

8 Must-Have Items for Your Break Room

By Benna Crawford

Having a breakroom in your office can provide big returns for your employees and your business. A brief pause for relaxation and restoration may be a chance to connect with colleagues or an opportunity to let go of stress during a hectic day. When your break room is thoughtfully stocked, it offers first aid for a headache or minor injury, access to a mid-morning caffeine break or an anytime survival snack. Plus, it can provide encouragement to brown-bag a nutritious, budget-conscious lunch.

Pretzels, Protein Bars and Productivity

Healthy snacks are the bridge between meals to keep a busy staff buzzing with energy. Individual wrapped snacks such as protein bars, bags of pretzels or fruit cups make are perfect to "grab and go". The Harvard Medical School recommends mindful snacking — pausing to savor a quick nosh before returning to an activity or your desk. A pleasant, welcoming break room with a variety of available snacks encourages that sort of refreshing pause in a hectic schedule.



Office Barista

Coffee fuels an active office. And Keurig® is the go-to coffee maker that'll keep everything brewing. A quiet, easy-to-use coffee maker that can handle coffee, tea or hot cocoa with minimal maintenance is like having a personal barista on call in your break room.



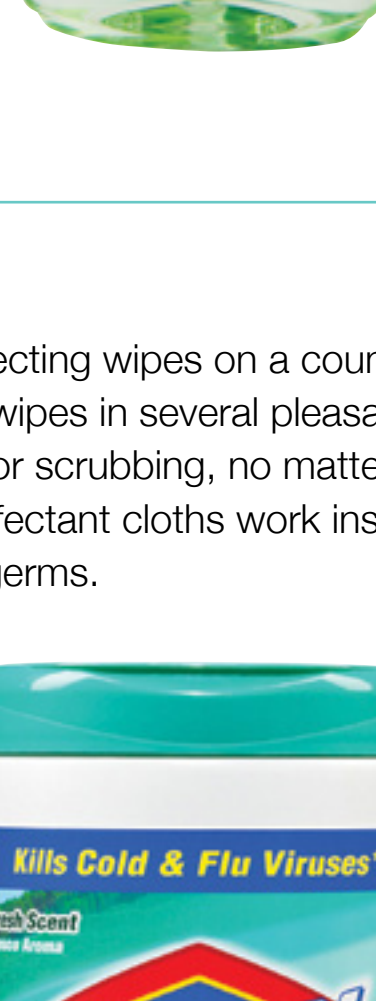
Custom Coffee by the Cup

Your employees have their favorite coffee flavors and by keeping K-cups in your break room, you can keep everybody happy. K-cups come in a variety of roasts, herbal teas, Starbucks, Timothy's and other gourmet-brand and coffeehouse popular grinds. Variety packs account for preferences and ensure the most finicky coffee lovers will be pleased.



Curtains for the Common Cold

Encourage your employees to stay healthy. Place hand sanitizers in a highly visible spot in the break room. They're the first line of defense against germs when hand-washing with soap and water isn't an option. Whether you set up a handy gel dispenser, an economy-size hand-pump bottle, individual bottles or a wipes dispenser, make it a no-brainer for employees to clean their hands before a meal or snack.



Quick Cleanup

Keep a dispenser with disinfecting wipes on a counter or near the sink in your break room. Pre-moistened wipes in several pleasant scents will cut grease without streaking, smearing or scrubbing, no matter the surface. These one-swipe, disposable, disinfectant cloths work instantly to clean up high-traffic areas that are hot spots for germs.



