



Take Back the Lunch Break

Increase traffic to your restaurant

Why your guests 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.



Why your guests should #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.

The **Tork Takes Back the Lunch Break** survey was conducted between December 4 and December 12, 2017 among 1,600 North American employees across the United States and Canada. Respondents were asked questions centered on taking lunch breaks at work as well as employee engagement, productivity, and job satisfaction. The survey was planned, monitored, and analyzed by KRC Research; Tork, an Essity brand; and Jennifer J. Deal, Senior Research Scientist at the Center for Creative Leadership and Affiliated Research Scientist at the Center for Effective Organizations at the University of Southern California (USC).

To learn more, visit: TorkUSA.com/takebacklunch