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Meal Benefits Research Study

Meals that Matter: How Food Benefits Can Help
Recruit, Retain, and Return Employees to the Office

Introduction

In partnership with leading research firm Wakefield Research, we set out to understand how office professionals think about lunch breaks and food benefits provided by their companies.

The Sharebite Survey was conducted by Wakefield Research (www.wakefieldresearch.com) among 500 US office professionals at companies with a minimum of 200 employees, between September 21st and September 28th, 2022, using an email invitation and an online survey. Oversample interviews were conducted to increase the total sample size to 100 per industry in the following industries: financial services, technology, professional services. The data was weighted.



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It all boils down to this:

A lunch break and provided food not only makes employees feel healthier and happier, but also improves their work performance and productivity.



4 Key Takeaways

01 ---

Lunch breaks have a measurable, positive impact.
97% of office professionals say taking a lunch break improves their workday.

03 ---

Meals are a huge draw back to the office.
Nearly 1 in 3 say that meal benefits would entice them to go to the office more often.

02 ---

Most people don't regularly take lunch breaks.
14% of respondents never take lunch breaks and 1 in 5 respondents take breaks 2 days or less.

04 ---

There is a risk in not offering meal benefits.
61% are at least somewhat likely to switch companies for comparable jobs with free meals.



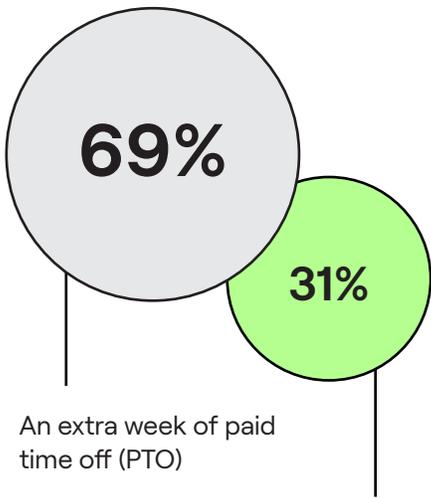
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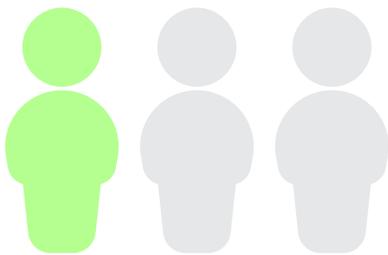
Let's Dig In



Which perk would you prefer to receive from your employer?



1 in 3 employees would rather have free meals than extra days off.



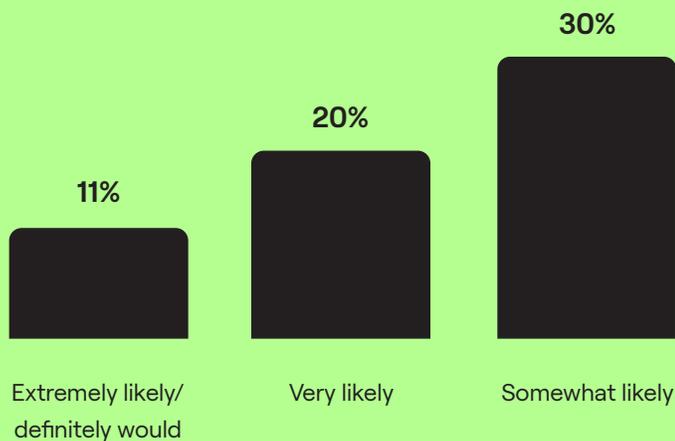
How, if at all, does taking a lunch break improve your work day?



Lunch breaks are unanimously appreciated. 97% of responders noted that taking a lunch break improves their workday.

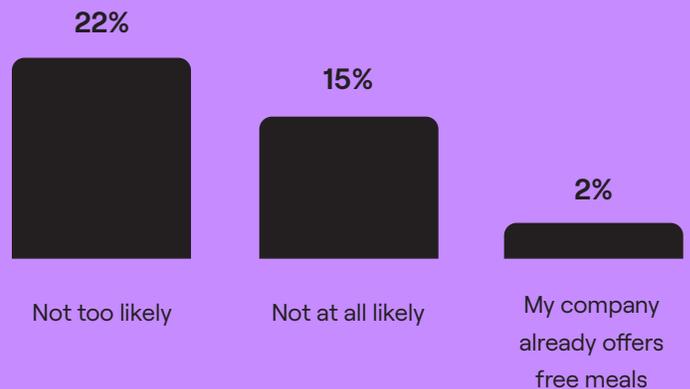


How likely would you be to leave your current company for a comparable job & salary at a different company that offers free meals?



