



# Ready Recipes Data



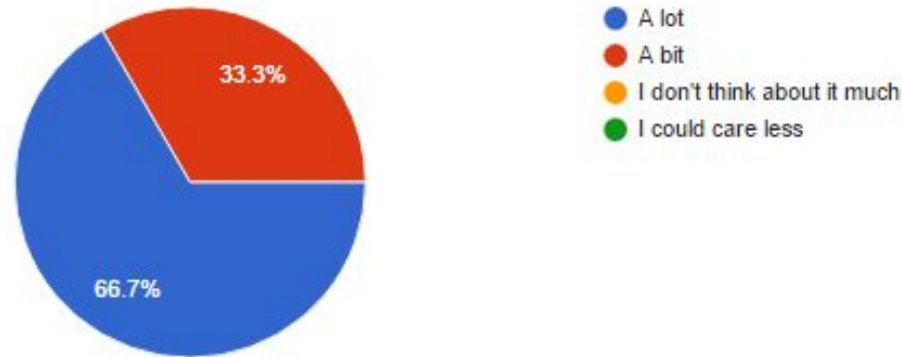
Colleen Mochoruk



# In the first slide, we asked about food as fuel

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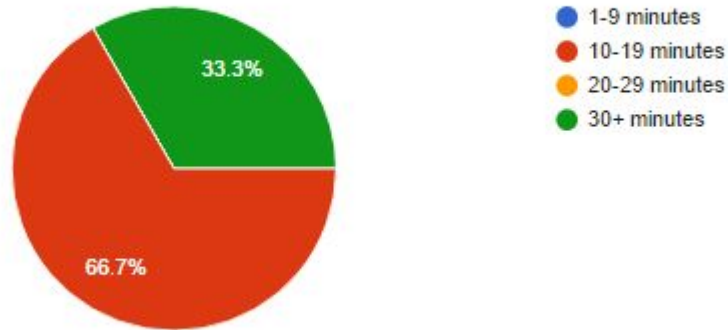
How greatly does the food you fuel your body with matter to you? (3 responses)



# We then moved on to time spent cooking

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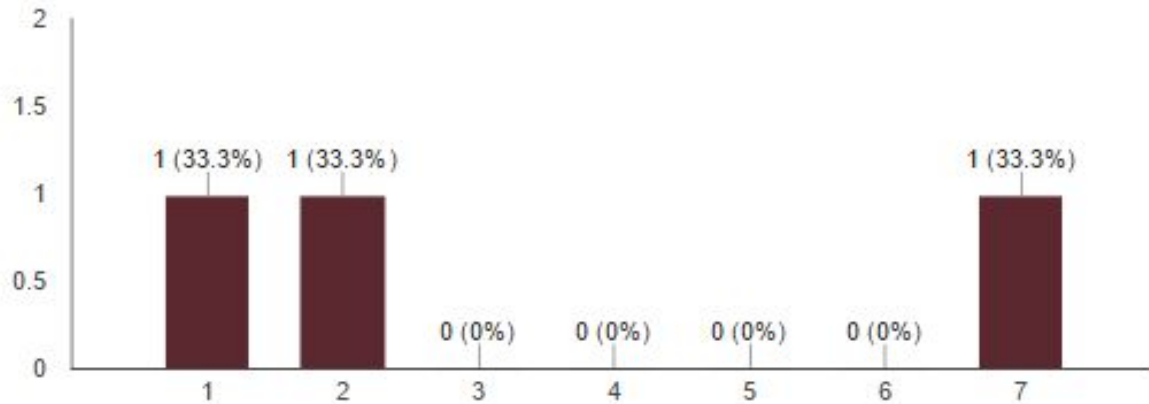
How much time do you spend cooking an average meal? (3 responses)



# We found that many college students limit the amount of times they eat out a week

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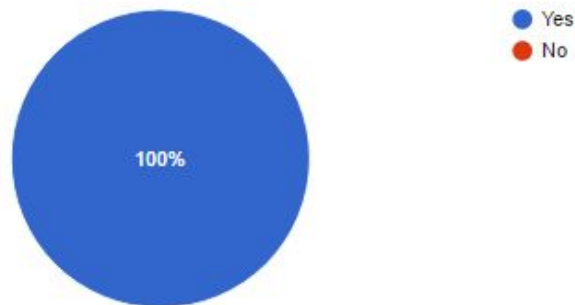
How many times a week do you eat out? (3 responses)



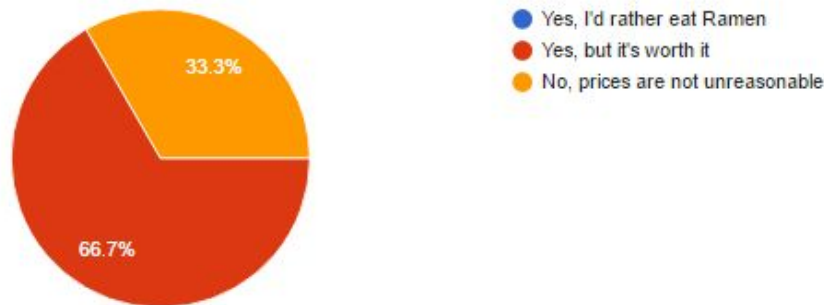
**We  
continued  
our study by  
asking a few  
more  
questions.**

Would you be more likely to cook healthier meals if it were easier/faster?

(3 responses)



Do you feel that eating healthy is too expensive? (3 responses)



# To conclude the survey, we asked one final question of which the participants wrote in their answer.

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What is the main reason you do or do not put time and effort into making healthy meals for you and your loved ones?

(3 responses)

not enough time in my day

I don't have much time to cook everyday

I often feel how I eat. So when I do eat poorly I will feel more sluggish and crabby. Thats why I prefer to eat healthy, to fuel my body for my long runs.