# Aeropak’s free healthy lunches boost staff wellbeing and productivity in Great Yarmouth



In recent months, a growing number of businesses are recognising the potential of providing free lunches to their staff as a practical strategy to mitigate the notorious "afternoon slump." This trend, particularly evident in the Great Yarmouth area, reflects a broader shift towards prioritising employee health and well-being through nutritious meal options. Leading this initiative is Aeropak, a pharmaceuticals manufacturer, which has implemented a programme providing its 150 employees with healthy lunches, contributing to both enhanced well-being and improved productivity.

According to Steve Marsh, site manager at Aeropak’s Gapton Hall Industrial Estate, the company has observed a remarkable transformation in dietary habits among its workforce. “They are eating healthier now because we’re providing more nutritious meals compared to what we used to a few years ago," he noted. Marsh emphasised that this approach not only promotes better health but also reduces absenteeism. The intention is simple: by alleviating the need for employees to plan for their meals, Aeropak fosters an environment that encourages healthy eating, thereby counteracting post-lunch lethargy.

The meals, supplied by Lowestoft-based Funnells Kitchen, feature vibrant and wholesome dishes such as rainbow salads and high-protein Korean chicken bowls. Owner Nick Phillips explained that these choices deliberately contrast with the typical ultra-processed offerings prevalent in many workplaces. “Generally, brown and beige foods are more likely to be processed and less nutritious,” he stated. The initiative has reportedly boosted energy levels, particularly for the often-overlooked night shift workers who previously relied on unhealthy vending machine snacks. By providing hearty, nutritious meals, Aeropak not only supports the health of its employees but also positively impacts productivity, creating a win-win situation for both staff and the company.

The emphasis on eliminating ultra-processed foods aligns with emerging evidence linking such diets to health issues like obesity and type 2 diabetes. One study highlighted that over half of the average UK person's calorie intake now originates from these types of food, which often contain additives that can lead to energy spikes and crashes. The Food and Agriculture Organisation’s NOVA classification system categorises these foods based on their level of processing, raising questions about their health implications. Phillips further elaborated on the importance of food quality, suggesting that a focus on fresh, minimally-processed ingredients could potentially change workplace dynamics.

Moreover, the trend extends beyond Aeropak, with several businesses across the region recognising the benefits of investing in employee well-being. Research indicates that free lunches lead to improved morale and stronger team dynamics, as shared mealtimes foster connections among colleagues. Those who participate in such programmes often report increased satisfaction with their jobs, suggesting that these meals not only provide nourishment but also enhance workplace culture.

The impacts of providing free lunches are multi-faceted. Trends suggest that staff who enjoy a nutritious mid-day meal exhibit reduced stress and greater overall job satisfaction. As companies like Aeropak and Funnells Kitchen continue to set a precedent within the region, the appetite for healthier workplace initiatives appears set to grow. In a landscape where employee well-being increasingly influences organisational success, the strategy of offering nutritious lunches is likely to pave the way for further innovations aimed at enhancing productivity and well-being across various sectors.

Efforts like these not only support individuals but also respond to a burgeoning demand for healthier corporate environments. As employers continue to embrace these initiatives, the potential to reshape workplace culture and productivity for the better is considerable.

### 📌 Reference Map:

* Paragraph 1 – [[1]](https://www.edp24.co.uk/news/25203278.aeropaks-free-staff-lunches-helping-end-afternoon-slump/?ref=rss), [[3]](https://trypicnic.com/blog/toolkit/benefits-of-free-food-at-work)
* Paragraph 2 – [[1]](https://www.edp24.co.uk/news/25203278.aeropaks-free-staff-lunches-helping-end-afternoon-slump/?ref=rss), [[2]](https://www.funnellskitchen.co.uk/corporate-catering/), [[4]](https://www.forbes.com/sites/jesscording/2022/07/26/the-power-of-free-lunch/)
* Paragraph 3 – [[6]](https://nutrigastro.com/nutritious-lunch-boosts-workplace-productivity/), [[5]](https://www.linkedin.com/pulse/free-lunches-work-why-matter-employees-caterbucks)
* Paragraph 4 – [[1]](https://www.edp24.co.uk/news/25203278.aeropaks-free-staff-lunches-helping-end-afternoon-slump/?ref=rss), [[5]](https://www.linkedin.com/pulse/free-lunches-work-why-matter-employees-caterbucks)
* Paragraph 5 – [[4]](https://www.forbes.com/sites/jesscording/2022/07/26/the-power-of-free-lunch/), [[3]](https://trypicnic.com/blog/toolkit/benefits-of-free-food-at-work)
* Paragraph 6 – [[2]](https://www.funnellskitchen.co.uk/corporate-catering/), [[7]](https://americanvendingllc.com/blog/power-free-lunch-why-winning-strategy-employee-satisfaction-metro-detroit-area-southfield-rochester-hills/)
* Paragraph 7 – [[3]](https://trypicnic.com/blog/toolkit/benefits-of-free-food-at-work), [[6]](https://nutrigastro.com/nutritious-lunch-boosts-workplace-productivity/)
* Paragraph 8 – [[2]](https://www.funnellskitchen.co.uk/corporate-catering/), [[5]](https://www.linkedin.com/pulse/free-lunches-work-why-matter-employees-caterbucks)

Source: [Noah Wire Services](https://www.noahwire.com)

## Bibliography

1. <https://www.edp24.co.uk/news/25203278.aeropaks-free-staff-lunches-helping-end-afternoon-slump/?ref=rss> - Please view link - unable to able to access data
2. <https://www.funnellskitchen.co.uk/corporate-catering/> - Funnells Kitchen offers corporate catering services, providing nutritious and healthy meals designed to boost employee focus and productivity. Their menu includes options for various dietary needs, such as vegan, vegetarian, gluten-free, and dairy-free. By offering balanced meals, they aim to enhance energy levels, promote creativity, and improve employee retention, fostering a positive work environment.
3. <https://trypicnic.com/blog/toolkit/benefits-of-free-food-at-work> - This article discusses the advantages of providing free food at the workplace, highlighting benefits like improved employee morale, increased productivity, and enhanced team bonding. It emphasizes that offering free meals can lead to a happier, healthier workforce, fostering a positive work culture and attracting top talent.
4. <https://www.forbes.com/sites/jesscording/2022/07/26/the-power-of-free-lunch/> - The article explores how offering free lunches at work can boost employee satisfaction and productivity. It highlights that free meals can lead to increased job performance, reduced stress, and improved work-life balance. Additionally, it notes that 65% of survey participants would plan to work on-site based on complimentary lunches offered.
5. <https://www.linkedin.com/pulse/free-lunches-work-why-matter-employees-caterbucks> - This blog post examines the significance of free lunches at work, emphasizing their role in valuing employee well-being, providing convenience, and enhancing job satisfaction. It also discusses how shared meals can foster a positive workplace culture and attract and retain talent.
6. <https://nutrigastro.com/nutritious-lunch-boosts-workplace-productivity/> - The article outlines how nutritious lunches can boost workplace productivity and employee health. It discusses benefits such as increased energy levels, reduced absenteeism, enhanced employee morale, and lower healthcare costs, emphasizing the importance of promoting healthy eating habits in the workplace.
7. <https://americanvendingllc.com/blog/power-free-lunch-why-winning-strategy-employee-satisfaction-metro-detroit-area-southfield-rochester-hills/> - This blog post highlights the benefits of providing free lunches at work, including encouraging social connections, boosting employee well-being, and increasing productivity. It notes that 65% of survey respondents said supplied lunches would spur them to eat with co-workers, enhancing collaboration and community within the workplace.