

MICRO MARKETS

Snacks' Impact On Mealtime

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Supermarket News [reports](#) that a recent study from Hartman Group found that of the 91 percent of Americans who snack multiple times per day, 8 percent forgo meals altogether in favor of snacking. The study also found that "snacking for optimization or to manage alertness and focus," which also includes drinking coffee, is more common for snackers in their 20s and 30s.