



American Heart Association®  
Healthy for Good™

# Together TUESDAYS™



## DINE TOGETHER. SHINE TOGETHER.

TOGETHER TUESDAYS™ EMPLOYER GUIDE

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

BE WELL EAT SMART MOVE MORE

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## ALL TOGETHER FOR CONNECTION AND WELL-BEING.

Looking for an easy way to foster workforce well-being? Turn to **Together Tuesdays™**.

The idea couldn't be simpler. Encourage your coworkers to grab a quick meal (or snack) together once a week – every Tuesday, or any day, for that matter.

The American Heart Association invites you to join this tradition with us. Research shows that enjoying a meal or snack together promotes connection and well-being, which can help team dynamics and nurture company culture.

### Benefits for your workforce. And your company.

- Weekly sit-down meals or snacks with family, friends, coworkers or neighbors can reduce stress, boost self-esteem and make everyone feel more connected.
- Research shows that people who enjoy frequent meals or snacks with others (particularly parents with their children), have better social and emotional well-being.
- Team members who dine together, shine together. Together Tuesdays™ can help boost morale and build rapport among coworkers.
- Everyone's included: Even remote employees can join in, by phone, tablet or laptop. The idea is to build a sense of belonging.
- It can be so simple! It's not about making elaborate meals. It's about making memories together. Grab a bunch of breakfast burritos, share a veggie-stacked party sub or go the potluck route.

### INSIDE THIS GUIDE:

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## Make Together Tuesdays™ work for your company.

- Between work, family obligations and a busy world out there, people in the U.S. are stressed. In fact, workers in the U.S. are among the most stressed-out of any country.
- Work-related stress is associated with a 40% increased risk of cardiovascular disease, like heart attack and stroke. That's reason alone that the American Heart Association supports stress-fighting strategies such as Together Tuesdays™!
- Meal or snack-time conversations are a great way to connect, unplug and reduce stress. Genuine, attentive dialogue over, say, a coffee and a fruit-topped yogurt cup can boost camaraderie – even among coworkers working remotely.
- Did you know? Employees who take a lunch break every day report higher job satisfaction, productivity and likelihood to recommend working there to others.

## Starting a Together Tuesdays™ trend is easy!

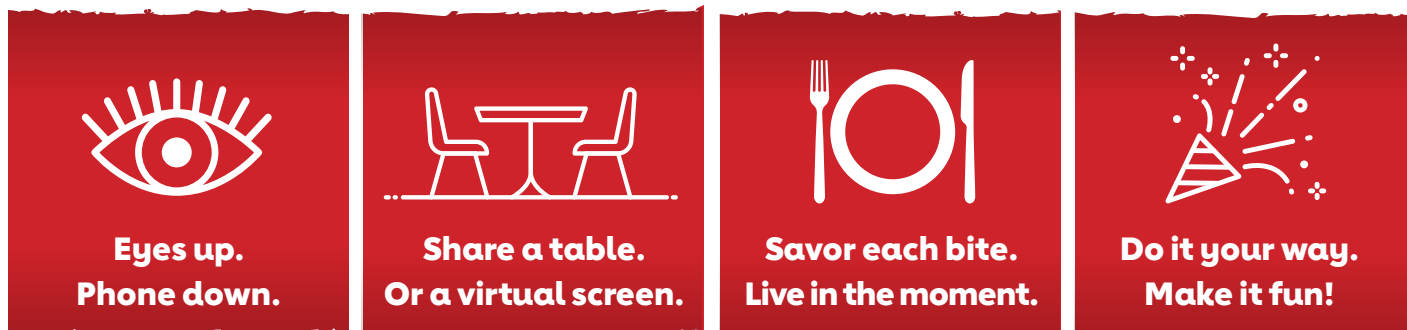
- Encourage your employees to share a meal or snack in person or virtually and share photos using **#TogetherTuesdays**.
- The success of the program depends on your participation. When leaders are seen taking a lunch or making time for a Friday afternoon green tea smoothie, employees feel empowered to do the same.
- Is your company looking to bring more people back to the workplace, more often? As companies navigate the hybrid remote/in-person work model, Together Tuesdays™ gives employees another great reason to come together in the workplace.
- We have included turnkey communications here, making it easy to activate the program. Read on to find emails to leadership, as well as communications for your workforce.



## Together Tuesdays™: simple guidelines for success.

- 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.

