

3. Better teamwork and collaboration:

Eating together helps foster a sense of camaraderie among employees, which can lead to better teamwork and collaboration.

4. Keeps employees focused

Leaving the office to get lunch can be distracting and leads people to waste time. If your employees don't have to worry about fetching lunch in the middle of the day, they will be able to focus on their work.

5 Employee Retention

A positive office culture where employees feel valued goes a long way. Employees who feel appreciated are more likely to be satisfied with their jobs and will work harder and be less inclined to jump ship. Also, company provided meals help you stand out from the competition by sending the right message to potential job applicants. It says your company, as an employer, cares about providing a great work environment where employees are valued and they can thrive.

A meal is a great way to show employees that you appreciate them and that you're willing to invest in their well-being.



7. Time savings

Providing lunch can save employees time and reduce stress, as they won't have to worry about packing or finding lunch during their break.

Having to plan for lunch or leave the office to get food can be distracting and leads people to take extra time away from work. By providing employees with a free meal at the office, you are not only sating their hunger but also removing a daily "headache."

6. Healthier employees

By offering healthy lunch options, employers can help their employees maintain a balanced diet and reduce the risk of health problems. In addition, when employees eat out, they will prioritize convenience over nutrition. Unhealthy habits are expensive – not only for workers but also for companies.

8. Great for building company culture

Employer provided meals are a great way to increase engagement, and in turn, you'll enhance your company culture and employee loyalty as well. It creates a culture of gathering together over a meal, and that kind of culture creates loyal employees who are likely to speak highly of your business to customers, professional connections, friends, and family. It's also a great opportunity for employees to socialize and make connections outside their teams and departments.

9. Positively impacts bottom line

Offering lunch to your employees is not an expense, it's really an investment. You are directly impacting productivity and turnover rates which means you're also affecting profitability.

When you increase productivity, and lower absenteeism and turnover rates, the profitability grows, making providing a free meal not an expense but an investment.



Talk to us

The benefits of food at work are hard to ignore. It's no longer just a nice perk, the fact is offering free meals to your employees is an investment and there are many proven and lasting benefits.

If you are thinking about providing meals to your employees and wonder how you can start, We are here to make the process smooth and easy. **Contact us** for a **personalized consultation**.