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Aug. 26, 2015

# THE LONESOME LUNCH

Employees Prefer to Eat with Colleagues  
But More Commonly Dine Alone



What do you typically do  
during your lunch break?



What would you like to  
do on your lunch break?

VS.



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Take a nap  
3%  13%

Source: Accountemps online survey of more than 2,500 accounting and finance professionals in the United States.

Multiple responses were allowed.

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The “lunch bunch” isn’t a reality for most workers, a new survey from Accountemps suggests. When asked how they spend their lunch hour, nearly half (49 percent) of accounting and finance professionals said they typically spend it eating alone. Yet almost as many (46 percent) people said they would rather have a coworker join them for the meal.

What else are professionals craving at lunchtime? Thirty-seven percent of those interviewed said they would like to exercise on their lunch break, but only 10 percent actually do. Survey respondents more frequently run errands (33 percent), check personal email (28 percent) and surf the Internet (24 percent) during their break.

View an [infographic](#) of the survey findings.

Accounting and finance professionals were asked, “What do you typically do during your lunch break?” and “What would you like to do on your lunch break?” Their responses\*:

	<u>What Respondents Do</u>	<u>What They Would Like to Do</u>
Enjoy a meal by myself	49%	32%

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“Even with demanding workloads, employees should try to step away from their desks during the workday,” said Bill Driscoll, a district president of Accountemps. “Sharing a meal with coworkers not only strengthens business relationships, but creates a more relaxed environment for collaboration and the exchange of ideas.”

Added Driscoll, “The simple act of taking a break – even for a few minutes – can help clear your mind and broaden your perspective, especially when facing challenging business problems.”

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