Why your guests should #takebacklunch

Nearly 90% of North American workers say taking a lunch break helps them feel refreshed and ready to get back to work. 81% of workers who take a lunch break every day have a strong desire to be an active member in their company.

Employees who take a lunch break every day are more likely to be satisfied with their current job and feel valued by their employer.

The Tork Takes Back the Lunch Break survey was conducted between December 4 and December 12, 2017 among 1,600 North American employees across the United States and Canada. Respondents were asked questions centered on taking lunch breaks at work as well as employee engagement, productivity, and job satisfaction. The survey was planned, monitored, and analyzed by KRC Research; Tork, an Essity brand; and Jennifer J. Deal, Senior Research Scientist at the Center for Creative Leadership and Affiliated Research Scientist at the Center for Effective Organizations at the University of Southern California (USC).

To learn more, visit: TorkUSA.com/takebacklunch