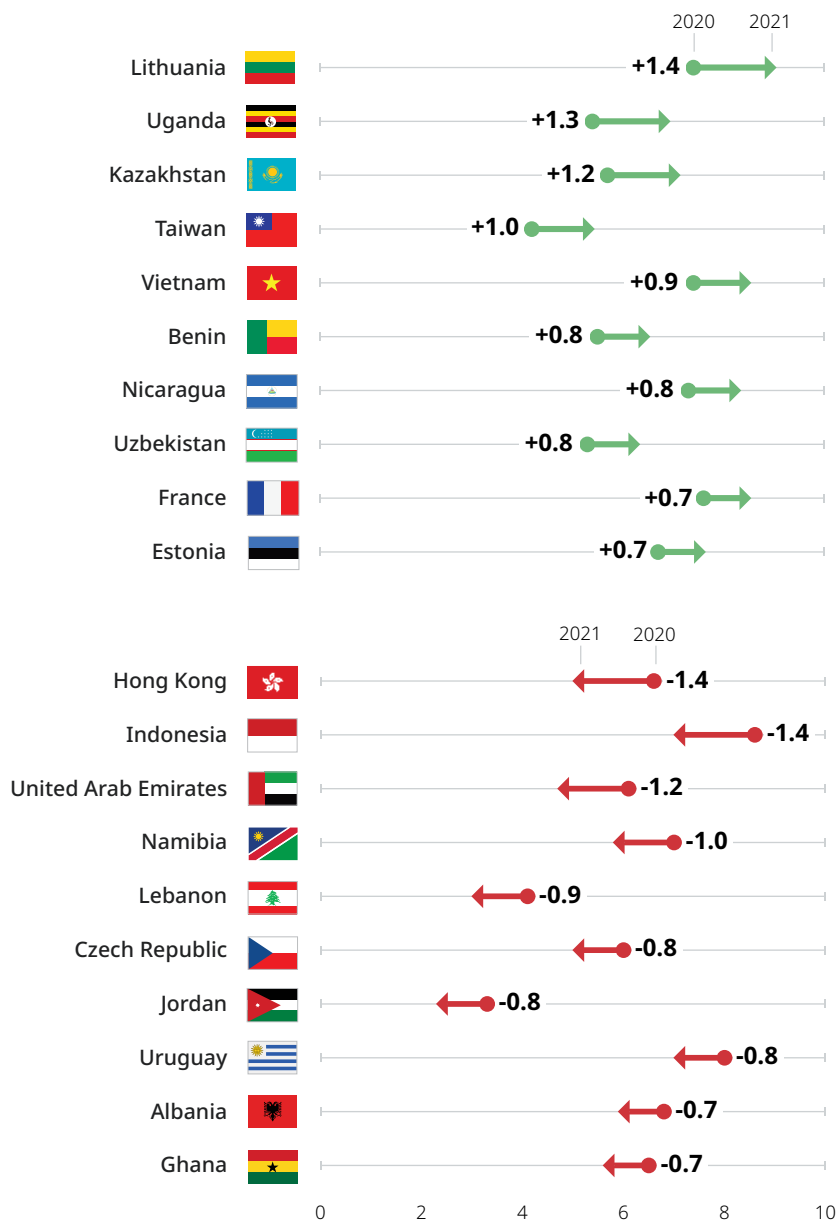




Examining year-on-year changes in the cooking frequency also reveals some familiar patterns. Venezuela, which was second in the list of countries that cooked the most in 2020, raised its position to become the country that cooked the most through 2021. While Jordan continues to rank last, it nevertheless observed a year-on-year decrease of 0.8 meals per week.

FIGURE 8

Countries with largest increase and decrease in frequency of cooking in 2021 (ranked by order of magnitude)

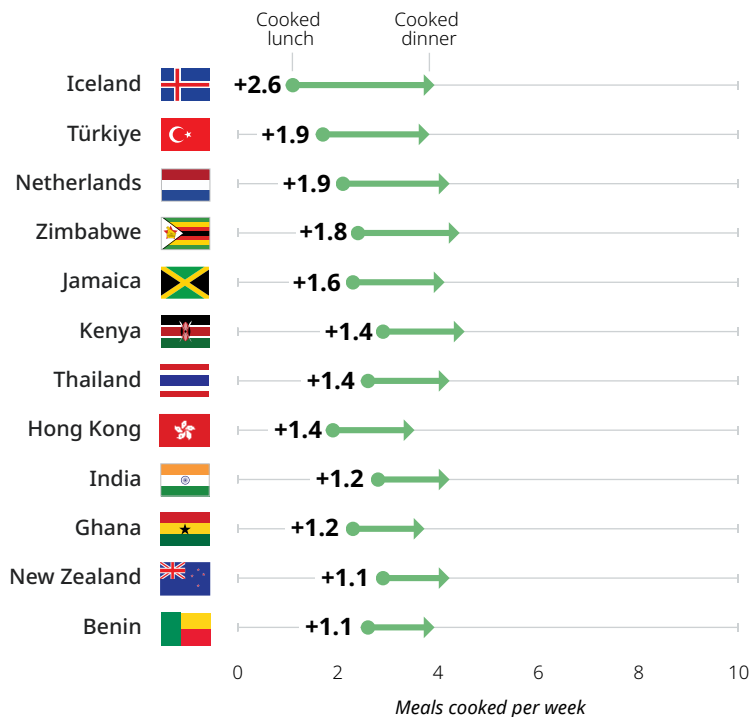


Country rank order based on frequency change past the first decimal.

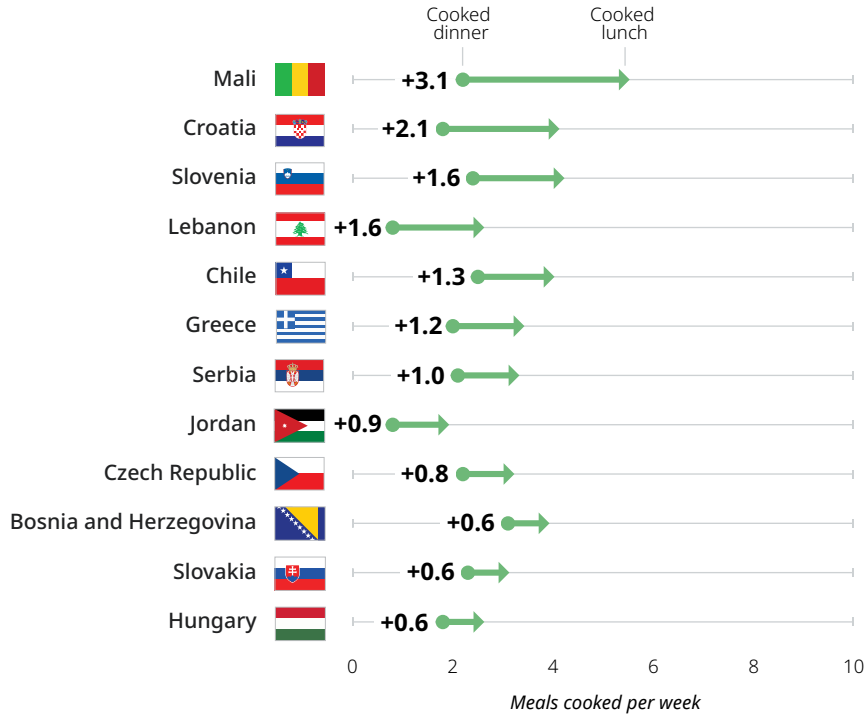
While four of this year's top 10 countries are newcomers, they were in last year's top 20 except for one country: Lithuania, which saw the largest year-on-year increase in frequency of cooking by adding close to a meal and a half (1.4 meals). Lithuania jumped from 28<sup>th</sup> in 2020, cooking 7.4 meals per week, to second in 2021, at 8.8 meals per week.

In 2020, Indonesia observed the largest increase in home-cooked meals, with respondents reporting cooking 2.4 more meals than they had in 2019. Some segments of the population — such as those who were employed full time either for an employer or self-employed, people in the middle-income quintile, people who were finding it difficult to get by on their current income and people under 30 — even reported cooking up to three additional meals at home per week. **In 2021, however, Indonesia tied for the largest drop in the weekly frequency of home-cooked meals, declining by an average of 1.4 meals since 2020.** While the 2021 value remains a full one meal above the pre-COVID-19 value, this could potentially indicate a gradual return of the country to the pre-pandemic level. Only three other countries or territories saw a drop of one full meal per week or more. Those are Hong Kong (also 1.4 fewer meals per week), the United Arab Emirates (1.2 fewer meals per week) and Namibia (one fewer meal per week).

**FIGURE 9A**  
**Countries cooking more dinners than lunches**



Country rank order based on cooking difference past the first decimal.

**FIGURE 9B**
**Countries cooking more lunches than dinners**


Country rank order based on cooking difference past the first decimal.

In the majority of countries in 2021 (67 out of 122) people reported cooking at least slightly more dinners per week than lunches. This gap was the greatest in Iceland, where people reported cooking an average of 2.6 more dinners than lunches. This was closely followed by Türkiye and the Netherlands, where respondents reported cooking an average of 1.9 more dinners per week. Notably, many of the countries that cooked at least one more dinner than lunch per week were African states. This could suggest a regional trend in Africa that promotes the popularity of dinner as opposed to lunch.

Across the 39 countries that cook more lunches than dinners, the greatest observed difference was in Mali, where people are cooking over three more lunches per week than dinners. Notably, over half of the countries that cooked at least one more lunch than dinner per week were European states.

## SECTION 3

# The Correlates of Cooking

## SECTION 3.1

## Who Is Doing the Cooking?

### In this section:

- **Gender remains the single most impactful predictor** of the frequency of home cooking. Women are estimated to cook as many as 4.3 more meals per week than men, all else being equal.
- The second most impactful predictor is **region, followed by employment status**.
- While the most significant predictor of the frequency of cooking for **men is region**, the most significant predictor for **women is marital status**.

## *What are the factors associated with higher or lower levels of personal cooking?*

This is a question that has been at the heart of every Cookpad and Gallup home-cooking survey. To answer this question as definitively as possible, a multivariate analysis was conducted to identify some of those correlates, or “drivers,” of personal cooking, including among other things people’s demographic characteristics, attitudes about certain issues or geographical location.

By testing the effect of each parameter, we can determine which characteristics have the greatest effect on an individual’s decision to prepare a home-cooked meal, holding everything else equal.

The analysis included the following characteristics: gender, education level, area in which respondents live (or urbanicity), subjective perception of income level as well as recorded level of income quintile, age of respondents, household size, employment status, marital status and finally regional location.

Previous reports have consistently found a notable gender gap with respect to who does the cooking — a finding confirmed by this analysis. **Indeed, gender was the single most impactful predictor of the frequency of home cooking.** In fact, women are estimated to cook as many as 4.3 more meals per week than men, all else being equal. Gender is then followed by the regional location of respondents, further highlighting the importance of cultural differences across regions and the perceptions and habits surrounding cooking. Employment status appears as the third most impactful parameter, as those who are employed by a traditional employer (as opposed to those who are self-employed or those who are not employed) are estimated to cook almost one fewer meal per week.

The **top three** predictors of the frequency of cooking are:

- 1 Gender**
- 2 Region**
- 3 Employment status**

**FIGURE 10**

## Ranking of parameters that impact the frequency of cooking, from most impactful to least impactful

1	<b>Gender</b>	<b>Women</b> are estimated to cook <u>4.3 more meals</u> per week than men.
2	<b>Region</b>	People in <b>Latin America and the Caribbean</b> and in <b>Northern, Southern and Western Europe</b> are estimated to cook <u>two or more meals more</u> than the regions that cook the least.
3	<b>Employment status</b>	Those <b>employed by an employer</b> (as opposed to being self-employed or not employed) are estimated to cook <u>almost one fewer meal per week</u> than those who are not.
4	<b>Household size</b>	Those living in households consisting of <b>eight people or more</b> are estimated to cook as many as <u>2.2 fewer meals per week</u> than those who are living alone.
5	<b>Marital status</b>	<b>Married people</b> are estimated to cook <u>0.8 more meals per week</u> than those who are not married.
6	<b>Age</b>	Cooking generally increases in frequency with age. Those <b>aged 25 to 49</b> are estimated to cook as many as <u>0.7 more meals per week</u> at home than those aged 15 to 24.
7	<b>Urbanicity</b>	People living in urban centers or near urban centers are estimated to cook much less than those living in rural areas. The strongest negative impact is observed with respondents <b>living in large cities</b> who reported cooking as much as <u>0.5 fewer meals per week</u> than those living in rural areas.
8	<b>Income quintile</b>	People in the <b>lowest 20% quintile</b> are estimated to cook as much as <u>half a meal less per week</u> than those in the highest 20% quintile.
9	<b>Education</b>	The higher the educational attainment level, the less people are estimated to cook at home. The strongest negative impact is observed with respondents who have <b>completed four years of formal education beyond a high-school degree</b> , who are estimated to cook as much as <u>0.3 fewer meals at home per week</u> compared to those with no education beyond high school.
10	<b>Subjective income</b>	Respondents who self-report <b>finding it difficult or very difficult to get by on their current income</b> are estimated to cook up to <u>0.2 fewer meals per week</u> than those who report being comfortable on their current income.
11	<b>Parents</b>	<b>Nonparents</b> are estimated to cook less than parents by a marginal value of just <u>0.1 fewer meals</u> .

Taking this analysis a step further, we looked into the difference in ranking and magnitude of these different parameters for each of the two gender categories. Region, household size and income quintile — which ranked eighth prior to the gender disaggregation — emerged as the three most significant predictors of the frequency of cooking for men. Conversely, the three most significant predictors for women were marital status, region and employment status.

**FIGURE 11**

### Ranking of parameters that impact the frequency of cooking for men and women

Men	Women
1 Region	1 Marital status
2 Household size	2 Region
3 Income quintile	3 Employment status



## SECTION 3.2

## Gender and Cooking

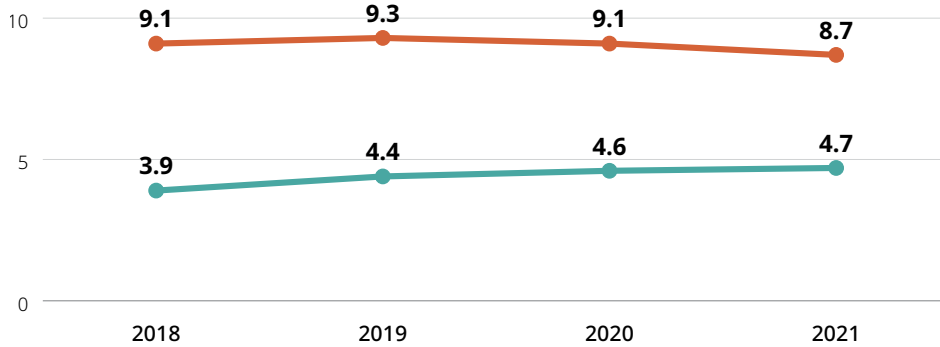
### In this section:

- Men have steadily increased their frequency of cooking from 3.9 in 2018 to 4.7 in 2021, while women have decreased their frequency from 9.1 in 2018 to 8.7 in 2021.
- Women ate more often at home than men did in 2021 — yet both genders have been observing a steady decrease in the frequency of eating at home since 2018.



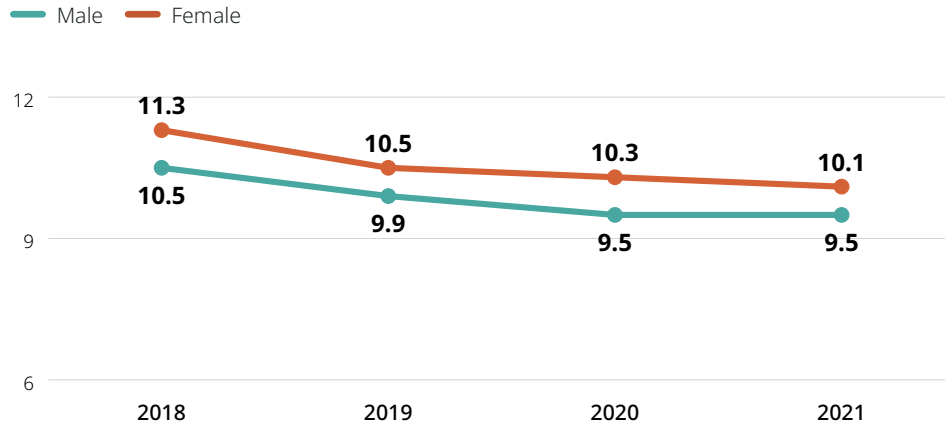
**FIGURE 12**
**Frequency of cooking at home by gender (2018-2021)**
*Meals cooked per week*

Male Female

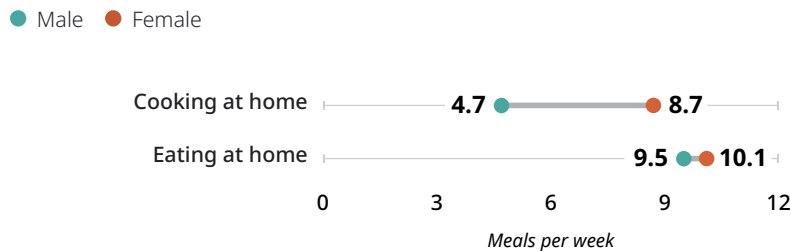


Women continued to cook much more than men in 2021. However, two distinct trends in the frequency of cooking have been tightening the gender gap since 2018.

