

Breakfast and the Pandemic

college
students



How does a
college student's
schedule affect
their breakfast?



Free Schedule

-Students have more time to run errands during pandemic

-This makes it easier to have breakfast foods around



Priorities:

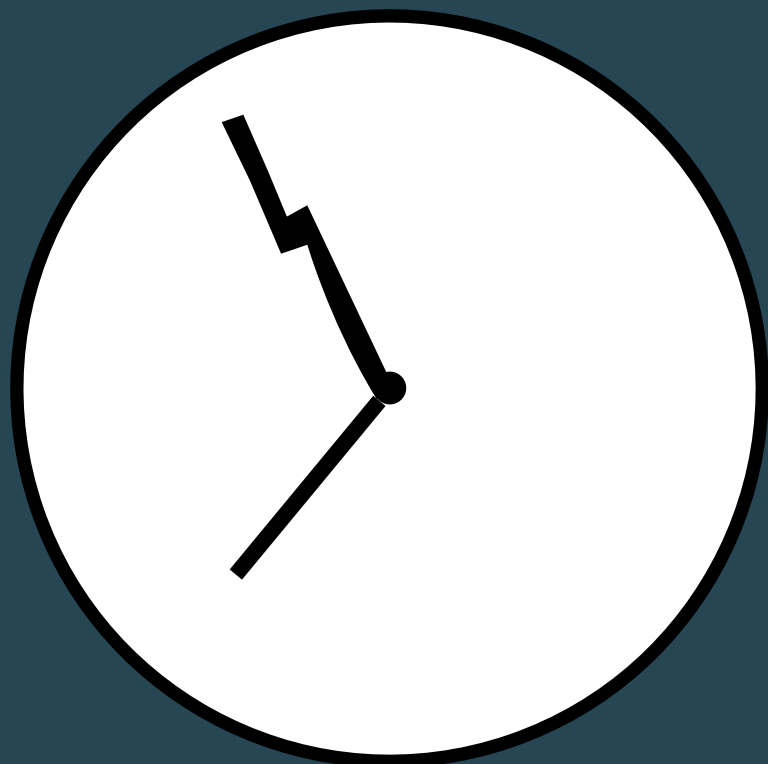
-Students try to eat before classes, so their class time affects what time they eat



Timing:

-Students don't like having to put a ton of effort into breakfast

-Most feel that 11-12 is the cutoff time for breakfast



Interviewee Testimonials

"I don't like washing pans and forks when making something like eggs takes too much effort"

"I wake up early for class, so that's usually when I eat breakfast"

"Breakfast always seems rushed in the morning"

"I ate breakfast less pre-pandemic because zoom classes I can cook and get ready during it"

Conclusion:

College students are more inclined to eat breakfast when there's time.

All Information
based on a study for
UIC DES 322
by the Lunch Bunch

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part II

Overall mood:

Everyone has been positive towards breakfast.



But..

due to varying reasons, they tend to skip breakfast.

Reasons such as..

- Busier people eat breakfast less.