61%

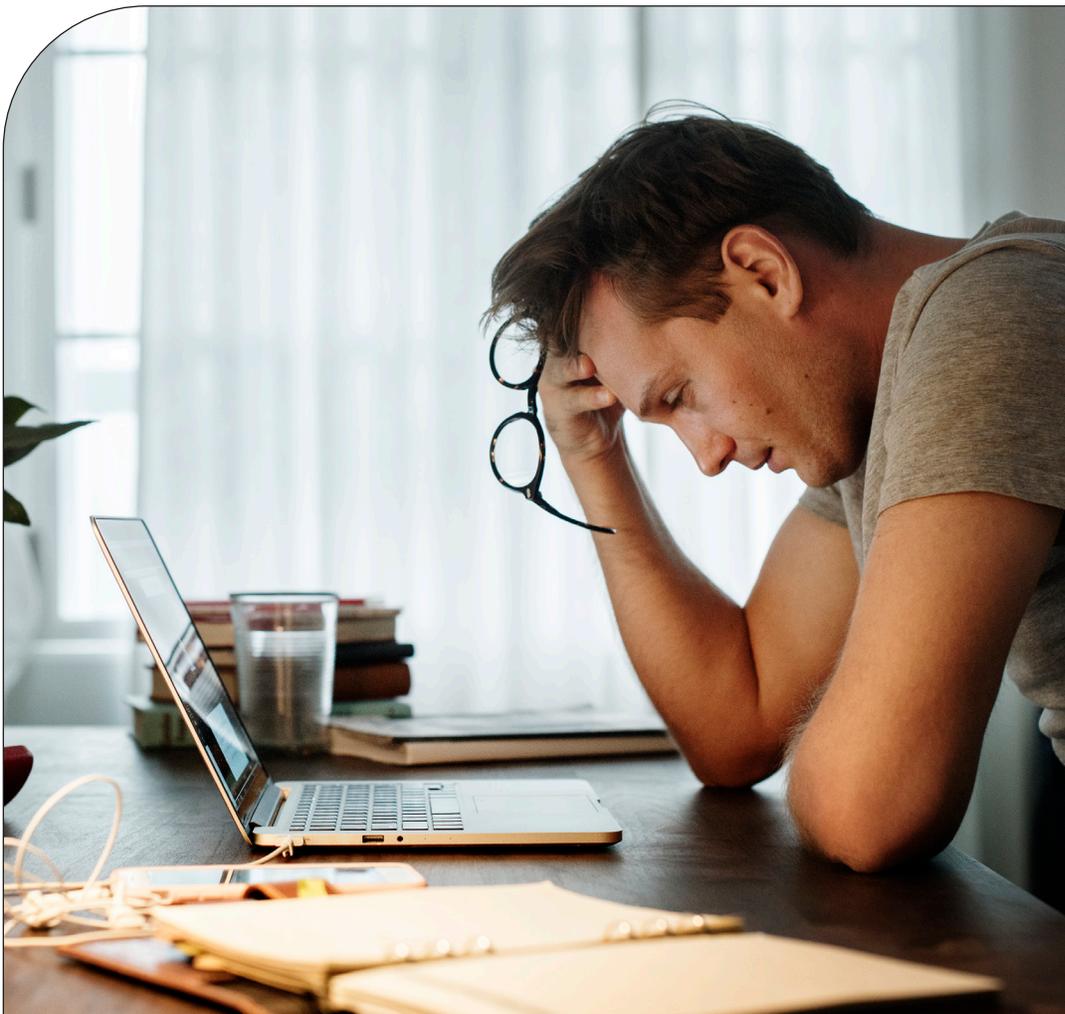
might change jobs because of meal benefits.*



*With participants under 40, this rises to 71%.

