

Report Price: £1095.00 | \$1478.58 | €1232.31

The above prices are correct at the time of publication, but are subject to change due to currency fluctuations.



"Despite being touted as the most important meal of the day, the majority of Irish consumers are making time to eat breakfast but perhaps not every day. Product innovation paired with consumers' increasingly busy schedules is causing some to switch to snacking for this occasion – offering opportunities to brands and the quick-service industry."

- Emma McGeown, Research Analyst

This report looks at the following areas:

This Report looks at consumer breakfast eating habits and attitudes, in order to understand what this means for marketers, retailers and suppliers. It discusses foods for breakfast consumed both at home and out of home (eg at work, at a coffee shop).

Please note due to the diverse nature of the breakfast foods market (ie the number of different items that are included) and difficultly in determining at what time of day said items are consumed, this Report does not include a market size and forecast.

BUY THIS REPORT NOW

VISIT: store.mintel.com

CALL: EMEA +44 (0) 20 7606 4533

> Brazil 0800 095 9094

Americas +1 (312) 943 5250

+86 (21) 6032 7300

+61 (0) 2 8284 8100

EMAIL: reports@mintel.com

DID YOU KNOW?

This report is part of a series of reports, produced to provide you with a more holistic view of this market



Report Price: £1095.00 | \$1478.58 | €1232.31

The above prices are correct at the time of publication, but are subject to change due to currency fluctuations.

Table of Contents

Overview

What you need to know

Issues covered in this Report

Executive Summary

Market drivers

Healthy finances bode well for out-of-home breakfast market

Rising obesity, changing eating habits

UK Change4Life campaign tackles breakfast

Over half of consumers actively reducing level of sugar

'Snackification' threatens breakfast occasion

Who's innovating?

The consumer

Most eat breakfast at home every day

Figure 1: Locations that consumers eat breakfast, NI and RoI, September 2018

Coffee shops are the top location to buy breakfast outside of home

Figure 2: Types of locations consumers typically buy breakfast out of the home, NI and RoI, September 2018

Cereal top in-home occasion

Figure 3: Types of breakfast that consumers typically eat at home, NI and RoI, September 2018

Figure 4: Types of breakfast that consumers typically eat out of home, NI and RoI, September 2018

Starting the day right with a healthy breakfast

Figure 5: Agreement with statements related to breakfast, NI and RoI, September 2018

The Market - What You Need to Know

Healthy finances bode well for out-of-home breakfast market

Rising obesity changing eating habits

UK Change4Life campaign tackles breakfast

Over half of consumers actively reducing level of sugar

'Snackification' threatens breakfast occasion

Market Drivers

Healthy finances bode well for out-of-home breakfast

Figure 6: How consumers rate their current financial situation, NI and RoI, September 2017 and 2018

Figure 7: How consumers think their personal financial situation will be impacted over the next 12 months, NI and RoI, March-September 2018

Rising obesity puts pressure on breakfast market

Figure 8: Overweight and obesity levels in adults aged 16+, NI, 2010/11-2016/17

Figure 9: Overweight and obesity levels in adults aged 15+, RoI, 2015/16 and 2016/17

UK Change4Life campaign tackles breakfast

Figure 10: Agreement with statements relating to children's eating habits while at home, NI and RoI, November 2016

BUY THIS REPORT NOW VISIT: store.mintel.com

CALL: EMEA +44 (0) 20 7606 4533 | Brazil 0800 095 9094 Americas +1 (312) 943 5250 | China +86 (21) 6032 7300

APAC +61 (0) 2 8284 8100 | **EMAIL:** reports@mintel.com



Report Price: £1095.00 | \$1478.58 | €1232.31

The above prices are correct at the time of publication, but are subject to change due to currency fluctuations.

Over half of consumers actively reducing level of sugar

Figure 11: How consumers manage their sugar intake, NI and RoI, June 2017

Breakfast under threat from 'snackification'

Figure 12: Consumers who have eaten snacks while commuting/travelling in the last two weeks, by age, NI and RoI, June 2018

What You Need to Know - Who's Innovating?

Brands focus on reduced sugar claims

Cereal bars show promise as 'snackification' trend continues

Kellogg's markets nostalgia

Convenience to another level with breakfast delivery services

Who's Innovating?