First, men have increased their frequency of cooking from 3.9 to 4.7 meals per week. This increase has been steady and consistent year-on-year. Second, women have decreased their frequency from 9.1 to 8.7 meals per week, with a maximum of 9.3 meals per week observed in 2019.

**FIGURE 13**
**Frequency of eating at home by gender (2018-2021)**
*Meals eaten at home per week*


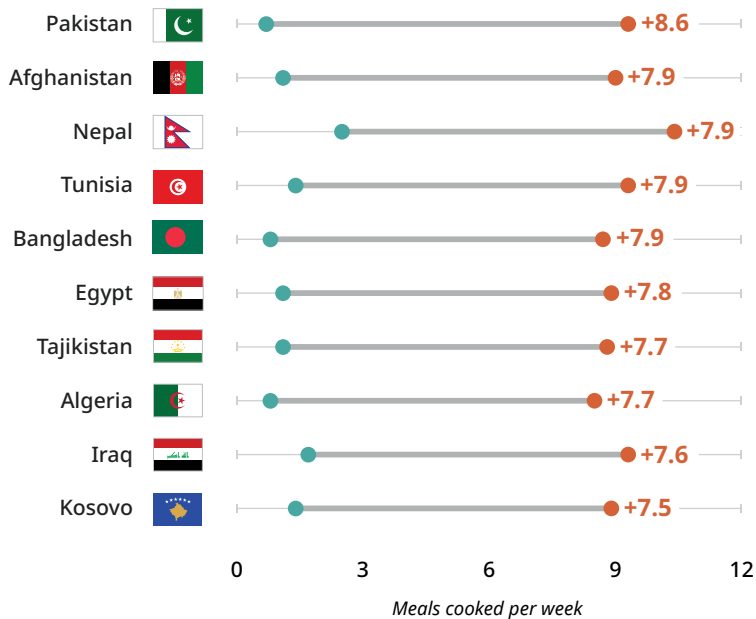
Not only did women cook more than men in 2021, but they also ate more often at home. However, there has been a consistent and steady decrease in the frequency of eating at home for both men and women since 2018 — yet, the year-on-year change was more pronounced for women than it was for men, as the latter’s frequency has remained steady since 2020.

**FIGURE 14**
**Gender gap in cooking and eating at home, 2021**


In 2021, women continued to cook at home almost twice as often as men. However, the gap in eating at home is much smaller, suggesting that although men are not cooking as much as women, they are eating at home nearly as often.

**FIGURE 15A**
**Cooking gender gap, 2021**

● Male ● Female

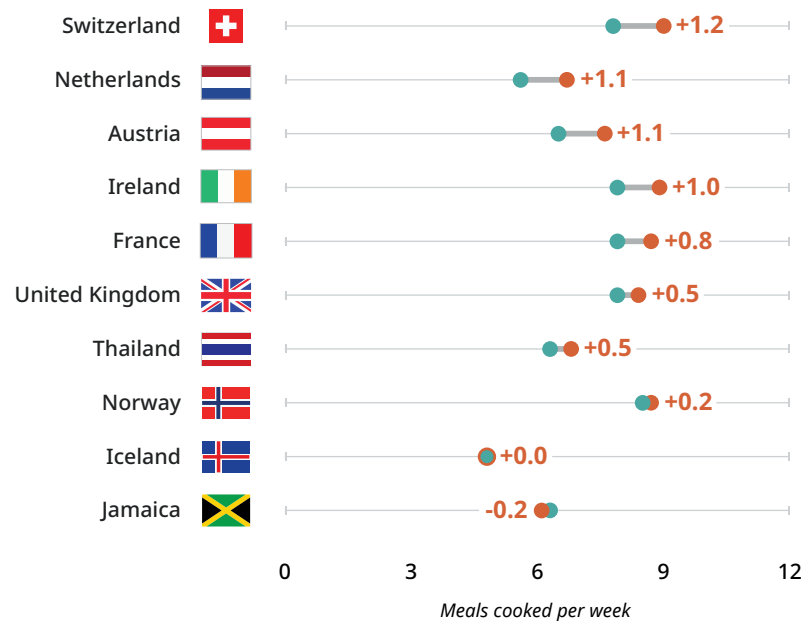
**Top 10 countries with largest cooking gender gap**


Country rank order based on gender gap past the first decimal.

The largest gender gap in home cooking was in Pakistan, where women cooked an average of 8.6 more meals per week than men. This gap is the equivalent of a percentage difference of over 1,200%. **While the gender gap is most extreme in Pakistan, it exists in nearly every country surveyed in 2021.**

**FIGURE 15B**
**Cooking gender gap, 2021**

● Male ● Female

**Top 10 countries with smallest cooking gender gap**


Country rank order based on gender gap past the first decimal.

**There are only two countries where women are not cooking more than men: Iceland, where women and men cooked at equal levels, and Jamaica, where men cooked an average of 0.2 more meals per week than women.**

**FIGURE 16**
**Cooking gender gap across various dimensions**

● Male ● Female

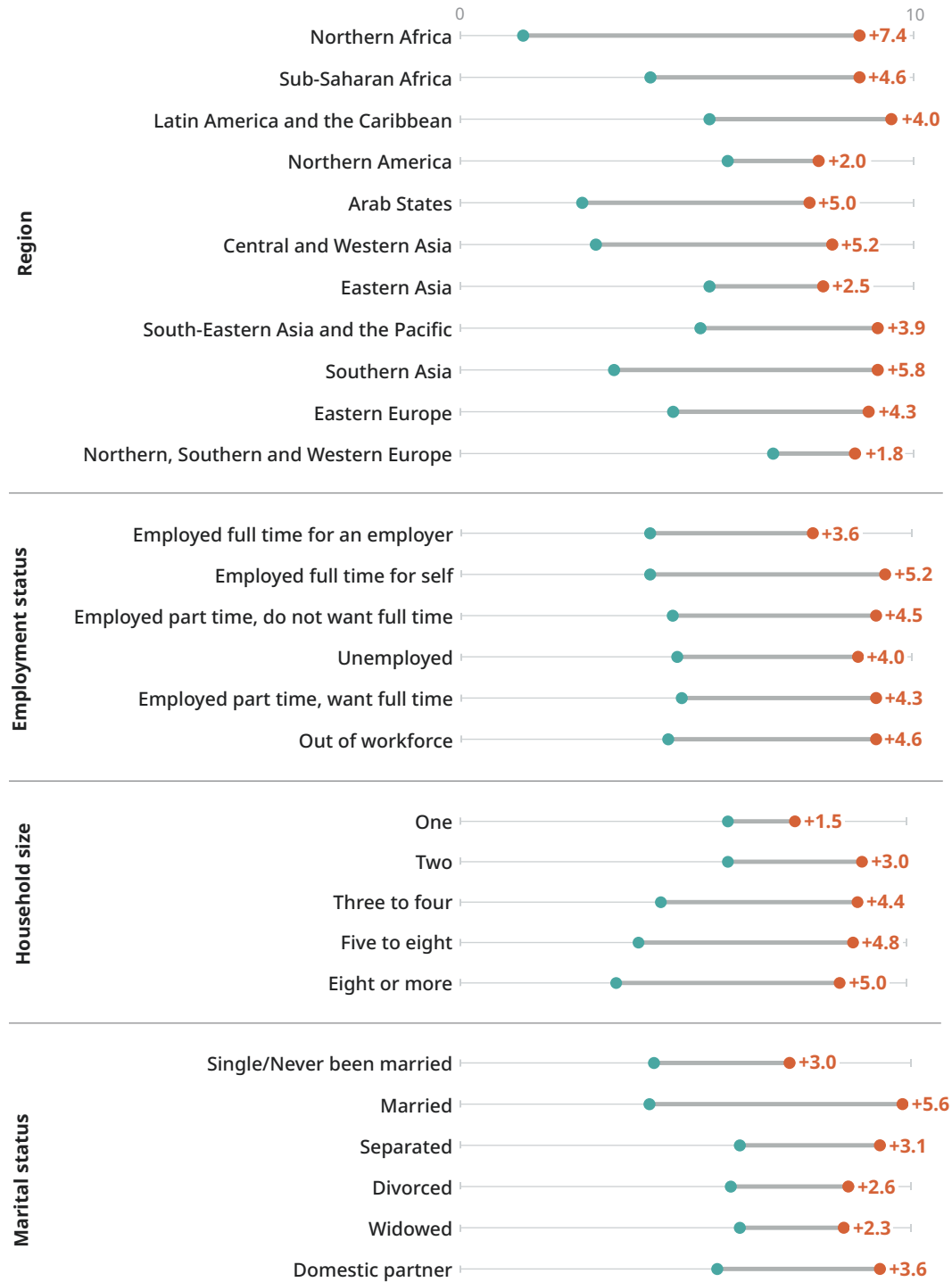
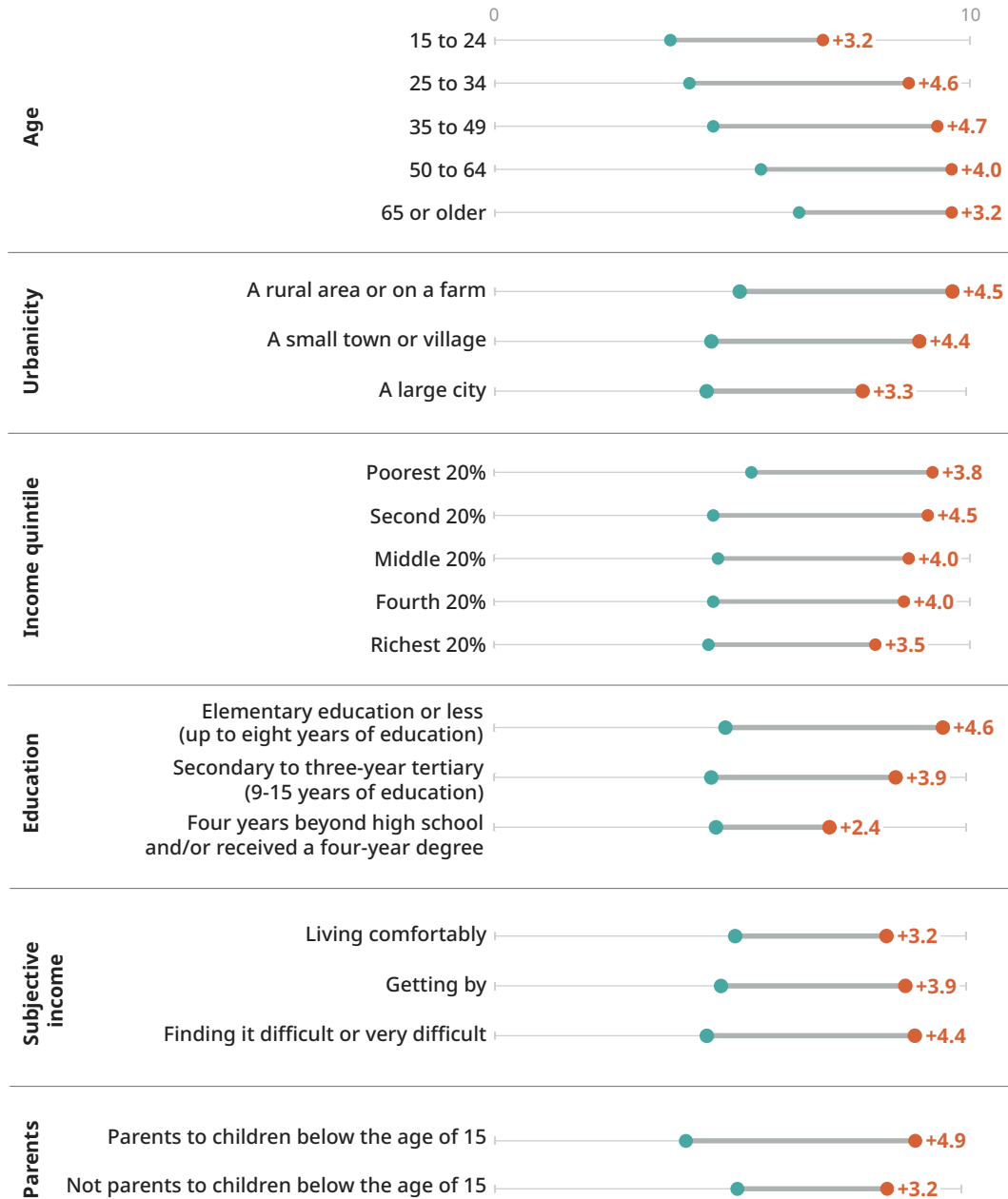


FIGURE 16

Cooking gender gap across various dimensions (continued)

● Male ● Female



The gender gap is evident across all social and demographic factors, such as region, education, age, income, employment, urbanicity, parenting and household size.

Across **regions**, the largest gap was observed in Northern Africa, where women cooked as many as 7.4 more meals than men. The region with the smallest gap (1.8 meals) was Northern, Southern and Western Europe.

As for **employment status**, the brunt of the cooking chores lie with women, despite equal employment statuses. This gender gap was most visible among self-employed women, who reported cooking as many as 5.2 more meals per week than their self-employed male counterparts.

Even when living alone, men continued to cook less than women by a difference of 1.5 meals across **households** consisting of just one person (presumably the respondent). As household size grows, the frequency in cooking for men gradually declines, whereas it remains relatively steady among women, especially for households comprising more than three individuals. The gender gap is most pronounced in households of eight or more, with a difference of five meals per week between men and women.

**Marital status** emerged as the single most significant predictor of the frequency of cooking for women. Across marital status categories, the largest observed gap is among married women, who cooked an average of 5.6 more meals than married men.

The greatest **age**-related gender gap is among respondents aged 35 to 49, where women cooked an average of 4.7 more meals than men. Meanwhile, female respondents on both ends of the age distribution — those below the age of 25 as well as those 65 or older — cooked 3.2 more meals than men in both age groups.

The larger **urbanicity** gender gap was observed among respondents who indicated they live in rural areas and farms. That gap was smallest for female respondents living in major cities, who reported cooking 3.3 more meals than men.

Across **income quintiles**, there is also evidence of the gender gap closing as the categories move from the lower-income quintiles to the richest 20%. In fact, the gender gap for the richest 20% of respondents was 3.5 more meals cooked by women per week on average.

When looking at **education level**, the correlation between a higher level of education and a narrowing gender gap in the frequency of cooking stands out — as the education level increases, the gap decreases from a maximum of 4.6 cooked meals for respondents who have only completed elementary levels of education to 2.4 for those who have completed at least four years of education beyond high school. This is predominantly driven by the decrease in cooking frequency of female respondents as they achieve higher levels of education.

The cooking gender gap is also most noticeable on the lower end of **subjective income** categories, where female respondents who indicated they are struggling to get by on their current income cooked as many as 4.4 more meals than male respondents who indicated the same.

Lastly, the gender gap is more pronounced with **parents**, with moms of children below the age of 15 cooking 4.9 more meals than dads, as opposed to a gap of 3.2 meals between women and men who do not have children below the age of 15.

#### INTERESTING FINDINGS

### Why are dads cooking less?

A closer look at the gender gap between parents and nonparents reveals a surprising insight. Not only did fathers cook less than mothers — an average of nearly five fewer meals per week — they also cooked less than men who are not parents. This indicates that men are in fact cooking much less after becoming fathers — a notable observation.






