

1. How would you rate your cooking abilities?

Great .....	19%
Good .....	43%
OK .....	30%
Bad .....	5%
Terrible .....	2%
Not sure .....	1%

2. Are you currently living with any of the following? Select all that apply.

A spouse or significant other .....	45%
Children or step-children .....	29%
Parents .....	19%
Siblings .....	12%
Other relatives .....	6%
Unrelated roommates .....	6%
I live alone .....	22%

3. How often do you...?

	Daily	A few times a week	Once a week	Once a month	Less often	Never	Not sure
Cook food	36%	40%	10%	4%	6%	2%	1%
Eat food cooked by another member of your household	17%	25%	11%	7%	13%	24%	1%
Eat leftovers	10%	51%	20%	6%	8%	2%	3%
Microwave or heat up a frozen meal	9%	26%	19%	13%	19%	12%	2%
Buy groceries	4%	27%	48%	15%	3%	2%	2%
Prepare food from a meal kit	2%	7%	6%	6%	18%	59%	2%
Pick up takeout from a restaurant	1%	11%	22%	24%	27%	13%	2%
Have meals delivered	1%	7%	9%	11%	22%	48%	2%
Eat out at a sit-down restaurant	1%	7%	18%	29%	35%	9%	1%

4. Compared to 10 years ago, would you say you cook...?

More often .....	40%
About the same amount .....	35%
Less often .....	23%
Not sure .....	2%

5. Compared to 10 years ago, would you say you order meals delivered...?

More often .....	17%
About the same amount .....	35%
Less often .....	41%
Not sure .....	7%

6. In general, which do you think is...?

	Meals cooked at home	Meals you have delivered	Not sure
Healthier	88%	3%	9%
Better tasting	74%	14%	12%
More convenient	42%	51%	7%
More expensive	6%	88%	6%

7. From which of the following sources, if any, have you learned how to cook? Select all that apply.

Parents or guardians .....	65%
Online recipes .....	51%
Cookbooks .....	42%
Online videos .....	34%
Friends .....	28%
Cooking TV shows .....	27%
Spouses or partners .....	24%
Somewhere else .....	10%
None of these .....	6%

8. When you cook, how often are you following a recipe?

*Among people who do not say they never cook*

Always .....	8%
Usually .....	26%
Sometimes .....	42%
Rarely .....	17%
Never .....	6%
Not sure .....	1%

# YouGov Survey: Food and Cooking

February 5 - 9, 2026 - 2,179 U.S. adult citizens



<b>Interviewing Dates</b>	February 5 - 8, 2026   February 6 - 9, 2026
<b>Target population</b>	U.S. citizens, aged 18 and over
<b>Sampling method</b>	Respondents were selected from YouGov's opt-in panel to be representative of adult U.S. citizens.
<b>Weighting</b>	The sample was weighted according to gender, age, race, education, U.S. region, 2024 presidential vote, 2020 election turnout and presidential vote, baseline party identification, and current voter registration status. Demographic weighting targets come from the 2019 American Community Survey. 2024 presidential vote, at time of weighting was estimated to be 48% Harris and 50% Trump. Baseline party identification is the respondent's most recent answer given around November 8, 2024, and is weighted to the estimated distribution at that time (31% Democratic, 33% Republican). The weights range from 0.051 to 5.031, with a mean of one and a standard deviation of 0.776.
<b>Number of respondents</b>	2,179
<b>Margin of error</b>	± 2.7 points (adjusted for weighting)
<b>Survey mode</b>	Web-based interviews
<b>Questions not reported</b>	74 questions not reported.

# YouGov Survey: Food and Cooking

February 5 - 9, 2026 - 2,179 U.S. adult citizens



## 1. Rating of Cooking Abilities

How would you rate your cooking abilities?

	Total	Gender		Age				Race			Education	
		Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	No degree	College degree
Great	19%	13%	24%	14%	19%	23%	16%	17%	29%	21%	20%	17%
Good	43%	39%	46%	36%	42%	43%	48%	44%	45%	36%	42%	44%
OK	30%	36%	25%	34%	31%	27%	30%	31%	20%	33%	30%	30%
Bad	5%	8%	3%	10%	4%	4%	4%	5%	5%	5%	5%	7%
Terrible	2%	3%	1%	4%	2%	2%	1%	2%	0%	3%	3%	2%
Not sure	1%	1%	0%	2%	2%	0%	0%	1%	1%	1%	1%	0%
Totals	100%	100%	99%	100%	100%	99%	99%	100%	100%	99%	101%	100%
Unweighted N	(2,178)	(1,028)	(1,150)	(532)	(598)	(617)	(431)	(1,433)	(282)	(309)	(1,404)	(774)

	Total	Party ID			2024 Vote		Family income			Region			
		Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Great	19%	21%	16%	20%	18%	21%	20%	19%	17%	18%	16%	21%	19%
Good	43%	43%	41%	44%	48%	43%	42%	45%	47%	43%	42%	42%	43%
OK	30%	28%	33%	29%	26%	28%	31%	26%	29%	29%	35%	28%	30%
Bad	5%	6%	6%	4%	5%	5%	5%	6%	4%	7%	5%	5%	5%
Terrible	2%	2%	2%	2%	2%	2%	2%	3%	2%	1%	1%	3%	2%
Not sure	1%	0%	2%	0%	0%	0%	1%	0%	0%	1%	0%	1%	1%
Totals	100%	100%	100%	99%	99%	99%	101%	99%	99%	99%	99%	100%	100%
Unweighted N	(2,178)	(667)	(910)	(601)	(833)	(763)	(803)	(647)	(519)	(386)	(440)	(833)	(519)

# YouGov Survey: Food and Cooking

February 5 - 9, 2026 - 2,179 U.S. adult citizens



## 2. People in the House

Are you currently living with any of the following? Select all that apply.

