



Thanksgiving Cooking Stressors

Survey Results from GE Profile

Key Themes:

Thanksgiving cooking is the most high-pressure meal of the year.

Over a third (**34%**) of respondents feel Thanksgiving is the most stressful meal of the year and 36% ranked food preparation as the **#1 stressor** for Thanksgiving, followed by cleaning (**22%**) and the pressure to cook the perfect meal (**15%**).

Though Thanksgiving turkey is traditional, it's still tough to cook.

Almost three-quarters (**72%**) of those surveyed feel it's not Thanksgiving without turkey and **40%** get festive for Thanksgiving with food. When it comes to Thanksgiving recipes, the majority (**51%**) prefer to stick to traditional recipes and **34%** search in traditional cookbooks for turkey recipes.

FOMO: The stress of Thanksgiving cooking takes away from quality time with friends and family.

- 40%** When busy preparing Thanksgiving dinner, **40%** feel they miss out on quality time with friends and family
- 52%** If given the opportunity, **over half** would rather spend 30 minutes of Thanksgiving meal prepping with friends and family
- ~1/4** Almost a **quarter** of those surveyed start planning their Thanksgiving menu on November 1st

Just like Goldilocks – finding the perfect turkey temp is a big challenge.

- 46%** Are completely likely to use a meat thermometer or temperature probe for their turkey
- 24%** Check their turkey more than 4 times before taking it out
- 57%** 57% are most likely to bake their turkey, **43%** are likely to roast and only **20%** are likely to convection bake

Summary:

While the holidays are regarded as a quality time for family togetherness and closeness, it's also notorious for massive amounts of stress. To get a closer look at this phenomenon, GE Profile surveyed 1,254 respondents. GE Profile found it's not the pressure of an overbearing in-law or travel that causes this stress. Instead, it's food preparation – namely the infamous Thanksgiving meal.