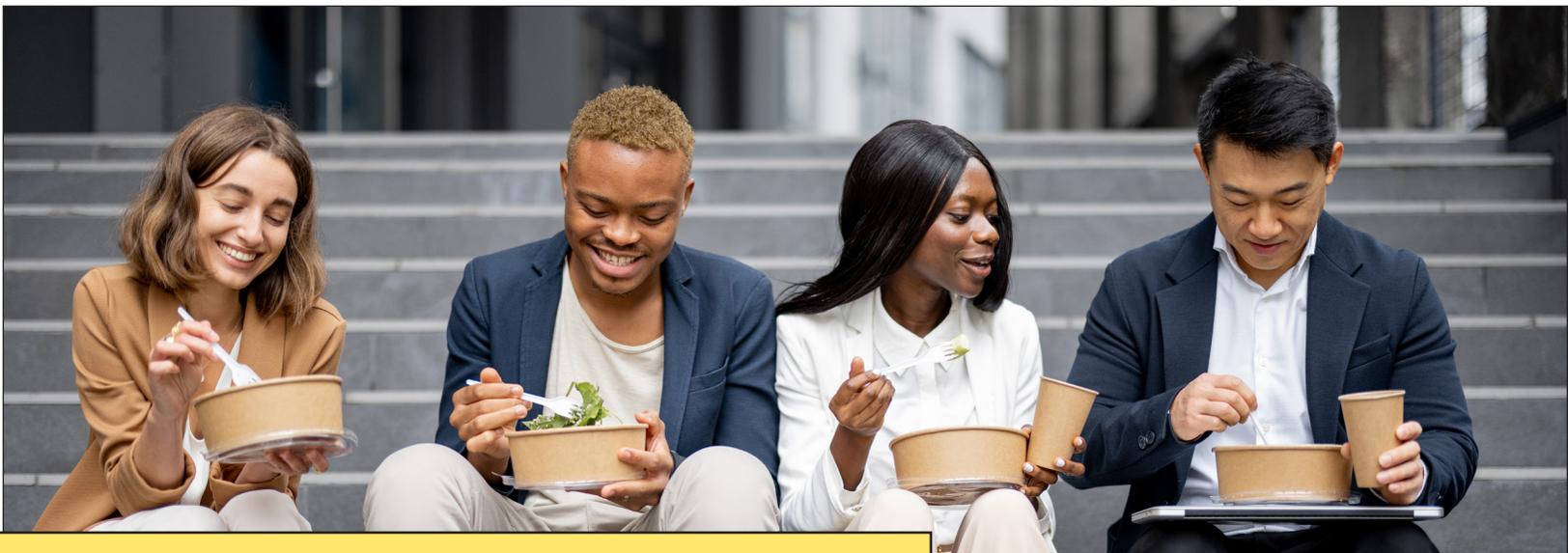


Which of the following, if any, are reasons why you don't take lunch breaks during work?



Influence of free meals on going into the office*

*Among those whose company doesn't already offer free meals



Nearly 1 in 3 employees would go to the office more often because of free meals.



