

THERE'S NO SUCH THING AS A FREE LUNCH IN BUSINESS

THE CO-OPERATIVE'S NEW RESEARCH HAS UNCOVERED THAT THE UK'S WORKFORCE SPENDS A BLOATED £162 MILLION ON LUNCH EVERY DAY.

The survey (by The Co-operative Insurance Personal Pensions) estimates that each person pays out an average of £5.503 per day, which amounts to £1,265 per year or £50,600 in a lifetime.

The research also shows that just over 29 per cent of the 3,200 questioned also take a packed lunch to work with them. 41 per cent of the UK's workforce procures their lunch from the supermarket, with 14 per cent staying at work choosing to use the staff canteen.

12 per cent of workers get their lunchtime fix from a sandwich bar and only 4 per cent opt for the fast food option.

Official statistics show that a favourite among workers is the BLT sandwich, banana and a packet of crisps all washed down with a café latte costing roughly £4.36 every day.

By being a bit more sensible when making their lunch at home, the UK workforce could be £13,806 better off per year when it comes to retiring.

A member of The Co-operative Insurance stated: "Like most people in the rat race who cannot get through the day without a cafe latte and the luxury of strolling down to the nearest delicatessen for their favourite lunchtime treat, getting up earlier to make sandwiches isn't easy to digest and just doesn't sit well with the lifestyle of today's generation of blue collar workers".



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