



American Heart Association.  
Heart Walk.®

Together  
TUESDAYS™



# EMPLOYER GUIDE

[heart.org/Together](https://heart.org/Together)

BE WELL EAT SMART MOVE MORE

## EXACTLY WHAT THE WORKPLACE NEEDS NOW.

Want to improve your relationships and overall well-being? Here's an easy idea: **Together Tuesdays™**. Now here's how you do it: Grab your favorite people and grab a quick meal or snack together once a week. Nothing fancy, please. The conversation matters way more than the food.

The American Heart Association invites you to kick-start this new tradition with us. And to make it extraeasy, we're offering recipe suggestions, conversation starters and other cool stuff.

***So why not join in?***

### **So good for you — you can taste it.**

- Weekly sit-down meals or snacks with family, friends, coworkers or neighbors can reduce stress, boost self-esteem and make everyone feel more connected.
- Keep it simple: It's not about making elaborate meals or snacks. It's about making memories together. You could whip up a grazing board ahead of time, go the potluck route or just order takeout.
- Research shows that people who enjoy frequent meals or snacks with others, particularly parents with their children, have better social and emotional well-being.
- Meal or snacktime conversations are not only a great way to reconnect, some studies show they improve vocabulary more than being read aloud to.
- Having family meals together make it more likely that kids and adults will eat more fruits and vegetables.

### **THIS GUIDE INCLUDES:**

- Introduction
- Take Together Tuesdays to work
- Coworkers dining together
- Food for thought
- The four simple rules of Together Tuesdays
- Together Tuesdays Resources
  - Communications
  - Sample Emails
  - Intranet/Newsletter Post
- Helpful resources to overcome barriers to eating together
- Featured Resources

## Why not take Together Tuesdays to work with you?

- Between work, family obligations and a constantly changing world, people in the U.S. are stressed. In fact, workers in the U.S. are among the most stressed-out in the world.
- Workplace stressors, like long hours, finances, job security and work-family conflict, are as harmful to health as secondhand smoke.
- Work-related stress is associated with a 40% increased risk of cardiovascular disease, like heart attack and stroke.
- Meal or snacktime conversations are a great way to connect, unplug and reduce stress.
- Employees who take a lunch break every day reported higher job satisfaction, productivity and likelihood to recommend working there to others.

## Coworkers who dine together, shine together.

- Encourage your employees to share a meal or snack in person or virtually and share photos using **#TogetherTuesdays**.
- The success of the program depends on your participation. When leaders take a lunch—visibly—employees feel empowered to do the same.
- Incentivize your employees by rewarding participation.
  - Create digital badges for Together Tuesdays organizers and top participants. They could include superlative awards such as “Most Creative Lunch Spot,” “Most Interesting Story,” “Most Adventurous Palate” and “The Golden Rabbit Award” to the healthiest eater.
  - After the isolation caused by the pandemic, in-person lunches are something connection-craving coworkers will really look forward to.
  - Idea for remote employees: Earn an hour of PTO for planning an event and getting at least five coworkers to participate. (Earn even more hours for planning multiple events.)



## A little more food for thought.

- Encourage Employee Resource Groups to participate in Together Tuesdays.
- Incentivize employees to start a “Lunch ERG” to benefit their physical and mental well-being.
- Never be at a loss for words: Download our workplace **Meal Conversation Starters** today.
- Why limit the fun to workgroups or teams? Inviting people who work cross-functionally makes it even more interesting. The more the merrier.

## The four simple rules of Together Tuesdays:



**Eyes up.  
Phone down.**



**Share a table.  
Or a virtual screen.**



**Savor each bite.  
Live in the moment.**



**Do it your way.  
Make it fun!**

## COMMUNICATIONS

### Want to create a happier, healthier and more connected workforce?

Of course you do. That was a rhetorical question.

We all know that food has the power to bring friends and family together. Turns out, shared meals or snacks can really benefit your company as well.

Start with the following messages to promote **Together Tuesdays** at your workplace. You can customize them to fit your needs and add your own personal touches to make it fun.



## SAMPLE EMAILS

### Support/Endorsement Request to Your Company's HR Department or Executive Leadership

Dear \_\_\_\_\_,

I'm seeking your approval to promote health and well-being for our employees by celebrating **Together Tuesdays™**—a simple weekly meal or snack time when coworkers can connect, unplug and reduce stress.

The American Heart Association encourages people to connect over a meal or snack at least once a week, because research shows that these connections can benefit mind, body and heart.

We'll get free resources and support to help our organization get on a happier, healthier path. ***Will you please support our participation in the American Heart Association's Together Tuesdays effort?***

Thanks for your consideration,

[NAME]

## Initial Messaging to Staff and/or Participants

Everyone's craving connection these days. And that's where the American Heart Association's **Together Tuesdays™** effort comes in. What is it? A simple weekly meal or snack time when coworkers get to know each other better.