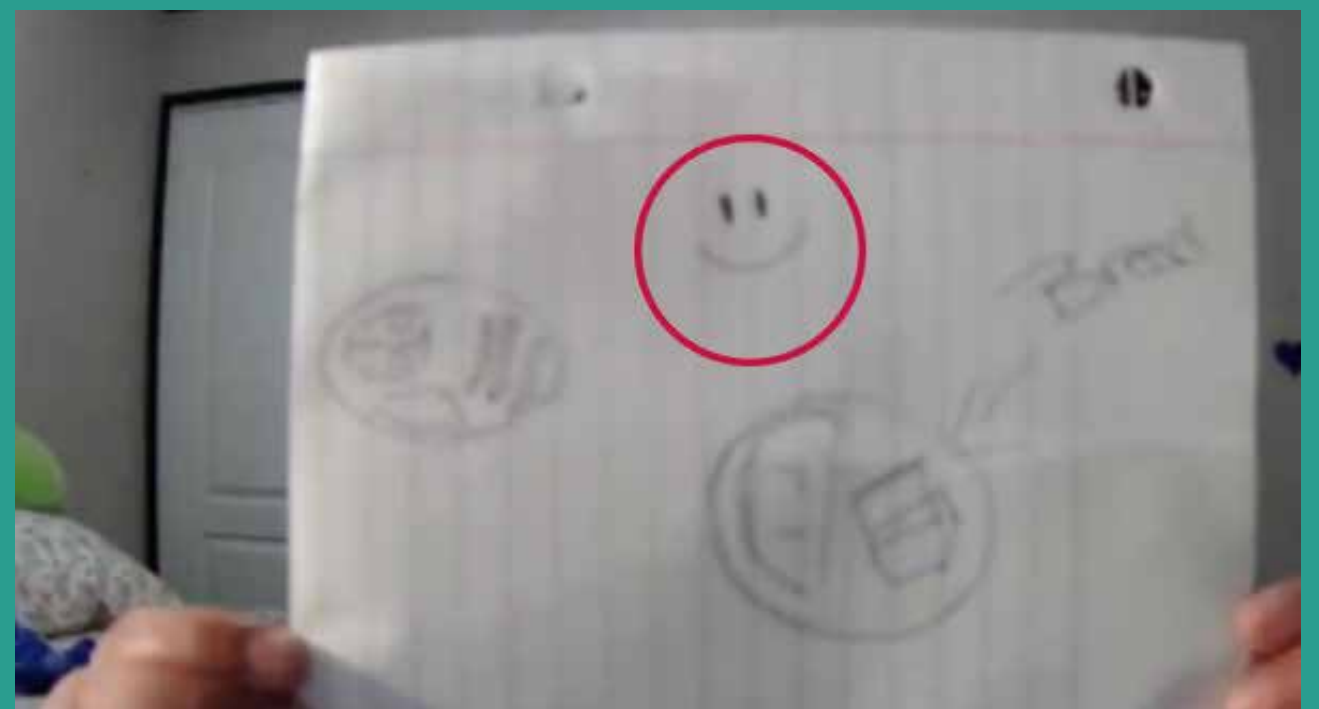
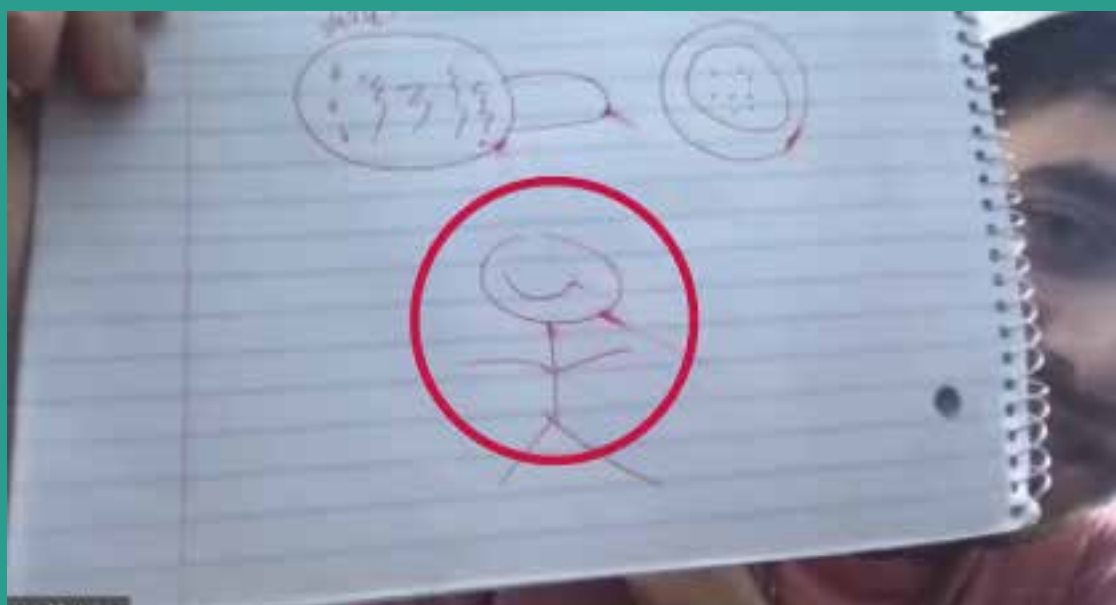
