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1. Key Insights 2. Background and Objectives 3. Approach and Methodology 4. Context Impacting Consumer Choice 5. Introducing the Demand Space Framework 6. Broccoli/ini Deep Dive 7. Appendix **KANTAR**

Key Insights

1

6 Needs Pillars Drive
All Consumption
Choices

2

Taste and
Convenience Are
Table-stakes

3

Meal Occasion has the next Biggest Influence on Choice 4

Advantages can
Drive Growth in
'Heartland'
Territories

5

Poor Quality is the Biggest Barrier to Growth

All consumption of fresh produce is driven by 6 unchanging consumer needs:

- 1. Taste
- 2. Quick & Easy
- 3. Healthy & Nutritious
- 4. Indulgence
- 5. Physical & Mental Energy
- 6. Connection

While **Taste** and **Quick & Easy** are an **expectation**for all consumption
territories, growth
opportunities exist for
many commodities by
distinctively delivering to **'Second Order'** Needs

While the 6 Needs Pillars are the primary driver of commodity choice, the next most predictive factor that determines consumers' choice for fresh produce is Meal Occasion:

- 1. Breakfast
- 2. Lunch
- 3. Dinner
- 4. Dessert
- 5. Snack

Highlighting where commodities have a advantages in key territories can be leveraged to improve distinctivity and drive consumer choice

consumers cite poor quality as the most significant impediment to choosing fresh produce, and overcoming specific quality barriers is a necessity for most commodities to realise incremental growth opportunities

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Hort Innovation



Background

- To support and guide an approach to the delivery of industry-leading consumer insights, Hort Innovation developed a Consumer Insights Strategy 2022-2026 in late 2020.
- The Strategy identified three pillars of activity with the overall vision "By 2026, consumer understanding is at the heart of our thinking and actions."
- Our research proposal is aligned with the second strategic pillar: bringing consumers into focus and will be delivered through MT21003 Consumer Demand Spaces for Horticulture project outcomes.



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Objectives

- The objective of this project is to help Hort Innovation provide a foundational demand spaces framework for the horticulture sector.
- This framework will support levy players, industry stakeholders and value chain members in identifying "where to play" and "how to win" when seeking to engage consumers.
- The demand space foundational framework will support the identification and prioritisation of growth opportunities which will uncover tangible avenues for industry stakeholders and Hort Innovation to drive ongoing campaign and product development strategies to elevate demand for each category.





Approach









1. Audit & Discovery

Project Kick Off Knowledge Audit Stakeholder Workshop

Outcomes from Phase 1:

 Clear understanding of key hypotheses and inputs into later stages of work and alignment on the knowledge gaps.

2. Localise & Enrich

Qualitative Online Community

Outcomes from Phase 2:

- In-depth market understanding of occasion-based needs, identifying drivers, barriers, gaps and unmet needs across the Australian market for fresh produce.
- Key inputs into the quantitative phase.

3. Develop Growth Plan

Quantitative Demand Space Modelling Quantitative Emotive Reasoning (NeedScope¹)

Outcomes from Phase 3:

- Demand Space Model that maps all commodities, identifying 'Where-to-Play' and 'How-to Win'.
- NeedScope¹ framework that outlines the optimal emotive positioning for each commodity.

4. Align & Embed

Assimilation and Debrief Workshops:

- Debrief
- Where-to-Play and How-to-Win

Outcomes from Phase 4:

- Aligned Team trained, engaged and ready to activate clear missions & jobs to be done against prioritized horizons.
- A unified growth narrative tailored and fit for purpose for key stakeholder groups.





Research Methodology

Qualitative

- Online qualitative community
- Australia-wide with a cross-section of the general population
- N=40 consumers
- 5 x day moderated
- Members spent approximately 4-5 hours contributing daily to individual and group discussions, reacting to stimulus and building detailed response feedback
- Totalling over 1,000 hours of responses from community members

Quantitative

Demand Space Model

- N= 4,000, Australia wide, national representative sample
- 25 minute survey
- Category usage across fruit, veg and nuts
- Category usage across fruit, veg and nuts
- Primary or shared grocery buyer for household
- Asked about their own most recent consumption of two of the 31 commodities that they consume frequently





It is the purchasing moments that play the biggest role in fresh produce selection, rather than consumption moments.



Two key shifts in people's approach to food have impacted the role of fresh produce: role of regionality and role of meals.

Shift 1: The role of regionality: from Australian to local

From: Proudly purchasing <u>Australian</u> produce



- Supporting Aussie farmers has long been a driver of purchasing, along with Australian produce being seen to be of better quality
- Australian produce provides reassurance of quality controls, better growing conditions and health of food overall

To: Proudly purchasing Local produce



- Supporting local farmers and areas, contributing to local communities and states. This is particularly prevalent in WA (Buy West, Eat Best campaign performing well).
- Moving more towards areas of regionality where certain produce shines (similar to wine) e.g. Riverina Apples





Shift 2: The changing role of meals: Breakfast and Dinner play a bigger role

From: Lunch punctuating the day



- Something that involved effort, either through planning and preparing something prior to leaving home or purchasing at work
- Provided people an opportunity to break up their day by stepping away from the workplace, particularly if going out to buy lunch
- Breakfast was often quick and on the go, dinner something low effort so lunch was more of a treat

To: Breakfast and Dinner being the heroes



- Movement to working from home means people grab and go from whatever's in the fridge, rarely is lunch purchased
- Breakfast and dinner play a bigger role, more care and consideration goes into preparation as there is more time at the bookends of the work day





Early imprints of produce also play a critical role in how consumers approach fruits, vegetables and nuts.



Childhood experiences and early imprints of food impact individual repertoire and engagement with fresh produce

What people were exposed to when they were young, in particular what fresh produce was used (and how) largely sets people up for how they use it as they get older.

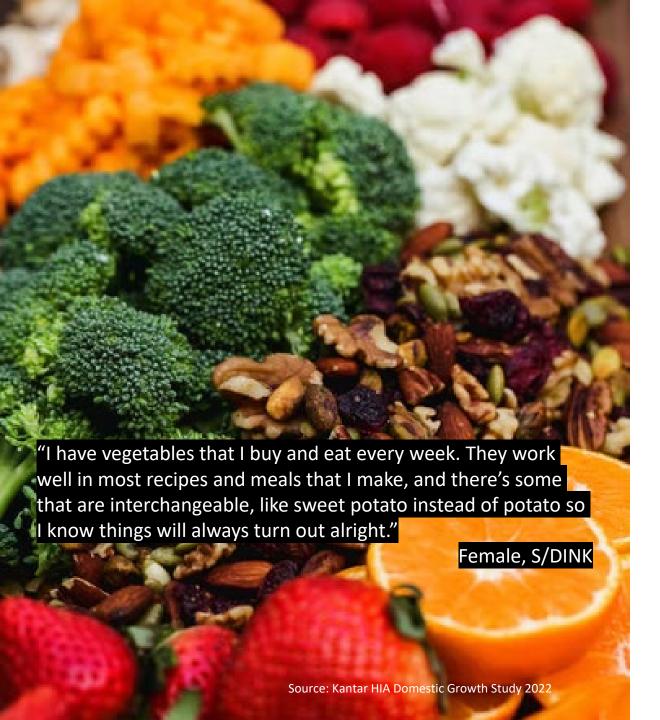
People who've become more engaged with food and/or cooking tend to be the exception. They've made an effort to broaden their horizons, inspired by recipes or other experiences.



This is food I grew up with, so have eaten it all my life. I suppose that's why I eat more of these than of other vegetables. They're my staples for roasts and just yummy."