	Total	Gender		Age				Race			Education	
		Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	No degree	College degree
A spouse or significant other	45%	45%	44%	24%	54%	49%	47%	49%	30%	38%	38%	58%
Children or step-children	29%	24%	33%	16%	46%	33%	15%	29%	32%	29%	27%	31%
Parents	19%	23%	16%	54%	18%	9%	1%	15%	22%	36%	24%	9%
Siblings	12%	13%	10%	32%	12%	4%	2%	8%	16%	23%	15%	6%
Other relatives	6%	5%	7%	13%	4%	4%	5%	5%	6%	12%	8%	3%
Unrelated roommates	6%	7%	4%	9%	5%	4%	6%	6%	5%	3%	6%	5%
I live alone	22%	22%	22%	10%	14%	26%	36%	22%	26%	14%	21%	23%
Unweighted N	(2,179)	(1,029)	(1,150)	(532)	(599)	(617)	(431)	(1,433)	(283)	(309)	(1,405)	(774)

	Total	Party ID			2024 Vote		Family income			Region			
		Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
A spouse or significant other	45%	39%	40%	56%	47%	60%	24%	57%	73%	43%	50%	43%	43%
Children or step-children	29%	29%	24%	34%	27%	36%	20%	32%	43%	28%	28%	30%	27%
Parents	19%	21%	22%	14%	14%	11%	19%	15%	14%	24%	15%	19%	20%
Siblings	12%	13%	14%	6%	7%	5%	12%	8%	9%	11%	9%	12%	15%
Other relatives	6%	7%	8%	3%	6%	2%	7%	4%	6%	4%	4%	7%	7%
Unrelated roommates	6%	4%	7%	6%	4%	3%	7%	5%	5%	6%	4%	6%	8%
I live alone	22%	25%	22%	19%	27%	20%	35%	18%	8%	22%	24%	22%	20%
Unweighted N	(2,179)	(668)	(910)	(601)	(833)	(764)	(803)	(648)	(519)	(387)	(440)	(833)	(519)

# YouGov Survey: Food and Cooking

February 5 - 9, 2026 - 2,179 U.S. adult citizens



## 3A. Frequency of Food Sources — Cook food

How often do you...?

	Total	Gender		Age				Race			Education	
		Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	No degree	College degree
Daily	36%	31%	40%	21%	33%	40%	47%	37%	35%	29%	36%	35%
A few times a week	40%	39%	40%	38%	44%	40%	37%	40%	45%	35%	38%	44%
Once a week	10%	11%	9%	16%	11%	9%	6%	10%	9%	15%	10%	10%
Once a month	4%	5%	4%	9%	3%	3%	2%	3%	2%	6%	4%	3%
Less often	6%	9%	4%	11%	5%	6%	4%	6%	6%	10%	7%	5%
Never	2%	4%	1%	4%	2%	2%	3%	2%	1%	3%	2%	3%
Not sure	1%	1%	1%	1%	3%	0%	0%	1%	2%	2%	2%	0%
Totals	99%	100%	99%	100%	101%	100%	99%	99%	100%	100%	99%	100%
Unweighted N	(2,171)	(1,028)	(1,143)	(531)	(596)	(617)	(427)	(1,427)	(282)	(309)	(1,401)	(770)

	Total	Party ID			2024 Vote		Family income			Region			
		Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Daily	36%	34%	35%	40%	37%	40%	38%	36%	35%	35%	37%	35%	37%
A few times a week	40%	44%	39%	37%	44%	39%	35%	44%	43%	45%	40%	40%	35%
Once a week	10%	9%	9%	12%	9%	9%	12%	8%	12%	6%	10%	10%	13%
Once a month	4%	4%	4%	4%	3%	3%	4%	3%	3%	3%	4%	3%	6%
Less often	6%	6%	8%	5%	5%	6%	7%	6%	5%	6%	7%	7%	5%
Never	2%	3%	2%	2%	2%	1%	3%	3%	1%	4%	1%	2%	3%
Not sure	1%	0%	2%	0%	0%	1%	1%	0%	0%	1%	1%	2%	1%
Totals	99%	100%	99%	100%	100%	99%	100%	100%	99%	100%	100%	99%	100%
Unweighted N	(2,171)	(668)	(906)	(597)	(832)	(760)	(800)	(644)	(518)	(386)	(440)	(829)	(516)

# YouGov Survey: Food and Cooking

February 5 - 9, 2026 - 2,179 U.S. adult citizens



## 3B. Frequency of Food Sources — Eat food cooked by another member of your household

How often do you...?

