

FRUIT BOX

OFFICE DELIVERY

Ever wished for a healthier option?

We offer 2 fruit box options, an Essentials box and a Seasonal box, both containing either 25 or 50 pieces of fruit with free weekly delivery to your office every Monday morning!

Our service is designed to free you and your colleagues' time and effort. Our team will carry out the entire fruit replenishment process so that you don't have to. Every Monday they will deliver the full fruit baskets to your office and collect back the empty one for re-use. This makes our service hassle-free and environmentally friendly. It also has added value to you personally as you don't need to unpack, display or distribute the fruit, nor ensure suitable plates and bowls are regularly cleaned.

Suggested box size

Small offices - standard 25 piece box,
Larger offices (over 10) - 50 piece box.

Step 1: Choose

Essentials box 25/50- £10.00/£20.00

The Essentials Mix includes bananas, mixed apples, clementines and pears (in the summer months we replace either the clementines and/or pears with plums or peaches/nectarines)

Seasonal box 25/50 - £12.50/£25.00

The Seasonal Mix always includes grapes, bananas and mixed apples, as well as 3-4 extra seasonal fruit types which vary throughout the year. These include peaches, nectarines, plums, berries, clementines, pears, kiwi fruit and fresh figs.

Step 2: Order

Order your fruit boxes online on the catering website, or for more information call our admin office team on xxxxxx. We deliver to most areas across the Colchester campus and can cater for small and large offices on a regular weekly basis. There are no fixed contracts: just an ongoing agreement which can be halted if you wish 100%. If any piece of fruit is not to your full satisfaction we will not charge you for it, For a change to your order all we require is you let us know by 3.00pm on the Friday of the previous week. Payment is either cash on delivery or by using an internal transfer code.

Step 3: Enjoy!



■ Essential Box



■ Seasonal Box

Why eat healthily at work?

A study carried out by health and wellbeing consultancy vie life proved that a healthy person is up to 20% more productive than an unhealthy person.

Improve your health!

We spend up to 60% of our waking hours at work so need to eat three of our five a day at work. Healthy eating in the workplace can also help employees be happier at work.

Eating more fruit and veg is the second most important cancer prevention strategy after giving up smoking. For each portion of fruit eaten there is up to a 40% greater level of protection against having a stroke. Having fruit in the office means we are more likely to reach for a banana than something unhealthy and fattening from the vending machine. The natural sugars in fruit allow us to think faster and remain alert longer which means no more afternoon slumps in energy and fuzzy brains.