



*Five*Dinners

Your Weekly Meal Planner

FiveDinners - One Shopping List

FiveDinners.com

**Employee Engagement, Wellbeing
and Inclusiveness Solution**

Enhance your employee experience through food

What is FiveDinners.com

FiveDinners.com is an **online curated meal planning service**.

Each week our chefs create a new meal plan with five delicious, easy-to-cook recipes that comes with an **automatically generated shopping list**. FiveDinners.com was created by celebrity chef and award winning cookbook author **Theo Michaels**.

User Features

- **One automatic shopping list** for the week so you know exactly what you need to buy.
- **Change serving size** to match your family (the shopping list updates automatically)
- **Create and save your own meal plans** with our recipes, save favourites, swap recipes, skip days and lots more!
- **Text-a-chef** for realtime help in the kitchen





Note from our founder

"We believe in the mantra 'happy home - happy work' and rarely does one exist without the other.

Our Employee Engagement, Wellbeing and Inclusiveness solution is designed to provide your staff with real-world tools to create a healthier lifestyle in a sustainable way, enhancing their physical and mental wellbeing while also increasing your employee engagement, inclusiveness and experience."

Theo Michaels, Founder

Theo is an award-winning author of 6 cookbooks, an Executive Chef and often seen on TV and in the press.

Make a difference

Besides all the benefits of using [FiveDinners.com](https://www.fivedinners.com) you can also include:

- **Live Cookalong'** – join Theo for your own exclusive live company event, a fun way to enhance employee experience and increase company engagement.
- **Food Clinic** – live Q&A sessions exclusively with your staff to drop-in and ask questions about cooking, food, diet with our chefs
- **Eat together** – imagine all your staff cooking the same thing for dinner and having that shared experience to talk about at work; bringing inclusivity to the workplace with shared experiences.
- **Water Cooler** – a forum for staff to engage, comment and share ideas about food and cooking, bringing remote workforces together through food.
- **Food Heroes** – celebrate diversity and inclusiveness; employees enter their own recipes to become a company Food Hero with the winning recipe featured in a meal plan for the whole company to sample.





Employee Benefits

- **Accessible and cost effective** - easy family friendly recipes with easy-to-find (and not expensive) ingredients - but never compromising on taste
- **Increase mental wellbeing** - no more stress deciding what to cook every night - we issue a new meal plan every week
- **Save money** - increase disposable income through reducing cost of the weekly 'shop' - one shopping list means only buying what you need
- **Reduce food waste** - meal planning is #1 tool to fight household food waste saving on average £60pm in wasted food
- **Promote healthy lifestyle** - cook using fresh ingredients with easy-to-follow recipes
- **Get out of the dinnertime rut** - variety of ingredients and recipes to choose from and make it your own

Company Benefits

Employee wellbeing

- Promote **mental wellbeing** taking the stress out of dinnertimes and the decision making
- Promote **healthy lifestyle** cooking with fresh ingredients and increasing confidence in the kitchen - a vital life skill, especially for those pushed for time.

Employee engagement and inclusiveness

- Range of **shared experiences** for your staff to enjoy; enhancing and cultivating your company culture

Company convenience

- Enhance your **employee experience**
- **Low cost, low admin** solution
- **Care** for your employees and increase staff retention and **brand loyalty**
- **Offset your carbon footprint...**



Offset Your Carbon Footprint

More than just meal planning...

Besides the employee and company benefits of having FiveDinners.com as part of your employee wellbeing strategy you are also helping to **save the world.**

By giving your staff the tools to meal plan **your business is offsetting its' carbon footprint.**



Every employee that uses FiveDinners.com and reduces their household food waste is the equivalent of **taking 1 in 5 cars off the road.**

How many employees do you have?

Facts

- Food waste accounts for approx. **6% of the worlds carbon emissions**
- Food waste is the **third largest contributor** to global emissions (after the USA and China)
- Household food waste is the equivalent of **1 in 5 cars on the road**
- UK households waste approx 4.5million tonnes of food pa – about **£60 pm per household**

meal planning #1 tool in eliminating household food waste

As seen in...



Plus many more...



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All it takes is one call...