



How to fuel a more productive workplace.

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



How important is a well-stocked kitchen?

With the pandemic largely behind us 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 a 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.

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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.

The ideal kitchen layout for productivity.

Although it may not be immediately apparent, the architecture of your kitchen is critical to workplace productivity. Here are some of our top suggestions:

Hydrate at any time

Staying hydrated is vital to the health of all employees. Water filter systems are a must-have in the workplace and convenient placement can improve efficiency and boost productivity as employees take less time to refill their bottles. Additionally, placing filtered water taps in highly frequented areas is perfect for replenishing hydration levels as well as a quick chat with coworkers.

Ideal employee-to-seat ratio

Maximise your kitchen space by finding out the ideal amount of furniture needed for your kitchen. While there's no one-size-fits-all method, conducting a survey to determine office occupancy is an effective way to optimise the use of your workplace kitchen. Providing enough chairs and tables enables employees to easily participate in the discussions while also creating an open space for people to share ideas and form strong work relationships.

The right type of furniture

Equip your workplace kitchen with comfortable and accessible furniture options that allow for collaboration and casual interaction.

Consider incorporating a range of high-top tables and bar stools that are perfect for lunchtime socialising as well as discussions with coworkers. This can improve company culture and enhance social wellbeing.

Stay up to date

Despite their unassuming look, workplace noticeboards are an effective communication tool. It provides your workplace with the opportunity to improve internal communications by keeping team members connected with important company news and other updates. Place in a communal area around the kitchen space for optimal visibility. Add your health and safety information, wellbeing documents, and fire safety updates that might otherwise be lost in the clutter of an inbox.

A well-stocked snack station

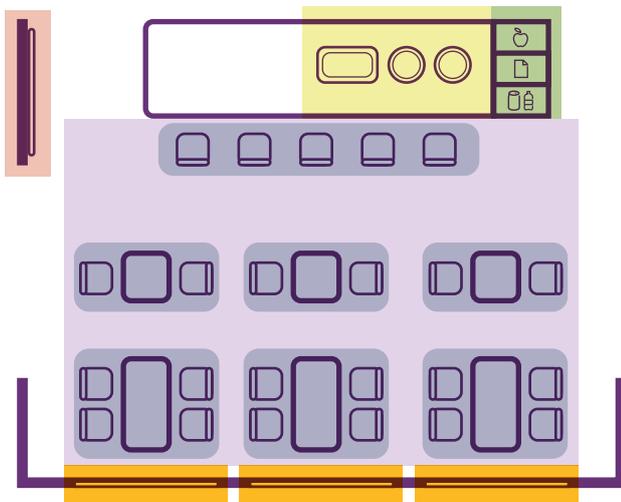
Maintaining a well-stocked snack station is integral to keeping your employees happy and productive throughout the day. Placing healthy snacks in open spaces allows for easy access and facilitates casual office conversations. Install a coffee station in a prominent location to prevent the afternoon slump.

Adequate lighting

The kitchen space that is bright and open reflects a positive working environment. Natural lighting can not only boost your employees' productivity and morale, but it also has a positive effect on physical and mental wellbeing. Creating more areas where natural sunlight is accessible can increase exposure to vitamin D and elevate serotonin levels.

Encourage sustainable practices

Your workplace kitchen is the perfect opportunity to promote your organisation's commitment to sustainability. Identify disposal points and place recycling bins in conveniently located areas where people can easily discard their items.





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 has become 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 March 2021, our research indicated that a well-stocked kitchen is clearly linked to increased productivity and reduced stress. A study published in Personality and Psychology Review explained that 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.

¹ Stahl, 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: do you 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.



Mandura Nescafé
Blend 43
1kg Tin
25185613



Connoisseur A La Carte
Mug 350ml White
Box 6
25166774



Arnotts Tim Tams Chocolate
Biscuits Portion Control
Carton 150
86598945



Twinings English Breakfast
Enveloped Tea Bags
Carton 500
19020631



Nero Urban Kettle
Stainless Steel
1.7L
25085776



Dairy Farmers UHT Whole
Milk Single Serve 15ml
Carton 240
18864866



Nestlé
Milo
1.9kg Tin
86514699



Nero Deluxe 4 Slice
Sandwich Press / Contact Grill
With Timer
25061188



Victoria Gardens Premium
Mixed Nuts Snack Salted
Portion Control 25g Carton 60
86512979



Everything your workplace needs to work.

Winc is a workplace supplies company. We source, package and deliver the best solutions and take care of everything a workplace needs to work, wherever work happens to be. By offering one of the broadest ranges delivered direct to your desktop or doorstep, Winc frees you up to do what you do best.

Our team of product specialists are dedicated to creating tailored solutions for our customers. Increase wellness and productivity with seasonal fruit and fresh milk for daily or weekly deliveries to suit your company needs.

To ensure your workplace kitchen has everything you need to fuel your workplace, contact your Winc Account Manager.

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