

From Fuel to Fulfilment: Elixir at Work Unveils Bold New Vision for Workplace Catering

6 months ago



Health, wellbeing, productivity and sustainability are the main drivers affecting food provision at work today. A new white paper from [Elixir at Work](#), the regional B&I catering brand of Elixir UK, sets out a fresh vision for the future of workplace catering.

Reimagining Workplace Catering: A New Vision for Health, Wellbeing and Sustainability brings together expert insights, emerging trends and case studies to illustrate the forces defining the future of B&I catering.

Today's employees want more than basic meals. They expect food that energises them, supports long-term health goals and aligns with their personal values. Nutrition has become central to the employee experience, with functional foods, sustainable sourcing and social dining key to wellbeing and engagement.

The report highlights how nutrition impacts physical and mental health, stressing that employers have a responsibility not just to provide sustenance, but to empower staff to make informed choices.

It shows how menus that prioritise digestive health – including support for the gut microbiome, the use of functional ingredients and key nutrients such as omega-3 fatty acids, B vitamins, magnesium, fibre and complex carbohydrates – support mood, energy and stress resilience.

Reimagining Workplace Catering also highlights how social dining initiatives and community-focused dining areas encourage conversation, reduce loneliness and strengthen employee engagement.

Sustainability and ethical sourcing are no longer optional, with organisations under growing pressure to reduce food waste, prioritise locally sourced ingredients and expand plant-based and eco-conscious offerings. Food has become a cornerstone of corporate responsibility and a powerful lever for change.

With upcoming UK regulations requiring mandatory reporting on healthy food provision, the white paper shows how Elior at Work can help clients prepare. Its menu management systems provide allergen information, calorie counts and carbon-impact data, supporting compliance and advancing ESG goals.

Inclusive catering is another core focus. Halal, kosher, gluten-free, dairy-free and plant-based options, alongside flexible stations, are expected by more and more employees. So too are clear labelling, staff training and digital tools that enable employees to make informed choices.

The white paper demonstrates how the next generation of workplace dining will combine personalised nutrition, inclusivity, sustainability and technology. Employers adopting these principles will benefit from stronger employee engagement, higher productivity, improved retention and a more positive workplace culture.

“How employees are fed should sit at the heart of workplace strategy,” said Calum McLaren, divisional managing director, Elior at Work. “It’s not just about serving meals – catering should bring food, space and colleagues together to drive sustainability, health and engagement, making workplace dining a catalyst for wellbeing and organisational success.”

[Download the full Elior at Work report here.](#)