Male, S/DINK





When selecting what to eat, people are limited by what's available to them, rarely do they seek out something specific

Few people are set on a particular piece of produce when they have a consumption moment, rather they choose what works for the moment that they're in based on what's readily available.

Ultimately, while the choice in the moment of consumption is important, the bigger decision comes in the purchase moment.

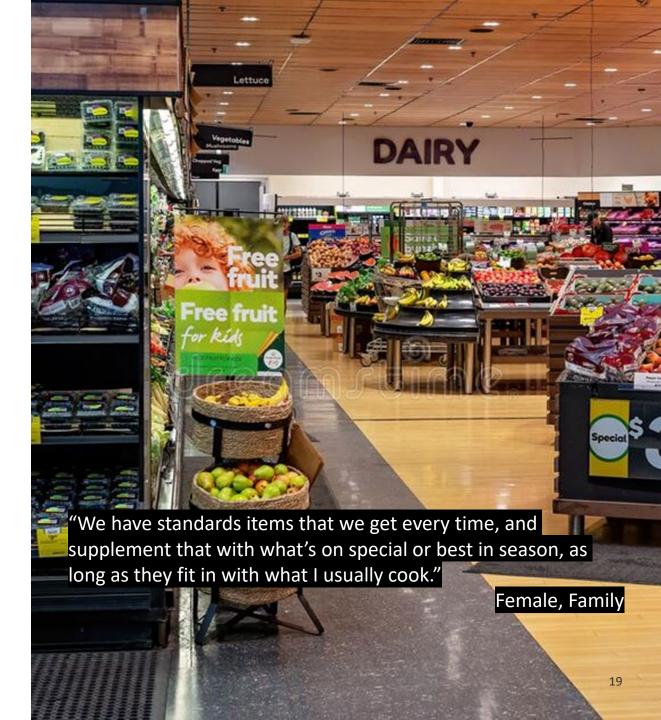
People tend to shop based on the type of meals they expect to have, with a healthy dose of flexibility.



While people may not know exactly what they're going to purchase, they broadly know the types of produce they need or intend to buy.

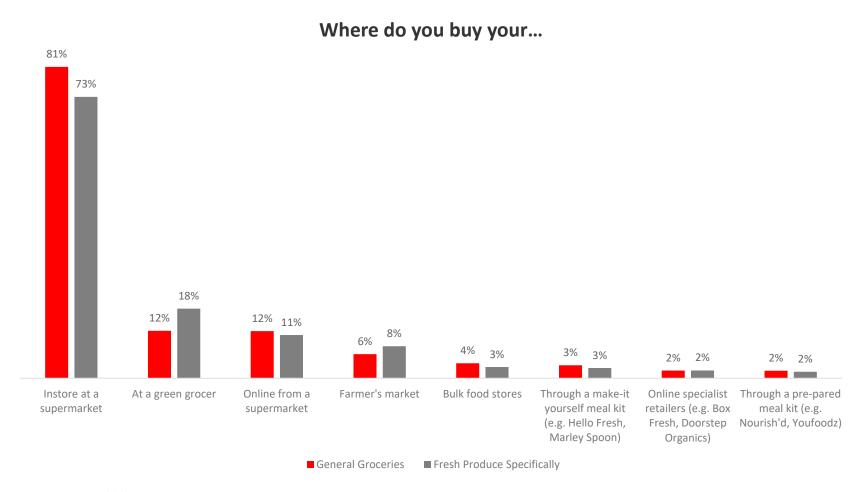
Most people are habitual in both their consumption and shopping choices, and therefore have a set repertoire based upon the type of meals they're going to have over the community days/week.

This allows them to then make a choice for the best value at the time.



Groceries are overwhelmingly purchased in store at a supermarket

Nearly 1 in 5 consumers get fresh produce from a green grocer



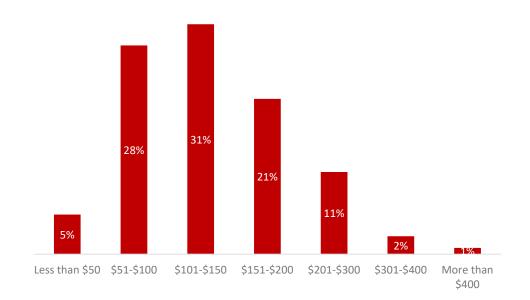




Over half of consumers are spending between \$100-\$200 a week on groceries

Consumers estimate that about 35% of their weekly grocery bill is spent on produce

In a typical week, how much do you spend on groceries?



35%

Estimated share of grocery cost spent on fresh produce specifically in a typical week

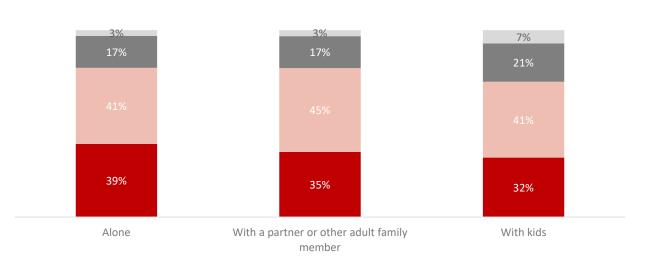




Consumers like to use a list, although they are open to spontaneous purchases

Attitudes towards new and different items differ across the consumer base

Which would you say describes your shop when shopping...



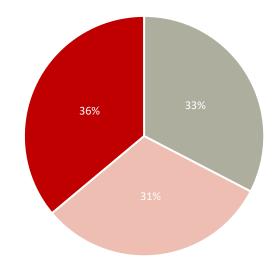
■ I decided what to buy spontaneously

 \blacksquare I had a rough idea of what I would be buying beforehand

■ I had a shopping list but I also made spontaneous purchases

■ I knew exactly what I would be buying beforehand / I shopped from a shopping list

When shopping for fresh produce do you...



■ Buy the same few items each time

Often buy a variety of new / different things

■ Mostly buy the same items but try a few new/different things

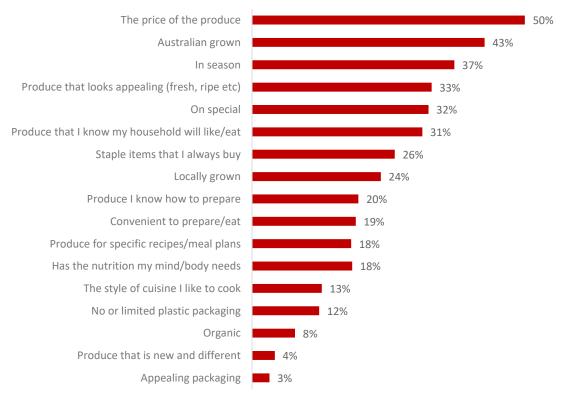




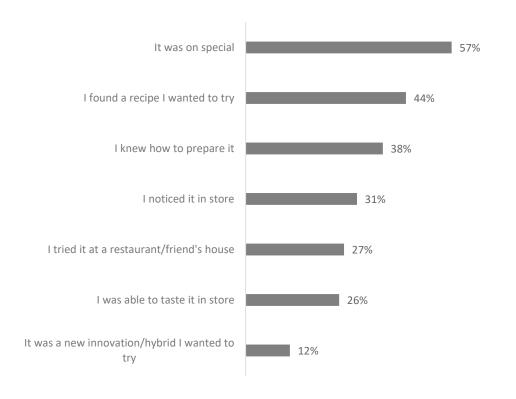
Price aside, the biggest purchase drivers are Australian grown and in season

Consumers are hesitant to try new items without a recipe or knowledge of how to prepare it

When shopping for fresh produce what determines your choice?



What would encourage you to purchase fresh produce you wouldn't normally buy?