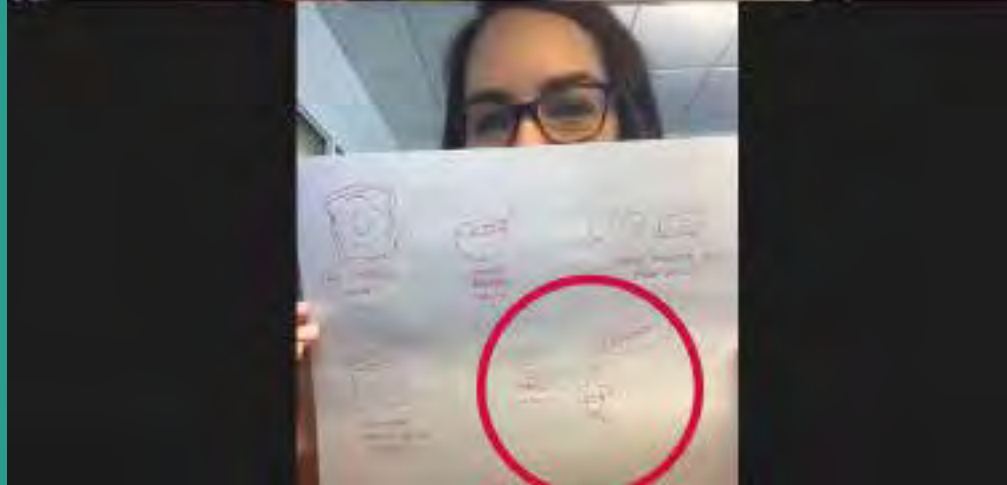
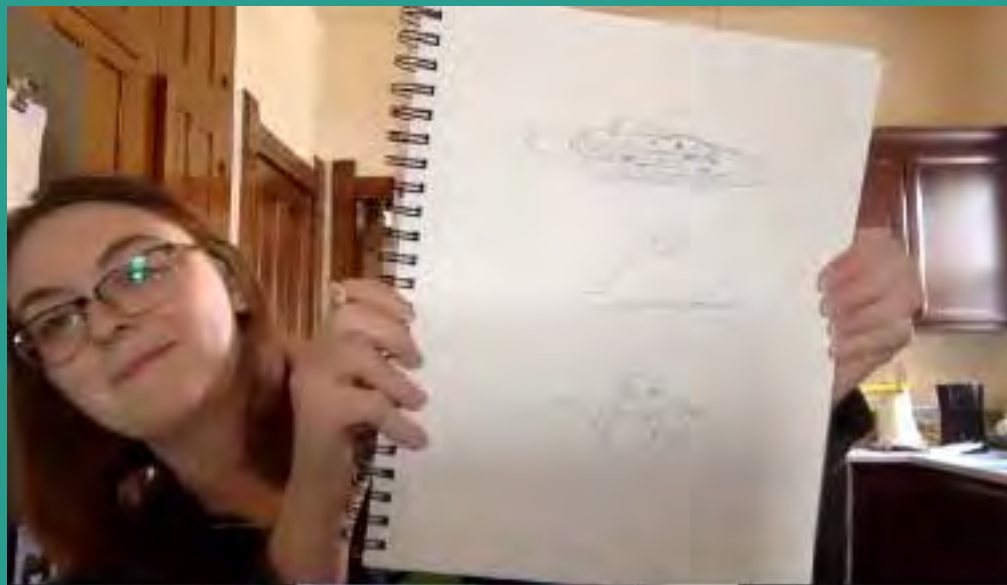
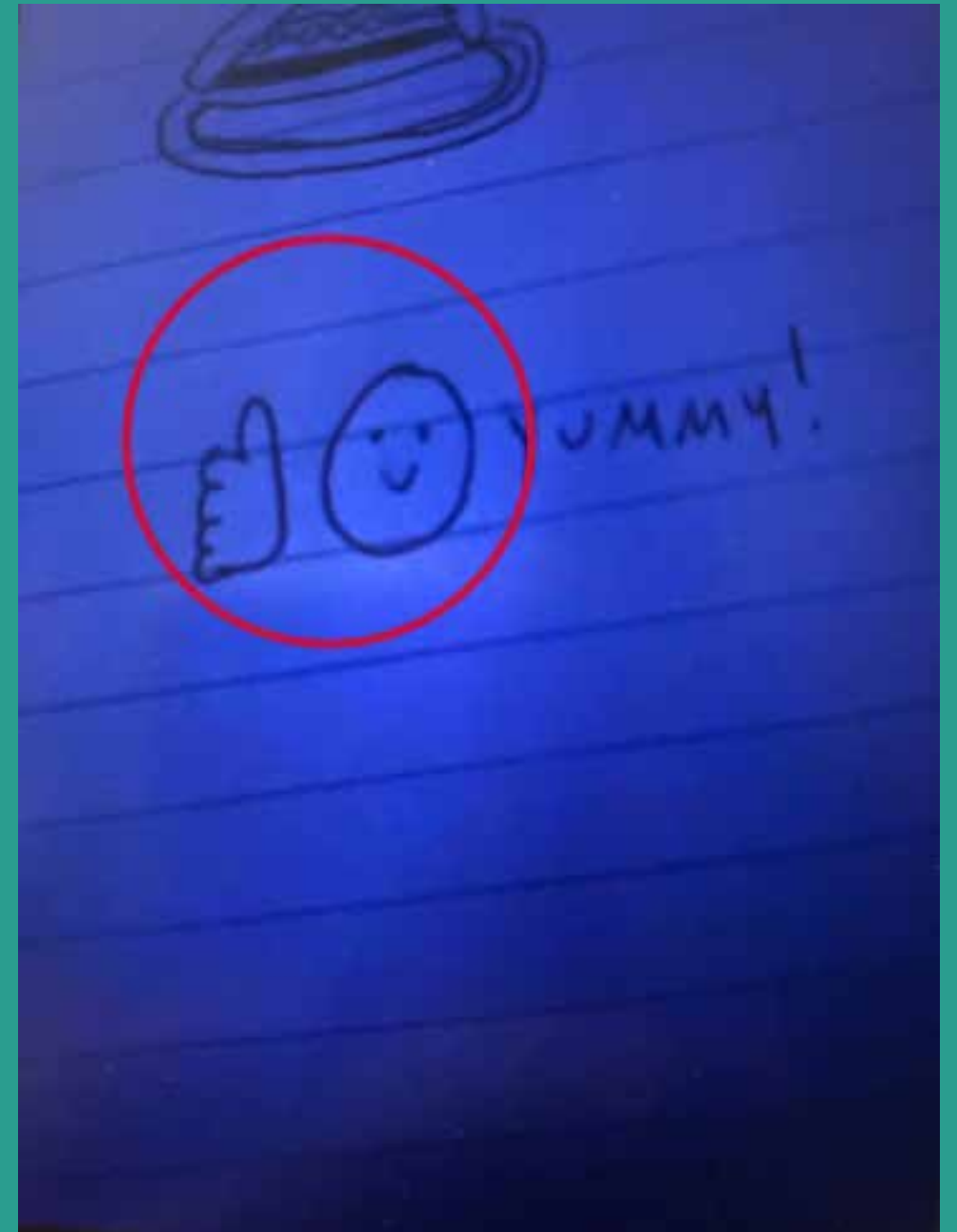