**SECTION 3.3**

## Other Demographic Characteristics of Cooking and Eating at Home

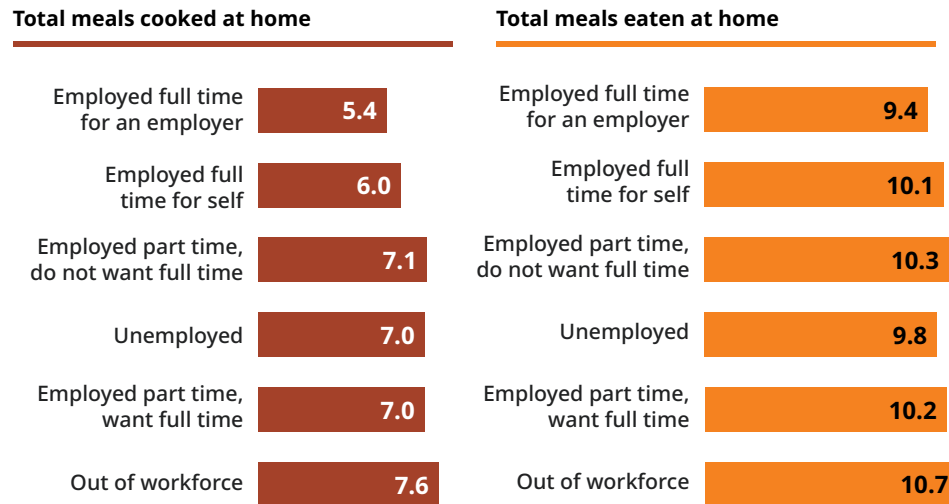
This section takes a more granular look at some of the other demographic characteristics identified as significant influencers on personal cooking rates according to the multivariate analysis introduced in Section 3.1. Region will be covered in greater length in Section 4, while marital status was explored as part of Section 3.2.

## Employment Status

FIGURE 17

### Employment status, cooking and eating

*Meals per week*



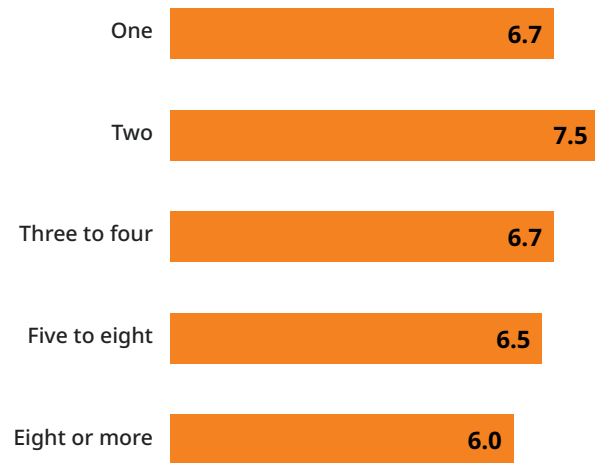
Employment status was also found to have an important relationship to how often an individual cooks. People who reported being out of the workforce both cooked and ate at home the most with an average of 7.6 and 10.7 meals per week, respectively. By the same token, **those employed full time by an employer cooked and ate the least at home**, with an average of 5.4 and 9.4 meals per week, respectively.

## Household size

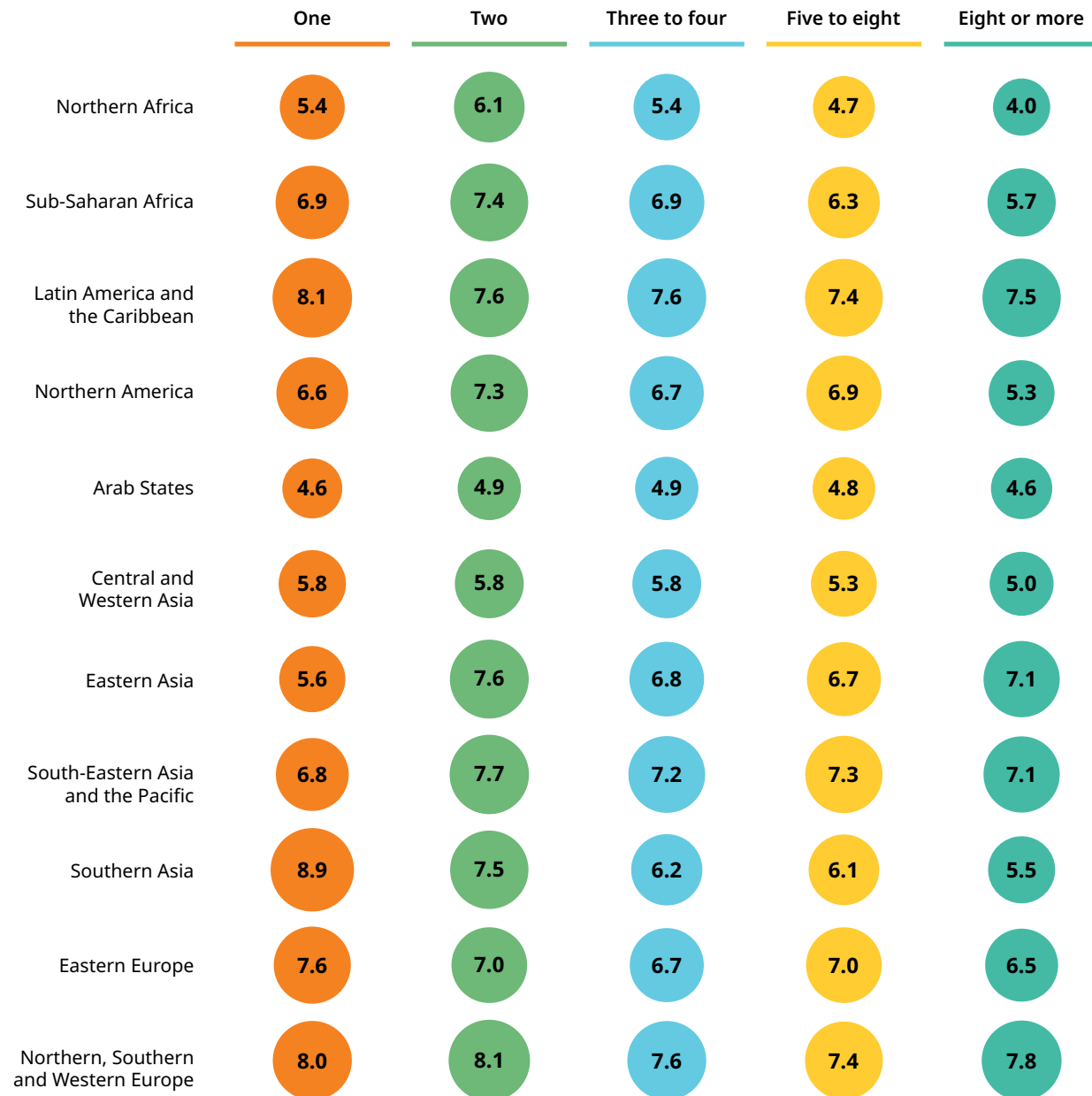
**FIGURE 18A**

### Household size and cooking

*Meals cooked per week*



When looking at the frequency of cooking, the size of the household matters and can inform our understanding of the dynamics at play. For instance, the highest frequency of cooking was observed across respondents who reported living with just one other person (household size of two), with a frequency of cooking of 7.5 meals at home on average every week. **However, as the household size increases, to account for more children or possibly multigenerational households, the frequency of cooking drops gradually to reach six meals cooked per week in households of at least eight individuals.**

**FIGURE 18B**
**Household size and cooking across regions**
*Meals cooked per week*


Across regions, the most noticeable differences in the frequency of cooking across household sizes are in Eastern Asia and South-Eastern Asia and the Pacific, where respondents living in larger households cooked more than those living alone, as well as in Southern Asia where the frequency of cooking drops by over three meals between those living alone and those living in households consisting of eight or more individuals.

## Age

When looking across age groups, the frequency in cooking increases from one age group to the next, with the largest consecutive difference being between respondents aged 15 to 24 and those aged 25 to 34 (1.2 meals). Respondents aged 65 or older cooked the most globally, averaging around 7.8 meals per week.

Interestingly, respondents aged 15 to 24 have observed a steady linear increase in frequency of cooking since 2018.

Although the rate of increase was most evident between 2018 and 2019, this growth continued to be observed even through 2020, at the height of the pandemic, when other age groups observed a dip.

FIGURE 19

### Cooking across age groups

Meals cooked per week

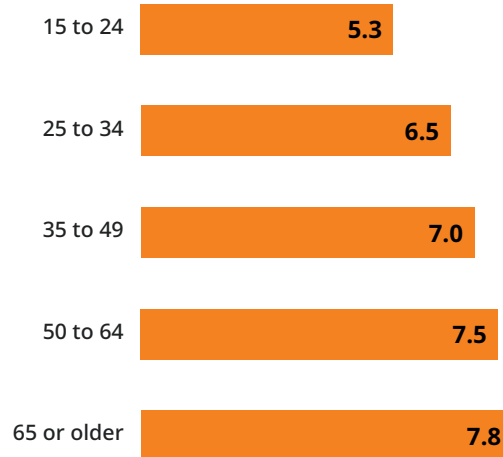
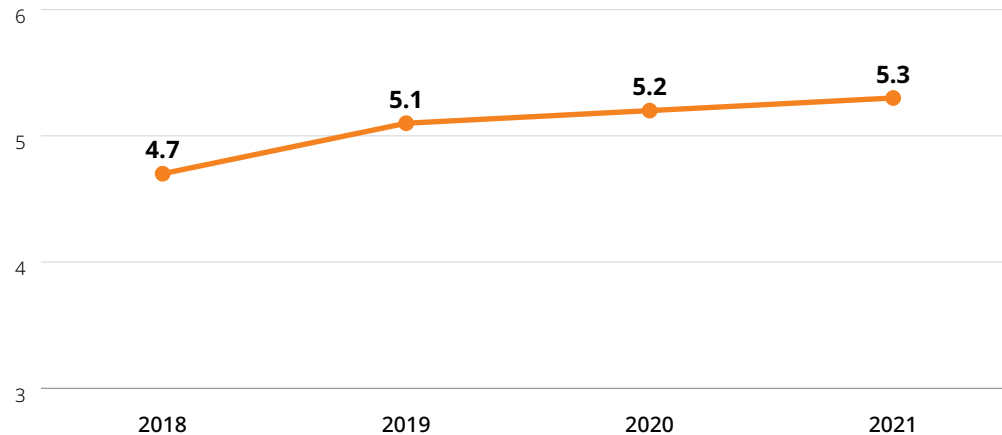
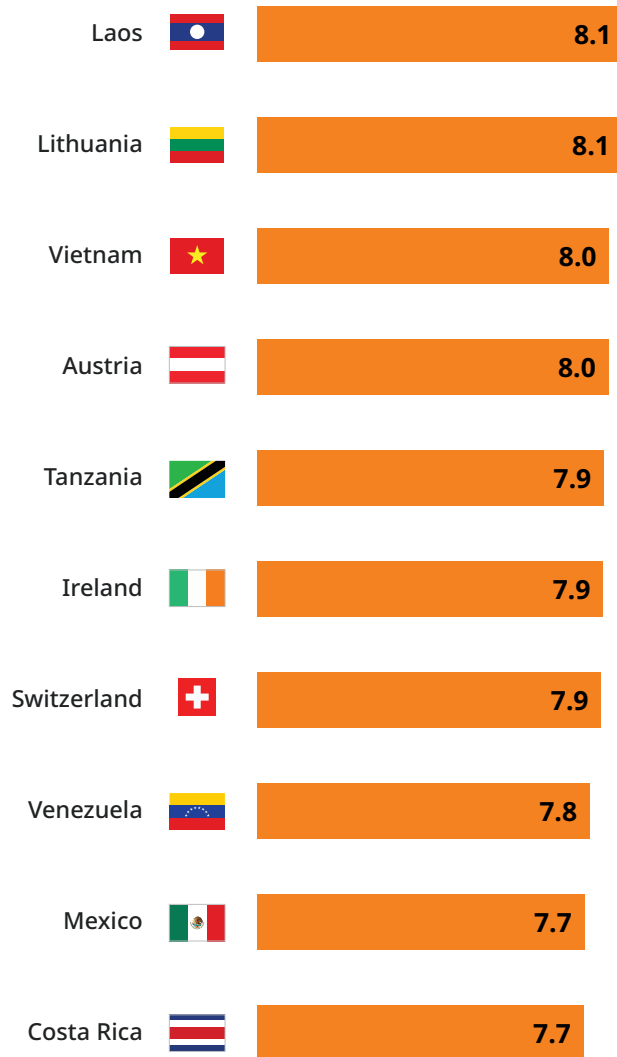


FIGURE 20

### Frequency of cooking aged 15 to 24

Meals cooked per week



**FIGURE 21**
**Countries where people under the age of 25 have cooked the most**
*Meals cooked per week*


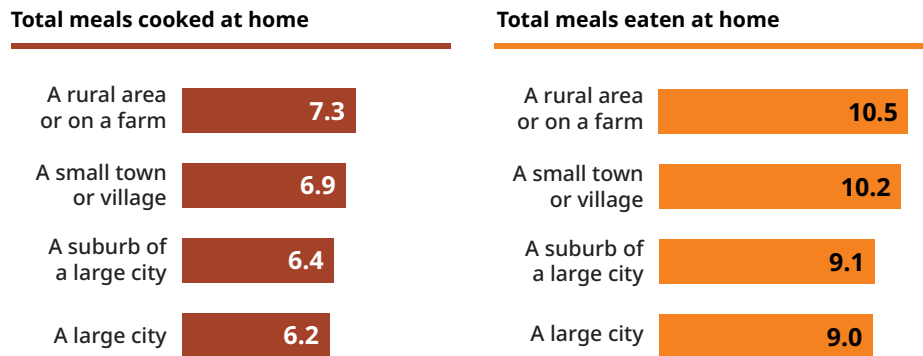
Country rank order based on total meal value past the first decimal.

## Urbanicity

FIGURE 22A

### Urbanicity, cooking and eating

Meals per week



As for the relationship between the frequency of cooking and the type of area in which a person lives (otherwise known as urbanicity), **people living in large cities reported lower frequency in both cooking and eating at home**, with 6.2 meals cooked and nine meals eaten per week. The highest frequency of both cooking and eating at home was observed in rural areas or on farms, where respondents cooked an average of 7.3 meals per week and ate an average of 10.5.



**FIGURE 22B**
**Urbanicity and cooking across regions**
*Meals cooked per week*

	A rural area or on a farm	A small town or village	A suburb of a large city	A large city
Northern Africa	5.5	5.3	4.7	4.8
Sub-Saharan Africa	6.7	6.5	6.6	6.1
Latin America and the Caribbean	8.2	7.9	7.0	7.2
Northern America	6.8	7.6	6.6	6.6
Arab States	4.0	4.2	4.4	5.1
Central and Western Asia	5.9	5.5	5.3	5.5
Eastern Asia	8.4	7.3	6.0	5.7
South-Eastern Asia and the Pacific	7.9	7.3	7.0	6.8
Southern Asia	6.4	6.4	6.4	5.6
Eastern Europe	7.8	6.9	6.4	6.8
Northern, Southern and Western Europe	8.0	7.8	7.9	7.6

Despite this general global trend, the reality at the regional level is more nuanced. For example, across the Arab States, respondents living in big cities reported cooking the most, with an average of 5.1 meals per week — the only region where such a trend is observed. **Of all groups, respondents living in rural areas and farms in Eastern Asia cooked the most, with an average of 8.4 meals cooked per week.**



**INTERESTING FINDINGS**

## Educational attainment and cooking

As an individual's level of education increases, so does that person's tendency not to cook. Those with an elementary education or lower (translating into eight years or less of schooling) cook an average of 7.2 meals per week; this declines to 6.5 meals per week for those with a secondary level of education and drops even further to 5.9 meals per week among those who have completed four years or more of education beyond high school.

