

# GOOD FOOD IS BRAIN FOOD!

## 7 Reasons to Offer Free Food & Healthy Snacks as a Benefit

Companies love the Oh My Green Box and how it compliments their wellness goals. Afternoon productivity slumps, problems with morale, and workforce illness can be a thing of the past.

# 11%

more employees, who are “extremely happy” with their job at companies who offer free snacks.

USA Today

### YOUR STAFF WANTS SNACKS! YOU SHOULD TOO & HERE'S WHY:

#### Improves Productivity



With more energized employees, who are not crashing on sugary treats at 3 pm or going off-site to find something caffeinated or crunchy to satisfy their cravings, you'll find a lot more gets done each day. One study showed that employees who eat unhealthy all day are 93% more likely to be LESS PRODUCTIVE than employees who regularly ate healthy food.

#### Promotes a Wellness-Driven Culture



By offering healthier variations of their favorite snacks - employees will look forward to trying out the new variety each month and get excited to talk to their work pals about which ones they love. It's a lot easier to maintain your focus on healthy eating, when your office-mates are doing the same, and vice versa!

#### Builds Camaraderie



Providing a welcoming and rewarding break environment is a great place to encourage the team to come together to get to know each other and chat about the snacks they've tried. New ideas are often hatched in unlikely places.

#### Saves Time



Not only will your team have a grab and go healthy options that save time, but you will too. No more hours spent reading nutrition labels, making sure you find variety, and schlepping snacks from the big box store to the office. Can you believe this? According to a Salary.com study, 62% of respondents would waste 30 minutes to an hour daily to buy snacks to bring back to the office - 1,120 hours a calendar year!

#### Boosts Morale



Food is love. When you provide tasty and healthy options a short walk from their desk, employees will know you care about their happiness.

#### Attracts Top Talent



Win world-class employees. Did you know that 66% of U.S. employees said they would take a job at another company if they offered better perks (like free food). Top talent is hard to come by and even harder to keep, which is why the office culture and job perks are so incredibly important. The secret to keeping them happy: make their lives easier and show them you care!

#### Makes Healthier & Happier Employees



For every \$1 invested in corporate wellness, there is a \$5.81 ROI through reduced sick days, higher productivity, & lower health care costs. By providing healthier alternatives, you're helping your team live healthier lives every single day. And you know what? It's all very cyclical. Job satisfaction certainly impacts overall happiness. And when people are happy, they tend to be less stressed out, which means better wellness. One thing out of whack and we have the dreaded domino effect.

Offer THE top requested perk: free (and healthy) food!

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