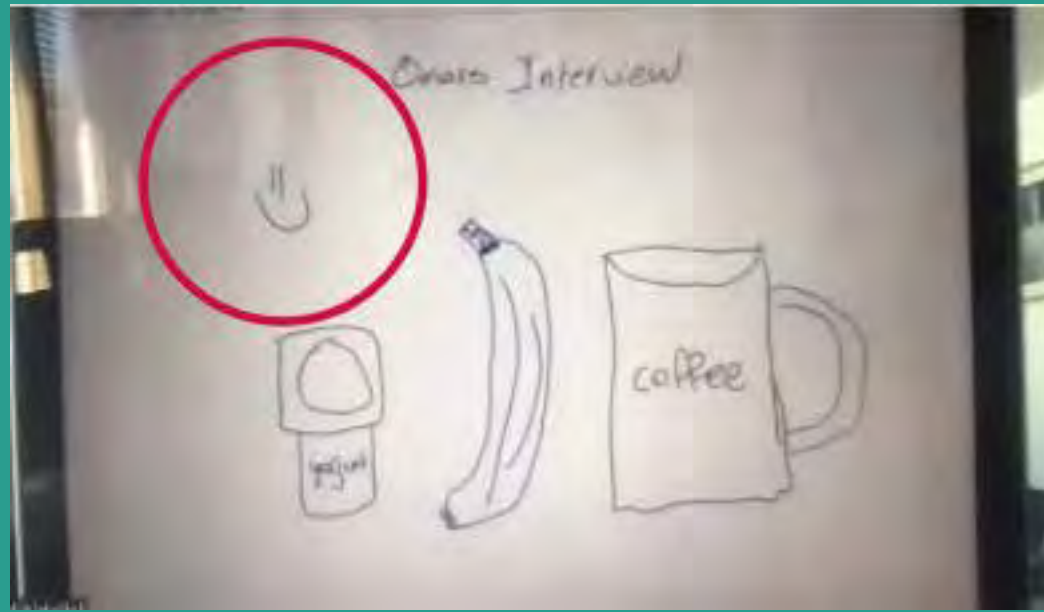
- People tend to skip breakfast is being too tired to eat.

