

# Congratulations to your lunch benefit!

**Your surroundings and the people you eat with are actually very important for how you experience the food, but above all how recovered you feel after lunch. A social lunch also strengthens the sense of community, which in turn reduces conflicts at work. This is why you are being offered a lunch benefit by your employer.**

The Epassi Card works on all places that sells food and accepts VISA. That means that you can use your Epassi Card in physical restaurants and grocery stores as well as online. Both in Sweden and abroad.

## Why lunch is important.

When we eat and have eye contact with others, oxytocin is released, which is the body's own "feel-good hormone". The hormone lowers stress levels and give a sense of calm, while strengthening our relationships. By taking a break and eating in peace and quiet or with others, you get recovered and prevent stress.



## What the lunch benefit means.

The lunch benefit encourages taking time for lunch. And through subsidized lunch, everyone is given the opportunity to hang out with colleagues and eat. The lunch benefit means that you get a Epassi card that is charged every month. Your employer subsidizes part of this (which is taxed on benefits), the rest is deducted from your net salary.