	Total	Gender		Age				Race			Education	
		Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	No degree	College degree
Daily	17%	24%	11%	28%	14%	15%	13%	16%	14%	27%	18%	16%
A few times a week	25%	29%	21%	32%	27%	22%	20%	26%	23%	27%	24%	27%
Once a week	11%	11%	12%	13%	16%	9%	9%	12%	10%	10%	12%	11%
Once a month	7%	6%	9%	8%	6%	9%	4%	8%	9%	5%	7%	7%
Less often	13%	9%	18%	9%	12%	17%	14%	13%	20%	13%	14%	12%
Never	24%	21%	27%	8%	20%	27%	39%	24%	23%	18%	23%	26%
Not sure	1%	1%	2%	1%	4%	0%	0%	1%	2%	1%	1%	1%
Totals	98%	101%	100%	99%	99%	99%	99%	100%	101%	101%	99%	100%
Unweighted N	(2,173)	(1,027)	(1,146)	(532)	(599)	(613)	(429)	(1,427)	(283)	(309)	(1,401)	(772)

	Total	Party ID			2024 Vote		Family income			Region			
		Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Daily	17%	16%	18%	18%	15%	17%	14%	16%	20%	15%	15%	18%	19%
A few times a week	25%	22%	26%	27%	23%	27%	18%	27%	34%	26%	26%	25%	24%
Once a week	11%	12%	10%	12%	12%	12%	9%	13%	12%	14%	10%	11%	12%
Once a month	7%	7%	7%	7%	8%	5%	7%	7%	8%	6%	9%	7%	7%
Less often	13%	13%	15%	12%	14%	13%	15%	13%	13%	12%	14%	14%	13%
Never	24%	29%	22%	22%	28%	24%	34%	24%	11%	26%	25%	23%	24%
Not sure	1%	1%	2%	1%	1%	1%	1%	1%	1%	1%	1%	2%	1%
Totals	98%	100%	100%	99%	101%	99%	98%	101%	99%	100%	100%	100%	100%
Unweighted N	(2,173)	(668)	(905)	(600)	(831)	(763)	(802)	(645)	(518)	(387)	(438)	(830)	(518)

# YouGov Survey: Food and Cooking

February 5 - 9, 2026 - 2,179 U.S. adult citizens



## 3C. Frequency of Food Sources — Eat leftovers

How often do you...?

	Total	Gender		Age				Race			Education	
		Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	No degree	College degree
Daily	10%	10%	10%	10%	10%	11%	9%	8%	15%	12%	10%	10%
A few times a week	51%	52%	51%	49%	50%	51%	57%	53%	50%	46%	50%	55%
Once a week	20%	19%	21%	22%	20%	20%	18%	21%	15%	24%	20%	20%
Once a month	6%	5%	6%	7%	5%	5%	5%	6%	5%	6%	6%	5%
Less often	8%	8%	8%	6%	7%	10%	8%	8%	7%	7%	9%	6%
Never	2%	3%	2%	4%	3%	2%	2%	2%	3%	3%	2%	3%
Not sure	3%	3%	2%	3%	5%	2%	1%	2%	5%	1%	3%	1%
Totals	100%	100%	100%	101%	100%	101%	100%	100%	100%	99%	100%	100%
Unweighted N	(2,171)	(1,026)	(1,145)	(532)	(598)	(615)	(426)	(1,425)	(283)	(309)	(1,400)	(771)

	Total	Party ID			2024 Vote		Family income			Region			
		Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Daily	10%	9%	11%	9%	9%	9%	12%	9%	8%	6%	11%	11%	11%
A few times a week	51%	55%	50%	50%	54%	54%	49%	53%	56%	50%	50%	52%	52%
Once a week	20%	20%	17%	24%	22%	21%	19%	23%	22%	25%	19%	19%	20%
Once a month	6%	7%	6%	4%	5%	5%	6%	5%	6%	5%	7%	5%	5%
Less often	8%	5%	9%	9%	6%	7%	8%	7%	6%	10%	9%	6%	8%
Never	2%	2%	3%	1%	2%	1%	2%	3%	2%	3%	1%	3%	2%
Not sure	3%	1%	4%	2%	1%	2%	4%	1%	1%	2%	3%	3%	1%
Totals	100%	99%	100%	99%	99%	99%	100%	101%	101%	101%	100%	99%	99%
Unweighted N	(2,171)	(667)	(907)	(597)	(830)	(762)	(801)	(645)	(517)	(387)	(438)	(828)	(518)



# YouGov Survey: Food and Cooking

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## 3D. Frequency of Food Sources — Microwave or heat up a frozen meal

How often do you...?

	Total	Gender		Age				Race			Education	
		Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	No degree	College degree
Daily	9%	9%	9%	7%	12%	9%	8%	7%	16%	12%	9%	8%
A few times a week	26%	28%	24%	33%	23%	24%	24%	27%	27%	23%	26%	26%
Once a week	19%	22%	18%	24%	22%	16%	19%	21%	13%	19%	20%	19%
Once a month	13%	12%	13%	12%	9%	14%	15%	14%	8%	9%	12%	13%
Less often	19%	19%	20%	15%	19%	23%	17%	17%	22%	23%	19%	20%
Never	12%	10%	15%	8%	12%	14%	15%	13%	10%	13%	12%	13%
Not sure	2%	1%	2%	2%	3%	1%	1%	1%	3%	1%	2%	0%
Totals	100%	101%	101%	101%	100%	101%	99%	100%	99%	100%	100%	99%
Unweighted N	(2,171)	(1,027)	(1,144)	(532)	(599)	(611)	(429)	(1,427)	(282)	(309)	(1,399)	(772)

