



Timing the Food Is Most Stressful Part of Christmas Dinner

Bob Evans Farms Survey finds 50% of Americans stress over meal timing at Christmas

NEW ALBANY, Ohio – According to a new survey from Bob Evans Farms, the maker of refrigerated mashed potatoes and macaroni & cheese, 50% of respondents believe the most stressful part of Christmas dinner is timing the cooking so that each dish is ready on time. Women were more likely to be stressed about timing than men, 55% vs. 45% respectively. On the flip side, men (9%) were significantly more concerned with having drinks that all the guests would like than their female (3%) counterparts.

What is the most stressful part of Christmas dinner?

- 50% Timing so all the food is complete at the same time
- 14% Preparing the main dish
- 11% Making all the side dishes
- 11% Meeting the dietary restrictions of guests
- 6% Having drinks your guests will like
- 5% Serving the food
- 3% Preparing the appetizers and dessert

Additional findings:

- Male respondents were more stressed about meeting the dietary needs of their guests than female respondents, 13% vs 9%.
- Meeting the dietary needs of their guests stressed 17% of East Coast respondents while much fewer West Coast respondents, only 7%, reported similar stress.
- Millennials were more concerned about having the right drinks for guests than any other generation.
 - Millennials: 9%
 - Generation X: 5%
 - Baby Boomers: 3%

“Making sure all your dishes are ready at the same time can be tough. That’s where Bob Evans mashed potatoes come in: ready in just 6 minutes, you know you can have them ready to serve when you need them,” said Chris Lambrix, SVP Retail Business Development at Bob Evans Farms. “With a variety of options to accommodate your family favorites, these ready-in-minutes sides make easy taste delicious so that you can spend your time where it counts – with family.”

Bob Evans offers a variety of products, made with wholesome ingredients, that are perfect for saving time during the holiday season, including, but not limited to:

- Mashed Potatoes
- Mashed Sweet Potatoes
- Macaroni & Cheese
- Scalloped Potatoes

- Fresh Sausage and Fully Cooked Sausage
- Bacon & Ham

Not only can holiday hosts use Bob Evans' refrigerated sides as is, but they can also use the side dishes to create tasty holiday recipes, from appetizers to dessert. For example, a host can make [Mini Meatloaf](#) using both Bob Evans Savory Sage Roll Sausage and Bob Evans Original Mashed Potatoes and have a show-stopping appetizer for any get-together. For more recipe ideas, visit www.bobevansgrocery.com/farm-fresh-ideas/recipes.

About Bob Evans Farms, Inc.

Bob Evans Farms, Inc. (NASDAQ: BOBE) is a brand born and raised on the promise of farm-fresh goodness. For more than 60 years, the company has been making delicious, quick-to-table farm-fresh food that is sold in grocery stores all over the country. Today, Bob Evans brand mashed potatoes and macaroni & cheese products are the #1 selling refrigerated side dishes in the United States*. Based in Columbus, Ohio, Bob Evans Farms is also a leading producer and distributor of refrigerated potato, pasta and vegetable-based side dishes, pork sausage, and a variety of refrigerated and frozen convenience food items under the Bob Evans, Owens and Pineland Farms brand names. For more information about Bob Evans Farms, Inc., visit www.bobevansgrocery.com.

* SOURCE: IRI Total US MULO Latest 52 W/E 11/5/17.

Methodology

The Bob Evans survey was conducted online by ResearchNow from December 4-6, 2017, among 1,047 American adults aged 18 and older. Respondents to the survey were selected from among those who volunteered to participate in online surveys. Twelve hundred complete surveys were collected using the sample framework based on U.S. Census data for age, ethnicity, gender, region, and income.

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