Figure 13: Number of new products launched within the breakfast category, by select breakfast products, UK and Ireland, 2015-18

Breakfast category takes on reduced sugar claims

Figure 14: Number of new products launched with no added/reduced sugar claims, by select breakfast products, UK and Ireland, 2013-18

'Snackification' trend stirs NPD in cereal bars

Figure 15: Number of new cereal bars, snack bars and energy bar products launched, by claims, UK and Ireland, 2015-18

Crackdown on sugar causes brands to react

Kellogg's uses nostalgia to create opportunities for its cereals

Are breakfast delivery services the future?

The Consumer - What You Need to Know

Most eat breakfast at home every day

Coffee shops are the top location to buy breakfast outside of home

Cereal top in-home occasion

Starting the day right with a healthy breakfast

Breakfast Habits

Six in 10 have breakfast at home every day

Figure 16: Frequency that consumers eat breakfast, by location, NI and RoI, September 2018

Over-55s most likely to eat breakfast at home every day

Figure 17: Frequency of eating breakfast at home, by age, NI and RoI, September 2018

Figure 18: Agreement with the statement 'I often skip breakfast', by age, NI and RoI, September 2018

Potential for growth in breakfast and brunch dining out

Figure 19: Consumers who have eaten breakfast two or three times a month or less at a restaurant/coffee shop/café etc, by gender and age, NI and RoI, September 2018

Out-of-home Breakfast Locations

Coffee shops are the top spot for breakfast

Figure 20: Types of locations consumers typically buy breakfast out of the home, NI and RoI, September 2018

Women more likely to eat at a coffee shop

Figure 21: Consumers who typically buy breakfast out of the home from a coffee/sandwich shop/bakery (eg Starbucks), by gender, NI and RoI, September 2018
Figure 22: Consumers have visited a coffee shop or sandwich shop in the last three months for breakfast, by gender, NI and RoI, June 2017

Fast food restaurants favoured by men

BUY THIS REPORT NOW

VISIT: store.mintel.com

CALL: EMEA +44 (0) 20 7606 4533 | Brazil 0800 095 9094 Americas +1 (312) 943 5250 | China +86 (21) 6032 7300

APAC +61 (0) 2 8284 8100 | **EMAIL:** reports@mintel.com



Report Price: £1095.00 | \$1478.58 | €1232.31

The above prices are correct at the time of publication, but are subject to change due to currency fluctuations.

Figure 23: Consumers who typically buy breakfast out of the home from a fast food outlet (eg McDonald's), by gender and age, NI and RoI, September 2018

Convenience store breakfast appeals to students

Figure 24: Consumers who typically buy breakfast out of the home from a convenience store (eg Centra), by working status, NI and RoI, September 2018

Types of Breakfast Eaten

Cereal tops in-home consumption

Figure 25: Types of breakfast that consumers typically eat at home, NI and RoI, September 2018

Cereal is a staple for the entire family

Figure 26: Consumers who typically eat cereal/granola or muesli at home, by age of children in the household, NI and RoI, September 2018

Sugary cereals concern parents

Fruit and vegetables appeal to women

Figure 27: Consumers who typically eat fruit and vegetables at home, by gender, NI and RoI, September 2018

Hot breakfasts preferred for out-of-home occasions

Figure 28: Types of breakfast that consumers typically eat out of home, NI and RoI, September 2018

RoI consumers typically eat hot foods out of the home

Figure 29: Consumers who typically eat cooked breakfast (eg Fill English/ boiled egg) or a hot roll/ sandwich (eg bacon roll, sausage sandwich), by location, NI and RoI, September 2018

Opportunities exist in baked goods category

Figure 30: Consumers who typically eat baked goods out of the home, by sweet and savoury, NI and RoI, September 2018

Attitudes towards Breakfast

Three in 10 skip breakfast

Figure 31: Agreement with statements related to breakfast, NI and RoI, September 2018

Starting the day right with a healthy breakfast

Figure 32: Consumer agreement with the statement 'Having a healthy breakfast makes me more likely to eat healthily for the rest of the day', by gender, NI and RoI, September 2018

Brunch preferred by women

Figure 33: Consumer agreement with the statement 'I prefer to eat brunch rather than breakfast at the weekends', by gender, NI and RoI, September 2018

Superfoods take on the breakfast category

Figure 34: Consumer agreement with the statement 'I try to include superfoods in my breakfast', by gender and age, NI and RoI, September 2018

Appendix - Data Sources, Abbreviations and Supporting Information

Data sources

Generational cohort definitions

Abbreviations

EMAIL: reports@mintel.com