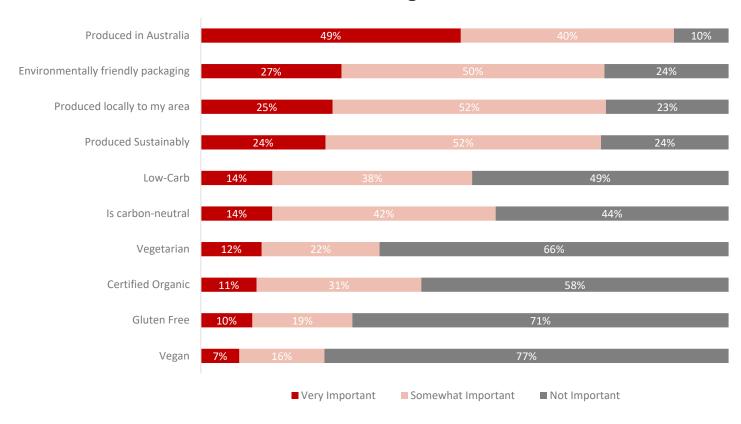


N=4,002 Source: Kantar HIA Domestic Growth Study 2022

Locality and sustainability are what consumers are looking for from groceries

Dietary claims like Vegan and Gluten-free are less important to most consumers

How important are the following when purchasing groceries?









What can the Demand Space framework do?

Represent a total Australian market map of commodity consumption that shows where commodities are strong today, and could grow in the future.

Additionally:

Diagnostics

Understanding the consumption landscape of fresh produce, quantifying demand, and where some commodities have advantages over others.

Understanding drivers and barriers within key consumption territories.

Competitive Mapping

Identify the distinct consumption territories that certain commodities can deliver against.

Map the commodities' performance compared to substitutes, and their relative performance.

Opportunity Identification

Defining 'Where to Play' - Identifying which consumption territories will unlock growth for certain commodities.

Activation Guidelines

Guiding stakeholders on 'How to Win', and what consumers are looking for in key consumption territories.

Identify best in class commodities to understand why and how they are winning.





How did we build it?



 $|\mathcal{N}|$ Advanced Analysis



What We Used...

- Commodity Consumption Frequency (Z6)
- Meal Occasion (C2)
- Occasion Needs (C8)

What We Did...

- Principle Component Analysis
- Cluster Analysis
- Correspondence Mapping
- Qualitative Validation

What We Got...

- 6 Needs Pillars
- 5 Meal Occasions



Space Framework

Demand



We have identified 6 needs pillars, born of unchanging consumer needs that drive consumption choices of fresh produce







Quick & Easy



Healthy & Nutritious



Indulgence



Physical & Mental Energy



Connection

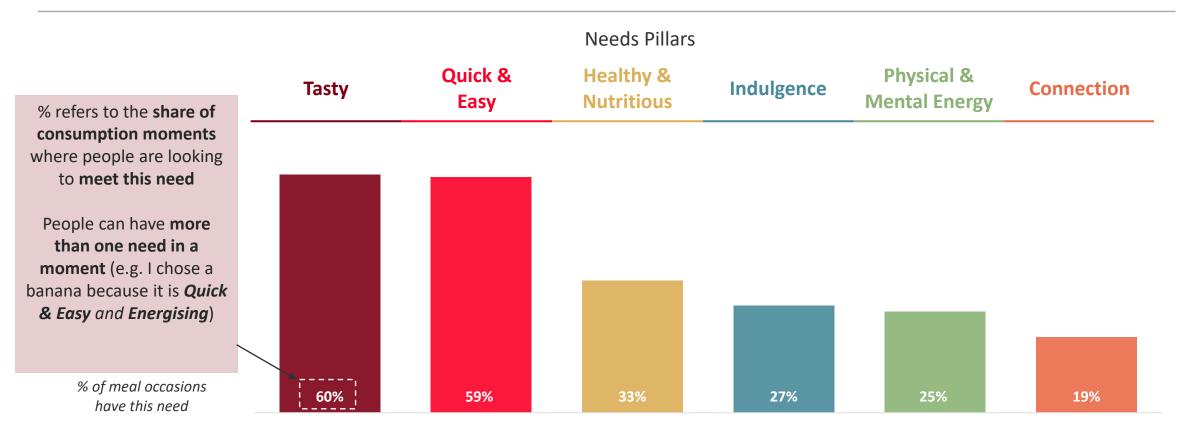
All about: Taste, Refreshment, and Enjoyment All about: Convenience Simplicity, and Ease

All about: Guilt-free, Nourishing and Sensible All about: Comfort, Relaxation and Self Care All about: Energy, Uplift, and Reinvigoration

All about: Bonding, Celebration and Creating Memories

Needs Pillars

In over half of all fresh produce occasions consumers are in search of something *Tasty* and *Quick & Easy*





The 6 needs pillars form the first of two dimensions that make up our Demand Space framework



Tasty



Quick & Easy



Healthy & Nutritious



Indulgence



Physical & Mental Energy



Connection

All about: Taste, Refreshment, and Enjoyment All about: Convenience Simplicity, and Ease

All about: Guilt-free, Nourishing and Sensible All about: Comfort, Relaxation and Self Care All about: Energy, Uplift, and Reinvigoration

All about: Bonding, Celebration and Creating Memories The meal occasion has the biggest influence on commodity choice, making it a natural second dimension of the Demand Space framework



Breakfast

Morning meal

Lunch

Mid-day meal

Dinner

Evening meal

Dessert

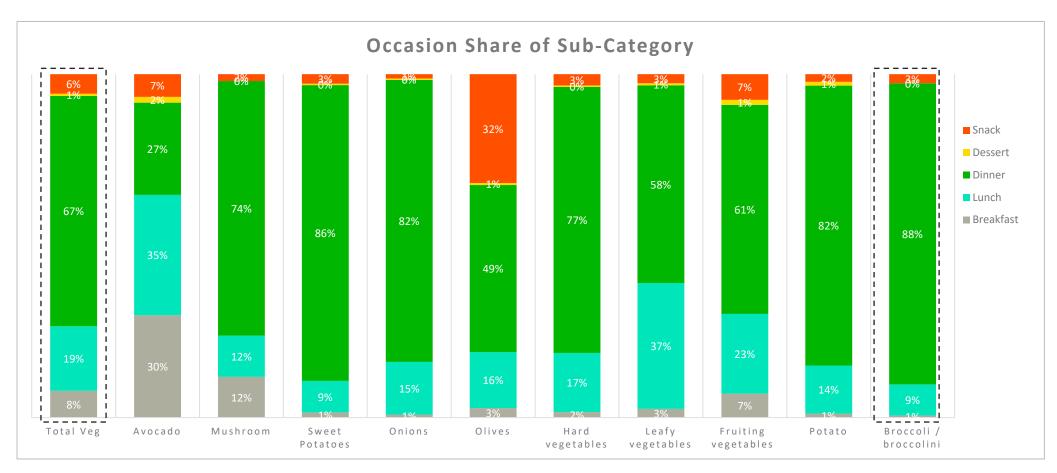
Post-dinner

Snacks

Between meals

Veg by consumption occasion

Dinner Occasions are 88% of Broccoli/ini occasions, which is above average vs 67% for All Veg.