	Total	Party ID			2024 Vote		Family income			Region			
		Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Daily	9%	9%	11%	6%	9%	7%	12%	6%	8%	6%	9%	10%	9%
A few times a week	26%	30%	22%	27%	28%	27%	25%	24%	29%	27%	25%	25%	26%
Once a week	19%	22%	18%	19%	19%	19%	18%	23%	19%	20%	20%	17%	23%
Once a month	13%	10%	12%	16%	12%	13%	15%	11%	10%	13%	13%	13%	10%
Less often	19%	18%	20%	18%	19%	20%	14%	22%	23%	20%	19%	19%	20%
Never	12%	9%	13%	14%	13%	14%	13%	13%	11%	13%	12%	13%	11%
Not sure	2%	1%	3%	0%	1%	1%	2%	1%	0%	1%	2%	2%	0%
Totals	100%	99%	99%	100%	101%	101%	99%	100%	100%	100%	100%	99%	99%
Unweighted N	(2,171)	(664)	(909)	(598)	(829)	(760)	(801)	(645)	(516)	(385)	(438)	(830)	(518)

**3E. Frequency of Food Sources — Buy groceries**

How often do you...?

	Gender			Age				Race			Education	
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	No degree	College degree
Daily	4%	4%	3%	6%	5%	3%	1%	3%	4%	5%	4%	3%
A few times a week	27%	28%	26%	25%	32%	24%	29%	28%	26%	29%	25%	30%
Once a week	48%	47%	50%	37%	45%	55%	52%	51%	41%	42%	46%	54%
Once a month	15%	14%	15%	18%	14%	14%	14%	13%	24%	13%	17%	10%
Less often	3%	3%	3%	7%	1%	2%	2%	2%	3%	6%	3%	1%
Never	2%	2%	1%	5%	1%	1%	2%	2%	0%	2%	2%	1%
Not sure	2%	2%	1%	2%	2%	2%	0%	1%	2%	4%	2%	1%
Totals	101%	100%	99%	100%	100%	101%	100%	100%	100%	101%	99%	100%
Unweighted N	(2,168)	(1,025)	(1,143)	(532)	(597)	(616)	(423)	(1,425)	(282)	(307)	(1,398)	(770)

	Party ID				2024 Vote		Family income			Region			
	Total	Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Daily	4%	3%	5%	2%	3%	3%	3%	4%	4%	2%	3%	4%	5%
A few times a week	27%	25%	28%	28%	28%	32%	25%	24%	33%	34%	23%	28%	24%
Once a week	48%	51%	45%	51%	52%	53%	44%	57%	51%	43%	54%	47%	50%
Once a month	15%	18%	14%	13%	13%	10%	23%	9%	7%	16%	16%	13%	16%
Less often	3%	2%	4%	2%	3%	1%	3%	3%	2%	2%	3%	3%	3%
Never	2%	0%	3%	2%	1%	0%	1%	2%	1%	2%	1%	3%	1%
Not sure	2%	1%	2%	2%	0%	1%	2%	1%	0%	2%	1%	2%	1%
Totals	101%	100%	101%	100%	100%	100%	101%	100%	98%	101%	101%	100%	100%
Unweighted N	(2,168)	(662)	(907)	(599)	(826)	(761)	(800)	(642)	(517)	(385)	(437)	(829)	(517)

# YouGov Survey: Food and Cooking

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## 3F. Frequency of Food Sources — Prepare food from a meal kit

How often do you...?

	Gender			Age				Race			Education	
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	No degree	College degree
Daily	2%	2%	1%	3%	1%	2%	0%	1%	2%	2%	2%	1%
A few times a week	7%	9%	6%	9%	11%	6%	4%	7%	9%	10%	6%	9%
Once a week	6%	8%	4%	9%	8%	6%	1%	7%	6%	6%	6%	6%
Once a month	6%	7%	5%	7%	6%	6%	5%	7%	5%	5%	7%	4%
Less often	18%	15%	20%	19%	20%	17%	15%	18%	20%	14%	18%	18%
Never	59%	57%	61%	47%	51%	63%	73%	59%	55%	61%	58%	60%
Not sure	2%	2%	2%	4%	4%	1%	1%	2%	3%	2%	3%	2%
Totals	100%	100%	99%	98%	101%	101%	99%	101%	100%	100%	100%	100%
Unweighted N	(2,168)	(1,027)	(1,141)	(532)	(599)	(614)	(423)	(1,424)	(282)	(308)	(1,396)	(772)

	Party ID				2024 Vote		Family income			Region			
	Total	Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Daily	2%	1%	2%	1%	1%	2%	2%	1%	1%	2%	2%	2%	2%
A few times a week	7%	8%	8%	6%	8%	7%	6%	6%	11%	10%	7%	8%	6%
Once a week	6%	6%	6%	5%	6%	5%	6%	7%	6%	5%	5%	6%	7%
Once a month	6%	4%	6%	8%	4%	6%	7%	4%	6%	10%	7%	4%	6%
Less often	18%	19%	17%	17%	17%	18%	17%	17%	21%	13%	18%	18%	20%
Never	59%	59%	57%	61%	63%	61%	61%	62%	52%	59%	58%	60%	58%
Not sure	2%	1%	4%	1%	1%	2%	2%	1%	3%	1%	2%	4%	2%
Totals	100%	98%	100%	99%	100%	101%	101%	98%	100%	100%	99%	102%	101%
Unweighted N	(2,168)	(665)	(905)	(598)	(830)	(761)	(798)	(644)	(517)	(386)	(437)	(828)	(517)

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## 3G. Frequency of Food Sources — Pick up takeout from a restaurant

How often do you...?

