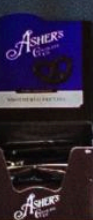


SNACK HACKS



FROM THE OFFICE
SNACK PEOPLE AT

CRAFTY



LETTER FROM THE CEO

Why a recipe book from us?

At Crafty, we're not just in the business of stocking offices; we're redefining what the office pantry can do. Over the years, we've observed something remarkable: snacks have transformed from mere break-time staples to a core part of the office experience.

Offices are investing more than ever in curated snack programs, and it's paying off. Hybrid workplaces in major cities are spending over \$1,800 more each month on office snacks and drink, with budgets up 29% and 48% across the board. Clearly, snack time isn't just a perk—it's a big deal.

And while we admit we're a little snack-obsessed, we know it points to something bigger. Today's employees want more than desks and Wi-Fi. They crave intentional spaces—from thoughtfully designed break rooms to curated pantry programs—that help them feel energized, connected, and valued. A well-planned corporate food service can turn morning coffee, mid-day snacks, and after-hours team moments into meaningful workplace rituals.

WELCOME TO SNACK HACKS:

a collection of clever recipes designed for busy, snack-loving people like you. Here, simple office kitchen staples become more than snacks—they're fuel for creativity and productivity.

From savory to sweet, each recipe is crafted by the best food innovators we know: our Crafty clients and team members. These recipes are a testament to the power of food to foster connection and inspire productivity.

Welcome to a snack experience that's thoughtful, creative, and a little bit... Crafty.

Nathan Rosenstock

CEO & Co-Founder, Crafty



SNACK SCIENCE:

Crafty's Nutrition & Productivity Guide

Snacking in the office kitchen isn't just about satisfying hunger—it can be a strategic tool for staying focused and energized throughout the day. The right snacks help avoid that dreaded 3 p.m. slump and prevent hangry reactions to calls that could have been an email. With this in mind, we curated this guide on snack timing and nutrient-packed profiles to help fuel your productivity. Think of it as your personal “Cravings Clock”—a smarter way to make the most of your office snacks and keep energy levels steady throughout the day.

SNACK O'CLOCK



Morning Boost 9–11am

Reach for protein-rich snacks like Greek yogurt, nuts, or energy bars to start the day with steady energy.



Midday Motivation 12–2pm

Complex carbs like fruit, hummus, and whole-grain crackers are great for sustained energy without an afternoon crash.



Afternoon Power-Up 3–4pm

Curb the slump with healthy fats like avocado toast or almonds can offer lasting energy without spiking blood sugar.

Pro Tips:

- **Keep it Hydrated:** Drinking water alongside your office snacks keeps you hydrated and helps with focus. Aim to drink a glass with each snack break.
- **Opt for Balanced Pairings:** Combine protein, fiber, and healthy fats in each snack to provide lasting energy and avoid blood sugar spikes. For example, pair Greek yogurt with berries or nuts with a piece of fruit.
- **Create Grab & Go Spaces:** Create a designated “afternoon snack” spot in the office kitchen with easy-to-grab options like almonds or small avocado cups to support productivity after lunch.

INGREDIENT GUIDE

Productivity



Boosters:

Nuts, whole grains, yogurt, fresh fruit



Crashers:

Sugary snacks, highly processed chips, soda

Mental Clarity



Omega-3s:

Walnuts, chia seeds, and flax crackers



Antioxidants:

Dark chocolate, blueberries, and pumpkin seeds

9 Calming Ingredients

Dark Chocolate

Contains antioxidants and boosts serotonin for a natural mood-lift.

Pumpkin Seeds

Rich in tryptophan, magnesium, and zinc, all linked to relaxation.

Herbal Tea

Known for calming effects, perfect for an afternoon break.

Almonds

High in magnesium, which may help reduce anxiety and improve mood.

Bananas

Bananas offer potassium for blood pressure regulation.

Avocado

Healthy fats support brain health and calm the nervous system.

Chamomile

Chamomile promotes relaxation.

Oatmeal

Complex carbs stabilize blood sugar and increase serotonin.

Yogurt

Probiotics support gut health linked to mood.



OH MY!

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PB&J OATS

**A NOSTALGIC START
TO YOUR DAY!**



TEA COFFEE COCOA



Sip on insights!



GOOD THINGS ARE BREWING

If you're anything like us at Crafty, the office coffee station is more than a pit stop—it's a daily ritual. Whether it's your wake-up call, a mid-morning pick-me-up, or the sacred post-lunch recharge, coffee, tea, and even hot cocoa have become staples of office life.

