

5 Ways to Make Your Breakroom A Corporate Wellness Asset

1. Opt for a percentage of nutritious options

More than ever there are delicious tasting alternatives to traditional vending products available that meet nationally recognized nutritional standards. [\[Insert your company name here\]](#) carries items that meet restrictions in fat, calories, sodium and sugar. Our broad range of products also include special dietary items, such as options that are gluten-free, vegan, nonGMO, etc.

We recommend a percentage of your vending machine(s) focus on healthy choices, with others offering employees more traditional choices. Giving people the information and choice in what they eat can help them make conscious decisions about how snacking is affecting their lifelong health.

2. Subsidize better-for-you snacks/beverages



Encourage employees to choose healthy snacks and beverages by sharing in the cost of these alternative products. This not only creates more incentive for employees to choose a healthier option, it shows that the company is supportive of efforts to live and work in a healthier way.

Employers can be invoiced for a percentage of the healthy product costs, selected in advance. This reduces what the employee needs to pay for the better-for-you options. Or some employers choose to pay the full price of the healthy items, making them free for employees, either in the vending machine or provided with easy access in the breakroom.

3. Offer promotions and sampling events

If your company would rather not subsidize healthier snack and beverage options, highlight these products a few times a month with healthy vending promotions or sampling events. [\[Your company name\]](#) can partner with you to coordinate corporate events that feature healthier products and even outside vendors that promote wellness. Even if you just want to order a case of bottled water or low calorie snacks for your next meeting, it's a great way to support employees in their efforts to be healthier. Remember, healthier employees take fewer sick days and are less taxing on health-care insurance, which reduces your company's employee benefit costs.



4. Promote movement with signage and apps

There are many Websites and smartphone apps focused on wellness and getting people to move such as zenfitness.com or Stand Up! The Work Break timer app.

Pick one each week and post a flyer encouraging employees to sign on and move more. It can even be part of a contest, which include promotions that reward employees with healthy products or other perks. Either way a workforce that moves is healthier and happier.

5. Provide great tasting water

Nothing is healthier than water. It's essential to human life and health, but often workers find it an uninspiring choice. Refresh the water at your location with [\[your company name\]'s](#) plumbed-in water filtration systems that remove impurities that can affect taste.

Hydrated employees have been shown to accomplish tasks faster and more accurately. Great tasting water can help employees make long-lasting and healthier life choices.

