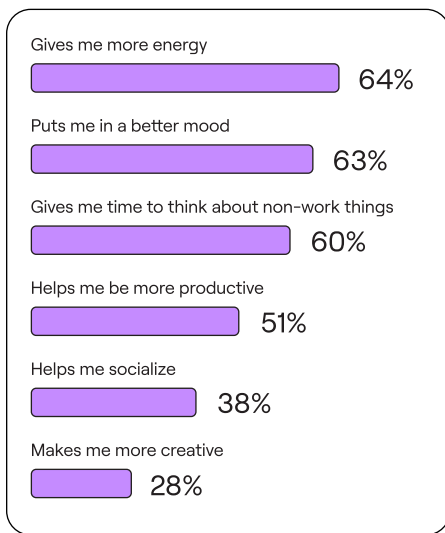


How Feel-Good, Do-Good Eating Fuels Teams

Companies that prioritize lunch breaks can help enhance employee performance, productivity, and happiness.

How does taking a lunch break improve your workday?



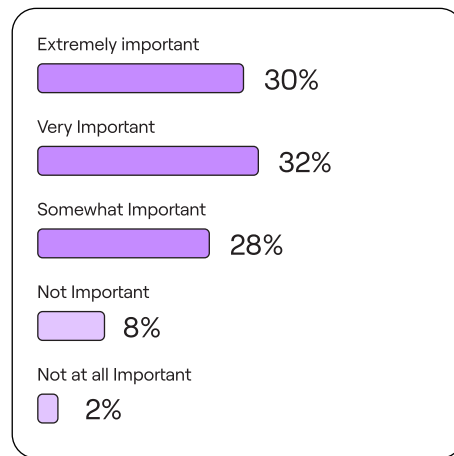
97% of responders noted that taking a lunch break improved their work day.

“Our research confirms that food is powerful – it’s both the fuel that helps employees sustain the work day and a significant marker of the best places to work.”

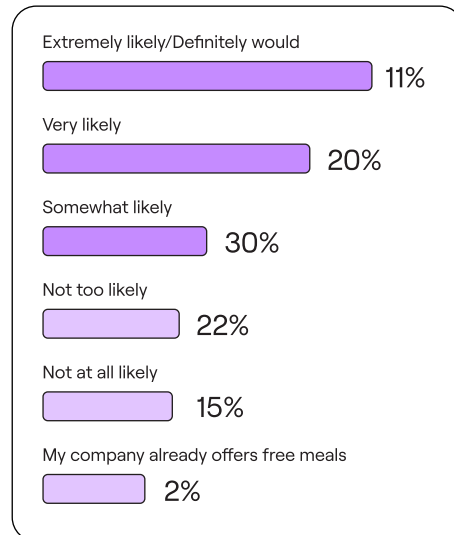
- Dilip Rao, Sharebite Co-Founder and CEO

By offering do-good benefits companies attract (and keep!) talent.

How important is it for you to work for a company that includes a social good component to the business?

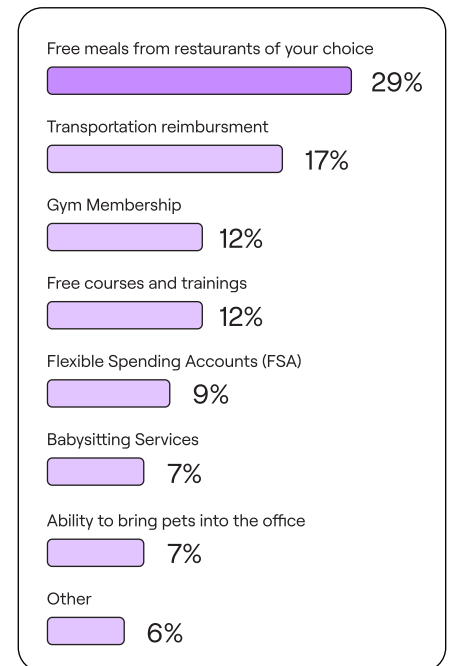


How likely would you be to leave your current company for a comparable job and salary at a different company that offers free meals?



THE BOTTOM LINE – Free food is the most attractive non-health benefit.

If your company offered you all the benefits listed below, which would you use most often?



61% of responders might change jobs because of meal benefits.

Food benefits entice employees to return to the office.

40% of hybrid or remote workers would come to the office more often if there were free meals.