And it's not just us! Crafty clients increased their coffee station spend by nearly 90% last year, stocking up on 1.7 times more coffee-related items. Bold flavors are in—half of our clients choose dark roasts—and sustainability is brewing, too, with 24% of our coffee offerings coming from B-Corp-certified brands like Counter Culture.

So, next time you grab your favorite brew, know that you're part of a bigger movement—fueling productivity, one cup at a time.

ICED BERRY GREEN TEA

Ingredients

- Green tea bag
- 1 cup hot water
- Fresh or frozen berries
- Ice cubes
- Honey (or sweetener)

Instructions

1. Steep the tea bag in hot water.
2. Allow it to cool, then pour over a glass filled with ice and berries.
3. Sweeten if desired and enjoy!

ICED COCONUT MATCHA LATTE

Ingredients

- 1 tsp matcha powder
- 1/4 cup hot water
- 1 tsp honey or maple syrup (optional, for sweetness)
- 3/4 cup coconut milk
- Ice cubes

Instructions

1. In a small bowl, mix the matcha powder with hot water until smooth and frothy.
2. Add honey or maple syrup for a touch of sweetness.
3. Fill a glass with ice cubes, then pour in the coconut milk.
4. Pour the matcha over the coconut milk, creating a nice layered effect.

DON'T HAVE COCONUT MILK?
DON'T FRET! SWAP OUT FOR
YOUR MILK OF CHOICE.



LINDSEY'S

DIRTY CHAI



"This drink is my favorite way of warming up when that winter chill starts to hit. The mixture of spices reminds me that my next vacation isn't too far away!"

Lindsey Dartsch Human Resources Business Partner | Dog Mom & Sewing Superstar

Instructions

- 1** Pop a Nespresso pod in the office machine like the pro you are.
- 2** Add a splash of chai concentrate for that sweet, spicy vibe.
- 3** Finish with a dash of Oatly, because your dirty chai deserves to be extra smooth.

Ingredients

Rishi Masala Chai Concentrate (substitute below)

Nespresso Pod (or a shot of your favorite espresso)

Oatly Oat Milk (or your favorite-non dairy milk)

NO CHAI CONCENTRATE? NO PROBLEM! STEEP YOUR STRONGEST CHAI TEA BAG FOR A FEW MINUTES. SWEETEN WITH SUGAR TO TASTE, AND YOU'VE GOT A HOMEMADE ALTERNATIVE!

PERFECT FOR THAT PRE-MEETING
PICK-ME-UP THAT SAYS, I'M READY
TO CONQUER THE DAY.



VANILLA ALMOND ICED COFFEE

Ingredients

- Cold brew coffee
- 1 tbsp vanilla syrup
- 1 tbsp almond milk (or any milk of your choice)
- Ice cubes

Instructions

1. Fill a glass with ice cubes.
2. Pour in the cold brew coffee.
3. Add vanilla syrup and almond milk. Stir well and enjoy!

IF YOU DON'T HAVE COLD
BREW, JUST BREW YOUR
FAVORITE COFFEE OVER ICE!

SPICED CHAI HOT COCOA

Ingredients

- 1 packet of hot cocoa mix
- 1 chai tea bag
- 1 cup hot water (from the office kettle or coffee machine)
- 1 tbsp coffee creamer (or milk)
- 1/4 tsp cinnamon (optional)

Instructions

1. Steep the chai tea bag in hot water for 2–3 minutes to infuse it with warm spices.
2. Remove the tea bag, then add your hot chocolate mix (or cocoa powder and sugar) to the chai tea.
3. Stir in a splash of creamer or milk for creaminess and a hint of cinnamon if available.
4. Mix well and enjoy the warm blend of chocolate and chai spices!

ADD BAILEYS OR
WHISKEY FOR SOME
HAPPY HOUR FUN!

SIMPLY SPICED COFFEE

Ingredients

- Brewed coffee
- 1 tsp ground cinnamon
- 1–2 tsp sugar or sweetener (to taste)
- Creamer (optional)

Instructions

1. Brew your favorite coffee as usual.
2. Stir in the ground cinnamon and sugar.
3. Add creamer or milk if desired. Enjoy your cozy cup!

GIVE THIS RECIPE A TRY WITH ALL OF THE AVAILABLE COFFEE
BLENDS TO SEE WHICH ONE YOU LIKE BEST!