	Gender			Age				Race			Education	
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	No degree	College degree
Daily	1%	2%	1%	2%	2%	1%	0%	1%	2%	3%	2%	1%
A few times a week	11%	12%	10%	16%	16%	8%	3%	9%	18%	11%	11%	11%
Once a week	22%	23%	21%	26%	25%	21%	15%	21%	19%	26%	20%	26%
Once a month	24%	24%	25%	27%	21%	27%	22%	26%	23%	21%	25%	23%
Less often	27%	26%	28%	21%	23%	29%	34%	28%	26%	25%	28%	26%
Never	13%	12%	14%	6%	10%	13%	25%	14%	10%	11%	13%	14%
Not sure	2%	2%	1%	3%	3%	0%	0%	1%	2%	3%	2%	0%
Totals	100%	101%	100%	101%	100%	99%	99%	100%	100%	100%	101%	101%
Unweighted N	(2,170)	(1,024)	(1,146)	(532)	(598)	(615)	(425)	(1,426)	(282)	(309)	(1,398)	(772)

	Party ID				2024 Vote		Family income			Region			
	Total	Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Daily	1%	2%	1%	1%	1%	1%	2%	1%	2%	1%	1%	2%	2%
A few times a week	11%	13%	10%	9%	11%	11%	8%	10%	17%	12%	10%	10%	11%
Once a week	22%	25%	21%	20%	25%	23%	13%	29%	29%	18%	25%	20%	24%
Once a month	24%	25%	25%	24%	26%	24%	25%	25%	23%	27%	25%	24%	23%
Less often	27%	23%	26%	32%	26%	27%	33%	23%	21%	27%	26%	28%	25%
Never	13%	11%	14%	14%	11%	14%	18%	11%	9%	14%	12%	12%	15%
Not sure	2%	1%	3%	1%	0%	1%	2%	0%	0%	1%	1%	3%	0%
Totals	100%	100%	100%	101%	100%	101%	101%	99%	101%	100%	100%	99%	100%
Unweighted N	(2,170)	(665)	(906)	(599)	(829)	(761)	(799)	(644)	(518)	(386)	(437)	(828)	(519)

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## 3H. Frequency of Food Sources — Have meals delivered

How often do you...?

	Gender			Age				Race			Education	
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	No degree	College degree
Daily	1%	1%	1%	2%	2%	1%	1%	0%	2%	3%	1%	1%
A few times a week	7%	7%	6%	12%	12%	3%	1%	6%	10%	6%	6%	8%
Once a week	9%	10%	8%	14%	11%	9%	3%	8%	11%	10%	8%	11%
Once a month	11%	11%	11%	15%	14%	10%	5%	11%	13%	7%	11%	11%
Less often	22%	20%	24%	22%	19%	26%	19%	20%	25%	27%	24%	18%
Never	48%	48%	48%	31%	39%	50%	71%	52%	36%	45%	47%	49%
Not sure	2%	2%	2%	4%	3%	1%	0%	2%	2%	2%	2%	2%
Totals	100%	99%	100%	100%	100%	100%	100%	99%	99%	100%	99%	100%
Unweighted N	(2,171)	(1,024)	(1,147)	(532)	(598)	(615)	(426)	(1,425)	(283)	(309)	(1,400)	(771)

	Party ID				2024 Vote		Family income			Region			
	Total	Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Daily	1%	2%	1%	1%	2%	1%	2%	1%	2%	1%	1%	1%	2%
A few times a week	7%	10%	5%	5%	8%	6%	4%	5%	13%	10%	3%	7%	7%
Once a week	9%	9%	9%	10%	9%	10%	7%	10%	12%	12%	9%	9%	8%
Once a month	11%	12%	10%	11%	12%	8%	11%	11%	12%	13%	11%	10%	11%
Less often	22%	22%	24%	19%	24%	21%	25%	21%	19%	23%	20%	22%	24%
Never	48%	44%	47%	53%	45%	52%	50%	50%	41%	40%	53%	49%	47%
Not sure	2%	0%	4%	1%	0%	1%	1%	1%	1%	1%	2%	3%	1%
Totals	100%	99%	100%	100%	100%	99%	100%	99%	100%	100%	99%	101%	100%
Unweighted N	(2,171)	(667)	(907)	(597)	(831)	(759)	(799)	(645)	(519)	(387)	(438)	(830)	(516)

**3I. Frequency of Food Sources — Eat out at a sit-down restaurant**

How often do you...?

