



Refuelling India Inc.: The New Era of Food @ Work

Sodexo's Work Experience Tracker study reveals the drivers and behaviors of today's workforce. It covers 5,500+ corporate employees globally and over 1,150 professionals of India Inc.; offering valuable insights that will help our clients to re-imagine the work environment and prioritize people to build resilient, sustainable and [future-ready workplaces](#) of tomorrow.

This report - The New Era of Food @ Work - takes the conversation further, underlining how food & nutrition is a key factor for employees - the vital fuel to nurture connection in the modern workplace.



Food makes employees feel valued at work

Food matters to employees. When it comes to employee engagement and satisfaction, our research reveals that the provision of food at the workplace signalled organizational support and led to notably higher work satisfaction.

Food inspires dialogue, encourages collaboration, and nurtures a unique sense of community.

Broadly, a good 45% of the employees are 'very satisfied' with the meal options provided by their employer, signifying the importance of food in driving employee satisfaction. However, with 32% employees stating that they are 'somewhat satisfied', there is much room for improvement to make satisfaction levels more 'sticky'.

100% employees expressed satisfaction when at least one meal solution provided at the workplace

More than just a culinary offering, workplace food cultivates a culture of connection, encouraging employees to pause, share, engage and ideate over



Why meal solutions are important?



23% employees cite free or subsidized food as an incentive to work onsite more frequently

72% of employees would prefer working from office to save on food cost (if food is available at work at subsidized rates)



83% employees are satisfied with the employer when organized meal solutions are offered (much more than those having vending machines as only option @66%)

43% of employees will bring a packed lunch where vending machine is their only option



86% is the engagement index where meal benefits are provided by the employer vs. 64% where no meal benefits are provided

Data source: Sodexo's Work Experience Tracker







meals. This service is an integral component of a positive employee experience, supporting well-being and fostering productivity and

connection. Embracing the power of food significantly contributes to nurturing talent and creating a more harmonious, fulfilled workforce. ■

What do employees want from food?

Above all, employees want flexibility. When asked what meal offering is their preferred choice, they expressed a range of options.

Meal solutions used when at workplace:

-  Workplace food facilities: **40%**
-  Bring my own meal from home: **43%**
-  Order online from delivery services: **34%**
-  Delivery service organized by employer: **33%**
-  Eat at restaurant: **33%**
-  Skip meal at work: **6%**

Despite being provided with onsite meal solutions, many employees choose to bring their own meal from home, even as they have reported paucity of time to prepare healthy, nutritious meals.

Our research also suggests a link between poor physical health in the workplace and limited access to nutritious food options - showcasing a clear role and opportunity for employers in supporting their employees.

Reasons for poor physical health:

Don't have time to prepare healthy food options: **34%**

There are no healthy/nutritious food options at my workplace: **18%**


Bad food habits when working remotely: **21%**


When it comes to putting in long and late hours at the workplace, employees rate beverages and a hot meal as being important to maintain their energy levels.

Providing nutritious meals at the workplace not only takes away the employees'



Fuel for long hours

48% prefer coffee/tea 

44% prefer fruit juices 

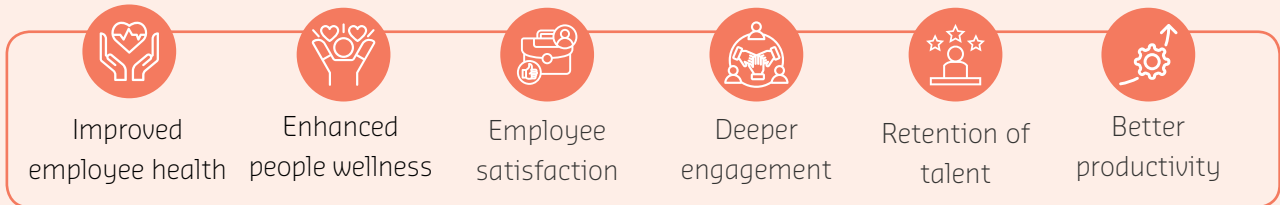
37% prefer healthy snacks 

28% prefer hot meal 

stress of preparing meals, but also fuels their energy levels through the day - and beyond. ■

What can food benefits deliver for employees and organizations?

According to our research, food benefits can boost overall employee satisfaction with the workplace, while for employers, they can create an opportunity to foster a more engaged and productive workforce through:



The future of Workplace Food is Flexible

In today's dynamic work environment, Sodexo's portfolio of branded food solutions provides the adaptability businesses need. You can now unlock a world of culinary possibilities as our team of culinary experts along with celebrity chefs meticulously craft a wide range of delicious, nutritious as well as trendy & popular recipes to keep your employees nourished all through the day. We aim to provide exciting menus with our curated food brands that can serve both variety and choice as well as consistency in taste across cafeterias.



From Pind to Plate

Enjoy the flavors of North India



Drama of Flavors from the Street

Delicious street food from across India



Coffee Bistro

Premium Coffee Lounge



Convenience on the Go!

All day snacking & beverage choices



Iconic Combos

Food jodi's that complete each other



Let's Bowl it Ya!

DIY bowls from across the world



Everyday Goodness

Simple wholesome thalis

About Sodexo India



350
Clients



1200
Sites



52,000
Employees



1.0 million
Meals served/Day



250 MSF
Area Managed



23%
Gender Diversity

Ready to elevate your employee dining experience?

Contact us today, visit in.sodexo.com or for sales related queries email gaurav.surve@sodexo.com