CARAMEL COFFEE CRUNCH DELIGHT

Ingredients

- 1 cup brewed coffee (hot or iced)
- 2 tbsp caramel sauce
- 1/4 cup milk (or non-dairy alternative)
- 1/4 cup caramel popcorn (optional)
- Whipped cream (optional)

Instructions

1. Brew your coffee and pour it into your favorite mug or glass.
2. Add the caramel sauce and stir until it's fully mixed.
3. Add your choice of milk and stir again.
4. Top with whipped cream, then sprinkle caramel popcorn on top for a crunchy surprise in every sip.



CLASSIC COCOA



Ingredients

- 1 cup milk (or any milk alternative)
- 1 packet of hot cocoa mix
- 1 tbsp caramel sauce or melted caramel candy (plus extra for drizzling)
- 1 pump vanilla syrup
- 1 tbsp sugar (or sweetener of choice)
- Whipped cream (optional)
- A pinch of salt
- Crushed caramel popcorn or pretzels (optional garnish)

Instructions

1. Heat the water or milk in a mug.
2. Add the hot cocoa mix and stir until dissolved.
3. Stir in the vanilla syrup and a pinch of sea salt for a subtle salty-sweet balance.
4. Top with whipped cream and drizzle with extra caramel sauce.
5. (Optional) Sprinkle crushed caramel popcorn or pretzels on top for a fun crunch.

NUTTY ESPRESSO HOT COCOA

Ingredients

- 1 packet of hot cocoa mix **OR** 1-2 tbsp cocoa powder & 1-2 tbsp sugar
- 1/2 cup hot water
- 1/2 cup brewed coffee or 1 instant coffee packet
- 1 tbsp hazelnut coffee creamer or almond milk
- Crushed almonds or hazelnuts (optional)

Instructions

1. In your mug, combine the hot chocolate mix with hot water and stir until smooth.
2. Add the brewed coffee or instant coffee packet and stir to blend, giving your cocoa a rich, espresso twist.
3. Stir in the hazelnut creamer or almond milk to add a nutty, creamy depth to the drink.
4. Optional: Top with crushed almonds or hazelnuts for a fun, crunchy finish.

PB COCOA BOOST

Ingredients

- Hot cocoa mix
- 1 cup water or milk
- 1–2 tbsp peanut butter
- Crushed nuts (optional)

Instructions

1. Heat the water or milk.
2. Add the hot cocoa mix and stir until dissolved.
3. Stir in the peanut butter until creamy.
4. (Optional) Sprinkle crushed nuts on top for added crunch.

DATA BITES

Enhanced Focus

A study published in The Journal of Clinical Psychiatry found that caffeine improves cognitive performance, particularly in tasks involving memory, attention, and decision-making. Participants who consumed caffeine demonstrated improved alertness and faster reactions.

Better Collaboration

According to a survey by the Coffee Association of Canada, nearly 70% of people believe that coffee breaks foster better teamwork and collaboration among colleagues, making it easier to build relationships in the workplace.

Health Benefits

Research from The American Journal of Epidemiology indicates that regular coffee consumption may be linked to a reduced risk of certain diseases, including Parkinson's disease and Type 2 diabetes. Healthier employees can lead to reduced absenteeism and healthcare costs for employers.