Interviewee Testimonials

"It is important, it starts out your metabolism. I don't always have breakfast, however."

"I don't remember the last time I've eaten breakfast"

"I like it, it's just usually if it's 9 in the morning I'll be tired. It's usually a love/hate thing"



Conclusion:

Most people seem to know how important breakfast is, but skip it for various reasons.

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part III

How did the Pandemic
affect the morning
routines of college
students?



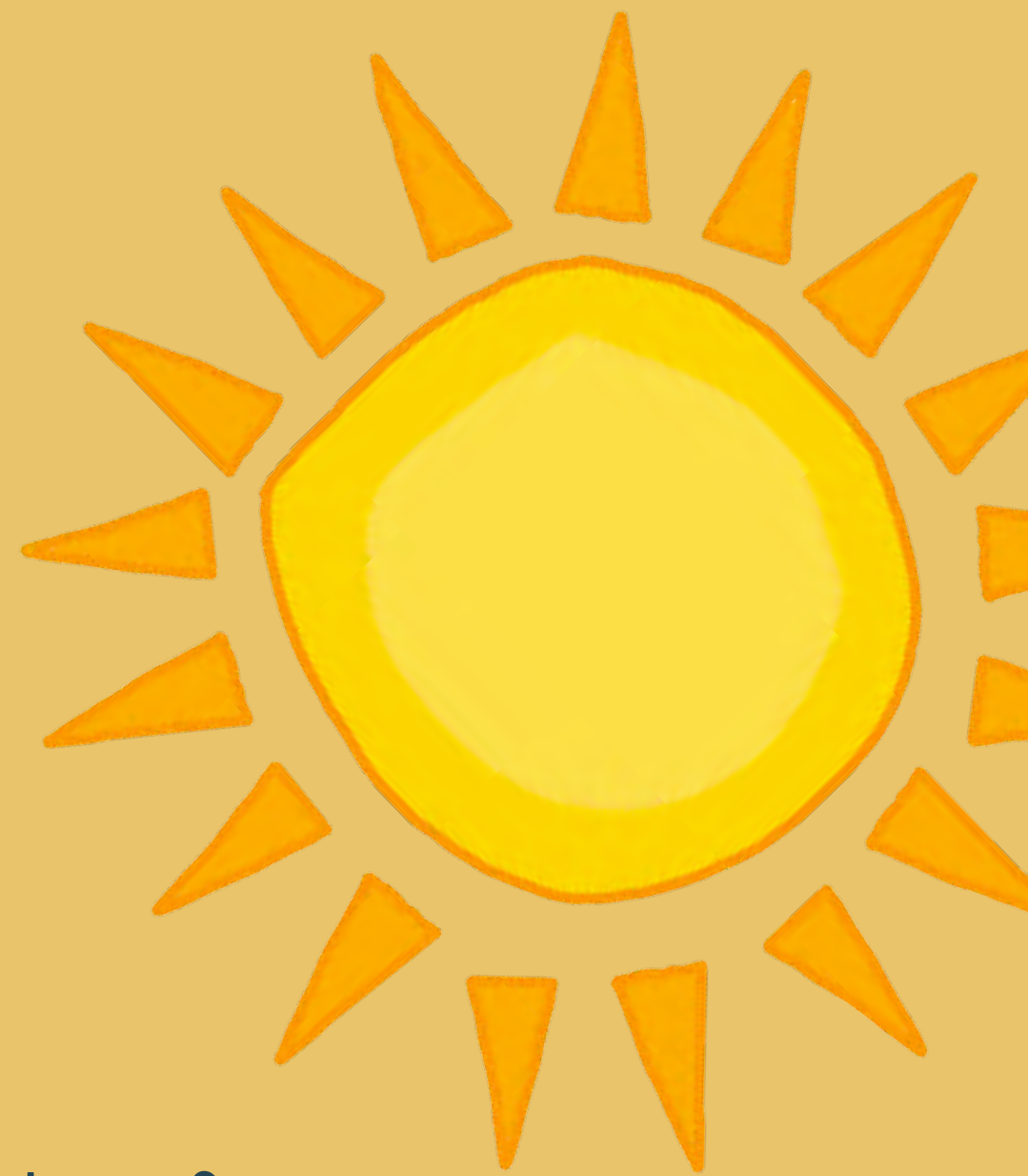
Factors-

longer mornings:

people have more time in the morning, therefore they can make time to eat

later mornings:

