

SNACK VARIETY CAN HELP ENCOURAGE HEALTHIER SNACKING

Have you heard the term **Snack Fatigue**? Yes, it's a real thing. While routine is great for reducing mental output on certain activities, humans can get quite sensitive to routine and easily bored with the same old thing.

By offering a variety of snacks in the office breakroom, you not only encourage teammates to come see what's new but also to build camaraderie by finding common ground around snack preferences.

When the snacks get boring, that means people go looking elsewhere for something to satisfy their cravings or hunger. This defeats the whole purpose of offering free food as a highly desired work perk.

Providing healthy snacks for your team is a great employee benefit, and meets both employer and employee needs if you know how to do it right.

Since food is one of the most popular perks a small-business can offer you want to make sure you offer food that helps employees meet their wellness goals while also being satisfyingly delicious.

If you think back to when you were a kid, snacktime was always one of the best times of the day because it usually meant sitting down to something fun and tasty. Snacks were a treat and a fun respite from other activities of the day. As adults, we tend to view snacks simply as fuel to provide energy, avoid the hangries, and get us through till our next meal. Unfortunately, we don't see snacks like other meals - as time to take a step away from the keyboard, develop a new relationship, and certainly not something to please our taste buds with a new experience.

Nielson found that "Snack products that bridge the gap between nutrition and indulgence will break through the clutter." according to the Nielsen Global Snacking Report.

Think of all the variety that's out there. Why limit your choices to a boring set.

TEXTURE

Crunchy
Crispy
Chewy
Soft
Hard

FLAVOR

Sweet
Savory
Spicy
Sour
Salty

FORM FACTOR

Bars
Jerky
Chips
Cookies
Candy & Chocolate
Nuts
Popcorn
Pretzels
Crackers
Vegetables
Fruits

NUTRITION

Non-GMO
No MSG
No Artificial Flavors, Colors, or
Sweeteners
Allergen Friendly
Low Carb
Low Calorie
Vegetarian
High Protein

SEASONALITY

Cold Weather
Warm Weather
Holidays
Traditional Flavors

Don't let the endless possibilities overwhelm you - let us handle the curation

Transform that 3pm office slump into a fun, tasting experience that feeds not only your team's belly's but also their souls!

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