## Four simple rules. It’s that easy!



## What’s on the menu for Together Tuesdays™?

### Yes, absolutely

- Breakfast (Bring in bagels or cereal bars, maybe.)
- Coffee & a snack (Maybe carrot cake or a bran muffin.)
- Lunches (Perfect! Bring sack lunches or share a potluck.)
- Cross-functional groups (A great way to connect across teams!)
- In-person + remote (Strive to build a rapport over the screen.)

### Maybe not

- Ice cream social (It’s sure to bring people together, but beware of high-calorie snacks – maybe a nonfat yogurt social instead?)
- Happy hour (Drinking alcohol excludes some people, and it can turn into a gripe session, not a bonding opportunity.)
- Dinner (Employees may have Together Tuesdays™ planned with family or friends already!)

## More food for thought:

- Encourage Employee Resource Groups (ERGs) to participate in Together Tuesdays™. Sharing perspectives and connecting can benefit well-being and fuel inclusiveness.
- Wondering how to break the ice at Together Tuesdays™? Never be at a loss for words, with these **Meal Conversation Starters**.
- Incentivize your employees by rewarding participation! Create digital badges for Together Tuesdays™ organizers and participants. Consider awards such as “Most Creative Lunch Spot,” “Most Interesting Story” and “The Golden Rabbit Award,” for the healthiest eater.
- Learn more about this game-changing initiative at [heart.org/together](https://heart.org/together).

## Together Tuesdays™ benefits everyone, in multiple ways.

Sharing a meal or snack together promotes well-being and a sense of connection. Building bonds between team members promotes an esprit de corps and sense of belonging.

Together Tuesdays™ also supports your company's hybrid remote/in person work model. Members of your workforce will have something extra to look forward to on "anchor days," when more people are in person. But even over a screen, Together Tuesdays™ can help remote workers feel like part of the team!



## COMMUNICATIONS

Here are some sample communications to promote Together Tuesdays™ at your workplace. Feel free to customize them for your company.

## SAMPLE EMAILS

### Support 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. Research shows that such connections can benefit mind, body and heart.

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

You can learn more at [heart.org/together](https://heart.org/together).

Thanks for your consideration,

[NAME]

## Initial messaging to staff and/or participants

It's easy. It's fun. And it fuels connection and well-being.

It's **Together Tuesdays™**, sponsored by the American Heart Association: a simple weekly meal or snack time when coworkers get to know each other better. That's it! It's so simple, but it has countless benefits.

### 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!
4. Learn more at [heart.org/together](https://heart.org/together).

We're not aiming for anything fancy. Just a chance to connect, unplug and reduce stress. Sack lunches, potlucks and even coffee with a snack works!

*Can I count on you to help bring us together?*

## 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!
4. Learn more at [heart.org/together](https://heart.org/together).

Coworkers who dine together, shine together. So enjoy 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? And maybe just build a little camaraderie with your coworkers while you're at it?

Try **Together Tuesdays™**. Just invite a few coworkers to 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.

***So why not join in?*****It's really this easy**

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 simple, 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!

It could be 10 people or just two. The setting could be a break room, a cubicle farm, a coffee shop, or a park bench. No matter the size of your group, or where you meet, you'll be gaining a sense of connection and promoting overall well-being. (The science is in.)

Learn all about the health benefits of eating together at [heart.org/Together](https://heart.org/Together).



## Take Together Tuesdays™ home.

Together Tuesdays™ isn't just for the workplace! You can see the same benefits at home, whether that's at lunch, snack time, or dinnertime.

Lots of families (and groups of friends) are making the most of Together Tuesdays™ as a way to foster overall well-being. After all:

- Eating fresh, nutrition-rich food benefits both your physical and mental health.
- Regular meals at home with family reduce stress, boost self-esteem and make the whole family feel connected.
- Having family meals together make it more likely that kids and adults will eat more fruits and vegetables.
- Also, speaking of small children: Some studies show that meal or snack-time conversations improve vocabulary more than being read aloud to!

## Talking together: Hear from real families

Hear how these families get so much out of their together time. Check out the videos.

**Quality time with the kids is on the menu when the Catalano family dines together.**



**The Desai family prioritizes family time, whether it's for breakfast or baking together.**



**When it's Taco Tuesday, the Paez family catches up during both prep and mealtime.**



**The Koenig family makes time for family meals, working around their kids' busy schedules.**



Visit [heart.org/together](https://www.heart.org/together) for resources to help you:

- Find shared time together
- Satisfy those picky eaters
- Have device-free conversations



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



## 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).

## 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** at your child's 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.