62%



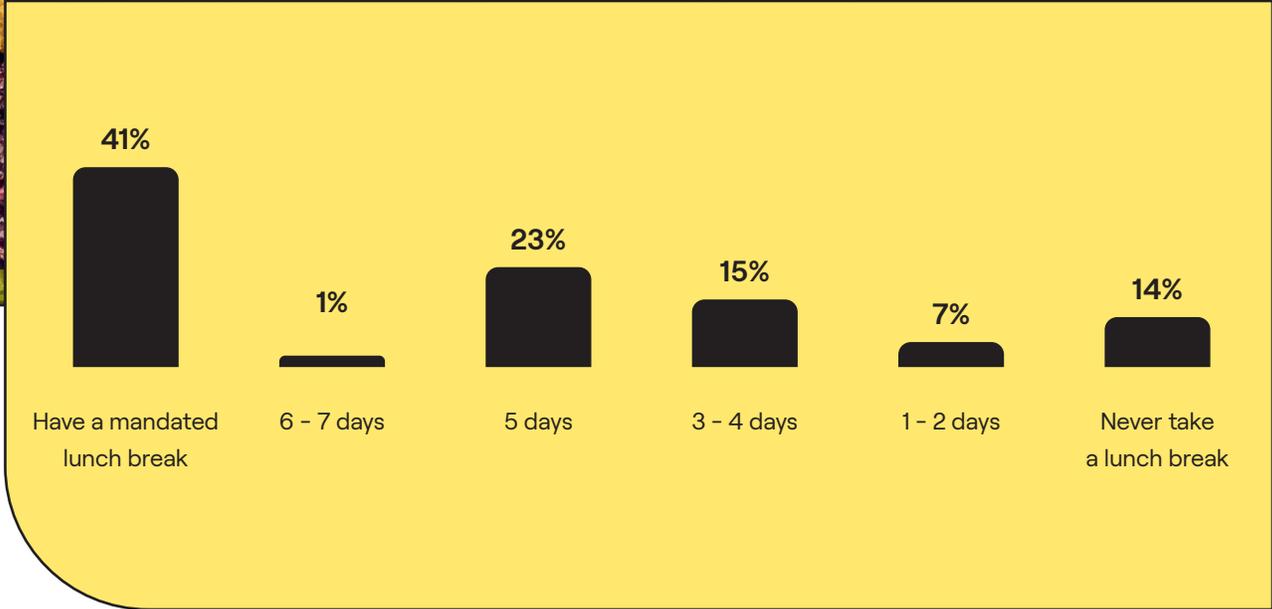
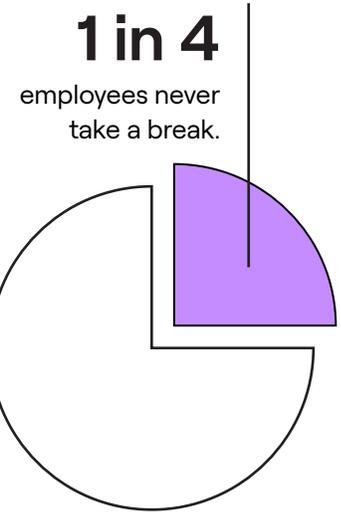
The same amount

9%

Less often



On average, how many days per week do you take at least a 20-minute break from work to eat a meal?



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

TOP RANKED RESPONSES



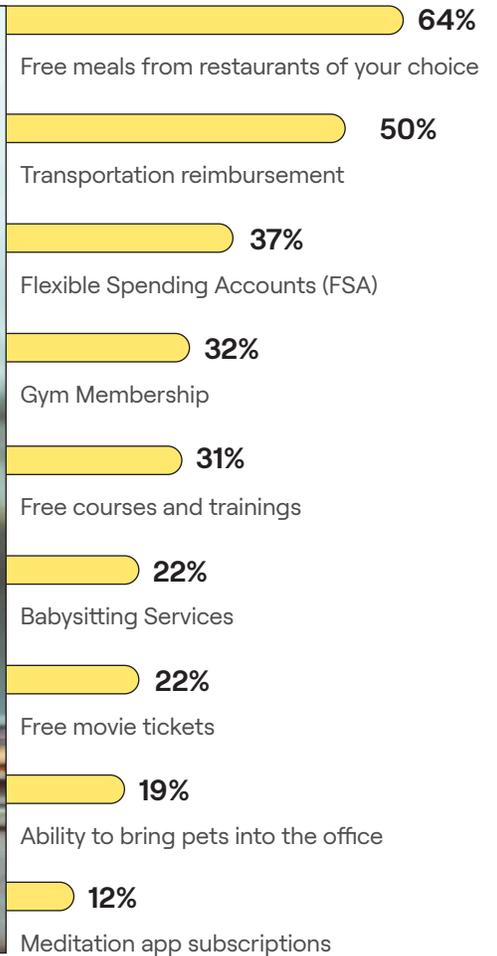
If your company offered you all the benefits listed below, which would you use most often?

