

Built Stronger

How on-site food fuels construction teams and powers productivity

ez cater





When hard hats go hungry

ezCater surveyed 500 construction professionals to understand how they eat on the job site. What we learned is they're not eating enough to stay fueled throughout the day. That all-day hunger doesn't just impact the workers. It's bad for business, decreasing productivity while increasing the potential for mistakes on the job.

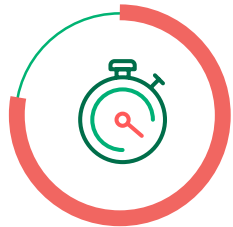
Dig in to learn more about how hard-working construction professionals feel about food at work, and see how ezCater can bring food to your job sites (and the office staff back at HQ).

**LEARN HOW EZCATER CAN HELP
FEED YOUR CONSTRUCTION TEAMS**



How crews are eating (or not) at work

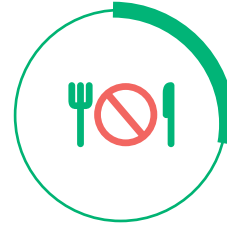
They start their day early...



78%

of construction workers start before 8am

...but not always well-fueled



28%

say they rarely (or never) eat breakfast before work

Running on empty calories all day long

57%



of workers start their day with only a coffee or energy drink 3X a week

87%



of construction workers say they feel hungry during their workday

It's hard to eat healthy on the worksite

90%



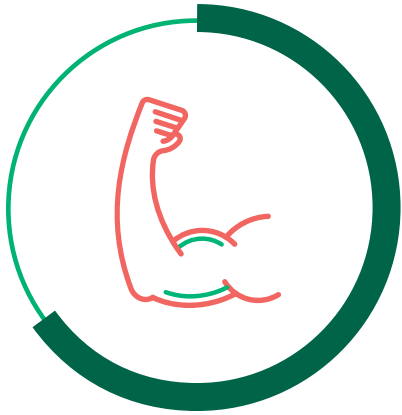
say the food they eat at work is not "very healthy"

57%



wish their meals during work were healthier

Food fuels hard work



65%

of construction workers say free meals would motivate them to work harder

Lack of food means a slack in productivity

44% feel sleepy or low energy

39% feel less focused

35% feel unmotivated

The hazards of working hungry

51% of workers are concerned about mistakes made due to hunger

Worried about themselves	Worried about others
Rushing a project 54%	Rushing a project 51%
Performing tasks out of order 41%	Missing instructions 42%
Skipping safety measures 31%	Skipping safety measures 40%
Missing instructions from the boss 30%	Performing tasks out of order 36%

Our survey respondents made it clear: **when there's not enough to eat, there's more to worry about.**



**Why aren't
crews fueling
up at work?**

ez cater

High cost



37%

say it's too expensive to buy lunch on the job site

Limited access



29%

say there aren't enough food options available around their job sites

Time crunch



35%

say they don't have enough time to get lunch

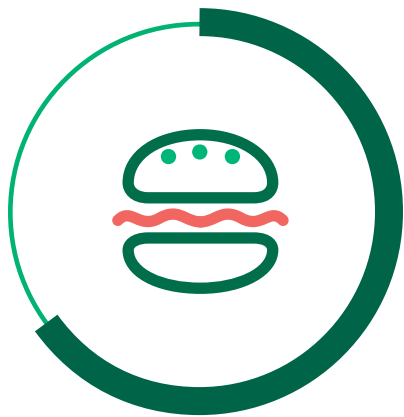


Buying food can take up to a third of their already short break.

The majority of construction workers only have 11 - 30 minutes for lunch. 7% typically don't take a break at all.

They have to make it quick

When construction pros do buy lunch, they choose fast and convenient options.



65%

of construction workers typically buy lunch from a fast food chain (like McDonald's or Taco Bell) during the workday

44%  go to a gas station or convenience store for food

36%  go to a deli, sub, or pizza shop

23%  stop at the local food truck and only 11% go to a sit-down restaurant



25%

visit a fast-casual chain (like Chipotle or Panera)



Gen Z/Millennials are almost twice as likely to frequent a fast-casual chain than Gen X/Boomers (29% compared to 16%)

What can food do for construction crews – and how can employers help?



Food for work = the perk that pays back



90%

of construction pros say that free food is their most appreciated work perk – **60% more than the average worker in America!**

77%



say free meals would make them feel appreciated

65%



agree free meals would motivate them to work harder

Lunch is the #1 choice for a catered meal at work

Given the choice...

72%



of construction workers would choose free lunch

6%



would choose dinner

18%



would love to be served breakfast

4%

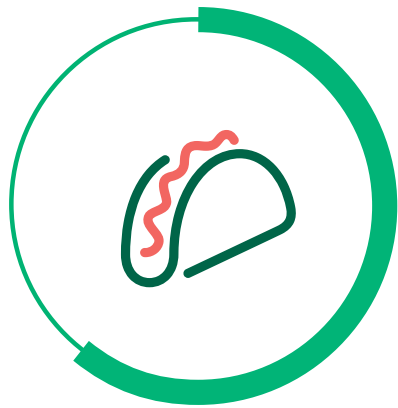


want snacks

They love free lunch, but don't often get it

While 70% of workers say they've received free food at work as a sign of appreciation at some point, only 15% receive it daily. And 20% say they never receive free food at work.

Food attracts workers – and keeps them coming back



61%

said they'd be more willing to take a job at a company that gives free lunch



75%

of construction workers say they'd stay with a company that provides free meals

Want to build stronger construction teams through food?

LEARN HOW EZCATER
CAN FEED YOUR TEAMS



ezCater is the most trusted provider of corporate food solutions

Over 100,000 restaurants nationwide

24/7 customer support from real humans

Flexible, scalable food programs

Simplified expense reporting and monthly invoicing

Tax-exempt ordering

To explore corporate food solutions or place a catering order, visit ezcater.com

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