



**More Americans Enjoying an Evening Out**  
\*\*\* Complete Tables for Poll Appended \*\*\*

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**This Marist Poll Reports:**

Fuzzy slippers, sweat pants, and tee shirts are the appropriate dinner attire for nearly six in ten Americans. According to this Marist Poll, 58% of Americans eat dinner at home at least six nights a week. Included here are 35% who report they dine in seven nights a week and 23% who do so six nights a week. Nearly one in five -- 19% -- are stuck with the dishes five nights weekly, and 24% clear the dinner table four or fewer times a week.

However, more Americans are dining out. When Marist last asked this question in 2009 soon after the economic collapse, 70% of residents ate dinner at home six or seven nights a week. 17%, at that time, ate in five nights a week while 13% stayed in four or fewer.

Women are more likely than men to eat dinner at home. 62% of women, compared with 53% of men, say they eat dinner in the comfort of their own home six or seven nights a week.

And, there is an age difference. Older Americans are more likely than younger Americans to eat in most nights. 64% of those 45 or older eat at home at least six nights a week. This compares with 49% of those younger than 45.

## How the Survey was Conducted

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### **Nature of the Sample: National Poll of 1,003 Adults**

This survey of 1,003 adults was conducted on June 15<sup>th</sup> through June 23<sup>rd</sup>, 2011. Adults 18 years of age and older residing in the continental United States were interviewed by telephone. Telephone numbers were selected based upon a list of telephone exchanges from throughout the nation. The exchanges were selected to ensure that each region was represented in proportion to its population. To increase coverage, this land-line sample was supplemented by respondents reached through random dialing of cell phone numbers. The two samples were then combined. Results are statistically significant within  $\pm 3.0$  percentage points. The error margin increases for cross-tabulations.

## Nature of the Sample: Adults

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Nature of the Sample - National Adults		
		National Adults
		Col %
<b>National Adults</b>		<b>100%</b>
<b>Registered Voters</b>		<b>80%</b>
<b>Region</b>	<b>Northeast</b>	<b>19%</b>
	<b>Midwest</b>	<b>22%</b>
	<b>South</b>	<b>37%</b>
	<b>West</b>	<b>22%</b>
<b>Household Income</b>	<b>Less than \$50,000</b>	<b>51%</b>
	<b>\$50,000 or more</b>	<b>49%</b>
<b>Race</b>	<b>White</b>	<b>67%</b>
	<b>African American</b>	<b>10%</b>
	<b>Latino</b>	<b>11%</b>
	<b>Other</b>	<b>11%</b>
<b>Race</b>	<b>White</b>	<b>67%</b>
	<b>Non-white</b>	<b>33%</b>
<b>Age</b>	<b>Under 45</b>	<b>42%</b>
	<b>45 or older</b>	<b>58%</b>
<b>Generation</b>	<b>Millennials (18-30)</b>	<b>21%</b>
	<b>Gen X (31-46)</b>	<b>25%</b>
	<b>Baby Boomers (47-65)</b>	<b>33%</b>
	<b>Silent-Greatest (Over 65)</b>	<b>21%</b>
<b>Gender</b>	<b>Men</b>	<b>49%</b>
	<b>Women</b>	<b>51%</b>
<b>Interview Type</b>	<b>Landline</b>	<b>74%</b>
	<b>Cell Phone</b>	<b>26%</b>

Marist Poll National Adults: Interviews conducted June 15th through June 23rd, 2011, N=1003 MOE +/- 3%.  
Totals may not add to 100 due to rounding.

## How Many Times a Week Do You Eat Dinner at Home?

*Asked of National Adults*

**Question Wording:** How many times in an average week do you eat dinner at home?

		National Adults			
		How many times in an average week do you eat dinner at home?			
		Four or fewer	Five	Six	Seven
		Row %	Row %	Row %	Row %
<b>National Adults</b>		<b>24%</b>	<b>19%</b>	<b>23%</b>	<b>35%</b>
<b>Region</b>	<b>Northeast</b>	<b>17%</b>	<b>19%</b>	<b>30%</b>	<b>34%</b>
	<b>Midwest</b>	<b>25%</b>	<b>22%</b>	<b>23%</b>	<b>31%</b>
	<b>South</b>	<b>26%</b>	<b>17%</b>	<b>18%</b>	<b>39%</b>
	<b>West</b>	<b>25%</b>	<b>20%</b>	<b>25%</b>	<b>30%</b>
<b>Household Income</b>	<b>Less than \$50,000</b>	<b>23%</b>	<b>16%</b>	<b>20%</b>	<b>40%</b>
	<b>\$50,000 or more</b>	<b>26%</b>	<b>21%</b>	<b>26%</b>	<b>27%</b>
<b>Age</b>	<b>Under 45</b>	<b>33%</b>	<b>18%</b>	<b>21%</b>	<b>28%</b>
	<b>45 or older</b>	<b>17%</b>	<b>20%</b>	<b>24%</b>	<b>40%</b>
<b>Gender</b>	<b>Men</b>	<b>29%</b>	<b>18%</b>	<b>24%</b>	<b>29%</b>
	<b>Women</b>	<b>19%</b>	<b>20%</b>	<b>22%</b>	<b>40%</b>
<b>Interview Type</b>	<b>Landline</b>	<b>18%</b>	<b>20%</b>	<b>25%</b>	<b>37%</b>
	<b>Cell Phone</b>	<b>41%</b>	<b>15%</b>	<b>16%</b>	<b>28%</b>

Marist Poll National Adults Split Sample: Interviews conducted June 15th through June 23rd, 2011, N=515 MOE +/- 4.5%. Totals may not add to 100 due to rounding.