TOP TWO RANKED RESPONSES

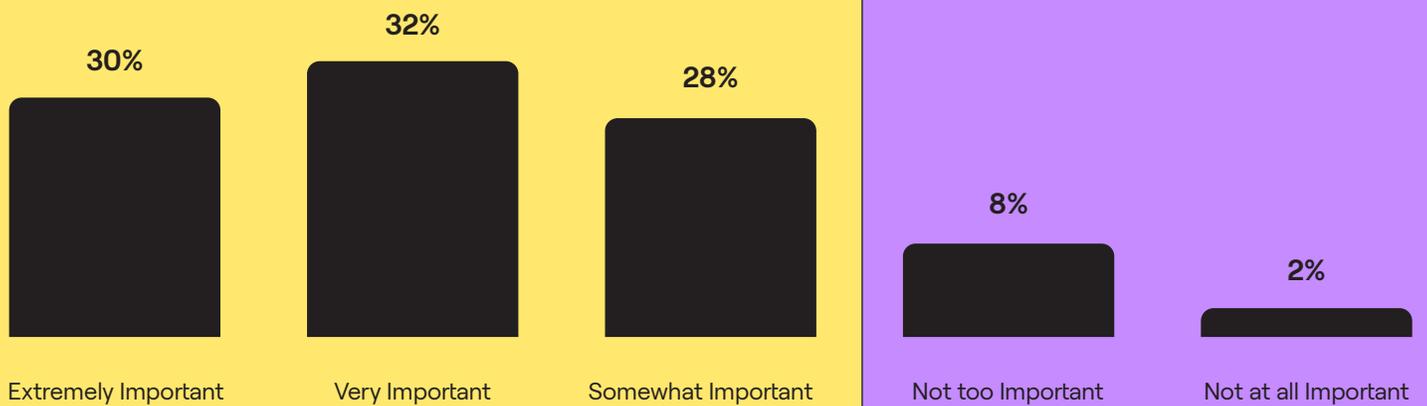


If your company offered you all the benefits listed below, which would you use most often?

TOP THREE RANKED RESPONSES



How important is it for you to work for a company that includes a social good component to the business, such as donating, giving back to the community, helping underprivileged groups, etc.?

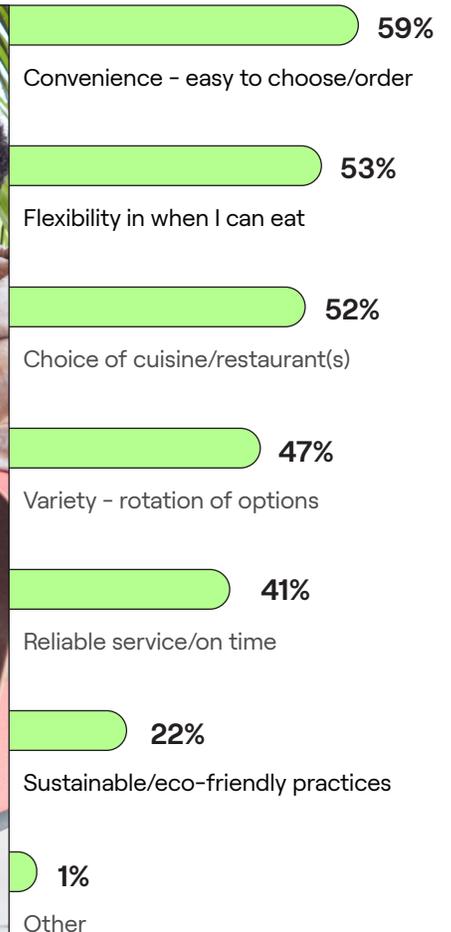


90%

of employees said that working for a company with a social good component is at least somewhat important



Which of the following, if any, are the most important in a food benefit program?



About Sharebite

Sharebite is the leading meal benefits platform designed for the modern workforce. Combining team orders, flexible solutions, centralized meal allowances, curated restaurant choices, and community impact, Sharebite helps the world's best companies elevate employee engagement with one-of-a-kind food programs.

Sharebite's corporate clients include category-leading companies across financial services, tech, legal, consulting, entertainment, agency, real estate, and other verticals.

