

Unplug and Connect: QUALITY FAMILY TIME OVER DINNER



DISTRACTED DINNERS

25 PERCENT
say their family has a total ban on electronic devices during dinner together



20 PERCENT
say they eat dinner as a family without distractions



60 PERCENT
would like more device-free quality time as a family



70 PERCENT
say adults are the worst offenders when it comes to being distracted at the dinner table

80 PERCENT
agree family dinner time is important



60 PERCENT
said they eat healthier when they eat family meals together

TOP 3 DISTRACTIONS AMONG FAMILIES DURING DINNER

1



TELEPHONE CALLS

2



TEXTS, EMAILS, OR MESSAGES



3



HAVING THE TV ON IN THE SAME ROOM

TOP 3 REASONS IT'S IMPORTANT TO EAT TOGETHER

1

TO ENJOY EACH OTHER'S COMPANY



2

TO BOND AS A FAMILY

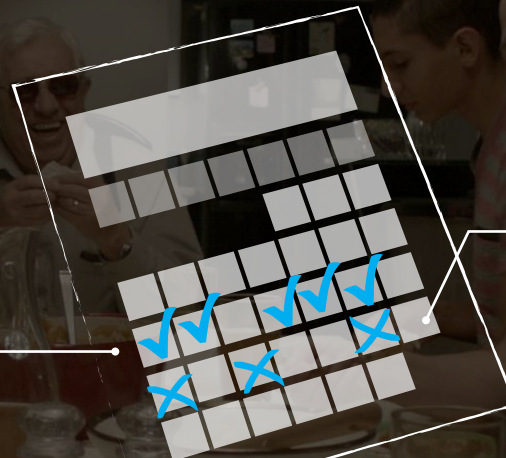


3

TO TALK ABOUT OUR DAY/LEARN ABOUT WHAT'S GOING ON

76 PERCENT

of teens who eat with their family at home **5+ times per week** are more likely to indicate they are **very close** with their family



50 PERCENT

who do so **< 5+ times per week** indicate they are **very close** with their family

Dixie® recently commissioned a survey to uncover current attitudes and behaviors around the use of devices and other distractions during family dinnertime.

#DarkForDinner

darkfordinner.com

#DarkForDinner

Based on 1500 respondents 18+ who live with at least one other person they consider to be a part of their family

Dixie
Be more here.