

Workplace wins:

keeping your teams energised and engaged at home



It's been an odd year. Winter has arrived and we've found ourselves indoors and in our bubbles for the best part of 2020. Some of us haven't seen our workmates IRL since March. What would normally be a busy season of trade shows, networking events and team activities has turned into days full of virtual meetings and long nights binge-watching our favourite shows.

Lockdown 2 feels different to the first time - we've adapted to remote working and it feels more or less normal now. There's no longer that 'blitz spirit' from earlier in the year, with a divide forming between the 'let's-have-another-virtual-coffee-meet'-ers and the reclusive hermits within the team.

TwinFM research recently uncovered that only 11% of office workers are excited about their company's alternative to a Christmas party. If we're all getting Zoom fatigue, what else can be done to build stronger virtual teams? At Fooditude, we know a thing or two about the positive role food and wellness play in building engagement.

Here are 5 fresh ideas you can use to engage and connect with your team:

1. Gamify breaks

We all know the importance of having breaks during the working day - but how do you ensure your team takes them? Set a challenge that requires people to get out of their chair. Ask them to post their craziest pet pic or most instagrammable lunch.

2. Work exercise buddies

Daily runs or walks are more difficult to maintain in the wetter, colder winter months. Why not set up an 'exercise buddy group' for the team to keep each other accountable for their jogs and downward dogs? Encourage your team to take a mid-afternoon 30min exercise break whilst there's sunlight.

3. Make meetings extra special

Breakfast meetings and power lunches don't need to stop just because we're all working from home. Carry on with business as usual by ordering in food to your staff for your next virtual meeting. This home-delivered service is available from many workplace caterers, including Fooditude!

4. Team activities for charity

Charities are struggling more than ever this year with their funding revenues depleted and volunteering made difficult due to COVID-19 restrictions. So, why not turn break time into an opportunity to raise funds for charity? Check out the 2.6 challenge [website](#) for bite-sized challenges.

5. Host a cook along

Treat your team to a gourmet cook along with a professional chef. Fooditude's Director of Food, Matt Byne, has hosted a few and they've been a fun way to learn something new. Bring people together in an authentic and informal way by cooking favourite recipes over a glass of wine.

Book your team cook along...



Fun food challenges

Raise your team's mood with these three tasty activities. Add a little spice to your virtual meetings and unleash your team's inner creativity through food. Nothing fancy is required! All ingredients can be bought inexpensively from a local supermarket.



Build-your-own smørrebrød

It's time for your team to get 'scandi' in the kitchen with [smørrebrød](#); an open-faced sandwich, using rye bread as a base, topped with meats, fish, spreads and garnish. The challenge here is to see who can make the most delicious-looking combo. Put it to a vote - and let the most 'insta-worthy' smørrebrød win!



Fridge foraging

Challenge your team to a fridge forage just in time for lunch; ask your team to make a salad for lunch just with the ingredients they have available at home. You can have badges for those who come up with the healthiest / prettiest / oddest combination! The big question is, will your tomato-anchovy-crouton salad win?



Cocktail challenge

Do you make time on Fridays at 5 PM for a cheeky post-work drinks catch up? Jazz it up with an innovative drinks challenge. Alcoholic, lo or no. Let their imagination run wild, searching the furthest corners of the drinks cupboards, the weirder, the better! This is always a super effective ice-breaker.