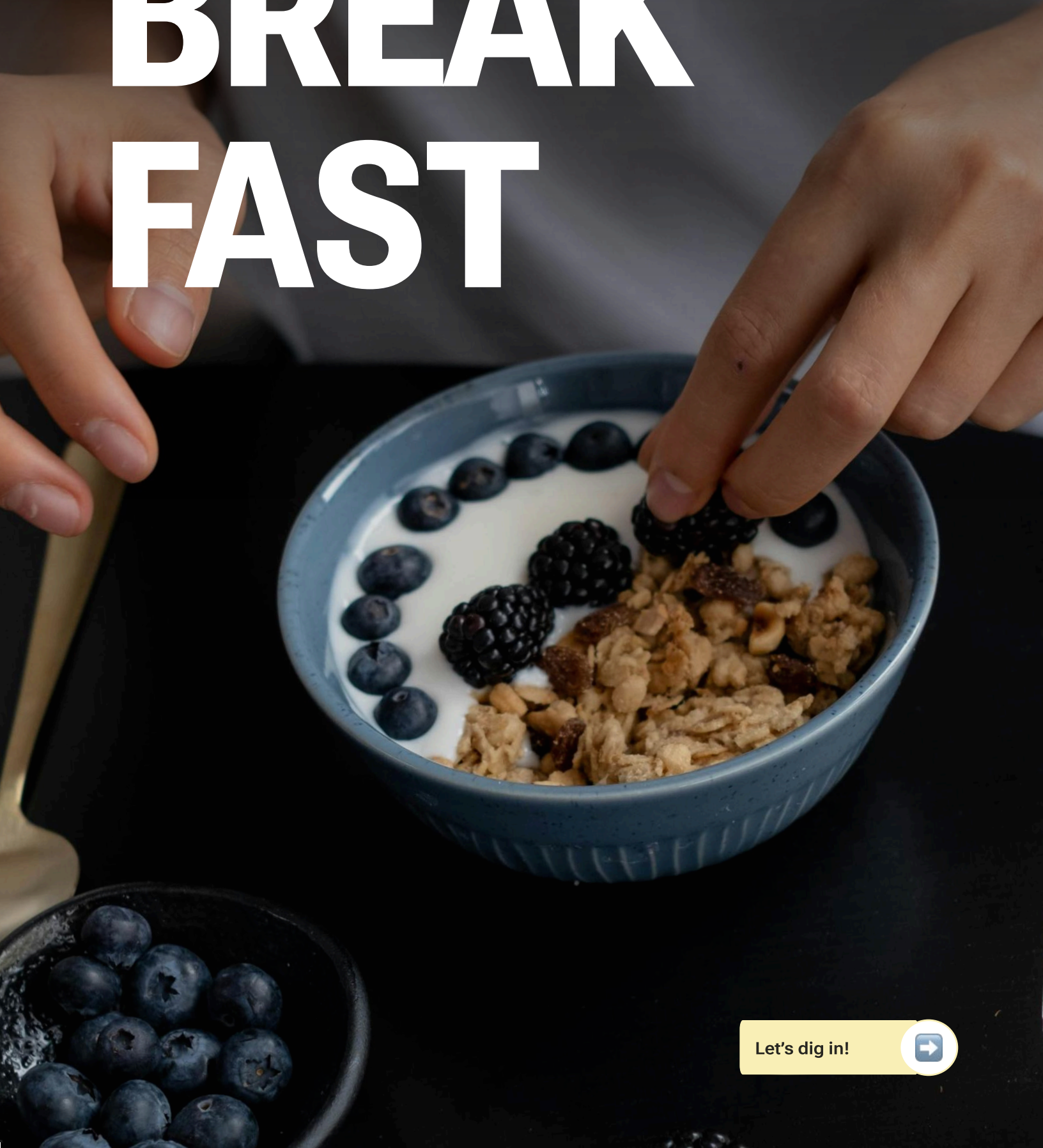
Social Interactions

The National Coffee Association states that 79% of Americans believe that coffee enhances their social interactions. This sentiment can translate into a more positive office culture, encouraging employees to engage with each other during breaks.

Watch these recipes come to life.



BREAK FAST



Let's dig in!



MORNING POWER-UP

Let's be real—whether you're the early bird grabbing the first bagel or the perpetual snoozer racing to snag a yogurt before the morning meeting, breakfast is more than a meal; it's a vibe. It's that sacred time to fuel up, gather your thoughts, and maybe even swap weekend stories over protein bars (who doesn't love hearing about Susan's cat drama, right?).

Here's the best part: you don't need a full kitchen to have a great breakfast. With just a few snack pantry staples—like granola bars, creamy yogurt, or fresh fruit—you've got everything you need to kickstart your day.

Crafty clients know the magic of a well-stocked pantry, with breakfast items seeing an 88% jump in sales year over year. And there's science behind it: Research shows that starting your day with a balanced meal can boost focus and productivity. So go ahead, turn those pantry picks into your secret weapon for crushing the workday ahead.

PISTACHIO PARADISE BOWL

Ingredients

- 1 serving of Greek yogurt
- Shelled pistachios
- Honey (for drizzling)

Instructions

1. Scoop Greek yogurt into a bowl.
2. Add a generous handful of pistachios on top.
3. Drizzle with honey for a sweet finish.

WE RECOMMEND
FAGE 2% GREEK
YOGURT

ELVIS STYLE TOAST

Ingredients

- 1 slice of bread
- Peanut butter
- 1 banana

Instructions

1. Toast the bread to your preferred level of crispiness.
2. Spread peanut butter generously over the toast.
3. Slice the banana into evenly thick slices.
4. Arrange the banana slices on top for a sweet and satisfying treat.

JUSTIN'S CLASSIC
WORKS GREAT HERE.

