88% of nurses say good food has a positive impact on their mood

With their irregular schedules, the majority of nurses look forward to mealtime as a break from the demands of their day. When dining away from home, Millennials look for varied options with the ability to customize meals to their cravings.

Discover how implementing the right dining style also improves patient satisfaction in this case study.

How Companies are Shifting Workplace Factors for Millennials:

- Providing feedback more frequently, compared to previously conducting annual reviews
- Offering team-building exercises and experiences
- Increasing benefits and creative perks
- Encouraging entrepreneurship and internal innovation
- Providing dining experiences that cater to the unique tastes of younger generations

Top 5 Consumer Dining Trends:

- Healthier options: Decrease sodium, saturated fats and calories in your recipes—then market it on your menus.
- Sustainability: Incorporate programs and processes to source products responsibly, minimize waste, operate efficiently and reduce the impact of your transportation fleet.
- Accessibility: Offer hot and cold specialty beverages, grab-and-go snacks and right-size refreshments whenever time-crunched nurses need it.
- Engaging spaces: Create modern, communal spaces to inspire creativity and encourage collaboration, giving nurses a place to refuel.
- Convenience: 62% order on-demand at least once a month from third-party services.

Tips to Exceed Nurses’ Expectations:

1. Provide a variety of authentic cuisines: How can you ensure that you’re offering something everyone can enjoy?

2. Healthy options: How can you ensure that you’re serving your nurses the meals they need?

3. Sustainability: How can your workplace incorporate more sustainable practices?

4. Accessibility: How can you ensure that your workplace is accessible to nurses with different needs?

5. Engaging spaces: How can you create a more engaging workplace environment?

Healthcare workers and nurses are strongly influenced by how innovative a company is when deciding if they want to work there. Of Millennial’s are strongly influenced by how innovative a company is when deciding if they want to work there.

78% of Millennials order something different every time they visit a restaurant.

As Millennials become the majority of the workforce, their expectations of work environments different from their current generation and employ must evolve to meet the demands of the future and take into account our new way of living and working.

How Healthcare Systems Can Attract & Retain Top Millennial Nursing Talent

What Millennials Look for:

- Variety and customization
- Healthy options
- Sustainability
- Accessibility
- Engaging spaces

How Companies Are Shifting Workplace Factors for Millennials:

- Offering feedback more frequently, compared to previously conducting annual reviews
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SOURCES:

1. American Association of Colleges of Nursing, “Nursing Shortage Fact Sheet”
2. The Lee Group, “Strategic Examples of How Companies are Appealing to Millennials”
3. Restaurant Hospitality, “5 Menu Trends Driven by Millennials”
4. Attracting and Retaining Top Nursing Talent: Bridging the Generation Gap Insights by Aramark
5. Aramark Healthcare Hospitality Case Study, “For Lankenau Medical Center, Better Patient Satisfaction Scores Start in the Cafe”

The healthcare workforce is changing—and fast. By 2024, 649,100 nurses will be retiring and their roles will need to be filled with younger generations of nurses.

As Millennial Nurses begin to enter the workforce, their expectations of workplaces are different than the current generation and employers will need to make modifications to hire and retain this new wave of talented nurses.

Retail dining environments give employees more than just tasty food options. They balance a nurse’s need to relax, recharge, and reconnect by promoting inspiration and wellness as well as convenience and speed of service.

Healthier options:

- Decrease sodium, saturated fats and calories in your recipes—then market it on your menus.

Sustainability:

- Incorporate programs and processes to source products responsibly, minimize waste, operate efficiently and reduce the impact of your transportation fleet.

Accessibility:

- Offer hot and cold specialty beverages, grab-and-go snacks and right-size refreshments whenever time-crunched nurses need it.

Engaging spaces:

- Create modern, communal spaces to inspire creativity and encourage collaboration, giving nurses a place to refuel.

Nurses’ daily duties can be taxing—the last thing they need to worry about is finding a satisfying meal. By adjusting to the demands of a new generation of nurses, healthcare systems can provide better meal options and an overall better environment for their employees that will help retain today’s top talent.

What Sounds Good?

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What Matters Most to Millennials:

- Health: 87% are trying to make changes toward a healthier lifestyle
- Engagement: 85% have a strong need for social interaction
- Sustainability: 74% want food companies to be more transparent about manufacturing and sourcing practices
- Convenience: 62% order on-demand at least once a month from third-party services
- Authenticity: 28% say they enjoy new kinds of global cuisine

How You Can Stay on Top of Dining Trends:

- Follow top food blogs and social media influencers to stay informed of the latest trends.
- Attend industry conferences and trade shows to learn about new products and services.
- Conduct surveys and focus groups with your staff to understand their preferences.
- Work with local suppliers to source fresh, high-quality ingredients.

DID YOU KNOW?

More than 60% of nurses dine in the café regularly Here is what they are interested in...

<table>
<thead>
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<th>Nurses Prefer These Food Options While on Shift:</th>
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<td>Sandwiches:</td>
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What Wheats & Fields Foods Offer: White On WHM:

- Quality: All our products are made with the finest ingredients, ensuring a premium quality dining experience.
- Customization: Our menu options are fully customizable, allowing employees to choose what they want to eat.
- Sustainability: We are committed to sustainability, ensuring our packaging is eco-friendly and our operations are energy-efficient.
- Accessibility: Our cafés are located throughout the facility, ensuring easy access for all employees.
- Engaging spaces: We create modern, comfortable spaces that inspire creativity and collaboration, providing a place of respite for our employees.

Discover how implementing the right dining style also improves patient satisfaction in this case study.

57% of nurses say good food has a positive impact on their mood. With their irregular schedules, the majority of nurses look forward to mealtime as a break from the demands of their day. When dining away from home, Millennials look for varied options with the ability to customize meals to their cravings. Discover how implementing the right dining style also improves patient satisfaction in this case study.