Activity 2.1 – Smoothie Bar in the workplace

Having a smoothie bar, or a ‘smoothie vacation’ as one community festively coined, is an excellent way to get staff together for a quick and healthy break. There’s not too much to it.

1. Pick a date, and send out the notice via email and put up some posters around the workplace (link – sample poster)

2. Shop for smoothie ingredients the day before – you can charge staff a small amount for each smoothie to recover the money spent on ingredients if there is no budget.

3. Decide whether you want to get staff to make their own smoothies or if you want to have designated staff helpers make smoothies for everyone.

4. You can do another activity while people are enjoying their smoothies – try any of the activities from the “simple quick activities” list on this webpage.