"SPRINKLE YOUR FAVORITE
SPICES ON TOP—CINNAMON,
PUMPKIN SPICE, COCOA
POWDER, OR ANY OTHERS—
FOR AN EXTRA KICK!"



AMBER'S

PB&J OATS



“There’s something about the flavor of a PB&J that instantly takes me back to childhood. With this recipe, you don’t have to wait until lunchtime to enjoy those nostalgic, sweet-and-salty vibes.”

Amber Alston Senior Content Marketing Manager |
Coffee Shop Connoisseur + Yoga Obsessive

Ingredients

- 1 oatmeal cup or packet
- 1 tbsp peanut butter
- Fresh organic berries
- Vanilla almond milk

Instructions

1. Prepare the oatmeal as directed.
2. Add a spoonful of peanut butter and mix lightly.
3. Top with fresh berries and a splash of almond milk.

LOVE BERRIES? TRY A
FLAVORED OATMEAL
LIKE MYLK LABS' BERRY
OATMEAL FOR AN
EXTRA FRUITY BOOST!



PANCAKE IN A CUP 3 WAYS

Ingredients

- 1 Kodiak Flapjack Power Cup (flavor of your choice)
- Maple syrup
- **Toppings:**
 - Apple chips
 - Cinnamon
 - Chocolate chips
 - Almond butter & jam

Instructions

1. Follow package directions to prepare the Kodiak Flapjack Cup.
2. Add your preferred toppings mix
3. Drizzle with maple syrup!



REBECCA'S

AVO TOAST 4 WAYS



"One busy morning, all I had was plain toast—but with a little creativity, I turned it into a full-on office meal. Quick and substantial? Totally possible."

Rebecca Ross Sr. Content Writer & Analyst | Mom That's Chronically Online

Instructions

- 1** Toast the bread to your preferred crispiness.
- 2** Spread a layer of avocado mash on top.
- 3** Add a drizzle of olive oil.
- 4** Finish with any of the four toppings.

Base Ingredients

1 slice of bread
1 packet avocado mash
(or fresh avocado)
Extra virgin olive oil

Toppings:

- Hard-boiled eggs
- Pumpkin seeds
- Apples and honey
- Sriracha and everything but the bagel seasoning



1. HARD-BOILED EGGS



2. PUMPKIN SEEDS



YOUR
BASE



3. APPLES &
HONEY



4. SRIRACHA
& SEASONING

ACAI BOWL

Ingredients

- 1 NOKA Organic Superfood Smoothie (Cherry/Acai)
- 1 banana
- Mixed berries (strawberries, blueberries, raspberries)
- Granola (any flavor)
- Honey or agave syrup (optional, for added sweetness)

Instructions

1. Pour the NOKA Superfood Smoothie into a bowl.
2. Cut the banana to your desired thickness and arrange the slices on top.
3. Arrange mixed berries alongside the banana slices.
4. Sprinkle a handful of Stellar Granola for added crunch.
5. Drizzle with honey or agave syrup for a touch of sweetness, if desired.
6. Grab a spoon, dig in, and enjoy this vibrant breakfast!

FOR A REFRESHING,
FRUITY START TO
YOUR DAY!



HANNAH'S

BELVITA SANDWICH



Hannah Wurst
Delivery Supervisor
Feline Enthusiast

Instructions

- 1** Spread peanut butter on one cracker, then sandwich it with the other.
- 2** Snack away—it's the perfect crunchy, sweet bite!

Base Ingredients

2 Belvita Cinnamon
Brown Sugar crackers

A spoonful of peanut
butter (or other nut
butter)



DATA BITES

Healthier Choices

A study conducted by Harvard University found that people who eat breakfast are more likely to make healthier food choices throughout the day, including consuming more fruits and vegetables. This can lead to better overall health and reduced healthcare costs for employers.

Improved Concentration

A study published in Frontiers in Human Neuroscience found that individuals who consume a nutritious breakfast experience enhanced cognitive function, particularly in memory tasks and problem-solving skills. This improved concentration can lead to better decision-making and efficiency at work.

Reduced Absenteeism

According to the National Breakfast Consumption Patterns Survey, employees who regularly eat breakfast are less likely to take sick days. This can lead to lower absenteeism rates and improved overall productivity in the workplace.

Watch these recipes come to life.





SNACKS



Munch on ideas!



MIDDAY MUNCHIES

Let's face it—snacks are the real MVP of the modern office (okay, we're a little biased). Between meetings, emails, and the 27 “quick asks” that hit before noon, those little bites of joy are what keep us going. And the numbers don't lie—office snack spending is up a whopping 86% year-over-year among Crafty clients.

