News Release

**FOR IMMEDIATE RELEASE**

**Media Contact:**

Lynn Meadows

Meyocks, public relations

515-327-3453

lynnmeadows@meyocks.com

**Perhaps it’s time to put down that phone during Thanksgiving dinner**

*New national survey shows majority of Americans annoyed by mobile devices during this family meal*

**WEST DES MOINES, Iowa –** Nearly 7 in 10 Americans say they find people’s use of phones and other mobile devices at the Thanksgiving table annoying — but 43% still allow it, according to a new nationwide survey by a West Des Moines branding and marketing agency.

The 2019 Meyocks Thanksgiving Survey of 1,461 Americans shows that 69% are annoyed when family members and others get on their mobile devices during Thanksgiving dinner. But more than 2 out of every 5 still allow phones, tablets and other communication devices during this traditional meal.

“So many Americans are glued to their smartphones,” said Doug Jeske, president of Meyocks, a West Des Moines agency focused on [food](https://www.meyocks.com/expertise/food/), [agriculture](https://www.meyocks.com/expertise/ag/), [health](https://www.meyocks.com/expertise/health/) and [mentor](https://www.meyocks.com/expertise/mentor/) brands. “And, of course, this phenomenon shows up at the Thanksgiving table. It’s ironic that most Americans say they want to be with family at Thanksgiving while disconnecting with them when they are there.”

The survey found that despite people’s annoyance, 32% admit to checking or using mobile devices themselves during the Thanksgiving meal.

**Pass on the politics. Let’s move on to Black Friday.**

When Americans are not on their smartphones at the Thanksgiving table, they are chatting less about politics and more about the upcoming holidays.

Despite the 2020 presidential campaign gearing up, only 17% of Americans say that politics is usually discussed at the Thanksgiving table. That’s down from 24% in 2016, the first year that the Meyocks Thanksgiving Survey was taken.

Family joysremain the most popular topic at the Thanksgiving table, with more than half of survey participants (54%) citing this subject as part of the day’s conversation. Other popular topics include Black Friday shopping and the upcoming holidays.

**The 2019 Meyocks Thanksgiving survey also showed:**

* **Dietary needs:** The Thanksgiving dinner remains largely traditional, and special dietary needs don’t appear to be a priority for most this holiday. More than three-fourths of Americans (78%) say their Thanksgiving meal has not focused on vegetarian, vegan, gluten-free, or dairy-free options over the past few years.
* **Praying at the table:** One in five Americans (20%) say they never say a prayer at the Thanksgiving table. That’s up slightly from 17% in 2016.
* **Mac and cheese:**  For the first time, mac and cheese made the list of top 10 dishes served other than turkey. Three of 10 Americans (30%) say mac and cheese is typically served at their primary Thanksgiving meal. The top dishes continue to be mashed potatoes (81%), pie (79%) and dinner rolls (75%).
* **Groceries delivered:** Three in five Americans (60%) say they will be hosting a Thanksgiving meal this year, and more than three-fourths (76%) expect to be involved in preparing the meal. Nearly one in five (19%) say they’ll have groceries delivered for this special meal.
* **Holiday injuries:** Nearly three-fourths of Americans (72%) say they’ve carved a turkey. About 15% say someone in their family has been cut or injured while carving a turkey on Thanksgiving Day.

For more results and infographics from the 2019 Meyocks Thanksgiving Survey, visit [www.meyocks.com/thanksgiving](http://www.meyocks.com/thanksgiving).

**About Meyocks**

Meyocks, based in West Des Moines, Iowa, is a full-service branding and marketing agency founded in 1984 that shapes marketplace meaning for [food](https://www.meyocks.com/expertise/food/), [agriculture](https://www.meyocks.com/expertise/ag/), [health](https://www.meyocks.com/expertise/health/) and [mentor](https://www.meyocks.com/expertise/mentor/) brands. For more information, visit [meyocks.com](https://www.meyocks.com/).