



## World Cooking Index Shows Widening Gender Gap in the Kitchen

*Gallup-Cookpad global survey finds that women cooked an average of 8.7 meals per week over the past year, whereas men's cooking frequency declined to an average of 4.0 meals weekly.*

LONDON – October 30 – A global study spanning 142 countries shows a growing gender disparity in home-cooking habits during 2022. The World Cooking Index, an initiative by Gallup and Cookpad, reveals that while women cooked as often as they did in 2021 (average of 8.7 meals per week), men's cooking fell to an average of 4.0 meals per week. This means women cooked 4.7 meals more than men in 2022 — nearly a full meal higher than in 2021, when this cooking gender gap stood at 4.0. Among the surveyed countries, Italy emerged as the unique case where men outpaced women in cooking, albeit by a slim margin of 0.4 meals per week.

The top 10 countries with the largest and smallest cooking gender gaps were ranked as follows:

### Largest cooking gender gap

Ethiopia (+8.6)  
Tajikistan (+8.2)  
Egypt (+8.1)  
Nepal (+8.1)  
Yemen (+8.1)  
Algeria (+8.0)  
Albania (+7.8)  
Uzbekistan (+7.8)  
Azerbaijan (+7.7)  
Tunisia (+7.7)

### Smallest cooking gender gap

Italy (-0.4)  
Spain (+0.3)  
United Kingdom (+0.6)  
Switzerland (+0.7)  
France (+0.8)  
Ireland (+0.8)  
Iceland (+0.9)  
Luxembourg (+0.9)  
Germany (+0.9)  
Jamaica (+1.0)

Established in 2018, the Gallup-Cookpad survey tracks how often people around the world prepare and eat home-cooked meals. Key insights illuminate the diverse culinary habits across cultures and how they've evolved over time:

- The cooking gender gap is clear: Women cooked an average of **8.7 meals per week over the past year**, whereas men's cooking frequency declined to an average of 4.0 meals weekly.
- Marital status played a pivotal role in deciding cooking habits. Married women, on average, prepared **6.9 more meals** weekly than their male counterparts.

"Our mission is to 'make everyday cooking fun,'" said Takako Kotake, managing director at Cookpad. "We initiated a global survey on cooking frequency in 2018, aiming to gain insights into cooking habits and to assess the extent to which our mission is being fulfilled worldwide. Through the analysis of this data, we are delighted to observe a growing clarity in the correlation between cooking frequency and various societal factors. Among these factors, the gender perspective emerges as a particularly significant one, impacting crucial aspects of human relationships and overall health. We encourage a broad audience to explore this dataset, with the hope that it will foster a deeper dialogue about the significance and value of cooking in our lives."

“Our annual collaboration with Cookpad consistently reveals trends in global home cooking,” said Joe Daly, managing partner at Gallup. “The widening gender gap we saw this year underscores the importance of understanding cultural, societal and economic influences on everyday habits. As we continue to delve into these findings, we aim to supply valuable insights that can inform policymakers, researchers and households about the changing dynamics of home-cooked meals.”

Read the full report on Gallup.com: [A Global Analysis of Cooking Around the World: Year 5](#)

**About Cookpad:**

Cookpad is the world’s largest community platform for people to share recipe ideas and cooking tips. At its heart is the belief that cooking is the key to a happier and healthier life for people, communities and the planet. Founded in Japan in 1997, Cookpad is used by an average 100 million people around the world every month.

**About Gallup:**

Gallup delivers analytics and advice to help leaders and organizations solve their most pressing problems. Combining more than 80 years of experience with its global reach, Gallup knows more about the attitudes and behaviours of employees, customers, students and citizens than any other organization in the world.

**Methodology:**

The Gallup World Poll is the most comprehensive and farthest-reaching survey of the world. The 2022 Gallup World Poll was conducted in over 140 countries, consisting of nationally representative surveys with comparable metrics across countries. Unlike other surveys, the Gallup World Poll includes individuals who would not ordinarily be included in this type of research because of the difficulty and cost associated with reaching them such as people in rural and hard-to-reach areas.

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