**FIGURE 23**

### Educational attainment, cooking and eating

*Meals per week*

**Total meals cooked at home**

Elementary education or less  
(up to eight years of education) **7.2**

Secondary to three-year tertiary  
(9-15 years of education) **6.5**

Four years beyond high school  
and/or received a four-year degree **5.9**

**Total meals eaten at home**

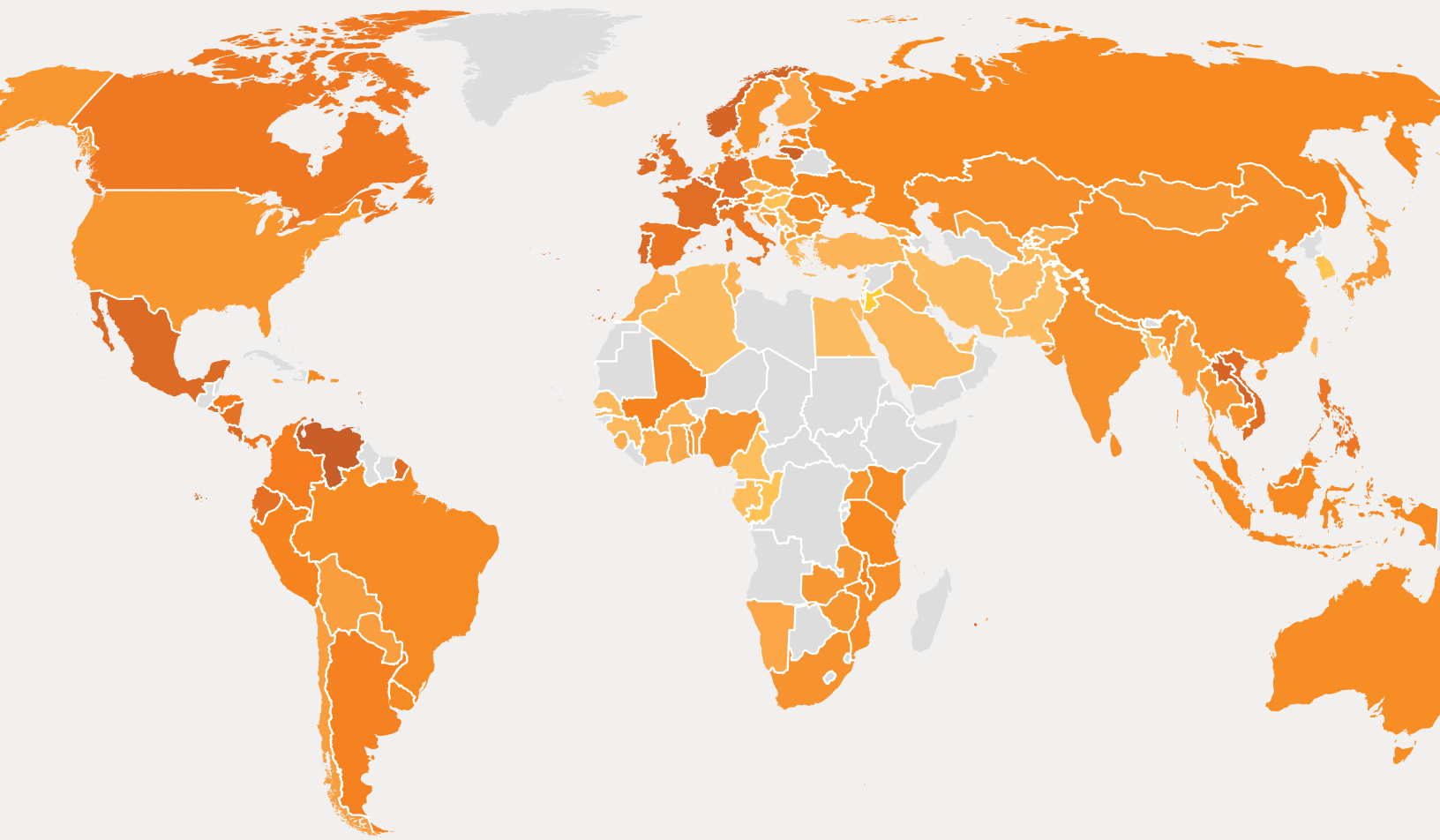
Elementary education or less  
(up to eight years of education) **10.1**

Secondary to three-year tertiary  
(9-15 years of education) **9.9**

Four years beyond high school  
and/or received a four-year degree **8.8**

SECTION 4

# A Closer Look at Cooking and Eating Home-Cooked Meals by Region



# Northern Africa

## Cooking and eating at home

### 2021 DASHBOARD

Number of countries/territories surveyed in 2021: **4**

	Number of meals personally cooked per week			Number of home-cooked meals eaten per week		
	Lunch	Dinner	Total	Lunch	Dinner	Total
<b>Northern Africa</b>	<b>2.6</b>	<b>2.4</b>	<b>5.0</b>	<b>5.6</b>	<b>5.4</b>	<b>11.0</b>
Global	3.1	3.6	6.7	4.6	5.2	9.8

**In 2021, Northern Africa cooked an average of five meals per week, up slightly from 4.8 in 2020.**

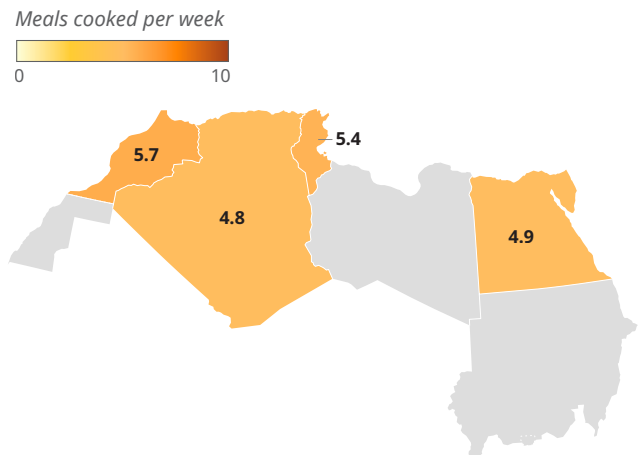
Notably, Northern Africa is one of the few regions which cooks slightly more lunches than dinners (2.6 vs. 2.4, respectively, in 2021); likewise, people in the region say they ate a greater number of home-cooked lunches (5.6) than dinners (5.4). In Egypt, the region's most populous country, people said they ate an average of 5.7 home-cooked lunches compared to 5.1 home-cooked dinners — a gap of 0.6 meals in favor of lunch.

More generally, cooking of either meal is relatively low in this region, with individuals in Algeria and Egypt both cooking fewer than five meals in the past week in 2021, which puts both countries just slightly outside the “bottom 10” in terms of cooking levels. Cooking in Egypt has fallen notably from the first two years of the survey, when Egyptians reported cooking slightly more than five meals per week (5.4 in 2018 and 5.2 in 2019). Morocco, meanwhile, cooks the most of these countries — an average of 5.7 meals in 2021.

At the same time, people in this region ate home-cooked meals far more regularly than other countries or areas of the world — in 2021, an average of 11.0 lunches or dinners were eaten in the past week.

**FIGURE 24**

### Northern Africa: Average total cooking, 2021



Both Algeria and Tunisia rank in the top 10 of all countries or territories in terms of their home-cooked eating — with Tunisia eating 11.7 meals at home on average and Algeria 12.0 meals.

This suggests a lack of balance in terms of who is cooking a meal compared to who is enjoying that meal. Nowhere is this difference more pronounced than with respect to gender, as can be seen in Figure 25. In 2021, women reported cooking 8.8 meals overall compared to just 1.4 for men — a gap of 7.4 meals and the largest of all regions analyzed here. Furthermore, this is a gap that does not appear to be closing in this region: In 2020, in fact, men reported cooking slightly more than they did this year (1.8 meals) and women slightly less (8.2 meals).

Employment status is another demographic where such sharp differences between cooking rates are apparent, with people out of the workforce cooking an average of 6.7 meals in 2021, while individuals who are employed full time cooked fewer than three. There is a good deal of overlap between the two groups — in 2021, around seven in 10 individuals who were out of the workforce were women in Northern Africa.

FIGURE 25

## Changes in cooking in Northern Africa, by subgroups: 2018-2021



# Sub-Saharan Africa

## Cooking and eating at home

### 2021 DASHBOARD

Number of countries/territories surveyed in 2021: **23**

	Number of meals personally cooked per week			Number of home-cooked meals eaten per week		
	Lunch	Dinner	Total	Lunch	Dinner	Total
<b>Sub-Saharan Africa</b>	<b>3.0</b>	<b>3.6</b>	<b>6.6</b>	<b>4.3</b>	<b>5.4</b>	<b>9.7</b>
Global	3.1	3.6	6.7	4.6	5.2	9.8

Sub-Saharan Africa cooked an average of 6.6 meals per week in 2021, up slightly from 6.3 in 2020 and 6.1 in 2019 and 2018.

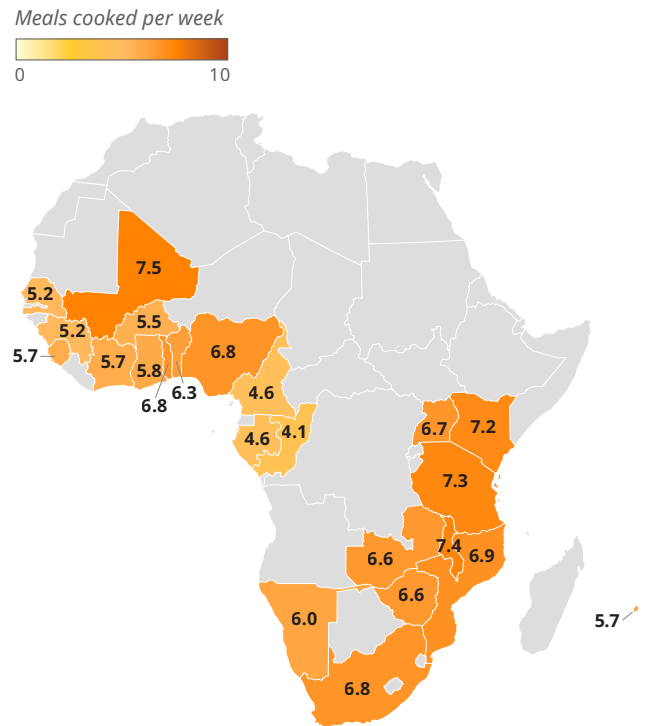
Still, this regional total shows significant country-level variation, with Mali cooking the most in 2021 (an average of 7.5 meals in the past week) and the Republic of the Congo cooking the least (4.1 meals). This variation is even more extreme with respect to the number of home-cooked meals people report eating in the past week — while the 2021 regional average, at 9.7, is on par with the global average, it ranges from as high as 11.3 meals in Tanzania to as low as 4.7 meals in the Republic of the Congo.

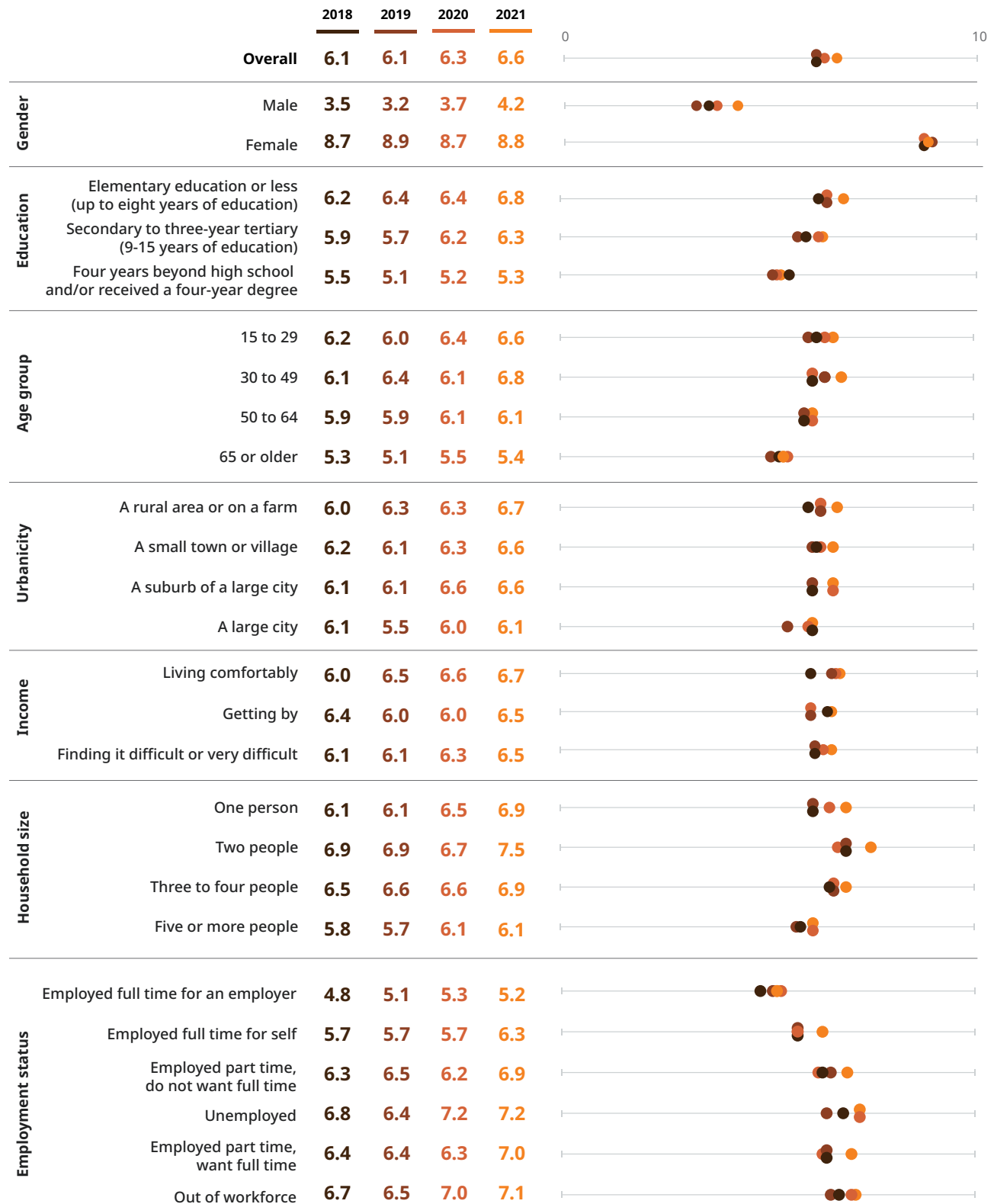
Women cooked the most in Sub-Saharan Africa (8.8 meals compared to 4.2 meals for men in 2021) — but this, of course, is not a finding specific to this region, and there is some evidence this gap is narrowing. While the gender gap with respect to cooking stood at 4.6 meals in 2021, it was as high as 5.7 meals in 2019.

It is also notable that younger individuals tend to do a higher level of cooking than their older counterparts — people aged 15 to 29 in Sub-Saharan Africa said they cooked 6.6 meals in the past week, about on par with the next oldest age cohort (30- to 49-year-olds) and well above the older age groups.

FIGURE 26

### Sub-Saharan Africa: Average total cooking, 2021



**FIGURE 27**
**Changes in cooking in Sub-Saharan Africa, by subgroups: 2018-2021**


# Latin America and the Caribbean

## Cooking and eating at home

### 2021 DASHBOARD

Number of countries/territories surveyed in 2021: **18**

	Number of meals personally cooked per week			Number of home-cooked meals eaten per week		
	Lunch	Dinner	Total	Lunch	Dinner	Total
<b>Latin America and the Caribbean</b>	<b>4.0</b>	<b>3.6</b>	<b>7.6</b>	<b>5.5</b>	<b>5.2</b>	<b>10.7</b>
Global	3.1	3.6	6.7	4.6	5.2	9.8

Cooking is an increasingly popular activity in Latin America and the Caribbean: In 2018, the first year of the Cookpad and Gallup home-cooking survey, people in this region cooked on average 6.4 lunches and/or dinners per week; this has climbed steadily to reach 7.6 meals in the most recent survey. Only one other region reports cooking more frequently — Northern, Southern and Western Europe, though barely.

**Nine of the 17 countries that have data from both the 2018 and 2021 surveys have seen the level of cooking rise by at least one meal, including Ecuador, the Dominican Republic, Mexico, Venezuela, Colombia, Brazil, Peru, Nicaragua and Chile.**

In 2021, Venezuela, whose rise in personal cooking has unfortunately come alongside an economic descent, reported cooking more than any other country or territory in the world, an average of 8.9 meals a week. The country that cooked the least in this region in 2021 is Jamaica, averaging 6.2 meals per week.

Latin America and the Caribbean also stands out as a rare region where cooking lunch is a slightly more common activity than cooking dinner, with an average of four lunches cooked per week compared to 3.6 dinners. Similarly, lunch is more common to eat at home than dinner, with people in Latin America saying they ate a total of 5.5 lunches at home in the past week, compared to 5.2 dinners.

