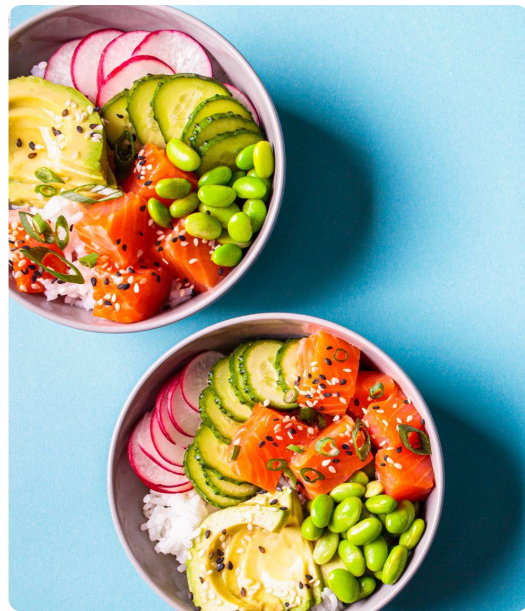




The State of Workplace Food Programs & Lunch Behaviors in 2026

*How 100+ leading companies are
setting the table for employee lunch
and what your workplace can learn*



Agenda:

1. Quick Fooda Context
2. Survey Results: Deep Dive
3. Responding to the trends: Fooda's Products
4. Customer Story: Popup & Delivery in Action
5. Community Impact
6. Design Your Food Program
7. Q&A



Dustin Lasky

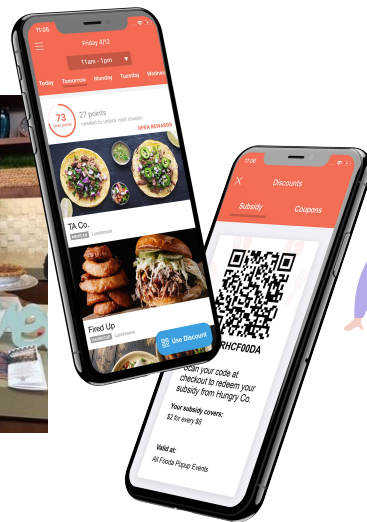
Business Development
Founding Team Member, Fooda



Stafford McKay

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The Fooda Story



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The most important ingredient: Great, local, authentic food

47% of Glassdoor
Best Places
to Work

have partnered with
Fooda to bring local
restaurants to their
employees

'GLASSDOOR'
BEST PLACES
TO WORK

WE ASKED WORKPLACE EXPERIENCE & PEOPLE LEADERS

6 Questions about lunch, culture, and food programs at work

100+

companies responded

1. How has employee lunch behavior changed in your workplace over the past 2-3 years?
2. What lunch behaviors do you actively encourage in your workplace?
3. What best describes your current approach to workplace food programs?
4. How important is variety in your workplace food program?
5. How important is supporting local restaurants in your food program?
6. In your view, how much does food at work impact workplace culture?



Our Findings

Survey results from 100+ companies | May 2026

The 2026 Workplace Lunch & Food Program Survey

We surveyed workplace experience and people leaders to understand how lunch behaviors are shifting, and what leading companies are doing about it.

100+

Unique companies
represented

2026

Current data —
Surveyed this year

HR+

Workplace
experience &
people leaders

FOOD = CULTURE

83%

of workplace and people leaders say
**food has a moderate to
significant impact on
workplace culture**

Yet one in three companies
surveyed told us they
do not have a food program at all



**Those that have
food programs,
aren't fully
encouraging
behavior that
builds culture
around meals...**

The Intentionality Gap

61%

Actively encourage employees to take a real break away from their desk



The most common intentional act — but still only 6 in 10 companies

47%

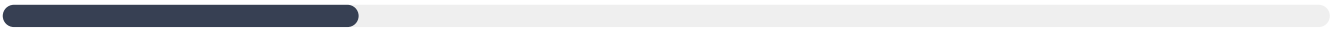
Actively encourage team members to eat together



Fewer than half of companies are creating shared meal moments

25%

Don't actively encourage any lunch behaviors at all



1 in 4 companies is leaving the lunch hour entirely to chance

In the last 2-3 years, how has lunch changed?