Gone are the days of boring chips and questionable granola bars. Today's healthy snacks for the office are a bold mix of flavors, textures, and culinary excitement that mirror larger food trends. The fastest-growing snack categories? Bread (up 172%), candy (113%), and produce (111%)—anyone else suddenly craving a snack?

At Crafty, we're on a mission to make snacking more than just filler—it's a full-on experience. With 48% of pantry budgets dedicated to snacks, we keep things fresh, delicious, and as unexpected as a 3 p.m. Slack message from your boss. From bold flavors to clever ingredient pairings, our snack hacks turn your midday munchies into a mini celebration.

And we've got something for everyone. Dietary options are rising, with 24% of snacks being gluten-free, 23% vegan, and 19% dairy-free. Whatever your preference, Crafty's got the perfect office snacks to make your break the highlight of your day.

PROTEIN BAR TRAIL MIX

Ingredients

- 1 protein bar
- 1/2 cup mixed nuts (almonds, cashews, or peanuts)
- 1/4 cup dried fruit (raisins, cranberries, or banana chips)
- 1/4 cup M&Ms

Instructions

1. Chop the protein bar into bite-sized chunks.
2. In a bowl, combine the protein bar chunks, nuts, dried fruit, and chocolate chips.
3. Gently toss or shake the mixture to evenly distribute the ingredients.
4. Enjoy immediately, or store in an airtight container for later.
5. Have extra? Share it with a coworker to spread the joy!


FRUITY PEANUT BUTTER STRIPS

Ingredients

- 1 fruit bar
- 1 tbsp peanut butter (or other nut butter)

Instructions

1. Slice the fruit bar lengthwise into several thin pieces.
2. Spread almond or peanut butter evenly on each slice.
3. Serve and enjoy!



WE LOVE THAT'S IT.
APPLE AND MANGO
FRUIT BARS FOR THIS
RECIPE

NATE'S

HUMMUS PLATTER



“Breaking bread is more than just sharing food—it’s about creating connections. Something as simple as a hummus platter can spark conversations and create moments of connection that stick with you.”

Nate Rosenstock CEO & Co-Founder | Expert in Office Culture & Snacks

Instructions

- 1** Open hummus cup and place in the center of a plate.
- 2** Grab fresh veggies and arrange around the hummus.
- 3** Serve with pita chips on the side for a satisfying, healthy snack!

WE LOVE STACY'S SIMPLY
NAKED PITA CHIPS!

Base Ingredients

1 hummus cup

Assorted fresh veggies
(like carrot sticks,
cucumber slices, bell
peppers, etc.)

Pita chips



PROTEIN BAR TRAIL MIX

Ingredients

- 1 protein bar, chopped into small chunks (any flavor)
- 1/2 cup mixed nuts (like almonds, cashews, or peanuts)
- 1/4 cup dried fruit (raisins, cranberries, or banana chips)
- 1/4 cup dark chocolate chips or M&Ms

Instructions

1. Chop the protein bar into small chunks.
2. In a bowl, mix together the protein bar chunks, nuts, dried fruit, and chocolate chips.
3. Shake to combine, then portion into snack bags or containers.

APPLE & PEANUT BUTTER GRANOLA SANDWICH

Ingredients

- 1 Nature Valley Sweet & Salty Peanut Granola Bar, crumbled
- 1 apple, sliced into rounds
- 1 tbsp peanut butter

Instructions

1. Slice the apple
2. Spread peanut butter on one apple slice, sprinkle crumbled granola bar on top, and press another apple slice on top to create a "sandwich."
3. Repeat to make additional sandwiches and enjoy a sweet, crunchy snack.

BERRY CASHEW YOGURT PARFAIT

Ingredients

- 1 GoMacro Protein Bar (Blueberry + Cashew Butter)
- 1 cup Greek yogurt (plain or vanilla)
- A handful of fresh blueberries
- A sprinkle of granola for extra crunch (optional)

Instructions

1. Chop the GoMacro Protein Bar into small pieces.
2. In a bowl or cup, layer Greek yogurt, chopped GoMacro bar pieces, and fresh blueberries.
3. Add another layer of yogurt, more GoMacro bar pieces, and top with blueberries.
4. Sprinkle granola on top for extra crunch, if desired.

JIMMY'S

GROWN-UP MILK AND COOKIES



"As a kid, I thought I was sneaky, stealing cookies from my grandparents' drawer — crumbs on my face always gave me away. This nostalgia inspired my favorite snack."