FIGURE 28

### Latin America and the Caribbean: Average total cooking, 2021



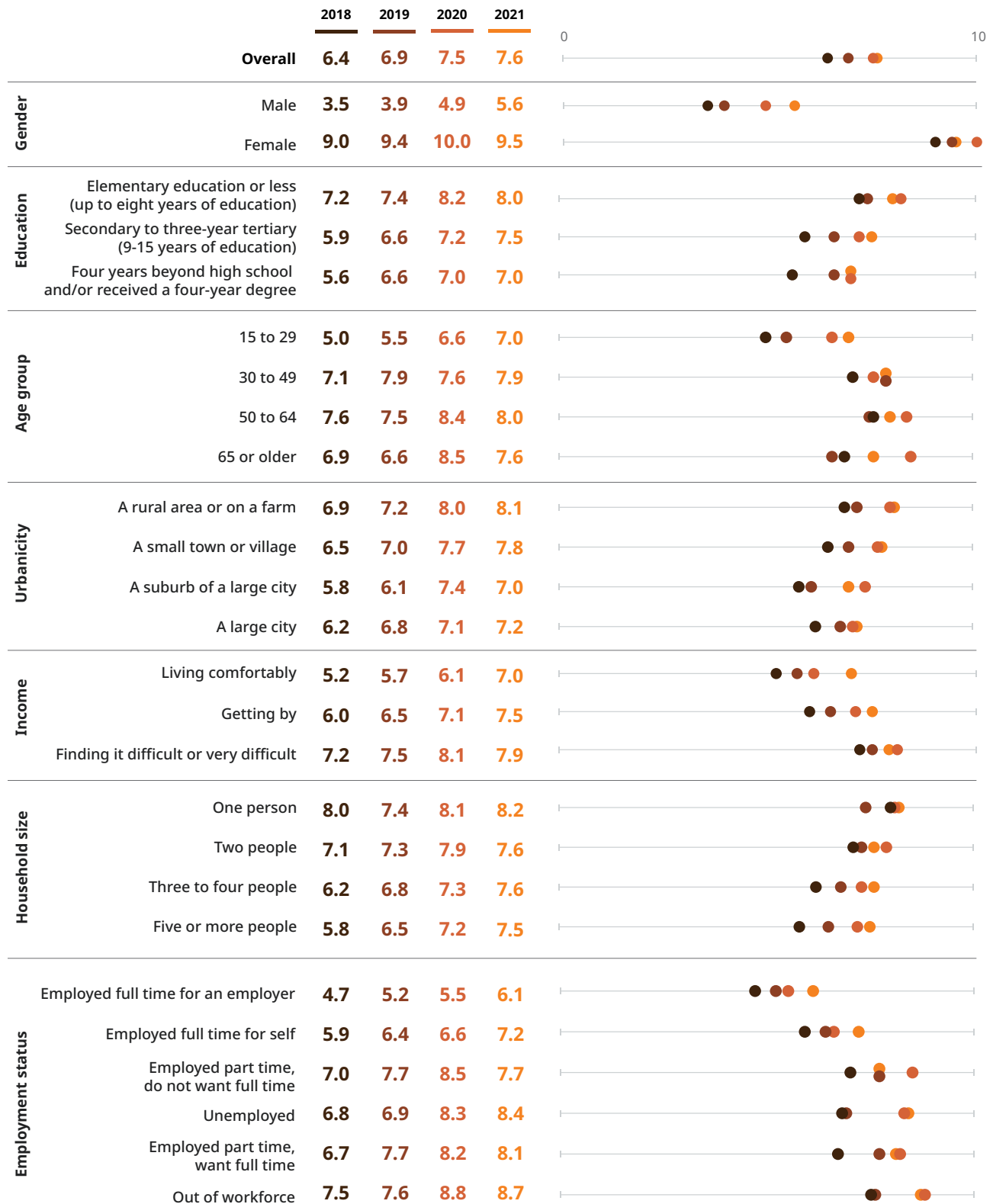
Chile is the clearest — though not the only — example of this trend. Lunch is the most important meal of the day in Chile.<sup>4</sup> In 2021, Chileans reported eating 1.8 more lunches than dinners at home and cooking 1.3 more lunches compared to dinners. In 2021, only three countries in Latin America and the Caribbean reported eating home-cooked dinners more than lunches — Jamaica, Panama and El Salvador.

The frequency of cooking is on the rise among different demographic groups in the region — particularly among Latin Americans aged 15 to 29. In 2018, this group cooked an average of five meals a week; this has risen to seven meals in 2021. Men are cooking quite a bit more, though they continue to trail women. In 2021, men in Latin America cooked an average of 5.6 meals per week — up considerably from 3.5 in 2018. Cooking among women, by contrast, has been relatively stable, standing at 9.5 in 2021, which is slightly below the 2020 level of 10.0 meals but up slightly from nine meals in 2018.

<sup>4</sup> Lang, Bo. (2021). What is the most important meal of the day in Chile? The Flat. Retrieved from <https://theflatbkny.com/central-and-south-america/what-is-the-most-important-meal-of-the-day-in-chile/>

FIGURE 29

## Changes in cooking in Latin America and the Caribbean, by subgroups: 2018-2021





# Northern America

## Cooking and eating at home

### 2021 DASHBOARD

Number of countries/territories surveyed in 2021: **2**

	Number of meals personally cooked per week			Number of home-cooked meals eaten per week		
	Lunch	Dinner	Total	Lunch	Dinner	Total
<b>Northern America</b>	<b>3.2</b>	<b>3.7</b>	<b>6.9</b>	<b>4.0</b>	<b>4.9</b>	<b>8.9</b>
Global	3.1	3.6	6.7	4.6	5.2	9.8

Northern America consists of just two countries — Canada and the United States of America — which together, in 2021, cooked an average of 6.9 meals per week.

However, the regional average conceals the vast difference between the two countries in terms of their frequency of cooking: Americans cooked an average of 6.7 meals per week compared to 7.9 in Canada. Likewise, the 8.9 home-cooked meals people ate, on average, in Northern America obscures how much more frequently Canadians sit down at the dining table than Americans: In 2021, Canadians ate an average of 10.0 home-cooked meals per week compared to 8.7 meals per week eaten in the U.S.

Still, it is fair to say that both Americans and Canadians are cooking at higher rates than before the pandemic — though both countries have dipped slightly from their 2020 home-cooking records of 6.8 meals per week for the U.S. and 8.2 meals per week for Canada. While Canada's pandemic peak (for cooking, that is) may have been higher than its southern neighbor, the uptick in cooking in the U.S. appears to be more longlasting. In Canada, cooking fell by 0.3 meals in 2021, compared to a barely discernable 0.1-meal decline in the U.S. In 2021, both countries were cooking over half a meal more than they were in the pre-pandemic years of 2018-19.<sup>5</sup>

<sup>5</sup> Combing both the 2018 and 2019 surveys (i.e., the pre-pandemic years) shows that the United States cooked on average 6.1 meals per week over this two-year period, while this figure was 7.2 in Canada.

FIGURE 30

### Northern America: Average total cooking, 2021

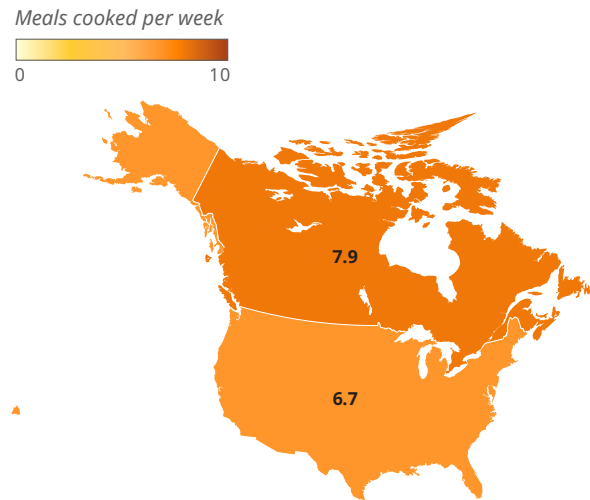
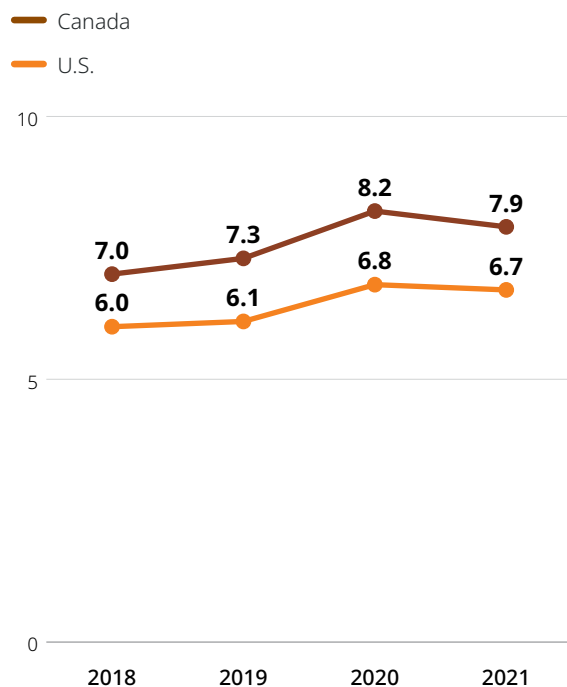


FIGURE 31

### Annual frequency of home cooking in the U.S. and Canada: 2018-2021



**In both the United States and Canada, people with a college or university degree are cooking at greater frequencies than prior to the pandemic — even among men.**

In the United States, for instance, men who have graduated from college or university cooked an average of 6.5 meals per week in 2021, compared to 5.1 in 2018-19 — an increase of 1.4 meals. Women in the United States with the same educational background cooked one meal more than before the pandemic (although they still cooked at greater rates than men). By contrast, men who did not graduate from college in the U.S. only cooked 0.1 meals more in 2021 compared to the pre-pandemic period, while the same was not true of women who did not graduate college, whose cooking rate rose by 0.7 meals. In Canada, similar trends were observed.

Looking at the long-term trends in the region for key demographic subgroups, familiar patterns are apparent, including one that is ubiquitous across regions — women in Northern America cook more often than men. In 2021, women in Northern America cooked 7.8 meals per week, compared to 5.9 for men, though as noted, there is evidence that more educated men are increasing the amount of time they spend in the kitchen.

The oldest age cohort — those aged 65 or older — cooked 7.9 meals per week on average in 2021, which represents an increase of half a meal from 2020. Longer-term, however, people aged 15 to 29 have registered the greatest amount of growth in their cooking behavior: In 2018, this group cooked an average of 4.8 meals per week. In 2020, this climbed to 6.4 meals per week. Though the figure dipped in 2021, falling to 5.6 meals per week, this is still 17% higher than the original 2018 figure.

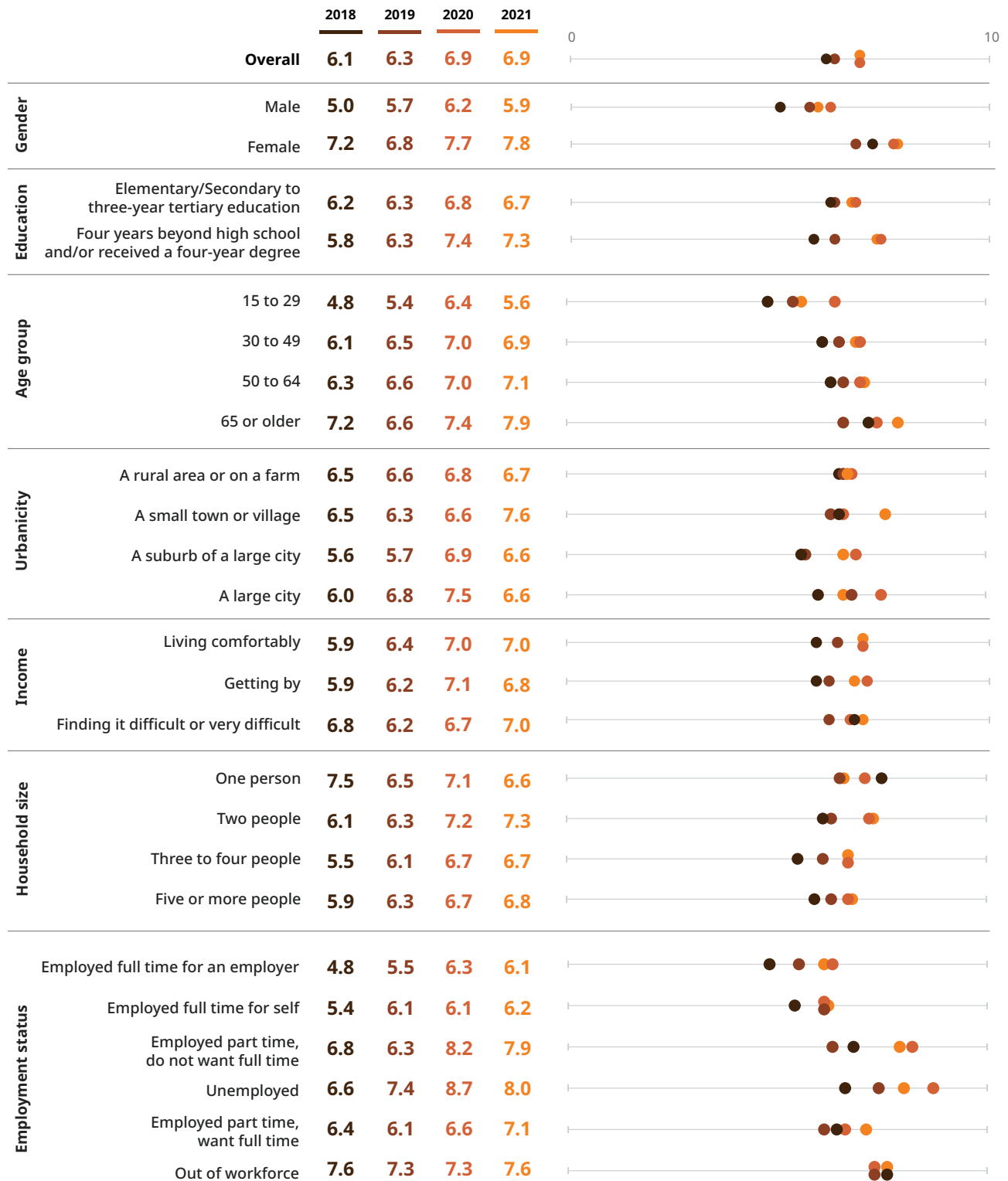
**TABLE 1**

**Frequency of home cooking in the United States by education and gender: pre-pandemic period and pandemic/post-pandemic period**

	2018-19	2020	2021
College/University graduate			
<b>Men</b>	<b>5.1</b>	<b>6.8</b>	<b>6.5</b>
<b>Women</b>	<b>6.7</b>	<b>7.6</b>	<b>7.7</b>
Did not graduate			
<b>Men</b>	<b>5.3</b>	<b>5.6</b>	<b>5.4</b>
<b>Women</b>	<b>7.1</b>	<b>7.6</b>	<b>7.8</b>

FIGURE 32

## Changes in cooking in Northern America, by subgroups: 2018-2021



# Arab States

## Cooking and eating at home

### 2021 DASHBOARD

Number of countries/territories surveyed in 2021: **5**

	Number of meals personally cooked per week			Number of home-cooked meals eaten per week		
	Lunch	Dinner	Total	Lunch	Dinner	Total
<b>Arab States</b>	<b>2.5</b>	<b>2.3</b>	<b>4.8</b>	<b>4.8</b>	<b>4.3</b>	<b>9.1</b>
Global	3.1	3.6	6.7	4.6	5.2	9.8

Personal cooking in the Arab States is lower than in all other regions, with an average of 4.8 meals cooked per week in 2021.

This represents a slight downtick from 2020, when the number of meals people reported cooking in the past week was five, the record for this region. In both 2018 and 2019, the number of meals cooked per week was below 4.5.

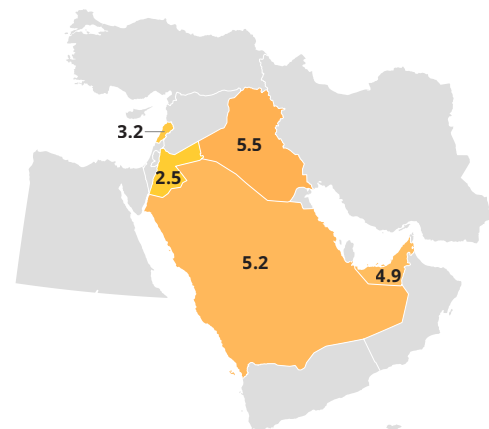
In 2021, Iraq cooked more than any other country in this region, at 5.5 meals per week. Saudi Arabia, though, came a close second — and, moreover, cooking levels have risen steadily in this country over the past four years, even if they started at a relatively low base. In 2018, Saudis said they cooked 3.4 meals in the past week, placing them third from the bottom of the global rankings that year. In 2019, this figure ticked up to 3.5 and then to 4.8 meals in 2020. This year's level, at 5.2 meals, represents still another increase.

Jordan, meanwhile, not only registers the lowest cooking levels in the region but of all the countries or territories in this year's survey, a spot Jordan also occupied in 2018, the first year of the Cookpad and Gallup home-cooking survey.

FIGURE 33

### Arab States: Average total cooking, 2021

Meals cooked per week



Eating at home is also comparatively less common in the Arab States, though not to the same degree as cooking at home. It is also on the decline — this year's average of 9.1 meals eaten at home per week is the lowest of any year.

