



INSTITUT  
PAUL  
BOCUSE

École de Management  
Hôtellerie  
Restauration  
& Arts Culinaires

CENTRE  
DE  
RECHERCHE

The Center for Food & Hospitality Research - Institut Paul Bocuse

# Eating at the Workplace

7<sup>th</sup> International Research Symposium

Lyon, June 5<sup>th</sup> 2014

*Located in Lyon, the Center for Food and Hospitality Research at the Institut Paul Bocuse contributes to the students' academic and scientific training with innovative environments such as the living laboratory and the experimental restaurant. At the interface between university and industry, the international research projects developed at the Center are conducted in a multidisciplinary perspective, focusing on the study of choices, usages and perception in real contexts.*

*The Research Symposium welcomes, once a year, international scholars and professionals to present their research and discuss issues related to food and hospitality. Each year, a specific topic is addressed from the point of view of multiple scientific fields such as health sciences, nutrition, psychology, cognition, sociology, economics, etc., offering an enriching overview on different topics.*

The seventh edition of the International Research Symposium aims to share up-to-date research on eating practices at the workplace and their relation to the employees' pleasure, health and wellness. The evolution of eating habits in the workplace reflects global social and economic trends. Notably, the reduction of the amount of daily time dedicated to eating, in the majority of developed countries, seems to particularly affect the organization of meals at work. In parallel, new societal challenges associated with nutrition and health, food safety, and, more generally, sustainability have arisen, prompting foodservice professionals to develop new strategies and modify their offer. Consequently, the foodservice sector today faces an increasing demand for convenient, quickly accessible and flexible offers. In response to all these trends, the landscape of out-of-home food offer appears considerably diversified, with the emergence of new types of food outlets, the development of snacking and street food concepts, and the transformation of workplace collective catering. In addition, the foodservice sector has increased its involvement into public health or sustainability-related programs.

The aims of the Symposium are manifold. First, to review of the current eating at the workplace trends and to its associated challenges and of the actions undertaken to face these challenges. Second, to discuss the impact of eating at the workplace on the employees' dietary habits and well-being, as well as on their social relationships during the meal. More globally, this meeting aims to bring together national and international experts, including researchers from various scientific fields and industrial and foodservice professionals, to contribute to a better understanding of the meaning and implications of eating practices at the workplace. More, understanding eating in the workplace will contribute to our understanding of eating overall, eating in the workplace being one type of overall eating.

**Registration before May17th, 2013 (limited number of participants)**

<http://www.institutpaulbocuse.com/us/food-hospitality/symposium/>

Queries at: [recherche@institutpaulbocuse.com](mailto:recherche@institutpaulbocuse.com)

Fees (covers registration, breaks and lunch): industry: 210 € - academics: 90 €

Students: 25 € (under conditions of a cover letter and CV)

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# PRELIMINARY PROGRAM

9 :00 Welcome coffee



## MORNING SESSION 9am – 1 pm

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**Heather Hartwell**, Bournemouth University, UK  
*Accept the challenge – Feed the future. Well-being in the workplace.*

**John Coveney**, Flinders University, South Australia  
*How could personal beliefs and social norms influence food choices and practices at workplace?*

**Valérie Adt**, IIAC Centre Edgar Morin, France  
*Social interactions at company restaurants*

**Amit Sharma**, Penn State University, USA  
*Eating out budget management: a smartphone-based study*

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13:00 Lunch at restaurant F&B

## AFTERNOON SESSION 2:30 pm – 5:30pm

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**Ingrid Steenhuis**, University Amsterdam, IHS-Institute of Health  
*Promoting healthy eating behavior in worksite cafeterias*

**Laure Saulais**, Centre de recherche Institut Paul Bocuse, France  
*Using nudges to guide food choices in workplace restaurants: a pilot experiment.*

*Tbc - Speaker from the industry*  
*A variety of foodservice offers related to company sectors*

**Agnès Giboreau**, Centre de recherche Institut Paul Bocuse, France  
*Research and innovation perspectives on the consumer's eating experience at work.*

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Discussion and concluding remarks

5:30 Farewell drinks

Optional visit of the Research Center