TIME TO RETHINK OFFICE CAKE?

Key findings from the first study into office cake culture in the UK *

- 940 UK office workers (40% male) completed an online questionnaire.
- 87% said cake was available at least once or twice a week in their workplace.
- 71% said cakes were displayed openly on a table or desk in the main working area.
- 31% said office cake had led to weight gain.
- 38% said office cake made it difficult to eat healthily at work.
- 36% never refused cake.
- 41% said “If it’s there, I eat it”: 41% said often/always.
- 22% were often/always distracted by the thought, smell or sight of cake.
- 81% said office cake brings people together.

Fruit was the most popular alternative (52%) but having cake less often came a close second (48%).

95% said the ideal frequency for office cake was once a week or less.

Restricting cake to once a week would reduce sugar availability and be a social occasion to look forward to.

Office cake changes people's eating habits and makes the workplace environment less healthy.

Source: