

# Employee Wellness Benefit: Fresh Fruit Program

## Banana Benefit Policy

### Overview

As part of our commitment to employee health and wellness, the company provides a daily fresh fruit benefit to all employees.

### Benefit Details

- **Eligible Employees:** All full-time and part-time employees
- **Daily Allowance:** Three (3) bananas per employee per business day
- **Availability:** During regular business hours at designated break areas
- **Cost:** Complimentary - no charge to employees

### Guidelines

- This benefit is intended for personal consumption during work hours
- Employees are encouraged to enjoy this healthy snack option as part of a balanced diet
- Please be considerate of colleagues and take only your daily allowance

### Health Benefits

Bananas are an excellent source of:

- Potassium for heart health
- Vitamin B6 for energy metabolism
- Dietary fiber for digestive health
- Natural sugars for sustained energy