

# Post-COVID Impact on Food Habits in India: A Case Study

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**Abstract:** *The COVID-19 pandemic has had a significant impact on people's lives globally, including their food habits. In India, the pandemic led to a significant shift in food consumption patterns, with changes in food choices, preparation methods, and consumption habits. This case study aims to explore the post-COVID impact on food habits in India, focusing on the changes in food consumption patterns, preferences, and challenges faced by consumers. The study also examines the measures taken by food industry players to adapt to the changing scenario.*

**Keywords:** COVID-19, food habits, food consumption, food industry, India