
Food: The Key To Happiness, Better Conversations, And More Fun

Food is always for sharing. It might be enjoyable to eat an entire meal alone, but it's better when dining with family or friends. Rarely do you hear about slumber parties or movie night with friends that don't include a box of pizza or popcorn. No matter what the occasion, as long as two or more people gather, food is always on hand. From enjoying home cooked meals to getting boxes of Janesville pizza together, it's hard to imagine a get-together without food. Why?

Feasts Bring People Together

Food doesn't just provide nourishment. It brings people together, and it's done so since ancient times. Historians have uncovered a 300,000-year-old hearth where food was shared among groups. Food also makes special celebrations better. From birthdays to holidays, such as Christmas and Thanksgiving, meals create memories filled with family, hospitality, comfort — home.

Social Media and Food

Today, people share food through technology. Meals are still central to celebrations, culture, and other human relationships. Now, mobile phones are at the heart of these experiences, allowing people to capture and share their dishes.

Consider these statistics: Instagram displays 520+ photos of food per second

Food is the 4th most popular topic on Pinterest

The rage over social media results in countless others who wish to document their social lives on different platforms (e. g. Facebook, Instagram, Snapchat, and Twitter). And guess what food takes center stage on social media? Pizza.

According to Delish. com, of the 300 million food photos on Instagram, 17 million are images of pizza.

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Stay Connected with a Meal

Talking about your day over dinner or lunch is one of the best ways to stay connected with loved ones. Sit-down meals allow you to chat with each other freely. If you are outside the office, a dinner with the family is the best way to relieve stress from work. Food is life. There is no denying that. It makes conversations better and friendships more fun. And what could be better than authentic Italian pizza at the center of all your shared meals?

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