Demand Spaces

Demand Space Framework

Needs Pillar

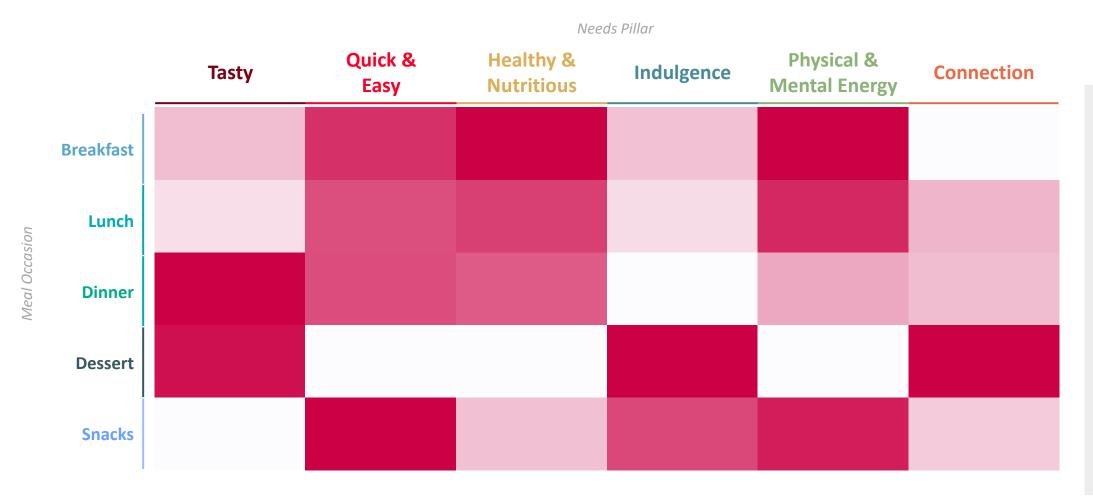
	Tasty	Quick & Easy	Healthy & Nutritious	Indulgence	Physical & Mental Energy	Connection
Breakfast						
Lunch						
Dinner						
Dessert						
Snacks						





Demand Spaces

The Needs Pillars vary in importance across Meal Occasions



The Heat Map indicates at what Meal Occasion the need is most prevalent.

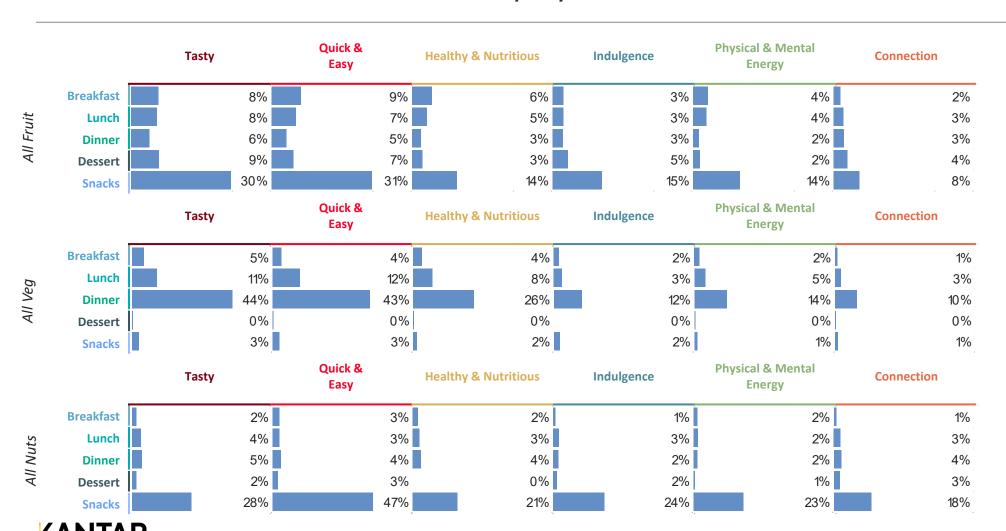
The darker the colour the more important the need in that Meal Occasion (e.g. Indulgence is more important for Desserts and Snacks)



The darker the colour, the more the meal occasion over indexes in that needs pillar

Demand Space Framework

The Demand Space framework provides a map of the landscape through which we can understand the role commodities plays now and into the future





Fruits today are showing up strongly in the Snacking space, particularly meeting the needs of Tasty and Quick & Easy



Veg today plays primarily in the Dinner space meeting the primary needs of taste and convenience while being Healthy & Nutritious



Nuts play today firmly in the Snacking space and are Quick & Easy, Indulgent and Energising





Commodities In Scope

This study covers 31 commodities that can be mapped on the Demand Space framework to identify current and future opportunities







Potatoes

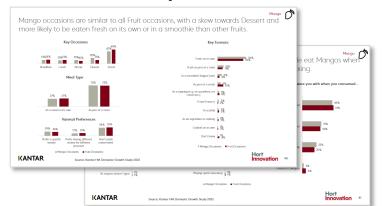
Fruit

Table Grapes

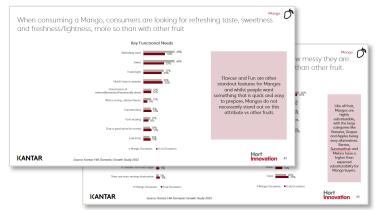
Content for Each Commodity

What's included for each commodity?

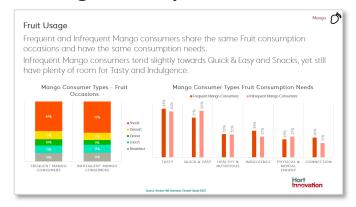
Commodity Occasions



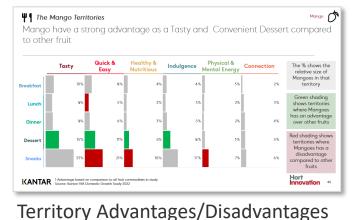
Drivers/Barriers/Substitutes



Light v Heavy Consumers



Where to Play



How to Win



	Benefits	Barriers	
Mango	Refreshing, Sweet, Light, Intense Flavour, Fun	Expensive, Messy, Bruises Easily	
Melon	Refreshing, Sweet, Light	Expensive, Poor Quality, Goes off too quickly, Messy, More quantity than I typically Need	
Grapes	Refreshing, Sweet, Light, Consumer on the Go	Expensive, Poor Quality	
Berries	Quick & Easy, Refreshing, Sweet, Light, Rich in anti-oxidants, Nutritious	Expensive, Goes off too quickly, Poor Quality	Secretary Control
Summer -fruit	Refreshing, Light, Quick & Easy, Sweet, Consume on the Go	Expensive, Goes off too quickly, Poor Quality, State of Ripeness in store, bruises easily, Messy	
Apple	Refreshing, Quick & Easy, Light, Sweet, Consumer on the Go, Filling, Contains Fibre	Bruises Easily, Poor Quality, More Exciting Alternatives	
Banana	Quick & Easy, Filling, Consume on the Go	Goes off too quickly, Bruises Easily, State of Ripeness in store	



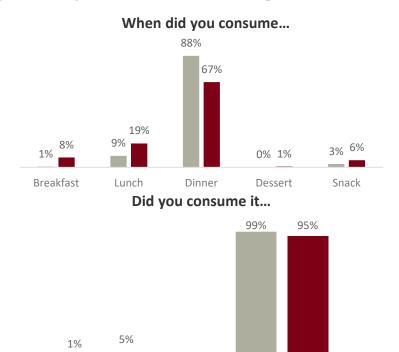


Broccoli / broccolini



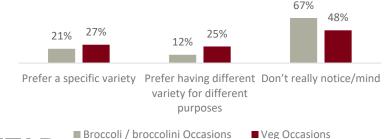


Broccoli/ini is largely eaten at dinner time, more so than other vegetables. It is most frequently used as an ingredient in cooking and fresh as part of a meal.



When you typically buy or eat broccoli do you prefer a specific variety?