Jimmy Paul CTO & Co-Founder | Tech Guru

Instructions

- 1** Brew a fresh cup of coffee.
- 2** Pour the coffee into a mug and add a splash of milk for a creamy touch.
- 3** Dip Oreo cookies into the coffee for a grown-up treat that is perfect for an afternoon break.

Ingredients

Oreo cookies
Freshly brewed coffee
Milk (or milk alternative)



A COZY, COFFEE-INFUSED TWIST
ON THE CLASSIC MILK & COOKIES!

CHEESY PRETZEL BITES

Ingredients

- 1 cup pretzel sticks
- 1/2 cheese stick
- Mustard (for dipping)

Instructions

1. Arrange pretzel on a microwave-safe plate.
2. Cut the cheese stick into small, thin pieces, then shred over the pretzels.
3. Microwave for a few minutes, or until the cheese is melted and bubbly.
4. Serve warm with mustard on the side for dipping. Enjoy!


OFFICE NACHOS

Ingredients

- 1 bag of tortilla chips
- 1 cheese stick
- 1 salsa cup
- 1 guacamole or avocado mash cup
- Sour cream or Greek yogurt
- Sliced jalapeños (optional, for some heat)

Instructions

1. Spread a layer of tortilla chips on a microwave-safe plate.
2. Cut the cheese into small pieces on a separate plate or cutting board.
3. Sprinkle the cheese evenly over the chips.
4. Microwave on high for 30–45 seconds, or until the cheese is melted.
5. Add salsa, guacamole, or any other toppings you like.
6. Dig in and enjoy your warm, cheesy nachos—fork optional!



GREEK YOGURT IS A FANTASTIC SUBSTITUTE FOR SOUR CREAM—CREAMY, TANGY, AND JUST AS DELICIOUS!

S'MORES DIP IN A MUG

Ingredients

- 1/4 cup chocolate chips
- 1/4 cup mini marshmallows
- A few graham crackers for dipping

Instructions

1. Layer chocolate chips and mini marshmallows in a microwave-safe mug.
2. Microwave on high for 15–20 seconds, until the chocolate is melted and the marshmallows are gooey.
3. Use graham crackers to scoop up the melty goodness—and savor every bite of your DIY s'mores delight!

OUT OF CHOCOLATE CHIPS? NO PROBLEM! JUST GRAB A PLAIN CHOCOLATE BAR AND CHOP IT UP!



LUNCH



Let's dig in!



LUNCH HACKS FOR BUSY DAYS

Say goodbye to sad desk salads and braving the weather for a fast-casual fix. Lunchtime doesn't have to be a hassle, especially when grab-and-go meals and snack-based lunches are on the menu. With quick, customizable options right in the office, you can make every lunch break your own.

Crafty clients are leveling up their lunchtime game with snack spend up 86% year-over-year and meal budgets averaging \$13,956 a month. Even better? 35% are mixing snacks into meals, and 50% are turning them into no-prep lunches. From hearty grab-and-go bites to creative snack hacks, lunchtime has never been easier—or tastier.

SALSA VERDE TOSTADA

Ingredients

- 1 Fillo's Walking Tamales (any flavor)
- Tortilla chips
- 1 cheddar cheese stick
- Optional: Hot sauce or salsa cup

Instructions

1. Heat the Fillo's Walking Tamales according to package instructions.
2. Arrange your tortilla chips on a plate.
3. Spread a spoonful of the tamales mixture on each chip.
4. Cut a cheddar cheese stick into small pieces and sprinkle on top.
5. Microwave for 15–20 seconds, or until the cheese starts to melt.
6. Finish with a dash of hot sauce or salsa if desired.



ALEJANDRA'S BOARD

Alejandra Valle
Client Operations Manager
Social Media Maven

Ingredients

- 1 hummus cup (for dipping)
- Pita Chips
- Baby carrots)
- Babybel cheese

Instructions

1. Lay out your pita chips, hummus, carrots, and Babybel like you're setting up a personal charcuterie board at your desk.
2. Pair with a Spindrift if you're feeling fancy.

HECTOR'S CUP NOODLES



"Chicago's food scene is unbeatable, and my experience in the food and beverage space along with great snacks help me bring that same goodness into my workday!"

Hector Avelar Strategic Account Director | Fitness Fanatic

Instructions

- 1** Prepare your Cup Noodles as directed.
- 2** Open the hard-boiled egg package and cut in half.
- 3** Grab seaweed sheets and your favorite jerky (Hector swears by mushroom jerky).
- 4** Once the noodles are ready, layer them with the egg, seaweed, and jerky. Enjoy!

