

ERS Peer Review Plan

Preliminary Title: Time, Food, and Health: How U.S. Adults Allocate Time to Eating, Grocery Shopping, Meal Preparation, and Physical Activity During 2022–2023

Type of Report (ERR, EIB, EB) EIB

Agency: Economic Research Service [X] Influential Scientific Information
USDA [] Highly Influential Scientific Assessment

Agency Contact: Jeffrey Hopkins, jeffrey.w.hopkins@usda.gov

Subject of Review: Time is a finite resource, and how adults allocate it to eating, food-related tasks like grocery shopping and meal preparation, and physical activity offers relevant insights into their diet- and health-related behaviors and outcomes. This report explores how factors such as age, income, sex, employment status, health characteristics, and family structure influence what, where, and how people eat, shop, cook, and move. These behaviors, in turn, could shape diet quality and chronic disease risk. For example, adults with the greatest time or resource constraints—such as 4 single parents or those with low-incomes—tend to spend less time preparing meals at home and more time consuming prepared, ready-to-eat foods, which are often higher in calories, sodium, saturated fats, added sugars, and refined grains. Time constraints could also reduce opportunities for physical activity as well as increase the likelihood of eating while multitasking, which has been linked to lower diet quality and reduced awareness or memory of excessive food intake. By identifying these behavioral patterns and differences, the report provides an evidence base to inform policies and programs that could improve access to nutritious foods, healthy home cooking, and active living—especially for time- and resource-constrained populations.

Purpose of Review: The purpose of the review is to ensure the high-quality of the economic analysis, transparent explanation of methods, objective interpretation of results, and effective communication to the intended audience.

Type of Review: [] Panel Review [X] Individual Reviewers
[] Alternative Process (Briefly Explain):

Timing of Review (Est.): Start: 8/4/2025 Completed:

Number of Reviewers: [] 3 or fewer [X] 4 to 10 [] More than 10

Primary Disciplines/Types of Expertise Needed for Review: Economists

Reviewers selected by: [X] Agency [] Designated Outside