As part of a meal

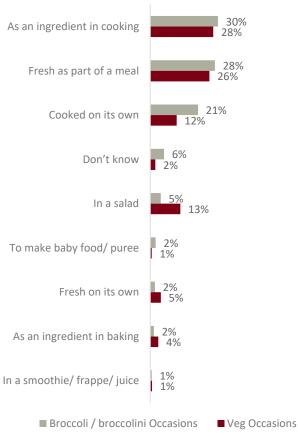


Source: Kantar HIA Domestic Growth Study 2022

N= 193 Broccoli/ini Occasions

As a meal on it's own

How did you eat...





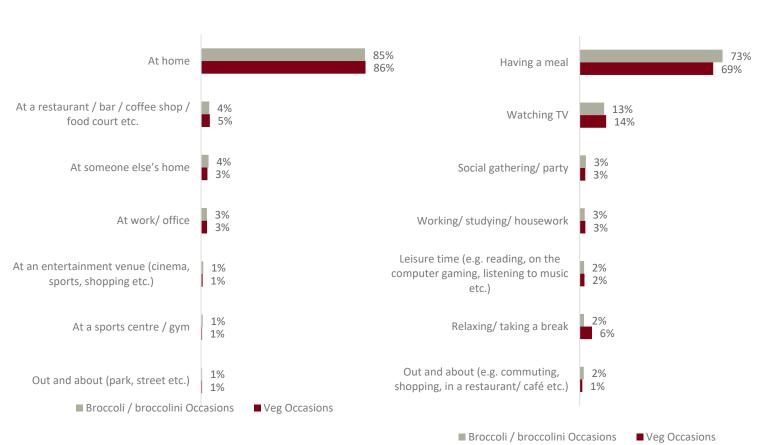




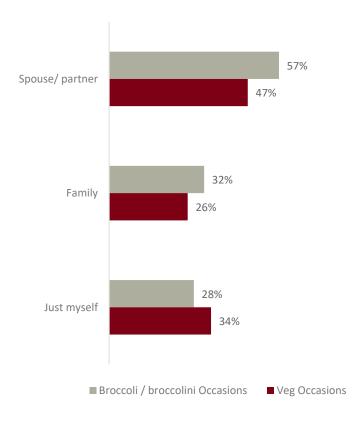
Vegetables are mostly consumed while having a meal, Broccoli/ini even more so. Broccol/ini will mostly be consumed at home, like most vegetables.

Where did you consume...





Who were you with when you consumed...



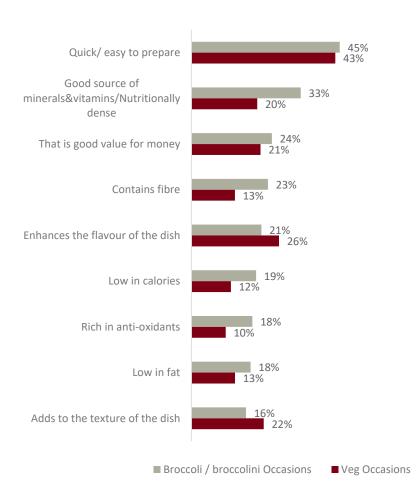






The nutritional profile of Broccoli/ini is a key reason behind its consumption, more so than with other vegetables.

Key Functional Needs



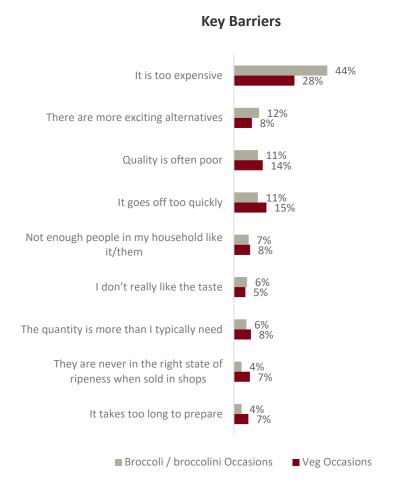
Whilst people want something that is quick and easy to prepare,
Broccoli do not necessarily stand out on this attribute vs other veg

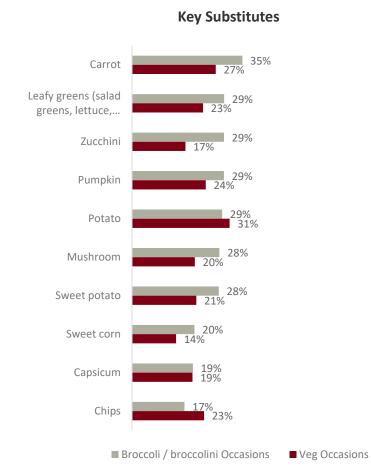






Cost and lack of excitement for Broccoli/ini are what is holding people back from consuming them





Like all veg, Broccoli/ini is highly substitutable, with the large categories like carrot, leafy greens, zucchini, pumpkin ad potato.

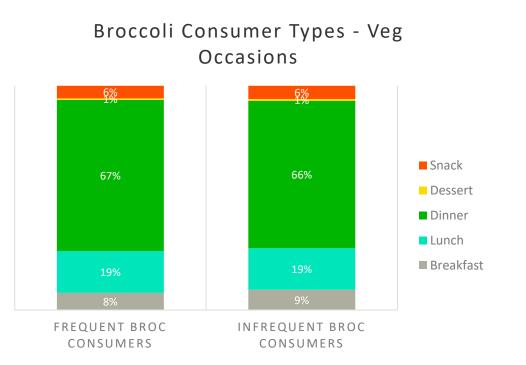




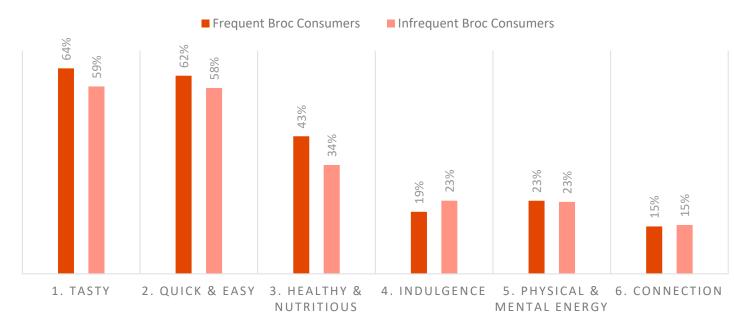


Broccoli/ini Usage

Frequent and Infrequent Broccoli/ini consumers share the same veg consumption occasions and have the same consumption needs.



Broccoli Consumer Types Veg Consumption Needs









Broccoli / broccolini has a strong advantage over healthy veg in the Quick & Easy and Healthy & Nutritious Dinner territories



The % shows the relative size of Broccoli/broccolini in that territory

Green shading shows territories where Broccoli/broccolini have an advantage over other vegetables

Red shading shows territories where Broccoli/broccolini have a disadvantage compared to other vegetables





Broccoli/Broccolini Advantages

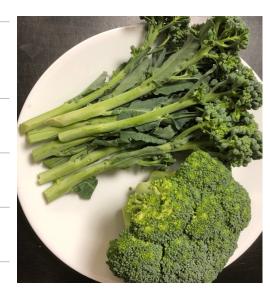
Below are the key territories in which Broccoli/Broccolini have an advantage over other Vegetables. The competitors are those for which these territories are also prevalent. Highlighted attributes are those in which Broccoli/Broccolini over-index.

