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# 5 EASY WAYS

## TO TURN FOOD INTO FUEL AT THE OFFICE



Today, health and wellness have taken center stage in people's lives, as well as in the office. In our recent *Food in the Workplace Survey* of more than 1,000 office employees, an overwhelming majority (81 percent) prefer healthy options, when it comes to the type of food workers want served at company meetings and events. Their sentiments demonstrate that a greater number of employees are not only making healthier food choices for themselves, but asking their employers to support this by selecting healthier options when feeding them.

This is great news! Beyond simply improving an individual's personal health, eating healthier foods has been found to improve productivity, lower absenteeism, and even enhance moods — added benefits for employees and their employers.

This guide offers five easy ways to provide food at the office that your employees will want to eat, while fueling the innovation and creativity your office needs to be at its best.

### Fun Fact

According to an analysis of orders placed from GrubHub's restaurant network, gluten-free items, kale, and pressed juices are the most popular health food orders, respectively. Newly touted items such as chia seeds, quinoa, and almond milk ranked among 2014's trendiest "health" foods with the largest order spikes in the last year.



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## Discover menu items that drive happy, healthy employees

With catchy names like the “Tom Brady Power Sandwich” or the “Hudson Valley Salad”, restaurant and catering menus can sometimes be hard to decipher. Here are some tips on ingredients to look for to appeal to health conscious employees:



### Fruit

Fruit contains many important nutrients. It’s also one of the easiest snack foods to provide employees. Consider a weekly fruit order for employees in need of a quick, nutritious energy boost



### Dark Leafy Greens

Kale, spinach and Swiss chard are loaded with vitamins, minerals, and phytonutrients that help bring more oxygen to the body (and brain) and improve cognitive control. Baby kale and spinach can be easily added to salads and sandwiches.



### Veggies

Carrots, cherry tomatoes, celery, cucumbers, zucchinis—all delicious veggies you might find on a veggie tray. You can pump up the volume of a veggie tray with a side of hummus, which offers protein, heart-healthy fat, and a number of essential vitamins and minerals.



### Omega 3s

While not everyone is a fish lover, omega-3 fats, which keep brain cell membranes youthful, are found in almonds, flax seeds, soya beans, pumpkin seeds, and walnuts—items to look for in brain-boosting trail mix and low-sugar granola bars.



### Whole Grains

Whole grains are filled with vitamins and magnesium that improve mental health. Select whole-wheat breads and wraps for sandwiches and consider side dishes that are made from brown rice, whole-wheat pasta, faro or quinoa.



### Consider Food Allergies

The following nine foods are known as the culprits for reactions: milk, eggs, peanuts, tree nuts, soy, wheat, fish, gluten and shellfish. Make sure your caterer marks which foods include these items to keep your employees in the know.

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### Bring a fresh perspective to your meeting menus

Now that you know what health conscious ingredients to look for when placing your food orders, the question is: how do you put these delicious and nutritious foods to work for you? Here are some menu ideas that won't weigh everyone down:

#### Brainstorming Breakfast

- ▶ **Pastries** – Replace full size bagels and muffins with smaller versions
- ▶ **Spreads** – Select low-fat cream cheese spreads and include peanut/almond butter as an alternative
- ▶ **Eggs** – Find caterers who provide egg wraps and sandwiches
- ▶ **Dairy** – Include low-fat yogurt with fresh fruit
- ▶ **Beverages** – Offer 100% fruit juice, low-fat milk, and flavored water

#### Light but Lucrative Lunch

##### SANDWICHES

- ▶ **Bread** – opt for high-fiber, whole-grain wraps/breads
- ▶ **Cheese** – fresh mozzarella, cheddar, and Swiss
- ▶ **Deli Meat** – turkey, ham, and roast beef are good options; select low-sodium or natural versions when available and ask for gluten-free options for employees with allergies
- ▶ **Vegetarian** – regardless of dietary restrictions, it is a good idea to include a meat-free sandwich option
- ▶ **Toppings** – include a variety of vegetables such as leafy greens, avocado, fresh tomatoes, cucumbers, and/or peppers
- ▶ **Condiments** – provide on the side

##### SALADS

- ▶ **Greens & Vegetables** – select fresh greens and a rainbow of fresh vegetables
- ▶ **Protein** – include a selection of options such as chicken, tofu, hard-boiled egg, beans, and/or nuts
- ▶ **Grains** – Offer green salad alternatives that incorporate whole grains or legumes, such as a quinoa or a 3-bean salad
- ▶ **Dressings** – Provide a variety of low-fat and low-calorie dressings





# 3

## Host a healthy snack attack

It's not rocket science – food feeds the brain, supports concentration, and sharpens the mind. For this reason, why not ditch the sweet treats and surprise your office with food that fuels productivity. Here at Seamless, we call it our Healthy Snack Attack. Here's the run-down:

**What** – Around 3pm, the office is alerted of a healthy snack attack in our pantry

**When** – A few times a month

### Menu

- ▶ Whole-wheat crackers
- ▶ Granola bars
- ▶ String cheese
- ▶ Hummus
- ▶ Almonds
- ▶ Guacamole
- ▶ Popcorn

### Healthy Idea

In addition to snack attacks, make fresh fruit a constant priority at your office! Replace the candy dish with a well-stocked fruit bowl, and keep things fun by incorporating a new fruit each week.

# 4

## Celebrate happy, healthy birthdays and events

Celebrating employee birthdays, holidays, and company accomplishments is important to creating a strong company culture. However, over the years, the American culture has fallen into a rut of celebrating every holiday or achievement with an extravagant spread or sugary cake. Here are some healthier alternatives:

- ▶ **Smoothies** – “Green” smoothie bar with high protein mix-ins such as chia seed, flax, and almonds
- ▶ **Frozen Yogurt** – with fresh fruit or fruit kabobs
- ▶ **Popsicles** – All fruit popsicles with the option to dip in dark chocolate
- ▶ **Pizza** – The infamous pizza party with whole wheat crust pizzas and more veggie to top the pies



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### Encourage wellness beyond meetings

Now that you've revamped your office meals to foster healthy, productive employees, consider how to extend a health conscious mindset outside the workplace. Reinforce your office's commitment to encouraging employees to adopt a healthier lifestyle with these bonus ideas:



#### Around the Office

- ▶ Coordinate a weekly farmers market in your parking lot and encourage employees to visit vendors.
- ▶ Encourage employees to wear pedometers in the office and tie in a weekly contest to acknowledge active workers.



#### Special Events

- ▶ Invite a local nutritionist to conduct a lunch and learn workshop for employees.
- ▶ Sponsor workout classes during the lunch hour or after work.
- ▶ Raffle gift certificates to healthy eateries at your events.



#### Everyday Meals

- ▶ If lunch is provided by a vendor, work with them to develop and promote a daily "heart healthy" meal.
- ▶ Provide healthy meal ideas and recipes in the employee newsletter, or solicit healthy recipes and create a staff cookbook.

Looking for more ideas? The American Heart Association's Healthy Workplace Food and Beverage Toolkit is a great resource for companies looking for support on implementing policies related to health and wellness.

#### Craving More?

Seamless commends companies that have turned their attention to their employees' health. Employees spend a considerable amount of their weeks at the office. Working for a company committed to helping employees maintain a healthy lifestyle goes a long way. At Seamless, we actively support healthy living in our own offices and are dedicated to helping our Corporate Accounts create food program that meets all their employees' needs, including healthy ones. [Contact us](#) today to find area restaurants and caterers that can help you turn food into fuel at your office.

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