	Gender			Age				Race			Education	
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	No degree	College degree
Daily	1%	2%	0%	2%	1%	1%	1%	1%	2%	2%	1%	1%
A few times a week	7%	8%	6%	10%	10%	4%	6%	7%	10%	7%	5%	11%
Once a week	18%	21%	14%	20%	18%	16%	17%	19%	12%	18%	15%	23%
Once a month	29%	27%	30%	26%	26%	30%	32%	30%	24%	32%	29%	28%
Less often	35%	32%	39%	33%	34%	37%	36%	35%	41%	29%	37%	31%
Never	9%	9%	9%	7%	9%	11%	8%	8%	9%	9%	11%	5%
Not sure	1%	1%	2%	2%	3%	0%	1%	1%	2%	3%	2%	0%
Totals	100%	100%	100%	100%	101%	99%	101%	101%	100%	100%	100%	99%
Unweighted N	(2,170)	(1,028)	(1,142)	(532)	(597)	(614)	(427)	(1,424)	(283)	(309)	(1,398)	(772)

	Party ID				2024 Vote		Family income			Region			
	Total	Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Daily	1%	1%	1%	1%	1%	2%	1%	1%	1%	3%	1%	1%	1%
A few times a week	7%	10%	6%	7%	8%	9%	4%	7%	14%	8%	3%	8%	8%
Once a week	18%	15%	15%	23%	17%	24%	10%	23%	28%	18%	17%	16%	21%
Once a month	29%	31%	27%	28%	32%	29%	28%	29%	28%	28%	35%	27%	25%
Less often	35%	33%	38%	33%	34%	28%	43%	33%	25%	34%	35%	36%	35%
Never	9%	8%	11%	6%	7%	7%	13%	7%	3%	9%	8%	9%	8%
Not sure	1%	1%	2%	0%	0%	2%	1%	1%	0%	0%	0%	3%	1%
Totals	100%	99%	100%	98%	99%	101%	100%	101%	99%	100%	99%	100%	99%
Unweighted N	(2,170)	(665)	(907)	(598)	(830)	(760)	(797)	(647)	(517)	(387)	(438)	(830)	(515)

#### 4. Change in Cooking Frequency

Compared to 10 years ago, would you say you cook...?

	Total	Gender		Age				Race			Education	
		Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	No degree	College degree
More often	40%	42%	38%	59%	47%	33%	26%	39%	40%	45%	37%	46%
About the same amount	35%	39%	32%	27%	33%	41%	38%	36%	35%	34%	35%	36%
Less often	23%	17%	28%	11%	16%	26%	36%	24%	22%	19%	26%	17%
Not sure	2%	2%	1%	3%	4%	0%	0%	1%	4%	2%	2%	0%
Totals	100%	100%	99%	100%	100%	100%	100%	100%	101%	100%	100%	99%
Unweighted N	(2,178)	(1,028)	(1,150)	(531)	(599)	(617)	(431)	(1,433)	(283)	(308)	(1,405)	(773)

	Total	Party ID			2024 Vote		Family income			Region			
		Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
More often	40%	44%	38%	40%	42%	37%	35%	44%	46%	40%	38%	39%	45%
About the same amount	35%	34%	37%	34%	35%	38%	34%	36%	37%	39%	37%	33%	35%
Less often	23%	21%	22%	25%	22%	23%	28%	20%	17%	20%	24%	25%	19%
Not sure	2%	1%	3%	1%	0%	1%	2%	0%	0%	1%	1%	2%	2%
Totals	100%	100%	100%	100%	99%	99%	99%	100%	100%	100%	100%	99%	101%
Unweighted N	(2,178)	(668)	(909)	(601)	(833)	(763)	(803)	(648)	(519)	(387)	(440)	(832)	(519)

**5. Change in Meal Delivery Frequency**

Compared to 10 years ago, would you say you order meals delivered...?

	Total	Gender		Age				Race			Education	
		Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	No degree	College degree
More often	17%	16%	17%	27%	20%	13%	9%	16%	22%	15%	16%	17%
About the same amount	35%	39%	32%	33%	36%	36%	36%	37%	28%	31%	31%	44%
Less often	41%	40%	43%	28%	38%	46%	49%	40%	45%	47%	45%	35%
Not sure	7%	5%	8%	11%	6%	4%	6%	7%	5%	8%	8%	4%
Totals	100%	100%	100%	99%	100%	99%	100%	100%	100%	101%	100%	100%
Unweighted N	(2,172)	(1,024)	(1,148)	(532)	(598)	(614)	(428)	(1,430)	(281)	(309)	(1,399)	(773)

  

	Total	Party ID			2024 Vote		Family income			Region			
		Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
More often	17%	20%	15%	15%	20%	16%	14%	18%	23%	19%	14%	16%	19%
About the same amount	35%	36%	37%	32%	35%	37%	31%	37%	42%	42%	39%	31%	35%
Less often	41%	38%	40%	45%	41%	42%	49%	39%	32%	35%	41%	45%	39%
Not sure	7%	5%	7%	8%	4%	5%	7%	6%	3%	4%	6%	8%	7%
Totals	100%	99%	99%	100%	100%	100%	101%	100%	100%	100%	100%	100%	100%
Unweighted N	(2,172)	(666)	(909)	(597)	(831)	(761)	(801)	(647)	(517)	(385)	(439)	(830)	(518)



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## 6A. Comparing Cooking and Delivery — Healthier

In general, which do you think is...?