	Quick & Easy	Healthy & Nutritious	Dinner
Key Needs (large and/or over-index occasion needs, corresponding Broccoli/Broccolini strengths are highlighted)	 Quick & easy Requires little thought Already available Consume on the go 	 Nutrition for my mind & body No guilt To manage my weight Certain nutritional goals 	 Really tasty Everyone will eat Nutrition for mind/body Little thought required Already available
Key Competitors (territory of equivalent size within category occasions)	Potato Leafy Vegetables Hard Vegetables	Leafy Vegetables Hard Vegetables	Sweet Potato Onions Potato



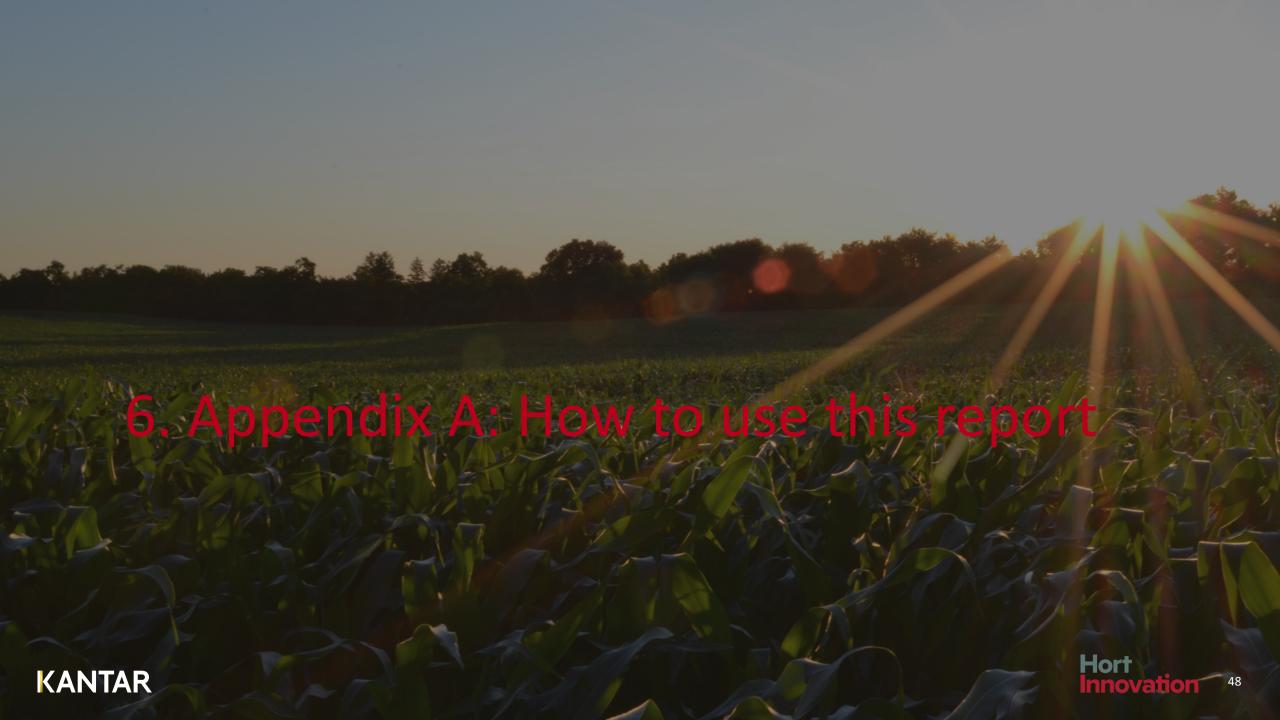
Competitive Review

	Benefits	Barriers
Broccoli/broccolini	Nutrient dense. Contains fibre. Low in calories. Rich in antioxidants. Low in Fat. Superfood.	Expensive.
Potato	Quick & easy. Filling. Good value. Adds texture. Takes on other flavours. Salty.	Too many carbs. Takes too long to prepare. Not as healthy as alternatives.
Leafy Vegetables	Quick & easy. Light. Nutrient dense. Low in fat. Refreshing. Low in calories.	Goes off too quickly. Too expensive. Poor quality. More exciting alternatives. Quantity more than I need.
Hard Vegetables	Quick & easy. Nutrient Dense. Filling. Good value. Contains fibre. Adds texture.	Takes too long to prepare. Not convenient.
Sweet Potato	Quick & easy. Filling. Contains fibre. Good value.	Takes too long to prepare. Too many carbs. Quantity more than I need.
Onion	Flavour/Texture enhancing. Quick & easy. Takes on other flavours well. Strong/Intense flavour.	Quantity more than I need.



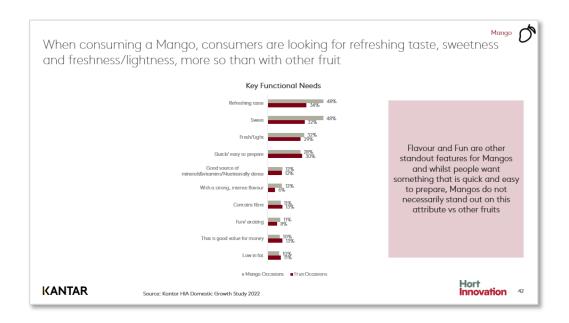






How to use this report

Slide 43: Category Drivers



How we ask the question

Respondents who have consumed the commodity in the last 4 weeks are asked to describe the last occasion on which they consumed the commodity. They selected the top 3-5 reasons that they chose to consume the commodity.

How to read the data

The charts provide the % who selected each reason for choosing the commodity. The higher and lower than average bars indicate higher and lower % scores for the commodity vs. the average of all fruit.

How to use the data

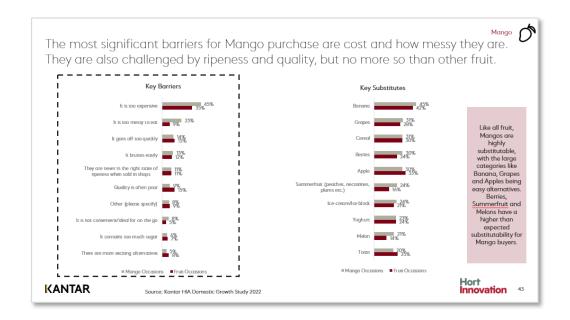
Attributes that have high scores are the most important reasons that people choose the commodity. Attributes that are higher than average are strengths for the commodity vs other fruit sub categories.





How to use this report

Slide 44: Category Barriers



How we ask the question

Respondents who have consumed the commodity in the last 4 weeks are asked to describe the last occasion on which they consumed the commodity. They were asked to select all the reasons they may not choose the commodity in that same occasion.

How to read the data

The charts provide the % who selected each reason they may not choose The commodity. The higher and lower than average bars indicate higher and lower % scores for the commodity vs. the average of all fruit.

How to use the data

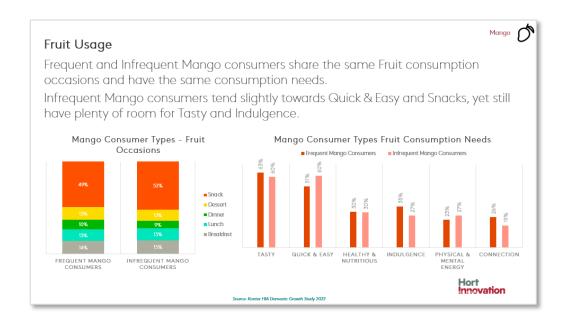
Attributes that have high scores are the most important reasons that people don't choose the commodity. Attributes that are higher than average are bigger barriers for the commodity than for other fruit. Attributes that are lower than average are smaller barriers for the commodity than other fruit.





How to use this report

Slide 45: Light v Heavy Users



How we ask the question

Respondents who have consumed the commodity in the last 4 weeks are asked to describe the last occasion on which they consumed the commodity. They were asked to select all the reasons they may not choose the commodity in that same occasion.

How to read the data

The charts provide when consumers last ate the commodity and the % who selected each reason for choosing the commodity.