In 2021, women cooked an average of 7.6 lunches and/or dinners per week, while men only cooked 2.8 meals per week. In general, the level of cooking was consistently low across a diverse set of personal characteristics. Still, some groups were especially unlikely to cook, such as individuals aged 65 or older, who consistently cook less than their younger counterparts, though in 2021 their cooking did rise to 2.9 meals per week from 2.2 in 2020, the sharpest year-over-year rise of any group explored in Figure 34.

FIGURE 34

## Changes in cooking in Arab States, by subgroups: 2018-2021



# Central and Western Asia

## Cooking and eating at home

### 2021 DASHBOARD

Number of countries/territories surveyed in 2021: **9**

	Number of meals personally cooked per week			Number of home-cooked meals eaten per week		
	Lunch	Dinner	Total	Lunch	Dinner	Total
<b>Central and Western Asia</b>	<b>2.3</b>	<b>3.3</b>	<b>5.6</b>	<b>3.5</b>	<b>5.3</b>	<b>8.8</b>
Global	3.1	3.6	6.7	4.6	5.2	9.8

In 2021, Central and Western Asia cooked 5.6 meals per week while eating a total of 8.8 meals at home.

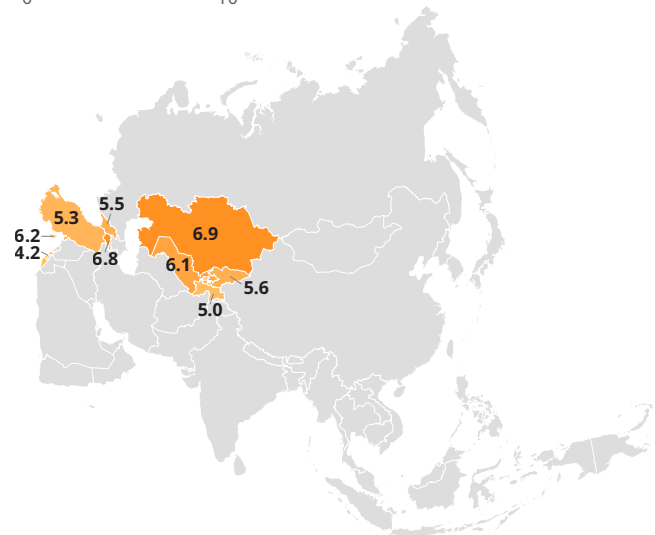
Both statistics have been stable over the past four years, though cooking frequencies are moving up slightly, increasing by about three-fifths of a meal over the four-year period.

In 2021, Kazakhstan was the country where cooking was the highest, at 6.9 meals per week. Israel, by contrast, cooked the least often, at 4.2 meals per week. In several of the Western Asian countries such as Kyrgyzstan and Tajikistan, people reported cooking at low levels compared to most other countries, but they nonetheless ate at higher-than-average rates (around 11 meals per week in 2021).

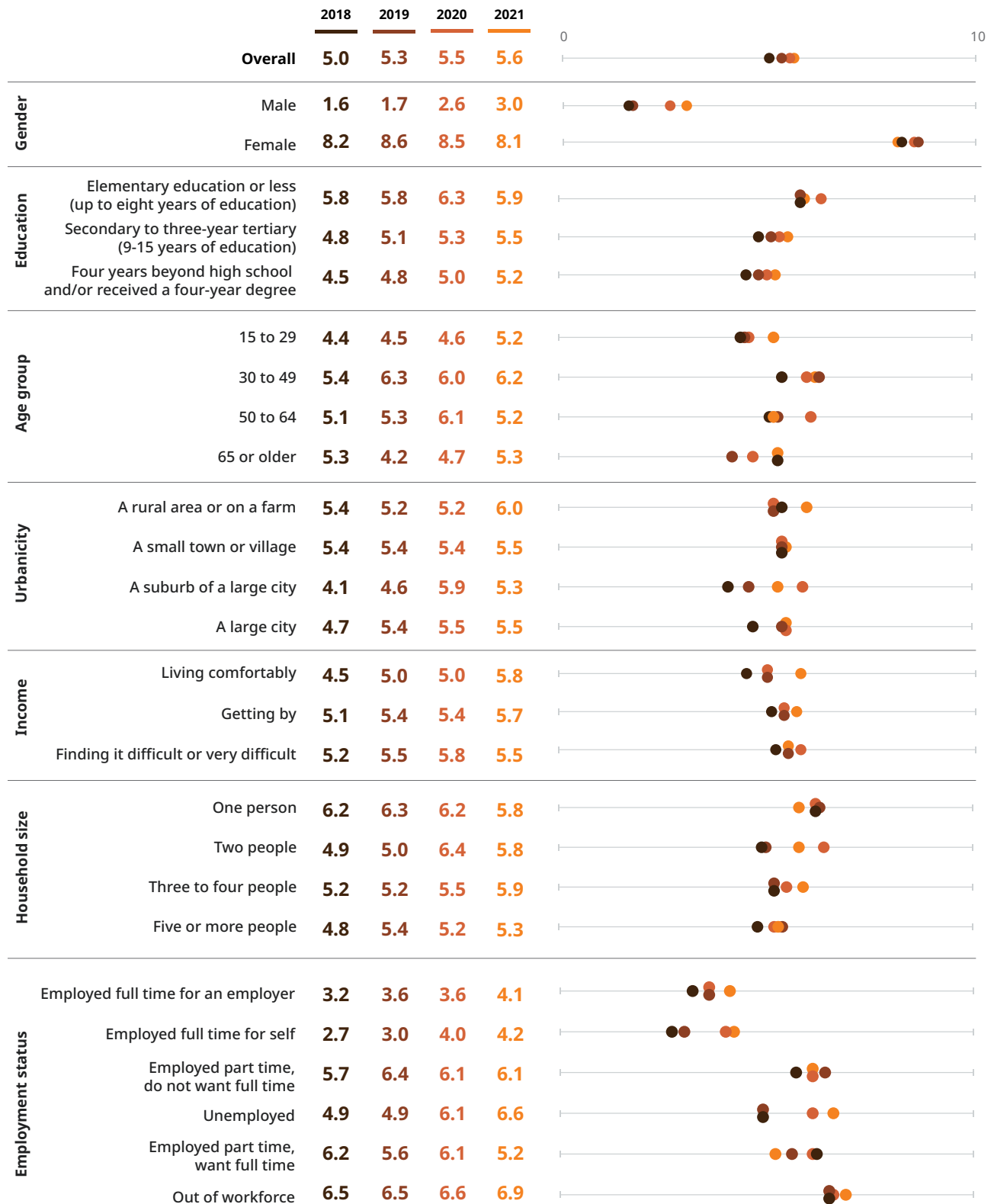
FIGURE 35

### Central and Western Asia: Average total cooking, 2021

Meals cooked per week



In terms of who cooked the most in Central and Western Asia, the story is a familiar one: Women cooked far more than men (8.1 meals vs. three meals per week in 2021) and more than any other single demographic group. People outside the workforce — many of whom are women — also cooked more frequently than other types of individuals. Additionally, people who live in rural areas or on a farm reported cooking more often than those who live in less remote locations, with the former cooking six meals per week compared to nearly 5.5 meals for those living in a small town or village, a suburb of a large city or a large city.

**FIGURE 36**
**Changes in cooking in Central and Western Asia, by subgroups: 2018-2021**


# Eastern Asia

## Cooking and eating at home

### 2021 DASHBOARD

Number of countries/territories surveyed in 2021: **6**

	Number of meals personally cooked per week			Number of home-cooked meals eaten per week		
	Lunch	Dinner	Total	Lunch	Dinner	Total
<b>Eastern Asia</b>	<b>3.1</b>	<b>3.6</b>	<b>6.7</b>	<b>3.8</b>	<b>4.7</b>	<b>8.5</b>
Global	3.1	3.6	6.7	4.6	5.2	9.8

Perhaps no region examined here has had as dramatic a trend in personal cooking rates as Eastern Asia — though, admittedly, this was not on display last year, when the average number of meals people cooked rose by a modest half of a meal, to 6.7 per week.

In 2019, Eastern Asia cooked more than any other region examined here, preparing, on average, 7.9 meals a week that year; the situation was similar in 2018, when the cooking frequency was 7.7 meals per week.

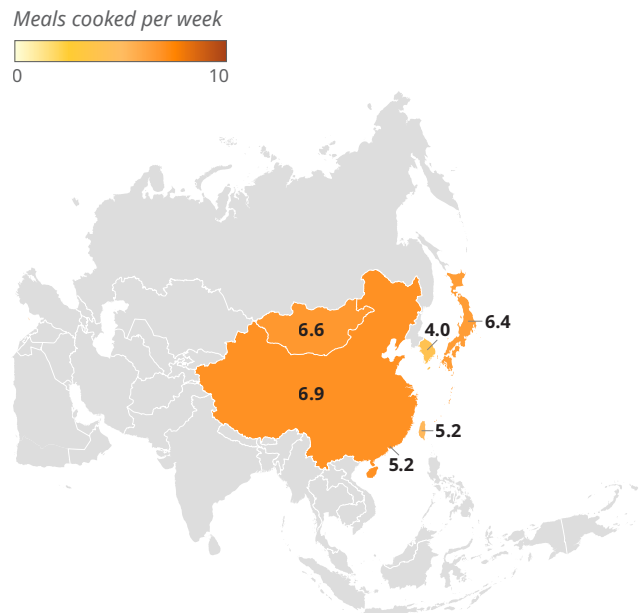
In 2020, this rate plummeted by nearly two full meals, falling to 6.2 meals per week — a startling fall in its own right, but especially given that many other regions saw an increase in cooking activity in the first year of the pandemic.

This fall was attributable to China, the largest country in the world (and, needless to say, the region), as the amount of cooking there fell by 2.1 meals in 2020. For a discussion as to the probable causes for this unexpected trend, please see the third report of the Cookpad and Gallup home-cooking survey.

In 2021, cooking in China bounced back slightly, rising to 6.9 meals per week. Moreover, China is once again the country or territory that cooked the most in this region, with Mongolia taking the next spot, at 6.6 meals. Taiwan saw the biggest gain relative to 2020, with the amount of cooking rising by one full meal.

FIGURE 37

### Eastern Asia: Average total cooking, 2021



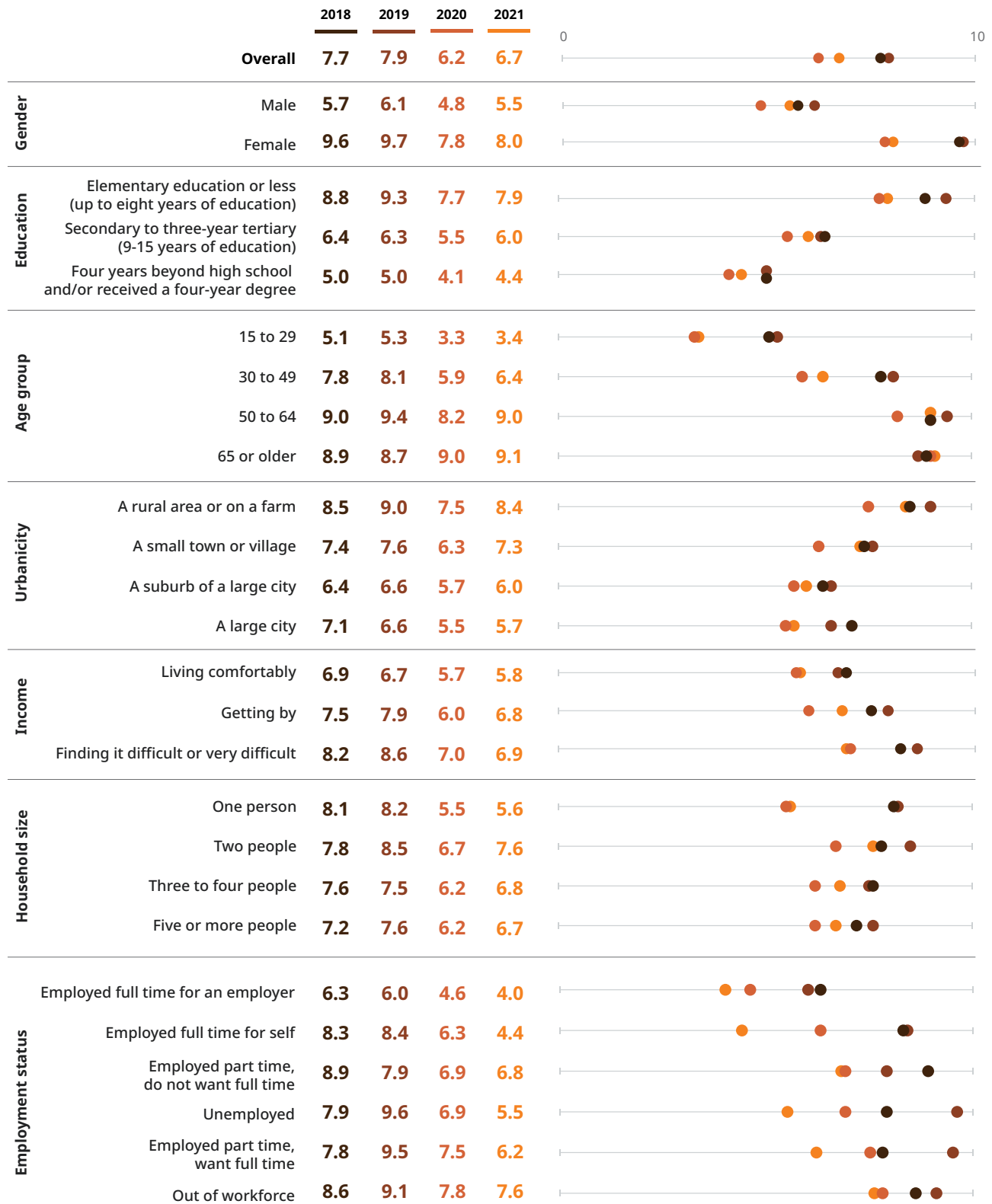
Turning to the cooking trends for key demographic groups in this region, a perhaps unexpected group of people are at least partially responsible for the modest recovery of cooking frequencies in Eastern Asia last year: men. Though men in this region, as in all other regions, cook less frequently than women, frequency of cooking increased at a higher rate for men than for women — rising by nearly a full meal (0.7) to 5.5 meals per week. Women in 2021 cooked on average eight meals per week, just 0.2 meals higher than the 2020 rate. Other demographics saw increases as well, particularly individuals aged 50 to 64 (0.8-meal increase from 2020) and those living in a rural area or on a farm (0.9-meal increase year-over-year).

Overall, though, the group that cooked the most in Eastern Asia in 2021 was the same as in 2020: individuals aged 65 or older, at 9.1 meals per week. Even in China, which saw a sharp drop-off in home-cooking frequencies in 2020, people aged 65 or older spent about as much time in the kitchen as in previous years.



FIGURE 38

## Changes in cooking in Eastern Asia, by subgroups: 2018-2021



# South-Eastern Asia and the Pacific

## Cooking and eating at home

### 2021 DASHBOARD

Number of countries/territories surveyed in 2021: **11**

	Number of meals personally cooked per week			Number of home-cooked meals eaten per week		
	Lunch	Dinner	Total	Lunch	Dinner	Total
<b>South-Eastern Asia and the Pacific</b>	<b>3.5</b>	<b>3.7</b>	<b>7.2</b>	<b>4.9</b>	<b>5.4</b>	<b>10.3</b>
Global	3.1	3.6	6.7	4.6	5.2	9.8

In 2021, South-Eastern Asia and the Pacific cooked 7.2 meals per week, placing the region well above the global average, even if this represented a slight decline from the 2020 average of 7.7 meals per week.

This region also eats at home more often than other places of the world, with people eating a total of 10.3 meals per week at home in 2021.

Laos is the country with the highest frequency of home cooking in this region, preparing an average of 8.6 meals per week in 2021. Laos also consistently places at or near the top of the rankings of all countries or territories, including a tied fourth-place finish this year as well as holding the top spot in 2020. Singapore cooks the least of all nations in this region, at 4.4 meals per week in 2021. This is 1.8 meals fewer than the next lowest country of Myanmar.

The people who cook the most often in South-Eastern Asia include women (an average of 9.2 meals in 2021), people living in a rural area (7.9 meals), people aged 50 to 64 (7.9 meals) and those outside of the workforce (8.3 meals).

