

Why Workplace Nutrition Matters

eBook

Wholesome StrideVending Solutions



Better Snacks. Better Energy. Better Work.



Food fuels focus — and what your team eats during the day directly impacts productivity, energy, and morale. Most employees spend 8+ hours at work. When healthy options aren't accessible, they grab what's quick — usually sugary or processed snacks that lead to energy crashes and afternoon slumps. But when you make better choices easy — with healthy, convenient options right on site — **you support a culture that works smarter, feels better, and performs stronger.**

3 Ways Healthy Snacks Improve Productivity

1. Better Focus & Sustained Energy

Nutritious snacks stabilize blood sugar and support brain function, keeping employees sharp and alert — especially during long meetings or late afternoons.

2. Reduced Absenteeism

According to the CDC employers spend \$1685 per employee per year on absenteeism due to illness. One way to combat this is initiating a wellness workplace program. Simply having healthier snacks your employees have access to can have a huge impact on their morale and their health. Thus reducing absenteeism.

3. Improved Morale & Retention

Providing healthy options shows employees you value their well-being. That simple gesture goes a long way in loyalty, satisfaction, and company culture.

Wholesome Stride Vending Solutions would be happy to partner with you to help you curate snacks for your staff, that can benefit your employees health and your bottom line.



What Makes a “Smart Snack”

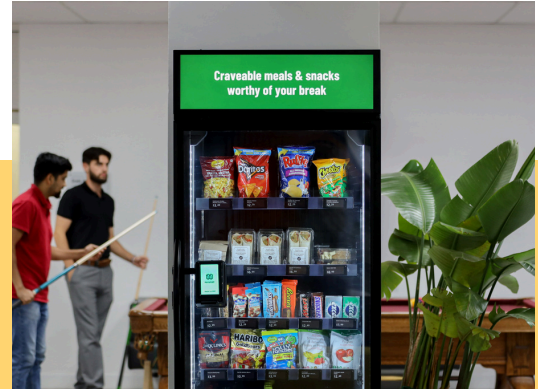


When curating
your workplace
snack options,
look for:

- **Protein + Fiber:** keeps employees full longer (nuts, protein bars, jerky, yogurt)
- **Hydration Options:** water, sparkling water, low-sugar drinks for sustained focus
- **Whole-Food Ingredients:** think of having a bowl of apples instead of a bowl of candy in a common area
- **Balanced Variety:** include options for different preferences — low-carb, gluten-free, plant-based Wholesome Stride machines make this easy with customizable menus tailored to your team’s needs. Examples include Smartfood popcorn, Veggie Chips, and nuts.

The ROI For You

- ✓ Up to 95% of companies who invest in wellness initiatives see a ROI according to Wellhub, a Wellness Platform. Their study revealed “HR leaders attributed ROI to reduced sick days, lower healthcare and recruiting costs, as well as higher retention rates, increased productivity and overall employee satisfaction”
- ✓ Replacing junk snacks with balanced options can boost productivity by 10–15%.
- ✓ Employees who feel cared for are 3x more likely to stay long term. That’s impact you can see — in your culture and your bottom line.



Healthy
vending isn't a
“perk” - it's a
performance
strategy.

Wholesome Stride Vending Solutions has the machine that can help see these benefits, without you lifting a finger and at no cost.

Let's Partner



- Wholesome Stride provides modern, cashless vending machines filled with healthy, energizing options — all managed for you at no cost to your business.
- We provide full-service setup and maintenance
- Smart restocking in real time; the machine will always be fully stocked based on usage
- Locally sourced and wellness-focused products
- Possible commission options available
- Sleek, space-saving design that upgrades your breakroom

Ready to Boost Productivity the Smart Way?

Partner with Wholesome Stride to provide healthier choices — and better energy — to your workplace.

A Healthier Place with One Simple Change

Healthy snacks may seem small — but they create a ripple effect across your entire organization. When employees have access to nourishing options, they show up with better energy, clearer focus, and higher morale. And that directly strengthens your culture, your productivity, and your bottom line. You don't need an expensive wellness program. You just need better choices more accessible.

That's where Wholesome Stride comes in. We believe every employee deserves to feel their best — and every workplace deserves a convenient, no-fuss way to make that possible.