The charts show light users vs heavy user. Heavy users eat the commodity at least once a fortnight. Light users eat the commodity once a month or less.

How to use the data

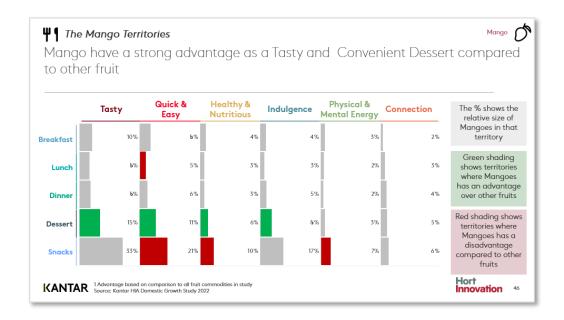
Attributes that have high scores are the most important reasons that people choose the commodity.





How to use this report





How we ask the question

Respondents who have consumed the commodity in the last 4 weeks are asked to describe the last occasion on which they consumed the commodity. They selected the top 3-5 reasons that they chose to consume the commodity. Using an understanding of their occasion and their needs, we map the commodities 'territories' against the Horticulture Demand Framework.

How to read the data

This provides the % of all the commodity's needs and occasions. As respondents had an average 2.2 needs for every occasion, the numbers add up to more than 100%. The green and red bars indicate respectively higher and lower %'s for the commodity compared to the average of all fruit.

How to use the data

High %'s are the largest demand territories for the commodity. Territories that are higher than average are strengths for the commodity vs other fruit sub categories. Territories that are lower than average are weaknesses for the commodity vs other fruit sub categories.







Tasty

We all have to eat, right? But if I'm going to really satisfy my hunger I need something that is super tasty, that tantalizes my tastebuds and stimulates all my senses.

Food should always be satisfying with a refreshing buzz that even the pickiest of eaters in the household will eat!



Tasty

Needs to deliver...

A refreshing sensory experience that promises delicious and consistent tastes that everyone loves







Really Tasty

Produce that provides a great sensory experience

Refreshing

Produce that refreshes the palate

Everyone will eat it

Produce that I know everyone in my house will like and eat





Tasty



What?

Food is seen as a pleasure rather than a fuel



When?

Table stakes for all meal occasions – heightened for weekend dinners



With whom?

Typically with partner & family











Quick & Easy

We're about to head out and we need a snack that we can eat while we're on the go – it's been a busy day so it's going to have to be something we already have in the fruit bowl.

I'm getting hungry and thinking about dinner but I can't be bothered to cook. I need something that is quick & easy, that I've made a million times and that doesn't require much thought — I'm thinking omelettes!



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Quick & Easy

Needs to deliver...

A convenient experience that doesn't require much thought or preparation and good to go









Quick & Easy

Produce that requires little to no preparation

Doesn't require much thought

Produce I know what to do with

Can consume on the go

Produce that is good for eating on the go

Already had it available

Produce that is readily available at home/work





Quick & Easy



What?

I'm not in the mood to cook and often eat the same thing out of habit





When?

Most important for those snacking moments – and also weekday dinners





With whom?

Typically on my own







Healthy & Nutrition

Your health is your wealth and so I really try and focus on making sure I cram my body full of all the goodness it needs with three healthy meals a day.

I make sure to be careful with what I eat during the week ensuring I meet certain macro nutritional goals to help maintain my weight as I get older. This also means I can indulge a little on the weekend and not feel guilty about it!



Healthy & Nutritious

Needs to deliver...

A guilt-free experience that provides me all the goodness my body needs









Nutrition my mind/body needs

Produce that provides the nutrition my body needs to thrive

Guilt-free

Produce that I don't have to feel guilty about eating

Weight management

Produce that helps me manage my weight

Nutritional goals

Produce that helps me meet my macro/nutritional goals



Healthy & Nutritious



What are you looking for?

I prefer to eat more vegetables & less meat



When?

Most important for main meals – particularly during the work week



With whom?

Typically on my own











Indulgence

Food can be such a pleasure and life is for enjoying! When you've had a long week there is nothing better than making a dish close to your heart whether that's my grandma's apple pie or my partner's favourite pasta.

It's a moment to treat yourself and unwind from the week. And when you are craving something close to your heart nothing else quite hits the spot!



Indulgence

Needs to deliver...

An indulgent experience that provides me with a moment of pure pleasure and comfort









Treat myself or others

Produce that feels like an indulgence

Satisfy a craving

Produce that satisfies what my body is craving

Relax & Unwind

Produce that helps me relax and unwind

Comforting

Produce that provides comfort or is nostalgic





Indulgence



What?

I'm happy to pay a premium for quality food in this moment



When?

Most prevalent when eating dessert & snacking



With whom?

Can be either on my own or with family and friends











Physical & Menta Energy

I make sure to start my day with a breakfast that will provide me with long sustaining energy to see me through my busy day at work.

By mid afternoon my motivation is dwindling. My stomach is rumbling and I am craving a snack. I need something that will satisfy my hunger and give me that burst of energy to make it through the rest of my work day.



KANTAR

Physical & Mental Energy

Needs to deliver...

An reinvigorating experience that fuels my body and provides me with the energy I need







Quick energy boost

Produce that provides an immediate burst of energy

Long lasting energy

Produce that gives me a sustained energy boost

Stops hunger

Produce that stops me feeling hungry





Physical & Mental Energy



What?

In this moment, food is a fuel more than a pleasure



When?

Breakfasts, snacks and sometimes lunch – particularly during the week



With whom?

Most commonly on my own











Connection

Is there anything better than connecting over a meal with the ones you love? Food has such a great way of bringing people together.

I love the festive season for exactly this reason! Some of my favourite foods come into season and I get to enjoy and explore new and different flavours that we don't usually eat in our regular meals



Connection

Needs to deliver...

A unifying experience that creates a special moment with something a bit different









Good for sharing

Produce that is good for a crowd

Create a special moment

Produce that makes a moment more special

Festive

Produce that is celebratory of the moment

New & different

Produce that provides new or different tastes and flavours



Connection



What?

In this moment I enjoy trying new tastes & cuisines



When?

Desserts and weekend dinners



With whom?

Family & friends







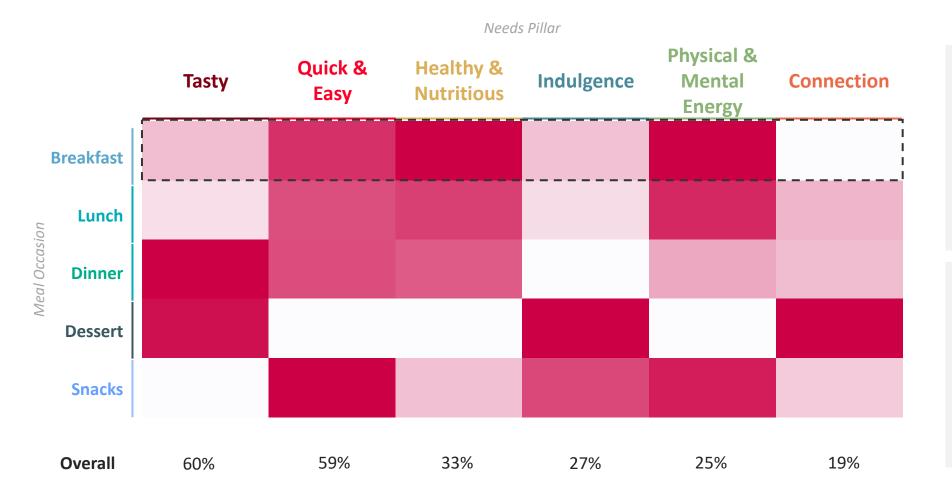








At Breakfast time Needs skew towards Convenience and Health





What it is

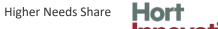
Breakfast is all about Health, Convenience & Energy