	Total	Gender		Age				Race			Education	
		Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	No degree	College degree
Meals cooked at home	88%	89%	87%	85%	87%	88%	92%	90%	83%	91%	86%	92%
Meals you have delivered	3%	3%	3%	6%	5%	2%	2%	3%	7%	3%	3%	3%
Not sure	9%	8%	9%	9%	8%	10%	6%	7%	10%	6%	11%	5%
Totals	100%	100%	99%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Unweighted N	(2,176)	(1,029)	(1,147)	(530)	(599)	(616)	(431)	(1,432)	(281)	(309)	(1,403)	(773)

	Total	Party ID			2024 Vote		Family income			Region			
		Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Meals cooked at home	88%	89%	85%	91%	90%	92%	84%	90%	92%	87%	89%	89%	86%
Meals you have delivered	3%	4%	4%	2%	4%	2%	4%	3%	4%	4%	2%	3%	5%
Not sure	9%	7%	11%	7%	6%	6%	12%	7%	4%	9%	9%	8%	9%
Totals	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Unweighted N	(2,176)	(665)	(910)	(601)	(830)	(764)	(801)	(648)	(519)	(386)	(440)	(831)	(519)

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## 6B. Comparing Cooking and Delivery — Better tasting

In general, which do you think is...?

	Total	Gender		Age				Race			Education	
		Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	No degree	College degree
Meals cooked at home	74%	73%	75%	66%	65%	79%	84%	75%	81%	72%	75%	73%
Meals you have delivered	14%	15%	13%	21%	19%	11%	5%	13%	11%	16%	13%	16%
Not sure	12%	13%	12%	13%	16%	11%	11%	12%	8%	12%	13%	12%
Totals	100%	101%	100%	100%	100%	101%	100%	100%	100%	100%	101%	101%
Unweighted N	(2,172)	(1,026)	(1,146)	(531)	(596)	(614)	(431)	(1,429)	(281)	(308)	(1,400)	(772)

	Total	Party ID			2024 Vote		Family income			Region			
		Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Meals cooked at home	74%	74%	72%	77%	74%	79%	75%	76%	71%	67%	77%	76%	72%
Meals you have delivered	14%	18%	12%	11%	15%	11%	12%	14%	19%	18%	11%	12%	16%
Not sure	12%	9%	16%	12%	10%	10%	13%	11%	10%	15%	12%	13%	11%
Totals	100%	101%	100%	100%	99%	100%	100%	101%	100%	100%	100%	101%	99%
Unweighted N	(2,172)	(667)	(906)	(599)	(831)	(762)	(802)	(645)	(517)	(385)	(439)	(832)	(516)

**6C. Comparing Cooking and Delivery — More convenient**

In general, which do you think is...?

		Gender		Age				Race			Education	
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	No degree	College degree
Meals cooked at home	42%	45%	39%	43%	36%	41%	49%	39%	55%	49%	43%	41%
Meals you have delivered	51%	48%	54%	51%	56%	53%	43%	54%	38%	47%	50%	52%
Not sure	7%	7%	7%	6%	8%	6%	8%	7%	7%	4%	7%	6%
Totals	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	99%
Unweighted N	(2,176)	(1,027)	(1,149)	(530)	(598)	(617)	(431)	(1,432)	(281)	(309)	(1,403)	(773)

		Party ID			2024 Vote		Family income			Region			
	Total	Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Meals cooked at home	42%	42%	41%	44%	38%	47%	47%	39%	35%	41%	38%	47%	39%
Meals you have delivered	51%	53%	50%	50%	57%	48%	45%	56%	59%	54%	52%	47%	55%
Not sure	7%	5%	9%	6%	6%	5%	8%	5%	5%	5%	10%	7%	6%
Totals	100%	100%	100%	100%	101%	100%	100%	100%	99%	100%	100%	101%	100%
Unweighted N	(2,176)	(667)	(909)	(600)	(832)	(764)	(801)	(647)	(519)	(385)	(440)	(832)	(519)

**6D. Comparing Cooking and Delivery — More expensive**

In general, which do you think is...?

		Gender		Age				Race			Education	
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	No degree	College degree
Meals cooked at home	6%	7%	5%	10%	8%	5%	3%	6%	8%	10%	7%	5%
Meals you have delivered	88%	87%	88%	83%	84%	89%	94%	89%	82%	85%	86%	90%
Not sure	6%	6%	7%	7%	8%	6%	3%	5%	10%	5%	7%	5%
Totals	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Unweighted N	(2,175)	(1,027)	(1,148)	(531)	(597)	(616)	(431)	(1,432)	(280)	(309)	(1,402)	(773)

		Party ID			2024 Vote		Family income			Region			
	Total	Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Meals cooked at home	6%	7%	5%	7%	6%	6%	6%	6%	7%	7%	4%	8%	5%
Meals you have delivered	88%	88%	86%	89%	91%	89%	87%	89%	88%	85%	91%	86%	88%
Not sure	6%	5%	9%	3%	4%	5%	7%	5%	4%	8%	5%	6%	7%
Totals	100%	100%	100%	99%	101%	100%	100%	100%	99%	100%	100%	100%	100%
Unweighted N	(2,175)	(667)	(909)	(599)	(831)	(762)	(801)	(647)	(518)	(387)	(439)	(830)	(519)

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## 7. How Learned to Cook

From which of the following sources, if any, have you learned how to cook? Select all that apply.

