

Hello. It looks like you're using an ad blocker that may prevent our website from working properly. To receive the best experience possible, please make sure any blockers are switched off and refresh the page.

If you have any questions or need help you can email us

Break lasts 30 minutes or less.

Oct. 15, 2018

The Shrinking “Lunch Hour”

By Isaac M. O’Bannon, Managing Editor

The lunch “hour” may be a concept of the past, new research from staffing firm [OfficeTeam](#) suggests. More than half of workers (56 percent) said their typical lunch break lasts 30 minutes or less. Among professionals in the 28 U.S. cities surveyed, those in San Francisco, Los Angeles and Miami take the longest lunches. Employees in Salt Lake City, Des Moines and Cincinnati have the shortest breaks.

[View larger image.](#)

What are workers doing at lunch, besides eating? Respondents said they most frequently surf the internet or social media (52 percent), followed by catching up on personal calls or emails (51 percent). That’s up from 27 percent and 25 percent, respectively, from a [2014 survey](#). Twenty-nine percent of professionals confessed to working during lunch.

View an [infographic about lunch breaks](#). Data tables with breakdowns by [age and gender](#) are also available.

Workers were asked, “**What is the average length (in minutes) of your typical lunch break?**” Their responses:

0-10 minutes	7%
11-20 minutes	8%

Hello. It looks like you're using an ad blocker that may prevent our website from working properly. To receive the best experience possible, please make sure any blockers are switched off and refresh the page.

If you have any questions or need help you can email us

Workers were also asked, “Aside from eating, which of the following activities do you usually engage in during your lunch break?” Their responses:*

Surf the web/social media	52%
Catch up on personal calls/emails	51%
Socialize with coworkers	47%
Run errands	32%
Read	32%
Exercise/take a walk	30%
Work	29%

**Multiple responses permitted. Top responses shown.*

“Even if only 30 minutes or less are available due to workloads or company guidelines, professionals should try to maximize lunch breaks to relax and recharge a bit,” said Brandi Britton, district president for OfficeTeam. “These days, people are quick to turn to their mobile devices to pass the time, but it can be a nice change of pace and good for relationship building to eat with colleagues.”

Additional findings:

- Workers ages 18 to 34 (60 percent) most often surf the web or social media during lunch, compared to those ages 35 to 54 (55 percent) and 55 and older (34 percent).
- Professionals in Phoenix, Boston and Washington, D.C., work the most on their lunch breaks.

- Employees in Miami, New York, Houston and San Diego most frequently socialize

Hello. It looks like you're using an ad blocker that may prevent our website from working properly. To receive the best experience possible, please make sure any blockers are switched off and refresh the page.

If you have any questions or need help you can email us

can strengthen connections. You could also network with contacts from other departments.

3. **Track professional goals.** Use the time to meet with your mentor to discuss career progress.
4. **Step away from work.** Getting out and taking a real break can help you return to the office more productive. Try exercising or walking to clear your mind.
5. **Take time for yourself.** Running errands or taking care of personal tasks during lunch can result in a shorter to-do list later.

Top Payroll Social Media

Hidden Costs of Payroll. 3 Fees to Watch Out For. **SurePayroll Blog.**

<https://bit.ly/2MMvg23>

4 Payroll Features Every Small Business Owner Needs. **Insperity Blog.**

<https://bit.ly/2xzav4f>

When Do You Have to Pay for Employee Breaks? **Payroll Managing Inc. Blog.**

<https://bit.ly/2MPadM2>

What You Need to Know About Garnishments. **ADP RUN Blog.**

<https://bit.ly/2QHBbba>

How to Solve Hiring in 8 Steps. **SwipeClock Blog.**

<https://bit.ly/2PU68sb>

Top Payroll News

Hello. It looks like you're using an ad blocker that may prevent our website from working properly. To receive the best experience possible, please make sure any blockers are switched off and refresh the page.

If you have any questions or need help you can email us

www.cpapracticeadvisor.com/12429783

Retirees Advised to Check Withholding on Pensions, Annuities. The tax reform law changed the way tax is calculated for most taxpayers including retirees.

www.cpapracticeadvisor.com/12428910

Retailers Struggle to Find Seasonal Workers. Christmas has come early for workers hoping to score some extra money via a seasonal job this holiday period.

www.cpapracticeadvisor.com/12429973

Paychex Launches Learning Management System. 59% of HR leaders say it's difficult to find and hire quality candidates because of the tightening labor market.

www.cpapracticeadvisor.com/12428865

2019 Salary Guides Show Averages. The figures in the 2019 Salary Guide are based on national averages, compiled through Accounting Principals' partnership with CareerBliss.

www.cpapracticeadvisor.com/12429205

Payroll

CPA Practice Advisor is registered with the National Association of State Boards of Accountancy (NASBA) as a sponsor of continuing professional education on the National Registry of CPE Sponsors.

© 2024 Firmworks, LLC. All rights reserved