What it isn't

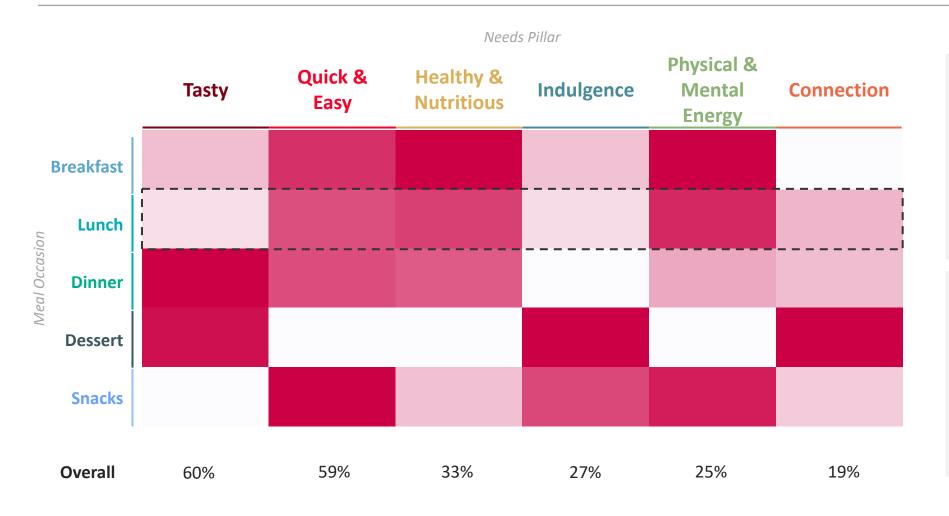
At Breakfast time people are not typically looking for Connection or Indulgence







Lunch is about being sensible – Energy, Health and Convenience trump





What it is

Lunch needs to be Quick & Easy and a Nutritious moment



What it isn't

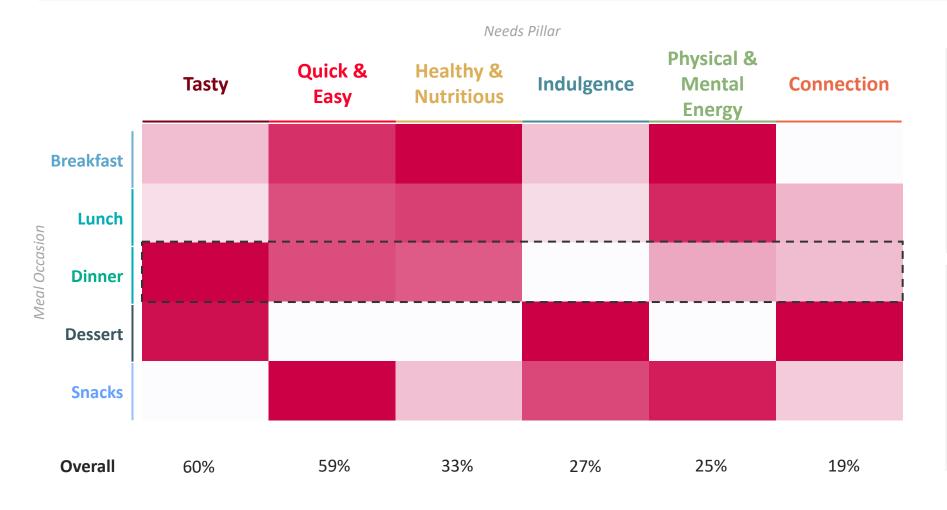
Lunch is less about Connection and not typically Indulgent



Lower Needs Share



Dinner needs to be liked by everyone in the household





What it is

Dinner needs to be Tasty and Something Everyone Will Like that Doesn't Take too long to Prepare



What it isn't

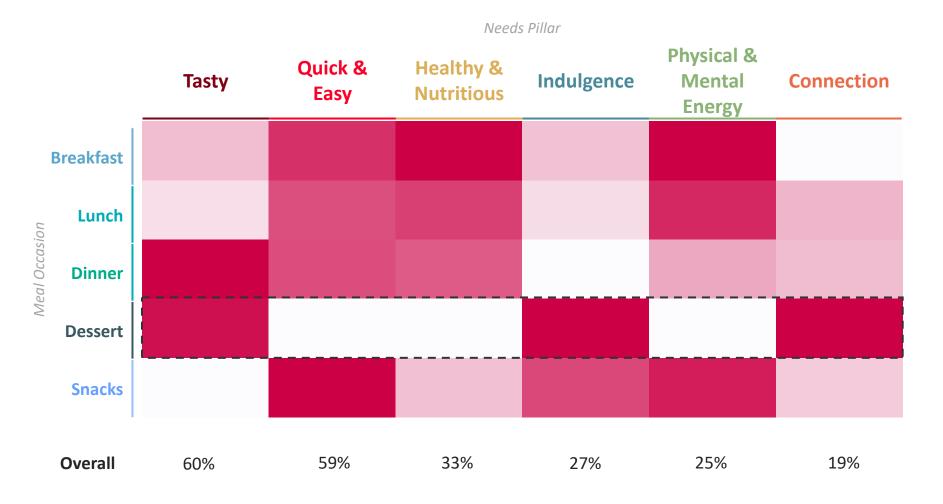
It's the end of the day and I'm not looking for an Energy Boost from Dinner







Dessert is all about Connecting and Indulging





What it is

Dessert is a moment for true Indulgence & Connection with those around me



What it isn't

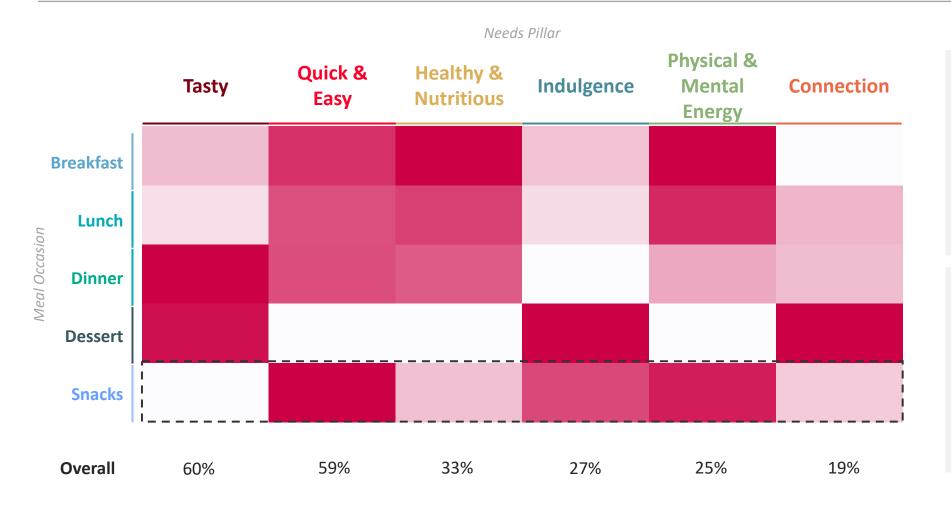
I don't mind if Dessert takes a little more Effort and I'm not thinking too much about Nutrition







Snacks need a feeling of *Indulgence* while being *Quick & Easy*





What it is

Convenience is king here. I'm looking for Energy & a small feeling of Indulgence from my snacks



What it isn't

I'm generally on my own and not looking for anything overly Healthy when Snacking

Hort



Lower Needs Share