

---

# bake

---

## Consumers looking for foods they feel good about

January 1, 2021



The latest **Culinary Visions** study in The Mindful Dining Initiative® focuses on the impact of the Covid-19 outbreak on dining habits and preferences of consumers across the United States. In this new study over 2,600 consumers were surveyed to delve into how the pandemic has impacted the way they eat today and their expectations for the future.

**“The pandemic has shifted everyone’s eating habits, from the venues they can access to the types of meal experiences available,”** said Sharon Olson, executive director of **Culinary Visions**. **“With so much in limbo, consumers are looking for hands-on ways to regain control over their food choices wherever they can.”**

The pandemic has made everyday life something that is very much out of control for the vast majority of Americans, yet the new study shows food choices and mealtimes are a source of comfort and empowerment for consumers.

Consumers are prioritizing foods they enjoy as the standard for self-care at mealtime with 74% agreeing that eating food they feel good about is more important to their wellness than watching their weight.