some people woke up later, therefore they tend to wake up hungry





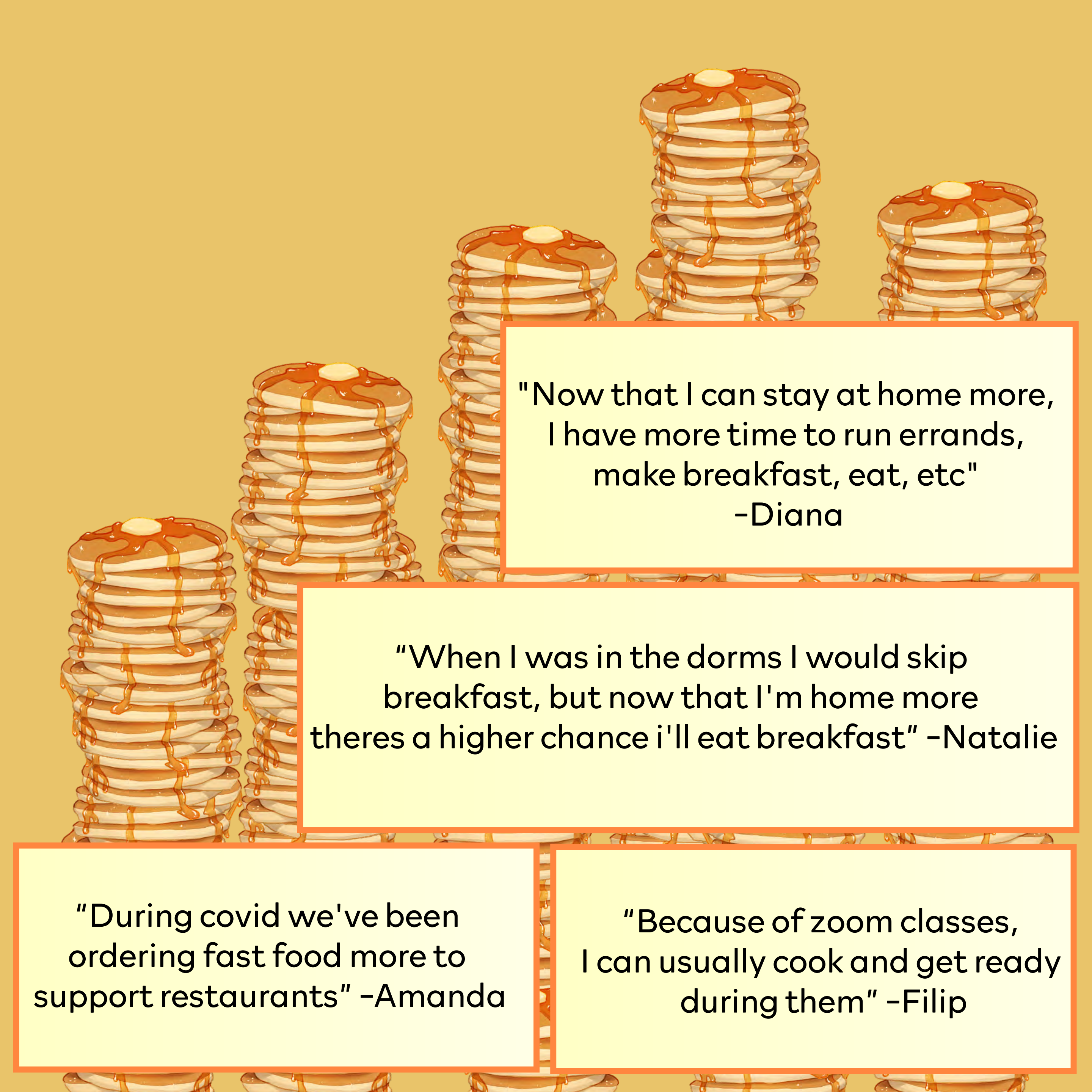
camera off:

due to being at home, people can eat in the comfort of their home while in class

home advantage:

with families at home, people tend to eat with their family more





"Now that I can stay at home more, I have more time to run errands, make breakfast, eat, etc"
-Diana

"When I was in the dorms I would skip breakfast, but now that I'm home more theres a higher chance i'll eat breakfast" -Natalie

"During covid we've been ordering fast food more to support restaurants" -Amanda

"Because of zoom classes, I can usually cook and get ready during them" -Filip

As bad as the pandemic has been, with more time on their hands people tend to eat breakfast.

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