



THE BUSINESS CASE FOR HEALTHY DINNERS

YOUR EMPLOYEES
HEALTHIER EATING,
LOWERED STRESS,
MONEY AND TIME SAVED

\$1200
annual family savings
on groceries

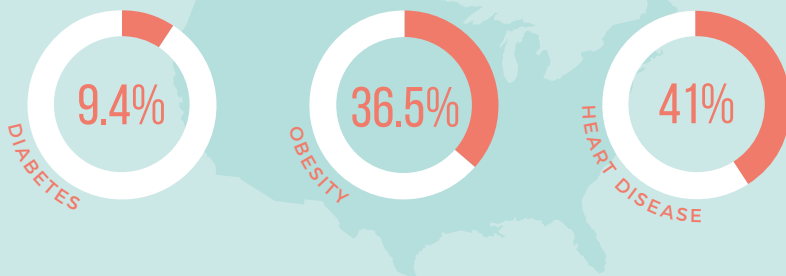
UP TO 200
calories saved per day
from cooking dinner
at home

3 TO 5
hours saved per week
planning, shopping
and cooking

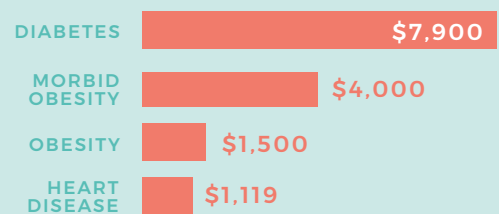
YOUR BUSINESS

Healthy, wholesome recipes improve nutrition and wellness outcomes among your employees and can help address the three most prevalent chronic illnesses

% of U.S. population



Cost per employee per year



OBESITY
\$506/yr
productivity loss for
each employee

HEART DISEASE
54 HOURS
lost productivity per year

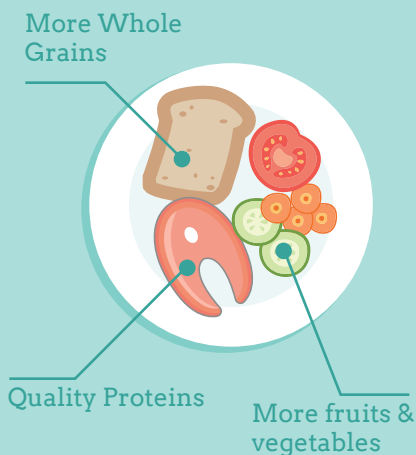
DIABETES
44 HOURS
lost productivity per year

"Absenteeism costs are reduced by approx. \$2.73 for every \$1 spent on comprehensive worksite wellness programs."

- U.S. DEPT OF HEALTHY AND HUMAN SERVICES

FOR A FEW DOLLARS PER MONTH THE DINNER DAILY HELPS EMPLOYEES...

EAT WELL



NIGHT AFTER NIGHT



Wide variety of recipes



Suitable for varying family sizes

WITH A PLAN



Weekly recipes customised
to your needs



Coupons linked to recipes
in our plans

...SO THAT YOUR BUSINESS AND YOUR EMPLOYEES CAN SEE THE RESULTS