FIGURE 39

### South-Eastern Asia and the Pacific: Average total cooking, 2021

Meals cooked per week

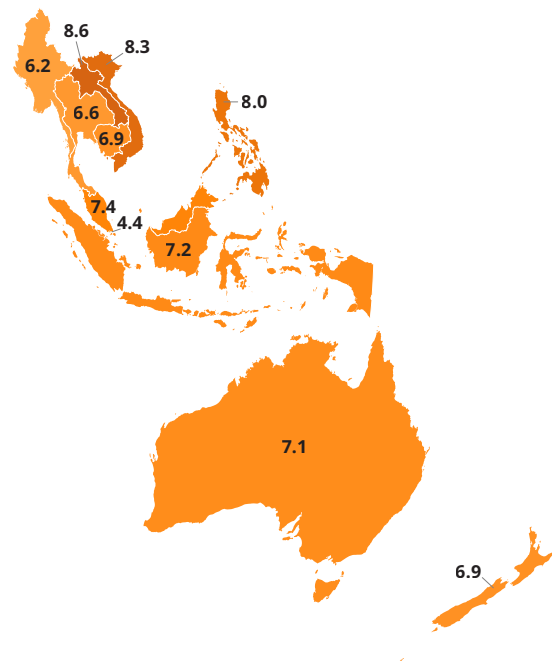


FIGURE 40

## Changes in cooking in South-Eastern Asia and the Pacific, by subgroups: 2018-2021



# Southern Asia

## Cooking and eating at home

### 2021 DASHBOARD

Number of countries/territories surveyed in 2021: 7

	Number of meals personally cooked per week			Number of home-cooked meals eaten per week		
	Lunch	Dinner	Total	Lunch	Dinner	Total
<b>Southern Asia</b>	<b>2.7</b>	<b>3.6</b>	<b>6.3</b>	<b>4.6</b>	<b>5.7</b>	<b>10.3</b>
Global	3.1	3.6	6.7	4.6	5.2	9.8

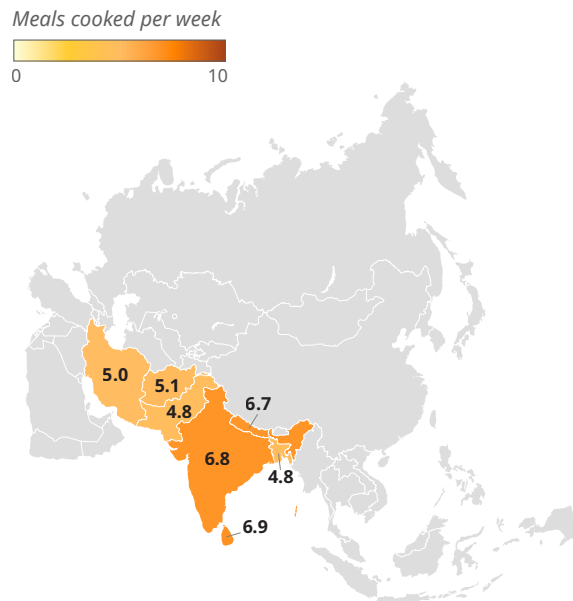
In 2021, Southern Asia cooked an average of 6.3 meals per week, below the 2020 level of 6.8 meals.

Eating at home also declined in 2021, though by a slimmer margin, falling to 10.3 meals per week from the previous year's 10.6 meals.

Sri Lanka is the nation with the highest frequency of home cooking in this region, preparing an average of 6.9 meals per week last year. This is not the typical situation in this region — usually India is the region's most prolific home-cooker, with the average exceeding seven meals per week in 2019 (when it was 7.5) and 2020 (when it was 7.4). Last year, India's figure fell to 6.8 meals per week. Gallup's fielding period also began just after a particularly bad COVID-19 wave had begun to crest in July 2021.

FIGURE 41

### Southern Asia: Average total cooking, 2021



Bangladesh and Pakistan cook the least in the region, posting an average of 4.8 meals each per week in 2021.

Women are notably more likely than men to prepare a home-cooked meal, with the former group making an average of 9.3 lunches and/or dinners compared to 3.5 for the latter — a gap of 5.8 meals. Individuals with lower levels of education also cook more often, as do those who say they are finding it difficult or very difficult to get by on their present income. Among the age cohorts, cooking rates are fairly comparable, though 30- to 49-year-olds cook more than any other age group.

FIGURE 42

## Changes in cooking in Southern Asia, by subgroups: 2018-2021



# Eastern Europe

## Cooking and eating at home

### 2021 DASHBOARD

Number of countries/territories surveyed in 2021: **9**

	Number of meals personally cooked per week			Number of home-cooked meals eaten per week		
	Lunch	Dinner	Total	Lunch	Dinner	Total
<b>Eastern Europe</b>	<b>3.4</b>	<b>3.6</b>	<b>7.0</b>	<b>5.3</b>	<b>5.5</b>	<b>10.8</b>
Global	3.1	3.6	6.7	4.6	5.2	9.8

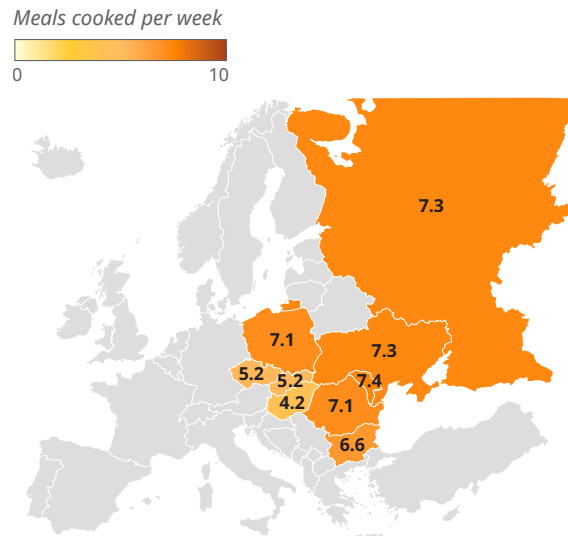
People in Eastern Europe cooked, on average, a total of seven meals per week, essentially on par with the 2020 results for this region (7.1 meals).

In all four years of the Cookpad and Gallup survey, Eastern Europe has averaged at least seven meals per week, consistently placing this region above the global average with respect to this metric. Likewise, eating at home is a more common occurrence in Eastern Europe than in other regions, though the 2021 average of 10.8 meals eaten at home per week represents a dip from the 11.1 observed in 2020 and is nearly a full meal below the initial 2018 reading of 11.7 meals eaten at home per week.

As the regional figures might suggest, the cooking frequencies among the different countries of this region have been generally stable over the past four years. In 2021, Moldova cooked an average of 7.4 meals per week, the highest rate in the region. Russia, the region's most populous country, cooked an average of 7.3 meals per week in 2021, in line with past years. Interestingly, the region's western-most countries, including Hungary, Slovakia and the Czech Republic, cooked quite a bit less than their more eastern neighbors, with Hungary cooking the least in 2021, at 4.2 meals per week.

FIGURE 43

### Eastern Europe: Average total cooking, 2021

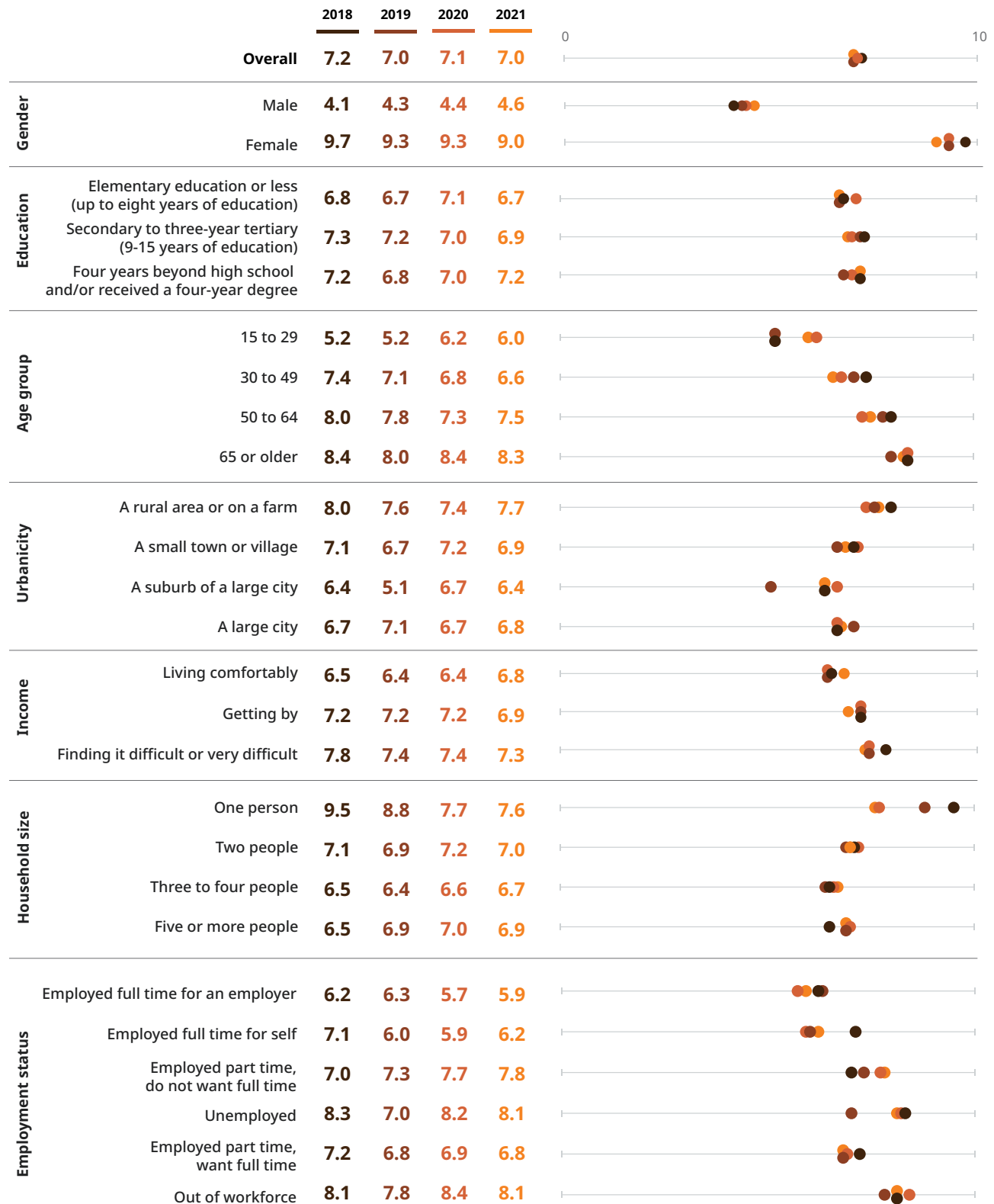


These countries also tend to report cooking and/or eating lunch at home more frequently than dinner, whereas the more eastern nations prefer dinner over lunch (Poland, also on the western rim but a country which cooks at levels on par with other countries in the region, likewise reports eating more lunches than dinners).

While cooking at home seems to be a common experience for many people in Eastern Europe, there are signs of a generational divide which could augur the decline of cooking tradition there. In 2021, people aged 15 to 29 cooked six meals per week — a full meal below the overall average. The next oldest group, those aged 30 to 49, cooked slightly more, at 6.6 meals per week, but significantly below both Eastern Europeans aged 50 to 64 (7.5 meals per week) and those aged 65 or older (8.3 meals per week).

FIGURE 44

## Changes in cooking in Eastern Europe, by subgroups: 2018-2021



# Northern, Southern and Western Europe

## Cooking and eating at home

### 2021 DASHBOARD

Number of countries/territories surveyed in 2021: **28**

	Number of meals personally cooked per week			Number of home-cooked meals eaten per week		
	Lunch	Dinner	Total	Lunch	Dinner	Total
<b>Northern, Southern and Western Europe</b>	<b>3.8</b>	<b>4.0</b>	<b>7.8</b>	<b>5.1</b>	<b>5.5</b>	<b>10.6</b>
Global	3.1	3.6	6.7	4.6	5.2	9.8

In 2021, Northern, Southern and Western Europe cooked an average of 7.8 meals per week — the highest amount of all the regions examined here.

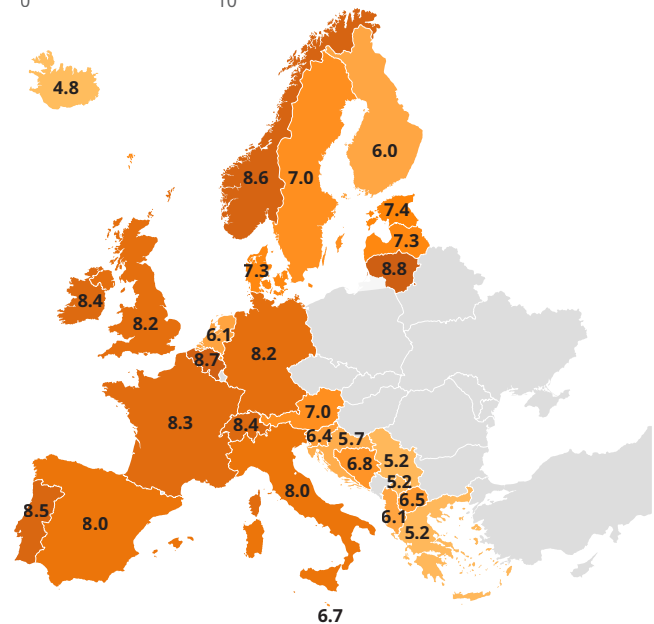
Cooking has become increasingly common in the region: In the initial Cookpad and Gallup home-cooking survey in 2018, people in Northern, Southern and Western Europe reported cooking a total of 6.8 meals per week, a full meal below the most recent reading. Cooking rates jumped to 7.5 meals in 2020 amid the COVID-19 pandemic, which saw many governments in this region impose prolonged or repeated episodes of government restrictions on social interaction over the course of the year.<sup>6</sup> In 2021, though, home-cooking frequencies increased slightly further rather than dipping back, as has been seen elsewhere.

<sup>6</sup> According to the [European Centre for Disease Prevention and Control \(ECDC\)](#), for instance, the following countries issued “stay-at-home” orders for the general population” (as the [ECDC notes](#), these are also known as “lockdown measures”) at least twice in 2020 and also fall into this region: Austria, France and Ireland. Additionally, Belgium, Greece, Italy and Spain issued stay-at-home or partial stay-at-home orders at least twice in the year. The United Kingdom was not included in this list but also experienced two national lockdowns in 2020, including in March and November. Additionally, a number of these countries experienced regional or local lockdowns over the course of the year.

FIGURE 45

## Northern, Southern and Western Europe: Average total cooking, 2021

Meals cooked per week



In 2021, 11 countries of the 28 surveyed in this region cooked at least eight meals per week, including Lithuania (8.8 meals per week, the highest in Northern, Southern and Western Europe and the second-highest rate of all countries or territories), Belgium (8.7 meals per week), Norway (8.6 meals), Portugal (8.5 meals), Switzerland (8.4), Ireland (8.4), France (8.3), Germany (8.2), the United Kingdom (8.2), Spain (8.0) and Italy (8.0). Most of these countries saw at least a modest gain in the amount of personal cooking performed relative to 2020. Longer term, both Lithuania and the United Kingdom cooked at least two more meals in 2021 compared to 2018, while Ireland, Belgium, Norway, Germany, Malta and Latvia cooked between one and two more meals in the most recent survey than in 2018.