Biggest takeaway - despite encouraging return to office...



Only 22%

say lunch has become more social

1 in 5

Someone is eating alone at their desk right now.

Someone else skipped lunch entirely. And a growing number of leaders are starting to wonder if that's a culture problem they've been ignoring.

The companies that are intentional about lunch are pulling ahead in morale, connection, and retention.

Those that aren't are leaving culture to chance.



What Matters in a Food Program?

The **Local** Restaurant Signal

87%

say supporting local
restaurants matters to
their food program

28%

Extremely important

31%

Important

29%

Nice to have



Employees aren't just hungry — they want their lunch to mean something.
Supporting local is increasingly part of what makes a food program feel worth participating in.

Only 9% say supporting local is not a priority. Near-universal agreement — yet most programs don't reflect it.

Employees Expect **Variety**. Programs Aren't Keeping Up

83%

say variety is important or extremely important

61%

Important — some consistency, but regular rotation

28%

Balanced — mix of favorites and new options

25%

Extremely Important — employees expect frequent change

8%

Not Very Important — consistency is preferred

Programs that serve the same thing every week are already behind. Rotation, discovery, and local options keep employees coming back.

Responding to the Trends: Fooda Products

fooda

Our Products

Full Stable of Products Allow for Customizations, Flexibility, and Scalability



Food Halls

Replace or create a new café using multiple resident restaurants and rotating Popup stations in a full-service program managed by Fooda. In-house catering is seamlessly provided through the resident restaurant.



Popup Restaurants

The product that put Fooda on the map. Guest restaurants visit during mealtimes, "popping up" in lobbies, breakrooms, empty cafeteria stations, and in any other space (no infrastructure is required).



Fooda Delivery

Employees place individual orders from a selection of restaurants. All food is delivered at the same time. Group delivery dramatically saves on fees compared to traditional one-off deliveries.



Catering

From full-service catering to boxed lunches. A dedicated account manager gets to know your team and helps with orders. Admins can also use the Fooda catering portal to directly access multiple restaurants.



Full-service Barista Bars

Choose from a local roaster or national branded coffee concept. Can sustain both coffee + grab & go.



Workplace Convenience Services

In partnership with regional and national operators to providing elevated 24/7 micro-markets and vending solutions.

Zooming in: Popup + Delivery for hybrid teams

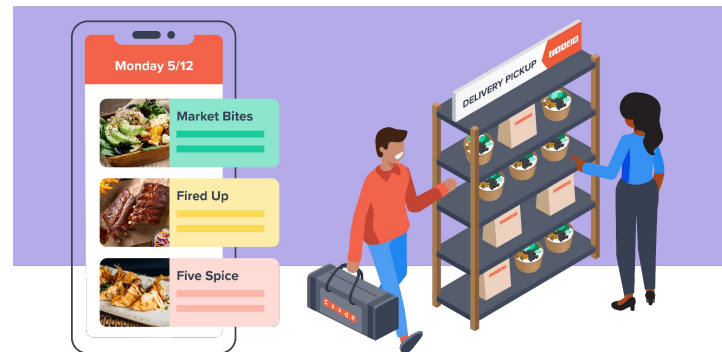
For hybrid teams, one service isn't enough. The most effective programs combine Popup and Delivery — giving planners and day-of deciders both a seat at the table.



Popup — Fresh + flexible

- Local guest restaurants visit onsite, no infrastructure needed
- Walk up and choose, no pre-ordering required
- Daily rotation keeps the experience fresh and builds anticipation
- Creates a genuine onsite dining moment that people look forward to

Best for: day-of deciders, employees who want an onsite dining experience



Delivery — Planned + personalized

- Order individually from local restaurants by 10am cutoff
- All orders arrive together; dramatically lower fees than one-off delivery
- Full dietary customization and specific restaurant choice
- Resets daily, employer stipend prevents double-dipping

