



How to fuel a more productive workplace.

How a well-stocked kitchen or lunchroom can make all the difference.

winc.[®]



How important is a well-stocked kitchen?

With COVID rules relaxing and more people returning to the office in some capacity, workplaces have a real opportunity to maximise the benefits that come from working together in person.

Revitalising central meeting hubs where employees can reconnect in a way that feels familiar should be an important element of every employers' return to working on-site plan. That's where the kitchen plays a crucial role. Also known as 'the heart of the workplace', the workplace kitchen or lunchroom is a space where employees can relax and establish stronger relations in a more personal and authentic way. We conducted research in March 2021 with 650 Australian employees aged 18 years or over to find out just how important a well-stocked kitchen is and how it affects employee attitudes and behaviours.

What did we discover?

Not everyone has the benefit of well stocked kitchen. Of those who have workplace kitchens, 20% say they are not well-stocked. What's more, 14% of workers say that they don't even have a workplace kitchen. So why invest?



Don't have a well-stocked kitchen.



Don't have a workplace kitchen at all.



Well-stocked kitchens equal happiness.

According to our research, there are a myriad of benefits for organisations that invest in a well-stocked kitchen.

Almost half of workers with a well-stocked kitchen (43%) say they feel happier at work, and 38% agree that it makes them more appreciative of their workplace culture.

Furthermore, Australians with a well-stocked workplace kitchen say it helps them feel refreshed and recharged (34%), while a similar number agree it encourages them to recognise that their employer values their contribution to the business (34%).

An additional three in ten (29%) Aussie workers agree that having access to everything they need in the kitchen increases their work productivity, with 20% saying they feel less stressed and 10% saying they are less distracted.

43% of Australians with a well-stocked kitchen say they feel happier at work.

Three top benefits of a well-stocked kitchen:

- Increased productivity
- Reduced stress
- Less distractions

Collaboration happens in the kitchen

The benefits of casual conversations in the workplace are well documented when it comes to solving problems, collaborating, innovating and building relationships. And it seems the kitchen or lunchroom is a magnet for these kinds of productive interactions.

According to our research, the majority (52%) of workers say impromptu conversations with fellow employees are more likely to take place on a regular basis when visiting their kitchen or lunchroom. Additionally, one in four workers say regular planned team meetings take place in the kitchen. Gen Z workers are more likely than Gen X and Baby Boomers to have regular team meetings in the kitchen.



Four reasons to have a well-stocked office kitchen.

1. Encourage collaboration and connection

The workplace kitchen is more than just a place to get tea or coffee – it becomes a central hub where employees get to know each other. Ensure your kitchen is a welcoming and relaxing place where employees can connect. This can lead to new ideas, better problem solving and more empowered decision-making.

2. Save money

In our research, 43% of respondents say they are less likely to leave the work environment for a break if they have access to a well-stocked kitchen. Coffee is a crucial item to stock in the workplace kitchen because on average, it takes around 20 minutes for a coffee run when coffee is not available onsite. This quick break adds up to about 80 hours of lost productivity per employee, per year.

Considering the Australian average hourly rate is \$50, loss in productivity is estimated at \$4,000 per employee, per year. By investing in a coffee machine or providing employees with good quality instant coffee, you can save your business thousands of dollars per year. Beyond cost-saving benefits, providing an onsite coffee solution is a great way to boost staff morale and loyalty.

Additionally, having appliances such as a fridge, dishwasher and microwave, and small appliances such as a kettle, sandwich press and toaster will improve your kitchen facilities greatly.

3. Increase morale

Our findings show a well-stocked workplace kitchen offering complimentary food, drinks and snacks can boost employee happiness. Popular options including fresh fruit, muesli bars, tea, coffee, biscuits and other snacks are a simple way to bring employees together and provide them with extra fuel throughout the day.

4. Boost productivity

In our research, a well-stocked kitchen is clearly linked to increased productivity and reduced stress. A study published in Personality and Psychology Review says glucose provides energy for nearly all the brain's activities and self-control is especially dependent on glucose.¹ Replenishing our glucose levels with brain food supplies our bodies with the blood sugar we need to improve mood, behaviour, energy, concentration and productivity. By encouraging employees to step away from their desks and take advantage of kitchen facilities to recharge, you increase productivity as well as health and happiness in the workplace.

¹Stahl, A., 2017, 'The Links Between Diet And Productivity', <<https://www.forbes.com/sites/ashleystahl/2017/09/08/the-links-between-diet-and-productivity/?sh=5ae86515667a>>

Kitchen checklist: does your kitchen have all the essentials?

At Winc, we help employees around the country achieve a better work-life by providing everything a workplace needs to work. Our Kitchen category contains all the essentials you need for a well-stocked kitchen. Here are our top product recommendations.



Serenitea Infusions Organic Fair Trade English Breakfast Enveloped Pyramid Tea Bags Pkt 100
18881741



Arnotts Shortbread Cream & Scotch Finger Carton 150
25166774



Uncle Tobys Oats Quick Sachets Classic Variety Pack 10.
25171881



Arnotts Family Assorted Biscuits 3kg
86537051



Nescafe Cafe Menu Cappuccino Coffee Sticks 12.5g Box 10
86809702



L'OR Barista Premium Latte Coffee Capsule Machine Black
25168623



Moccona Classic Medium Roast Instant Coffee 500g Tin
85202000



Winc Earth Paper Hot Cup 80z/285ml White Pack 50
18844896



Nescafe Blend 43 Instant Coffee Sticks 1.7g Carton 1000
86512979

winc.[®]