



THE 2026

PASTA NIGHT

REPORT

America's pasta habits, kitchen shortcuts and the secrets they keep.

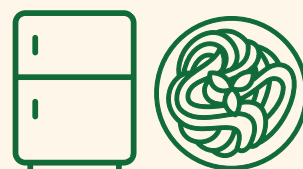
A NATIONAL SURVEY BY ROSINA FOOD PRODUCTS FOR NATIONAL PASTA DAY

OCTOBER 17, 2026



Pasta night is one of America's most dependable traditions, but how it gets on the table has changed. We asked 1,009 Americans about their pasta night. They told us their favorite dishes, their go-to sauces and a secret about where dinner really came from. Here's what we learned ahead of National Pasta Day on October 17.

THE HEADLINE FINDING



1 in 3 Americans (34%)

have served frozen filled pasta and let others believe it was homemade, either by implying it or saying so outright.

WHAT'S ON THE PLATE



Spaghetti is still #1.

40%

name spaghetti as their favorite pasta dish, followed by stuffed shells (15%) and ravioli (14%).



Meatballs are a must.

68%

68% say meatballs come to mind when they think of pasta night.



Stuffed vs. classic is a near tie.

49%

prefer cheese-stuffed pasta such as ravioli, tortellini and stuffed shells.



51%

prefer classic noodle varieties.

THE SAUCE DEBATE

Sauce	Share choosing it as their go-to
 Marinara	44%
 Alfredo	31%
 Vodka sauce	8%
 Pesto	7%
 Butter	6%

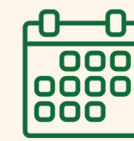
THE VERDICT ON KETCHUP

86%



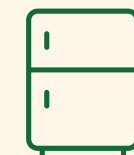
say it has no place on pasta. The remaining 14% are willing to defend it.

THE FREEZER FACTOR



62%

say frozen pasta helps them manage busy weeknights, including **27%** who say it helps significantly.



47%

always keep frozen pasta stocked at home; **53%** buy it when they need it in a pinch.



32%

call frozen filled pasta a staple in their meal rotation, **45%** serve it occasionally and **20%** treat it as a special-occasion meal.



Saving Time

is the **No. 1** reason consumers value ready-to-cook frozen pasta.

WHO EATS THE MOST PASTA?

Americans think it's Millennials (29%), followed by Gen X (22%), Gen Z (19%) and Baby Boomers (13%). Another 17% say it's about even across generations.



Millennials



Gen X



Gen Z



Baby Boomers



About Even

WHERE PASTA TASTES BEST



73%

Prefer eating pasta at home



42%

At a restaurant



18%

At a friend's or relative's home

METHODOLOGY

Rosina Food Products' 2026 Pasta Night Report is based on an online survey conducted in September 2026 among 1,009 U.S. adults ages 18 and older who had consumed or prepared pasta in the previous three months. Respondents were recruited through TapResearch's online consumer panel, and results were weighted to reflect the U.S. Census age distribution. The findings offer a national snapshot of pasta consumption habits, preferences and perceptions among adult pasta consumers.

ABOUT ROSINA FOOD PRODUCTS

Proudly owned and operated by an authentic Italian family spanning three generations, Rosina brings the spirit of Italy to America's tables as the #1 frozen meatball and pasta brand in the country. Rooted in original family recipes and crafted with only the finest ingredients, every bite reflects the care and tradition that define the "Rosina Difference." From its hometown of Buffalo, NY, Rosina's more than 800 team members serve leading retailers, foodservice partners, convenience stores and top food manufacturers across the globe. At its heart, Rosina is about more than food—it's about love, family and the joy of sharing meals that bring people together. Learn more at www.rosina.com.