Best for: planners, dietary needs, employees who want control over their order

Real World Example: Entertainment Company Burbank

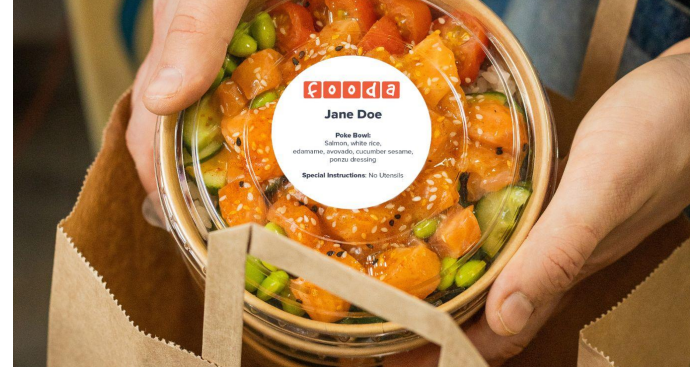
Popup + Delivery for a workplace where employees don't all decide lunch the same way.

The challenge:

- Stand out in a competitive Burbank job market
- Serve both planners and day-of deciders without forcing everyone into one workflow
- Meet restaurant-quality expectations in a demanding LA food market
- Offer variety and choice across different dietary preferences

The solution:

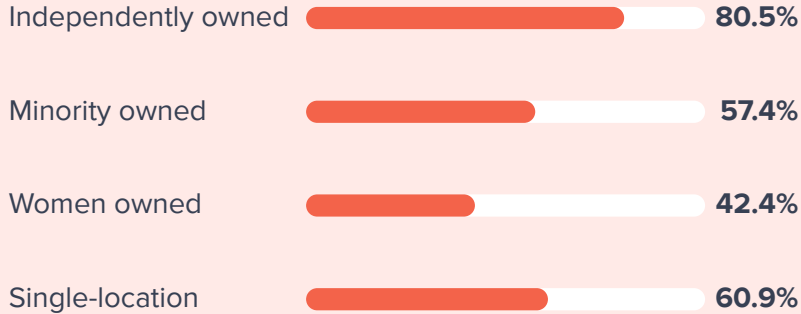
Combined Popup + Group Order Delivery: two ways to get lunch, one unified system with one shared employer subsidy.



Fooda's Impact on the local economy

Who's in the Fooda Restaurant Network?

OWNERSHIP DEMOGRAPHICS



SUPPLIER DIVERSITY CERTIFICATIONS

Minority-Owned Small Business (MSOB)	16.9%
Minority Business Enterprise (MBE)	11.5%
Women-Owned Small Business (EDWSOB)	3.9%
Small Disadvantaged Business (SDB)	3.6%
HUBZone Small Business	1.5%

27.2% of Fooda restaurant partners hold at least one formal certification — making this program a genuine supplier diversity asset

When your food program runs through Fooda, 100% of it supports locally owned businesses.



Supporting Local Translates into Real Success Stories



From Popup to Permanent

One restaurant partner used their Foda income to open a 2nd location, the volume being generated from Foda's events was too much to handle out of their brick and mortar store so they signed a catering kitchen lease

Minority & Women owned



Best Year On Record

A family-owned restaurant added staff and doubled their catering capacity, growth they directly attribute to the steady, predictable revenue that comes from a Foda partnership.

Minority & Women owned



Franchise of the Year

A minority-owned franchise location won the top national award for their entire brand, an achievement the owner credits to the volume and visibility that the Foda relationship made possible.

Minority owned

Design Your Food Program

<https://info.fooda.com/design-your-food-program>

Toggle your employer subsidy and daily population to simulate what Fooda Solutions make work best for you.

Employer Paid Subsidy

Per Person, Per Meal



Estimated Weekly Program Cost

\$631.05

Monday

Population



Expected Participation

14

Best Fit A La Carte Services:



Tuesday

Population



Expected Participation

62

Best Fit A La Carte Services:



Wednesday

Population



Expected Participation

79

Best Fit A La Carte Services:



Thursday

Population



Expected Participation

56

Best Fit A La Carte Services:



Friday

Population



Expected Participation

6

Best Fit A La Carte Services:

Audience Q&A



Get 1:1 time with a
Back to Workplace Food Planner

We're happy to lend time and expertise to webinar attendees,
without commitment or cost.

Appendix