### Consider taking these steps:

1. Connect with coworkers for a work-free, device-free meal or snack.
2. Take a group photo and share the connection with **#TogetherTuesdays**.
3. Get weekly texts with tips for making Together Tuesdays easy—and fun!

We're not aiming for anything fancy. Just a chance to connect, unplug and reduce stress.

*Can I count you in?*

## Follow-Up Messaging

Did you know that regular meals or snacks with friends and coworkers benefit mind, body and heart? It's true! Through **Together Tuesdays™**, the American Heart Association is encouraging us to connect over a meal or snack at least once a week.

### Join us as we celebrate Together Tuesdays:

1. Connect with coworkers for a work-free, device-free meal or snack.
2. Take a group photo and share the connection with **#TogetherTuesdays**.
3. Get weekly texts with tips for making Together Tuesdays easy—and fun!

Coworkers who dine together, shine together. So why not schedule your Together Tuesdays every week and reap the benefits?

## INTRANET/NEWSLETTER POST

### Let's connect, unplug and reduce stress.

Want to improve your relationships and overall well-being? Here's an easy idea: **Together Tuesdays™**. Now here's how you do it: Grab your favorite people and grab a quick meal or snack together once a week. Nothing fancy, please. The conversation matters way more than the food.

The American Heart Association invites you to kick-start this new tradition with us. And to make it extraeasy, they're offering recipe suggestions, conversation starters and other cool stuff. ***So why not join in?***

#### Here are some delicious ideas for you:

1. Connect with coworkers for a work-free, device-free meal or snack.
2. Brown bag it, order takeout or do a potluck. Keep it easy, so you can focus on enjoying time together.
3. Snap a group photo and share the connection with **#TogetherTuesdays**.
4. Get weekly texts with tips for making Together Tuesdays easy—and fun!

Whether it's 10 people or just two. Break room, coffee shop, or park bench. Together Tuesdays is the easy way to satisfy your craving for connection. Learn all about the health benefits of eating together at [heart.org/Together](https://heart.org/Together).



## Why not celebrate Together Tuesdays at work and at home?

By participating in weekly sit-down meals or snacks, coworkers can reduce stress, boost self-esteem and make everyone feel more connected. We have everything you need to get started.

### AT WORK

#### Ideas for Meals or Snacks

- [Budget Friendly](#)
- [4 Tips to Eat Healthier When Ordering Takeout or Food Delivery](#)
- [Staple Ingredients for Quick Healthy Meals or Snacks](#)
- [Building Healthy Lunch Habits at Work](#)
- [3 Ways to Eat Healthy at the Office](#)

#### Device-free Conversations

- [Mealtime Conversation Starters](#)

### AT HOME

#### Find Time Together

- [Make Family Meal Easier: Double Up to Save Time and Money](#)
- [Meal or snack Planning: Benefits & How-To's of Family Dinners](#)
- [Quick Fixes for Family Meal When There's No Time to Grocery Shop](#)

#### Satisfy those picky eaters

- [When Kids Help Cook Healthy Family Meal or snacks Are Easier](#)
- [5 Tips to Deal With Picky Eaters \(Both Kids & Adults\)](#)

#### Device-free Conversations

- [Mealtime Conversation Starters](#)
- [Family Meals or Snacks Foster Emotional Balance](#)
- [Family Meals or Snacks Make an Impact Infographic](#)
- [Family Meals or Snacks Nourish Well-Being Infographic](#)



The American Heart Association has many resources to help people eat and live healthier. Visit [heart.org/HealthyforGood](https://heart.org/HealthyforGood) or these specific sites:



## Recipes

Discover how easy, budget-friendly and delicious healthy cooking can be. Great family meals or snacks start here.

## Heart-Check Certification

Get cart smart: Learn how our **Heart-Check mark** on food packaging helps people find healthy foods and beverages at the grocery store.

## School Events

Get kids moving! Find information about offering the **Kids Heart Challenge/American Heart Challenge** in your school.

## CPR

Get information on **CPR and First Aid training**, including programs for schools and workplaces.

## CycleNation

Use road bikes, stationary bikes, spin classes and more to get heart and brain healthy — all while helping to prevent heart disease and stroke.

Connect with Healthy for Good on **Facebook** and **Twitter**. **Sign up** to receive Healthy for Good tips, tools and more in your inbox.

## Well-being Works Better™

The American Heart Association's **Well-being Works Better™** platform helps business leaders promote health and well-being for all. The Well-being Works Better Resource Center has the tools you need to lead at [heart.org/Workforce](https://heart.org/Workforce).