

Caiger & Company Catering Publishes New Blog Post On Employers Offering Free Food As A Perk

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London, UK ? Companies such as Facebook, DreamWorks, and Google have recognised the power of food in boosting employee motivation. Alix Caiger of Caiger & Company Catering (www.caigerandcocatering.co.uk) has just published a new blog post discussing this, entitled 'Free Meal Gains?Why Have Your Caterers in the Office More frequently?'.

The article discusses how 'more and more companies have recognised the power of food in boosting employee motivation. Employees can focus more on fulfilling their tasks if they're entirely free of basic concerns, such as food. Moreover, free meals make employees feel employers care about their well-being, and as the reciprocity principle suggests, they'll feel more compelled, if not obliged, to return the favour'.

?If you encourage your employees to spend more time together during these free meals, they may come upon ingenious business ideas you can use for projects,? stated Alix Caiger, ?Not only that, but free meals come with tax benefits, too. According to BKLTax.co.uk, meals freely provided for employees within the business premises or in any canteen (not necessarily run by an employer) are considered as non-taxable benefits.?

The article describes ?tips to maximise gains from free meal perks'. What the article points out is that ?multiple studies have already shown how food can influence the way people perform their jobs. Use food perks strategically so a business won't give them ?entirely? for free'.

As a bespoke catering company, Caiger and Company take pride on having a wide range of experience in the bespoke catering industry, having worked with large event companies, corporate clients, as private chef work and even as film location catering.

To read the article, visit www.caigerandcocatering.co.uk.

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For more information about Caiger & Co Catering, contact the company here:[Caiger & Co](http://www.caigerandcocatering.co.uk)

CateringAlix Caiger+44 (0)7946243960alix@caigerandcocatering.co.ukFlat 1127 Sulgrave
RoadLondonW67QH

Caiger & Co Catering

Alix Caiger, Chef / Owner at Caiger & Co. set up her bespoke catering company after graduating from university.

Alix then went on to train at Leith's School of Food and Wine.

Website: <http://caigerandcocatering.co.uk>

Email: alix@caigerandcocatering.co.uk

Phone: +44 (0)7946243960

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