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**Weather dampens eating out penetration and frequency: Lumina Intelligence Eating and Drinking Out Panel Insights**

Latest findings from the [Lumina Intelligence Eating and Drinking Out Panel](https://www.lumina-intelligence.com/product/eating-and-drinking-out-panel/) reveal a notable shift in consumer behaviour, with key trends indicating a decline in eating out penetration and frequency by -0.5% and a significant -7% year-on-year. This decrease can be attributed to adverse weather conditions and train strikes, which deterred consumers from participating in the eating out market as frequently.

Despite the inclement weather, the delivery market failed to capitalise on the opportunity, with its share of total occasions remaining flat year-on-year. However, drink occasions experienced a gain in share, particularly amid declines in food-led day parts such as lunch, snack, and brunch occasions. This shift underscores a changing preference among consumers for standalone drink-only experiences.

The report further highlights the impact of poor weather on consumer mobility, resulting in fewer on-the-go missions traditionally associated with brunch and snacks. Consequently, Quick Service Restaurants (QSR) and retail outlets witnessed a decline in share of occasions by -1.4% and -0.3% respectively, as more consumers opted to stay at home.

This decline in QSR consumption is mirrored in dish types, with notable decreases in the purchase share of items such as chips/wedges/fries and burgers.

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**About Lumina Intelligence Eating & Drinking Out Panel**

[Lumina Intelligence Eating & Drinking Out Panel](https://www.lumina-intelligence.com/product/eating-and-drinking-out-panel/) is based on 78,000 surveys across the year, built up from a nationally representative weekly sample of 1,500 shoppers. Our comprehensive coverage includes over 900 operators from across all out of home channels – including restaurants, pubs & bars, cafes & coffee shops, fast food, bakery & sandwich shops, restaurants and retail channels.

For more on out of home food & drink consumption in the UK, and to access our cost-effective consumer insight and data solution, go to: <https://www.lumina-intelligence.com/product/eating-and-drinking-out-panel/>

**About Lumina Intelligence**

[Lumina Intelligence](https://www.lumina-intelligence.com/) inspires the global food and drink sector with deep, actionable insights powered by the world’s best analytics technology. Our products and services are used by the major brands and organisations in these fast moving and growing markets to support business planning, strategic marketing and new product development.

Combining the expertise and experience of HIM, MCA Insight and Lumina Intelligence, we are the experts in market and consumer insight across the food & drink and nutrition markets.

<https://www.lumina-intelligence.com/>