	Total	Gender		Age				Race			Education	
		Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	No degree	College degree
Parents or guardians	65%	61%	68%	67%	64%	64%	65%	64%	72%	68%	65%	65%
Online recipes	51%	45%	57%	53%	58%	48%	47%	55%	37%	45%	45%	64%
Cookbooks	42%	35%	49%	26%	34%	46%	61%	48%	26%	30%	38%	49%
Online videos	34%	34%	33%	48%	47%	25%	16%	32%	36%	35%	31%	39%
Friends	28%	27%	29%	28%	32%	27%	25%	29%	23%	25%	26%	32%
Cooking TV shows	27%	24%	29%	17%	34%	30%	24%	26%	31%	21%	24%	31%
Spouses or partners	24%	29%	20%	14%	25%	29%	27%	26%	19%	21%	20%	33%
Somewhere else	10%	12%	8%	10%	9%	10%	10%	9%	11%	6%	10%	10%
None of these	6%	7%	5%	5%	6%	7%	5%	5%	4%	7%	6%	5%
Unweighted N	(2,179)	(1,029)	(1,150)	(532)	(599)	(617)	(431)	(1,433)	(283)	(309)	(1,405)	(774)

	Total	Party ID			2024 Vote		Family income			Region			
		Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Parents or guardians	65%	68%	64%	63%	68%	66%	65%	63%	65%	60%	64%	65%	68%
Online recipes	51%	59%	48%	48%	63%	50%	42%	58%	63%	51%	58%	47%	53%
Cookbooks	42%	45%	41%	40%	53%	46%	38%	44%	49%	42%	50%	37%	43%
Online videos	34%	42%	32%	28%	38%	28%	28%	38%	40%	33%	31%	33%	36%
Friends	28%	35%	26%	25%	34%	27%	26%	28%	31%	25%	29%	27%	32%
Cooking TV shows	27%	34%	25%	22%	36%	25%	26%	26%	34%	29%	27%	26%	26%
Spouses or partners	24%	23%	24%	26%	28%	29%	18%	26%	37%	20%	25%	25%	27%
Somewhere else	10%	10%	12%	7%	10%	7%	12%	8%	9%	13%	10%	9%	9%
None of these	6%	4%	7%	6%	3%	6%	8%	3%	5%	9%	7%	4%	6%
Unweighted N	(2,179)	(668)	(910)	(601)	(833)	(764)	(803)	(648)	(519)	(387)	(440)	(833)	(519)

## 8. Frequency Cooking From a Recipe

When you cook, how often are you following a recipe?

*Among people who do not say they never cook*

	Gender			Age				Race			Education	
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	No degree	College degree
Always	8%	8%	7%	14%	8%	5%	4%	7%	5%	13%	8%	8%
Usually	26%	26%	26%	29%	29%	23%	25%	28%	17%	26%	22%	33%
Sometimes	42%	38%	44%	42%	42%	39%	44%	42%	42%	37%	40%	44%
Rarely	17%	16%	17%	9%	15%	22%	19%	16%	21%	16%	20%	11%
Never	6%	9%	4%	4%	4%	9%	7%	5%	15%	6%	8%	4%
Not sure	1%	2%	1%	2%	2%	1%	0%	1%	0%	1%	2%	0%
Totals	100%	99%	99%	100%	100%	99%	99%	99%	100%	99%	100%	100%
Unweighted N	(2,128)	(1,000)	(1,128)	(515)	(583)	(611)	(419)	(1,403)	(278)	(300)	(1,371)	(757)

	Total	Party ID			2024 Vote		Family income			Region			
		Dem	Ind	Rep	Harris	Trump	< \$50K	\$50-100K	\$100K+	Northeast	Midwest	South	West
Always	8%	10%	5%	8%	7%	8%	9%	6%	7%	5%	9%	8%	7%
Usually	26%	24%	27%	27%	30%	24%	19%	29%	33%	20%	28%	26%	29%
Sometimes	42%	45%	41%	39%	43%	44%	38%	45%	42%	48%	39%	40%	42%
Rarely	17%	16%	16%	19%	15%	18%	22%	15%	14%	16%	15%	19%	16%
Never	6%	5%	9%	5%	4%	5%	10%	5%	5%	8%	5%	7%	5%
Not sure	1%	0%	2%	2%	1%	1%	2%	0%	0%	3%	2%	1%	1%
Totals	100%	100%	100%	100%	100%	100%	100%	100%	101%	100%	98%	101%	100%
Unweighted N	(2,128)	(652)	(889)	(587)	(816)	(749)	(778)	(633)	(512)	(377)	(438)	(810)	(503)

## YouGov Survey: Food and Cooking

February 5 - 9, 2026 - 2,179 U.S. adult citizens



<b>Interviewing Dates</b>	February 5 - 8, 2026   February 6 - 9, 2026
<b>Target population</b>	U.S. citizens, aged 18 and over
<b>Sampling method</b>	Respondents were selected from YouGov's opt-in panel to be representative of adult U.S. citizens.
<b>Weighting</b>	The sample was weighted according to gender, age, race, education, U.S. region, 2024 presidential vote, 2020 election turnout and presidential vote, baseline party identification, and current voter registration status. Demographic weighting targets come from the 2019 American Community Survey. 2024 presidential vote, at time of weighting was estimated to be 48% Harris and 50% Trump. Baseline party identification is the respondent's most recent answer given around November 8, 2024, and is weighted to the estimated distribution at that time (31% Democratic, 33% Republican). The weights range from 0.051 to 5.031, with a mean of one and a standard deviation of 0.776.
<b>Number of respondents</b>	2,179
<b>Margin of error</b>	± 2.7 points (adjusted for weighting)
<b>Survey mode</b>	Web-based interviews
<b>Questions not reported</b>	74 questions not reported.