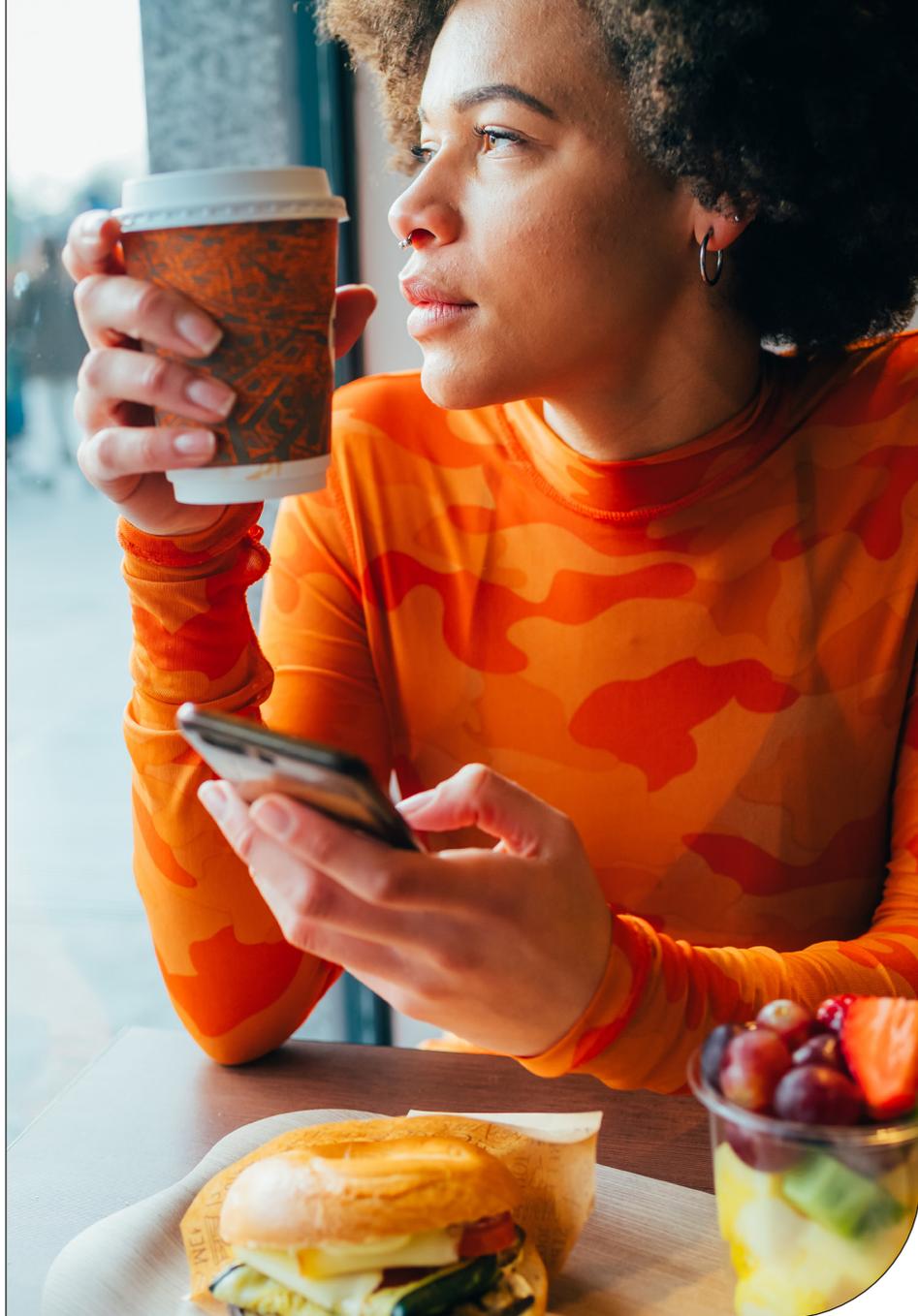
Every transaction made on the Sharebite platform results in a donation to alleviate hunger in local communities via its partnerships with Feeding America & City Harvest. To date, Sharebite has donated 5 million meals.



*\$1 helps provide at least 10 meals secured by Feeding America® on behalf of local member food banks.

Photo Courtesy of City Harvest/Lori Cannava





Sharebite connects communities and companies across the world through the power of feel-good, do-good eating—whether you're in the office, at home, or somewhere in between. Every meal you enjoy with Sharebite is matched with a meal donated to someone in need.

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Want to learn how Sharebite can help you engage employees, strengthen culture, and increase retention of your top talent?

Email us at info@sharebite.com

Or visit sharebite.com