



# Take Back the Lunch Break

Improve workplace engagement and satisfaction

## Why we neglect lunch breaks

**Nearly 20%** of North American workers worry their bosses won't think they are hardworking if they take regular lunch breaks. 13% worry their coworkers will judge them.



**22%**

of North American bosses think that employees who take a regular lunch break are less hardworking.



**34%**

of North American bosses consider how often an employee takes a lunch break when evaluating their job performance.



**38%**

of employees don't feel encouraged to take a lunch break.

## Let's #takebacklunch

**Nearly 90%** of North American workers say taking a lunch break helps them feel refreshed and ready to get back to work.



**Employees who take a lunch break**

every day are more likely to be satisfied with their current job and feel valued by their employer.



**81%**

of workers who take a lunch break every day have a strong desire to be an active member in their company.