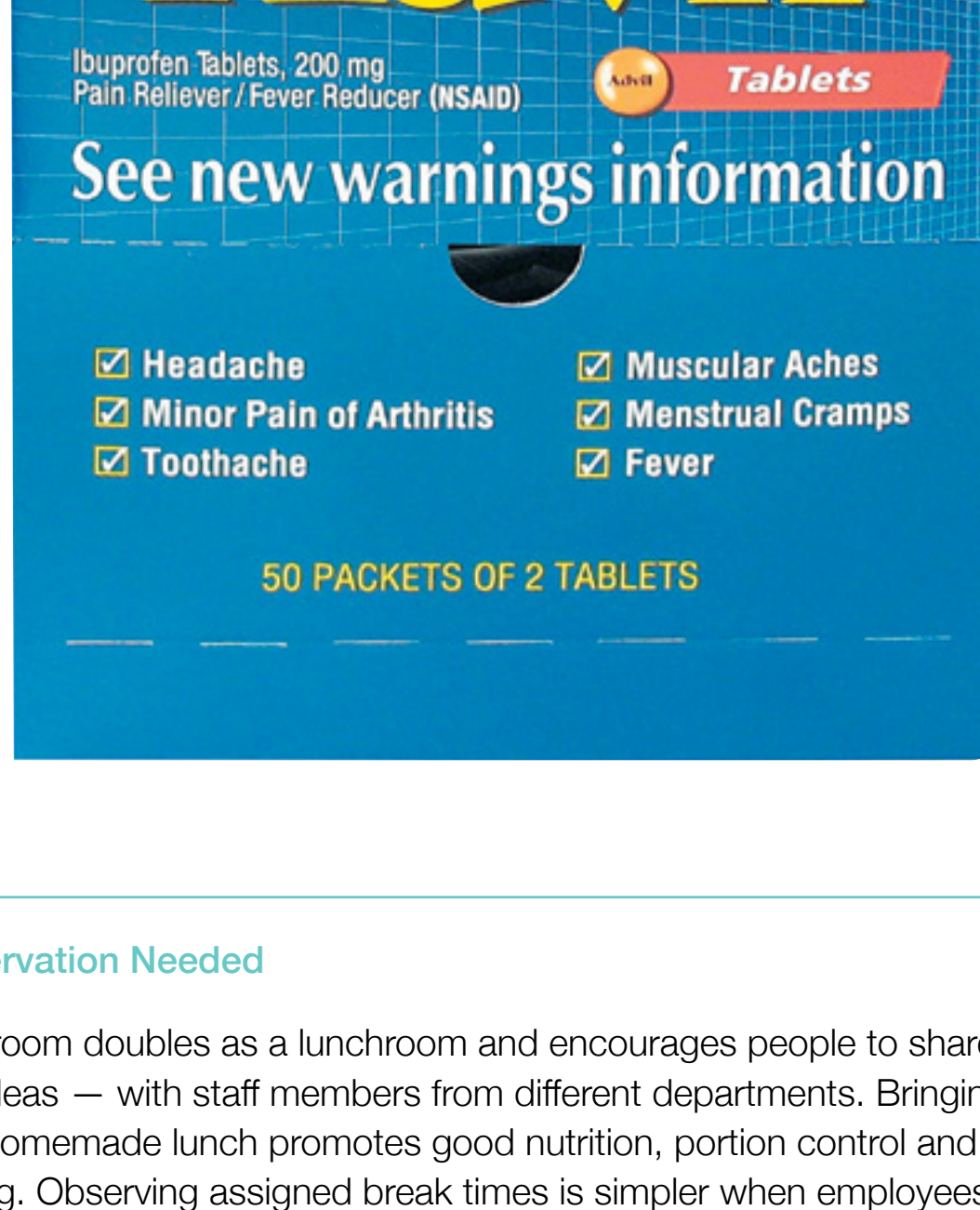
The Dish on Candy

When an afternoon slump is overtaking your staff, a quick sugar hit from a tempting bowl or canister in the break room can restore flagging spirits and satisfy a sweet tooth. Choose from individually-wrapped candy bars, lollipops, breath mints, licorice twists or Life Savers®. Set out a mixed bag of sweet treats, or a dish of mixed-flavor jellybeans and bubblegum for the young-at-heart, or classic caramels for the traditionalists.



Headache Remedies

Some days, even the best job can give you a headache. But aches and pains and a pounding skull are a lot less distracting when a quick dose of Tylenol® or Advil® is available. Boxes of individually-wrapped pain relievers — tablets or liquid gel capsules — mean a quick trip to the break room solves the problem so your employees can perform at full strength, even on the toughest assignments.



No Reservation Needed

A break room doubles as a lunchroom and encourages people to share a meal — and ideas — with staff members from different departments. Bringing a healthy homemade lunch promotes good nutrition, portion control and economical eating. Observing assigned break times is simpler when employees aren't stuck in traffic or in long lunch lines at off-site eateries. A cupboard with recyclable cups, plates, coffee stirrers and silverware turns the break room into a friendly cafe with many of the conveniences of home.

