



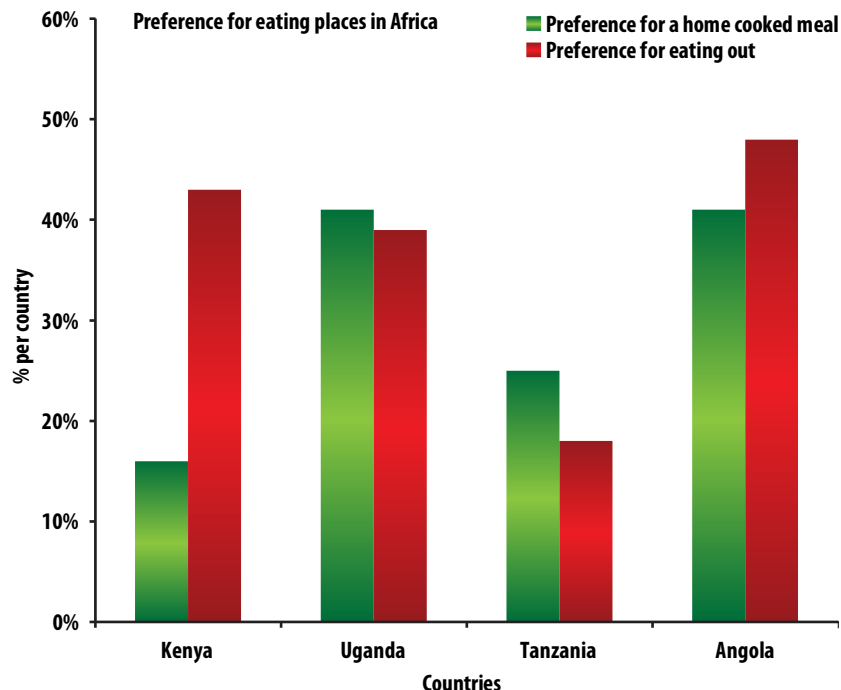
What's for lunch?

Food. It does to us what petrol does to cars. It keeps us moving. We can't do without it. We've even named times of the day based on food: lunchtime, dinnertime, teatime...

And preparing food to accompany these times is a hobby for 41% of Ugandans and Angolans, 25% of Tanzanians and 16% of Kenyans. To them, nothing beats a home-cooked meal.

The next best choice for a source of food is a hotel or restaurant and at 48%, Angolans top the graph for visits to eating establishments away from home. The Kenyans come in at a close second with 43%. Ugandans follow at 39%. The figure stands at 18% for Tanzanians.

Whether at home or in a hotel or restaurant, we all eat to live. Or is it live to eat?



Data is sourced from **Maisha** a Pan-African lifestyle study conducted by Consumer Insight in the commercial capitals of more than 14 African countries.

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