

BUSY AMERICANS WANT MORE NUTRIENTS – AND FAST

ELEVATE MEALS WITH THE NUTRITION SUPERPOWERS OF PECANS

MILLENNIAL MOMS RANK

NUTRITION OVER PRICE OR CONVENIENCE

FOR THEIR KIDS' LUNCHES¹

PECAN TACOS



60% OF HOUSEHOLDS WITH KIDS

BUY PLANT-BASED ALTERNATIVES²
PECANS HAVE 3G PLANT-BASED PROTEIN PER SERVING



PECAN CHICKEN SALAD JAR

MILLENNIALS REPLACE AT LEAST ONE MEAL A WEEK WITH SNACKS³

PECANS MAKE SUPER SALAD-TOPPERS OR SNACK MIXES

91% OF EMPLOYED U.S. ADULTS

WANT MORE NUTRITIOUS WORKDAY LUNCHES⁴

81% OF GEN Z CONSUMERS SURVEYED

WANT NUTRITIOUS, CONVENIENT SNACKS THEY CAN GRAB AT ANY TIME⁵

HONEY GINGER PECAN SNACK MIX



AMERICAN PECANS ARE THE ULTIMATE SIDEKICK FOR HECTIC DAYS:

VERSATILE, NUTRITIOUS AND EASY TO ADD TO MEALS AND SNACKS



HONEY PECAN BERRY YOGURT PARFAIT



VISIT AMERICANPECAN.COM FOR NUTRITION INFO AND DELICIOUS RECIPES

¹ Cloud, Kristen. "Millennial Moms Choose Nutrition Over Price, Convenience For Kids' Lunch Boxes." Shelby Report, Influencer, 21 Aug. 2015, www.theshelbyreport.com/2015/08/21/millennial-moms-choose-nutrition-over-price-convenience-for-kids-lunch-boxes/.

² Shoup, Mary Ellen. "FOOD FOR KIDS: Where Is the Plant-Based Trend Heading with Parents and Kids?" Foodnavigator, Linkage, 6 Dec. 2019, www.foodnavigator-usa.com/Article/2019/12/06/FOOD-FOR-KIDS-Where-is-the-plant-based-trend-heading-with-parents-and-kids#

³ "Snackification of Mealtimes Is Now Widespread Among Millennials." Welch's Global Ingredients, 18 Sept. 2017, www.welchsgig.com/snackification-of-mealtimes-now-widespread/.

⁴ "Survey: More than Half of U.S. Employees Who Typically Eat Lunch during Work Hours Struggle to Make It Healthy." American Heart Association, 25 June 2019, newsroom.heart.org/news/survey-more-than-half-of-u-s-employees-who-typically-eat-lunch-during-work-hours-struggle-to-make-it-healthy.

⁵ Sodexo. "COLLEGE SNACKING TRENDS 2020: From Midnight Munchies to Ethical Snacking." PR Newswire: Press Release Distribution, Targeting, Monitoring and Marketing, Sodexo, 6 Jan. 2020, www.prnewswire.com/news-releases/college-snacking-trends-2020-from-midnight-munchies-to-ethical-snacking-300981454.html.