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HAPPIEST OFFICE WORKERS ARE THOSE WHO GET FREE SNACKS

For Millennials, Free Food is Especially Important

QUINCY, MA (Sept 16, 2015) – For full-time office employees, it may just be the little things that make a big difference. In a recent survey with ORC International, Peapod.com, the country's leading online grocer, found that happiness levels are higher for those who receive free food in the workplace, a relatively low-cost to employers that has a big impact on morale. Among employees whose offices provide free snacks or beverages, most of those who say their office cupboards and fridge are always nicely stocked report being extremely or very happy with their current job (66%). And it's not just any food. Employees value healthy options with 83% agreeing "having healthy and fresh snack options (e.g., fruit, vegetables, yogurt, low-calorie snacks) provided in the workplace is a huge perk."

While more than half (55%) are provided with free beverages such as coffee, tea or hot cocoa, far fewer (only 16%) are provided with free food in the form of snacks, treats, and groceries – showing there's still room for employers to improve.

Those companies seeking to attract millennials, adults ages 18 to 34 who make up the largest share of the American workforce*, would be especially well-advised to provide good kitchen perks. Looking back to when they last accepted a job position, millennials were nearly three times as likely to value the availability of in-office treats compared to those 45 and older. In addition, 66% of millennials agree "If I found or was offered a job at another company with better perks, including availability of snacks, I would take it."

Peapod has seen trends in grocery delivery to businesses evolve with the needs and priorities of workers over the years. "We're seeing more businesses provide a variety of free food and beverage options – and increasingly they are providing healthy snacks. Of the top 50 most popular items ordered on Peapod for office delivery, nearly half (48%) are produce items," said Peg Merzbacher, vice president of regional marketing for Peapod. "Many of our business customers get a delivery once a week, and our hunch is that they have discovered it's a very cost-effective way to keep their employees happy and productive."

Some of the most popular items ordered for Peapod delivery to business include:

- Bananas (#1 seller)
- Navel and Clementine Oranges
- Strawberries and Blueberries
- Gala Apples
- Red Seedless Grapes
- Bartlett Pears
- Soda such as Diet Coke, Coke and Canada Dry Ginger Ale
- Nature Valley Crunchy Granola Bars Oats 'n Honey 100% Natural
- Snack packs such as Snyder's of Hanover 100 Calorie Pack Pretzel Minis and Frito-Lay Variety Pack Classic Mix

- Yogurt including Chobani Greek Fruit on the Bottom Yogurt in Blueberry and Strawberry varieties

The survey found that free snacking options don't go underutilized by workers. Among those who are provided with free food or beverages in the workplace, nearly half of workers (48%) consume in-office snacks or beverages 1-4 times per week, while another three in ten (29%) do so once a day or more often. This makes sense since more than half (56%) of all full-time office workers agree "I hit an afternoon slump if I don't have any snacks to refuel my energy."

To learn more about Peapod's delivery to business offering, visit www.Peapod.com.

About Peapod

Peapod – an Ahold USA company – is the country's leading Internet grocer, serving 24 U.S. markets throughout Connecticut, Illinois, Indiana, Maryland, Massachusetts, New Hampshire, New Jersey, New York, Pennsylvania, Rhode Island, Virginia, Washington, D.C. and Wisconsin. Founded in 1989 as a smart shopping option for busy households, today Peapod has delivered more than 30 million grocery orders. Customers can order online or on Peapod's free mobile app for delivery to homes and workplaces or pick-up at many convenient locations. For more information on Peapod, call 1.800.5.PEAPOD (1.800.573.2763), e-mail service@peapod.com or visit www.peapod.com.

Survey Methodology: ORC International conducted this research via an online survey of among 1,009 full-time office workers, comprising 504 men and 505 women. The research was conducted August 11-17, 2015.

* Pew Research Center analysis of U.S. Census Bureau data