**Iceland is the country which cooks the least in this region, at 4.8 meals per week in 2021.**

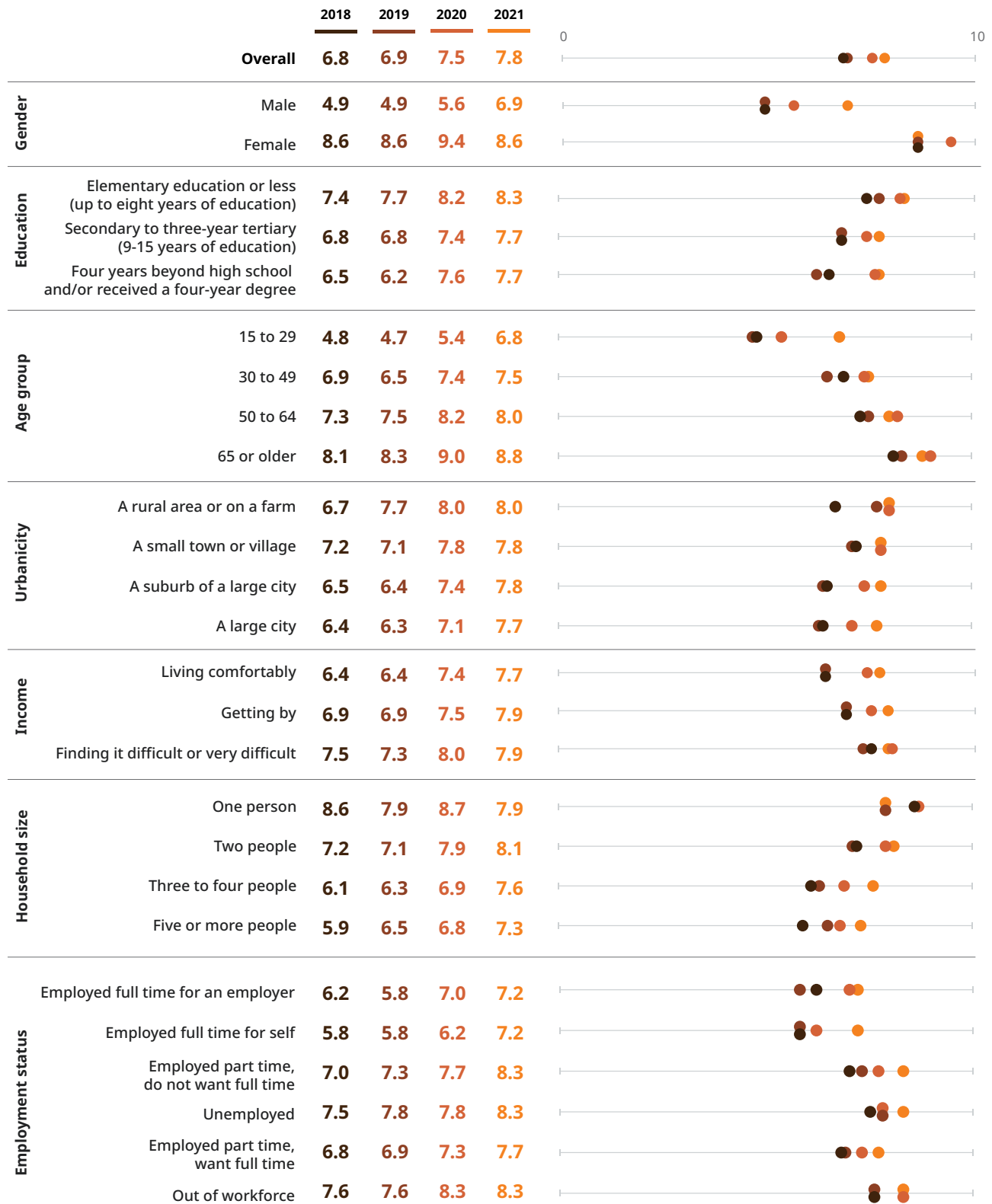
Cooking and eating-at-home habits vary in other interesting ways in this region, beyond differences in frequencies. While most countries in this region tend to cook or eat a home-cooked dinner more frequently than lunch, several countries, mainly in the south, favor lunch over dinner. In Croatia, for instance, people report eating 2.8 more home-cooked lunches than dinners per week; likewise, they also report cooking 2.1 more lunches than dinners in a given week. In Greece, this “dinner deficit” stands at 1.9 meals eaten per week. Serbia and Slovenia, which are in the same general subregion, also ate more home-cooked lunches than dinners, with the difference standing at 1.7 meals per week for each country.

Who is helping to drive the cooking renaissance in this part of Europe? The greatest change has occurred in two groups who, in other regions and in past years, have been the least likely to cook a meal at home: men and young people aged 15 to 29. In 2021, men in Northern, Southern and Western Europe cooked on average 6.9 meals per week — a full two meals more than the initial 2018 figure. And while women still cook more, the gap is narrowing: Compared to 2020, cooking among men rose by 1.3 meals while women cooked 0.8 fewer meals, averaging 8.6 meals in 2021 compared to 9.4 in 2020. The gender gap of 1.7 meals in 2021 is the smallest of any region.

Likewise, 15- to 29-year-olds are also deciding to pick up the cookware more often. In 2021, this group cooked an average of 6.8 meals, compared to 5.4 meals in 2020 and 4.8 in 2018. While older adults still cook more often, this is a notable change.

FIGURE 46

## Changes in cooking in Northern, Southern and Western Europe, by subgroups: 2018-2021



## SECTION 5

# Conclusion

The fourth year of the Cookpad and Gallup home-cooking survey provides fresh insight into the ways people's home-cooking and eating habits have — and have not — changed since the outbreak of the COVID-19 pandemic in 2020.

Globally, the frequency of home cooking remained mostly stable in 2021 compared to 2020, with some significant regional and country variations. In terms of who does the cooking, the findings from the 2021 survey tell a familiar story, but not a static one: Women continue to cook at a higher rate than men, though in some parts of the world men are increasingly becoming involved in cooking.

Much remains to be uncovered about the underlying driving forces, individual motivations and benefits that shape the reality of home cooking. Since launching four years ago, the survey project has had the honor of supporting researchers who are looking to explore these questions in greater detail and interested in incorporating the data into their research projects.

Today, we remain committed to supporting the efforts of the academic community. These collaborations will contribute to increased discussions around home cooking and a better understanding of the health and socioeconomic and environmental determinants and outcomes of home cooking.

Cookpad and Gallup are already in the process of fielding the 2022 survey. In addition, the 2022 World Poll will include additional cooking-related questions that Gallup has developed in collaboration with new partners who are also committed to bettering the understanding of home cooking. We are certain that the findings from these efforts will provide greater clarity into the state of home cooking as the world slowly recovers from the threat of COVID-19.

**APPENDIX**

## Questionnaire

**1** Thinking about the past 7 days, on how many days did **YOU**, personally, **COOK LUNCH AT YOUR HOME?**

- None/0 days
- 1 day
- 2 days
- 3 days
- 4 days
- 5 days
- 6 days
- 7 days
- (DK)
- (Refused)

**2** Thinking about the past 7 days, on how many days did **YOU**, personally, **EAT LUNCH** that was cooked **AT YOUR HOME**, either by you or someone else? (Open-ended and code)

- None/0 days
- 1 day
- 2 days
- 3 days
- 4 days
- 5 days
- 6 days
- 7 days
- (DK)
- (Refused)

**3** Please tell me whether any of the following people **COOKED** any of those **LUNCHES AT YOUR HOME** in the past 7 days.

**Your spouse/partner**

- Yes
- No
- (Not applicable)
- (DK)
- (Refused)

**A family member**

- Yes
- No
- (Not applicable)
- (DK)
- (Refused)

**A family member other than your spouse/partner**

- Yes
- No
- (Not applicable)
- (DK)
- (Refused)

**Some other person who is not a family member**

- Yes
- No
- (Not applicable)
- (DK)
- (Refused)

**4** Thinking about the past 7 days, on how many days did **YOU**, personally, **COOK DINNER AT YOUR HOME?**

- None/0 days
- 1 day
- 2 days
- 3 days
- 4 days
- 5 days
- 6 days
- 7 days
- (DK)
- (Refused)

**5** Thinking about the past 7 days, on how many days did **YOU**, personally, **EAT DINNER** that was cooked **AT YOUR HOME**, either by you or someone else?

- None/0 days
- 1 day
- 2 days
- 3 days
- 4 days
- 5 days
- 6 days
- 7 days
- (DK)
- (Refused)

**6** Please tell me whether any of the following people **COOKED** any of those **DINNERS AT YOUR HOME** in the past 7 days.

**Your spouse/partner**

- Yes
- No
- (Not applicable)
- (DK)
- (Refused)

**A family member**

- Yes
- No
- (Not applicable)
- (DK)
- (Refused)

**A family member other than your spouse/partner**

- Yes
- No
- (Not applicable)
- (DK)
- (Refused)

**Some other person who is not a family member**

- Yes
- No
- (Not applicable)
- (DK)
- (Refused)

## 2021 Responses to the Cookpad World Poll Module

### Percentage of respondents who have picked this option

	Arab States	Central and Western Asia	Eastern Asia	Eastern Europe	Latin America and the Caribbean	Northern Africa	Northern America	Northern, Southern and Western Europe	South-Eastern Asia and the Pacific	Southern Asia	Sub-Saharan Africa	GLOBAL
<b>Number of days COOKED LUNCH at home in past seven days</b>												
None/0 days	43%	53%	42%	26%	23%	47%	31%	22%	32%	51%	37%	39%
1 day	6%	3%	4%	6%	6%	4%	4%	5%	5%	3%	5%	4%
2 days	9%	6%	8%	11%	8%	7%	8%	9%	7%	5%	8%	7%
3 days	8%	6%	4%	12%	8%	6%	9%	9%	7%	3%	9%	6%
4 days	6%	4%	3%	10%	6%	6%	9%	9%	4%	4%	7%	5%
5 days	4%	3%	4%	6%	6%	4%	11%	11%	4%	4%	5%	5%
6 days	3%	1%	2%	2%	3%	2%	6%	8%	1%	1%	3%	2%
7 days	20%	22%	33%	28%	40%	24%	21%	27%	38%	29%	26%	31%
(DK)	0%	1%	1%	1%	1%	1%	0%	0%	0%	1%	1%	1%
(Refused)	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%
<b>Number of days ATE LUNCH cooked at home in past seven days</b>												
None/0 days	12%	31%	30%	9%	7%	5%	21%	10%	15%	21%	17%	20%
1 day	3%	6%	3%	3%	3%	3%	4%	3%	4%	2%	5%	3%
2 days	6%	8%	8%	6%	6%	5%	7%	6%	6%	6%	7%	6%
3 days	8%	7%	5%	6%	6%	5%	7%	5%	7%	5%	10%	6%
4 days	8%	5%	3%	6%	5%	7%	11%	7%	4%	5%	8%	5%
5 days	10%	5%	5%	6%	7%	8%	13%	11%	5%	5%	7%	6%
6 days	6%	2%	3%	3%	4%	6%	8%	10%	2%	3%	4%	4%
7 days	46%	36%	41%	61%	61%	60%	29%	49%	58%	53%	41%	49%
(DK)	1%	1%	1%	1%	1%	1%	0%	0%	0%	1%	1%	1%
(Refused)	0%	1%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%

	Arab States	Central and Western Asia	Eastern Asia	Eastern Europe	Latin America and the Caribbean	Northern Africa	Northern America	Northern, Southern and Western Europe	South-Eastern Asia and the Pacific	Southern Asia	Sub-Saharan Africa	GLOBAL
<b>Spouse/Partner COOKED LUNCH at home in past seven days</b>												
Yes	74%	51%	47%	63%	61%	86%	59%	60%	69%	62%	53%	58%
No	24%	48%	51%	37%	39%	14%	40%	40%	31%	37%	46%	41%
(Not applicable)	2%	1%	2%	0%	0%	0%	1%	0%	0%	1%	1%	1%
<b>Family member (other than spouse/partner) COOKED LUNCH at home in past seven days</b>												
Yes	53%	52%	32%	35%	53%	58%	30%	30%	57%	56%	61%	46%
No	45%	47%	68%	64%	46%	42%	70%	69%	42%	44%	38%	53%
(Not applicable)	2%	1%	0%	1%	0%	1%	0%	0%	1%	1%	1%	1%
<b>Other person who is not a family member COOKED LUNCH at home in past seven days</b>												
Yes	12%	7%	9%	7%	12%	5%	10%	8%	11%	8%	13%	9%
No	87%	91%	91%	92%	88%	95%	90%	92%	87%	91%	86%	90%
(Not applicable)	1%	2%	0%	1%	0%	0%	0%	0%	1%	1%	2%	1%
(DK)	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%
(Refused)	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%
<b>Number of days COOKED DINNER at home in past seven days</b>												
None/0 days	46%	35%	33%	25%	28%	48%	17%	20%	29%	39%	31%	32%
1 day	6%	4%	4%	6%	5%	5%	6%	5%	4%	2%	5%	4%
2 days	10%	6%	6%	9%	9%	6%	11%	8%	8%	4%	6%	6%
3 days	7%	8%	7%	11%	9%	7%	13%	9%	8%	3%	8%	7%
4 days	6%	5%	3%	8%	6%	6%	11%	9%	5%	4%	7%	5%
5 days	4%	5%	5%	6%	7%	5%	17%	11%	5%	3%	6%	6%
6 days	3%	2%	3%	2%	3%	2%	8%	8%	2%	2%	4%	3%
7 days	17%	33%	39%	33%	33%	21%	18%	31%	40%	42%	34%	36%
(DK)	0%	1%	1%	1%	0%	1%	0%	0%	0%	0%	1%	1%
(Refused)	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%

	Arab States	Central and Western Asia	Eastern Asia	Eastern Europe	Latin America and the Caribbean	Northern Africa	Northern America	Northern, Southern and Western Europe	South-Eastern Asia and the Pacific	Southern Asia	Sub-Saharan Africa	GLOBAL
<b>Number of days ATE DINNER cooked at home in past seven days</b>												
None/0 days	20%	10%	20%	10%	9%	8%	7%	8%	10%	10%	8%	12%
1 day	3%	5%	3%	2%	3%	2%	2%	2%	3%	1%	3%	2%
2 days	7%	5%	5%	4%	6%	4%	5%	4%	5%	3%	4%	4%
3 days	8%	5%	6%	6%	7%	6%	9%	4%	6%	3%	6%	5%
4 days	8%	5%	5%	5%	6%	7%	13%	6%	5%	4%	6%	6%
5 days	9%	6%	6%	6%	8%	9%	20%	11%	6%	5%	7%	7%
6 days	6%	4%	4%	3%	5%	6%	13%	11%	3%	3%	5%	5%
7 days	39%	60%	53%	65%	55%	57%	32%	54%	64%	69%	59%	58%
(DK)	0%	1%	0%	1%	1%	1%	0%	0%	0%	1%	1%	1%
(Refused)	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%
<b>Spouse/Partner COOKED DINNER at home in past seven days</b>												
Yes	73%	54%	50%	66%	62%	85%	69%	64%	71%	66%	52%	60%
No	24%	46%	49%	34%	38%	15%	31%	36%	28%	34%	47%	39%
(Not applicable)	3%	0%	2%	0%	1%	0%	0%	0%	0%	1%	1%	1%
<b>Family member (other than spouse/partner) COOKED DINNER at home in past seven days</b>												
Yes	57%	49%	34%	36%	53%	58%	34%	30%	57%	56%	61%	47%
No	41%	50%	66%	63%	46%	42%	66%	70%	43%	44%	38%	53%
(Not applicable)	2%	1%	0%	1%	1%	1%	0%	0%	1%	1%	1%	1%
<b>Other person who is not a family member COOKED DINNER at home in past seven days</b>												
Yes	13%	7%	10%	7%	11%	5%	11%	9%	11%	7%	12%	9%
No	86%	91%	90%	91%	89%	95%	89%	91%	87%	92%	86%	90%
(Not applicable)	1%	2%	0%	1%	0%	0%	0%	1%	1%	1%	2%	1%
(DK)	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%
(Refused)	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%



## Regional Groupings Used in This Report

In analyzing the results from countries and territories, this report uses the following regional groupings:

Broad region	Region	Countries surveyed in 2021
<b>Africa</b>	Northern Africa	Algeria, Egypt, Morocco, Tunisia
	Sub-Saharan Africa	Benin, Burkina Faso, Cameroon, Gabon, Ghana, Guinea, Ivory Coast, Kenya, Malawi, Mali, Mauritius, Mozambique, Namibia, Nigeria, Republic of the Congo, Senegal, Sierra Leone, South Africa, Tanzania, Togo, Uganda, Zambia, Zimbabwe
<b>Americas</b>	Latin America and the Caribbean	Argentina, Bolivia, Brazil, Chile, Colombia, Costa Rica, Dominican Republic, Ecuador, El Salvador, Honduras, Jamaica, Mexico, Nicaragua, Panama, Paraguay, Peru, Uruguay, Venezuela
	Northern America	Canada, United States of America
<b>Arab States</b>	Arab States	Iraq, Jordan, Lebanon, Saudi Arabia, United Arab Emirates
<b>Asia</b>	Central and Western Asia	Armenia, Cyprus, Georgia, Israel, Kazakhstan, Kyrgyzstan, Tajikistan, Türkiye, Uzbekistan
	Eastern Asia	China, Hong Kong, Japan, Mongolia, South Korea, Taiwan
	South-Eastern Asia and the Pacific	Australia, Cambodia, Indonesia, Laos, Malaysia, Myanmar, New Zealand, Philippines, Singapore, Thailand, Vietnam
	Southern Asia	Afghanistan, Bangladesh, India, Iran, Nepal, Pakistan, Sri Lanka
<b>Europe</b>	Eastern Europe	Bulgaria, Czech Republic, Hungary, Moldova, Poland, Romania, Russia, Slovakia, Ukraine
	Northern, Southern and Western Europe	Albania, Austria, Belgium, Bosnia and Herzegovina, Croatia, Denmark, Estonia, Finland, France, Germany, Greece, Iceland, Ireland, Italy, Kosovo, Latvia, Lithuania, Malta, Netherlands, North Macedonia, Norway, Portugal, Serbia, Slovenia, Spain, Sweden, Switzerland, United Kingdom

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