Base Ingredients

- 1 Nissin Cup Noodles (any flavor)
- 1 packaged hard-boiled egg
- 1 packet GimMe Roasted Seaweed Snacks (any flavor)
- 1 handful of your favorite jerky

THIS RECIPE ALSO WORKS WITH RAMEN NOODLE PACKS AND ANY TYPE OF JERKY YOU LOVE—GET CREATIVE WITH YOUR FAVORITES!

THE PERFECT KICK
TO YOUR DAY!





EMMA'S

MAC HACK

Ingredients

- 1 mac and cheese cup
- 1 cheddar cheese stick
- Kettle chips

ANNIE'S AND KRAFT ARE OUR
GO-TO BRANDS FOR MAC AND
CHEESE—COMFORT FOOD
CLASSICS THAT NEVER
DISAPPOINT!

Instructions

1. Prepare the mac and cheese cup according to the package instructions.
2. Unwrap a cheddar cheese stick, cut it into small pieces, and stir them into the cup.
3. Microwave for an additional 30 seconds to melt the cheese.
4. Stir well and enjoy!

CASSEROLE IN A CUP

Ingredients

- 1 cup of mac and cheese
- 1 packet of pretzels (or crackers)
- 1 handful of your favorite jerky
- 1 cheese stick (any kind)
- Optional Toppings: Hot sauce packets, crushed red pepper, or ranch seasoning

Instructions

1. Cook the mac and cheese as directed and set aside.
2. Crush pretzels or crackers and press them into the bottom of a large mug to create a crust.
3. Add the mac and cheese over the crust.
4. Cut the cheese stick into small pieces and sprinkle them on top.
5. Microwave for 20 seconds, or until the cheese melts.
6. Top with diced jerky and finish with crushed kettle chips for added crunch.

GOOEY GRILLED CHEESE

Ingredients

- 2 slices of bread (any type you have available)
- 1–2 slices of cheese (cheddar, mozzarella, or your choice)
- 1 tbsp butter or mayonnaise (optional, if you have access to a toaster oven for crisping)

Instructions

1. Place the cheese slices between the bread slices.
2. Microwave for 30 seconds to 1 minute, or until the cheese is fully melted and gooey.
3. If you have a toaster oven available, spread butter or mayo on the outside of the bread and toast for a few minutes until golden.

NORMA'S SPICY MAC



"Back in my retail days, I had to get creative with lunch. My go-to was easy mac, Doritos, and a splash of hot sauce.

One day, I forgot a spoon and ended up using my Doritos as a scoop."

Norma Peña Client Operations Specialist | Wine Enthusiast

Ingredients

- 1 mac and cheese cup
- 1 package of Doritos (any flavor)
- Hot sauce or jalapeños (optional)

Instructions

1. Prepare the mac and cheese according to the package instructions.
2. Stir in your favorite hot sauce or jalapeños for a spicy kick.
3. Serve with the Doritos of your choice for a zesty and crunchy bite of perfection!



BYO-BURRITO BOWL

Ingredients

- 1 Amy's Burrito (any flavor)
- 1 cheese stick
- 1 package salsa
- 2 packages guacamole or avocado mash
- 1 tbsp sour cream or Greek yogurt
- Jalapeños or limes (optional)

Instructions

1. Heat the burrito according to the package instructions and let it sit for 1 minute.
2. Cut the burrito into bite-sized pieces and place them in a bowl.
3. Sprinkle with cheese and add salsa.
4. Top with guacamole, sour cream (or yogurt), your favorite toppings, and enjoy—every bite is a flavor-packed fest!



SHELF STABLE MEALS

Why add them?

Full, balanced meals provide lasting energy and help employees stay focused. Plus, with a longer shelf life, these options reduce waste and make restocking simple.

What's the impact?

Studies show that food availability significantly impacts workplace satisfaction, with 65% of employees planning their in-office visits around meal offerings.

What are the benefits?

Shelf-stable meals aren't just a win for employees—they make life easier for the people managing the pantry, too.

Convenience: No refrigeration required, perfect for desk drawers or office pantries.

Longevity: Longer shelf life means less food waste and fewer restocking trips.

Flexibility: A wide variety of options means you can accommodate different tastes and dietary needs.

Cost-Effectiveness: Buying in bulk can be budget-friendly, helping to stretch office food budgets further.

Employee Satisfaction: Access to filling meal options boosts productivity, especially during busy workdays.

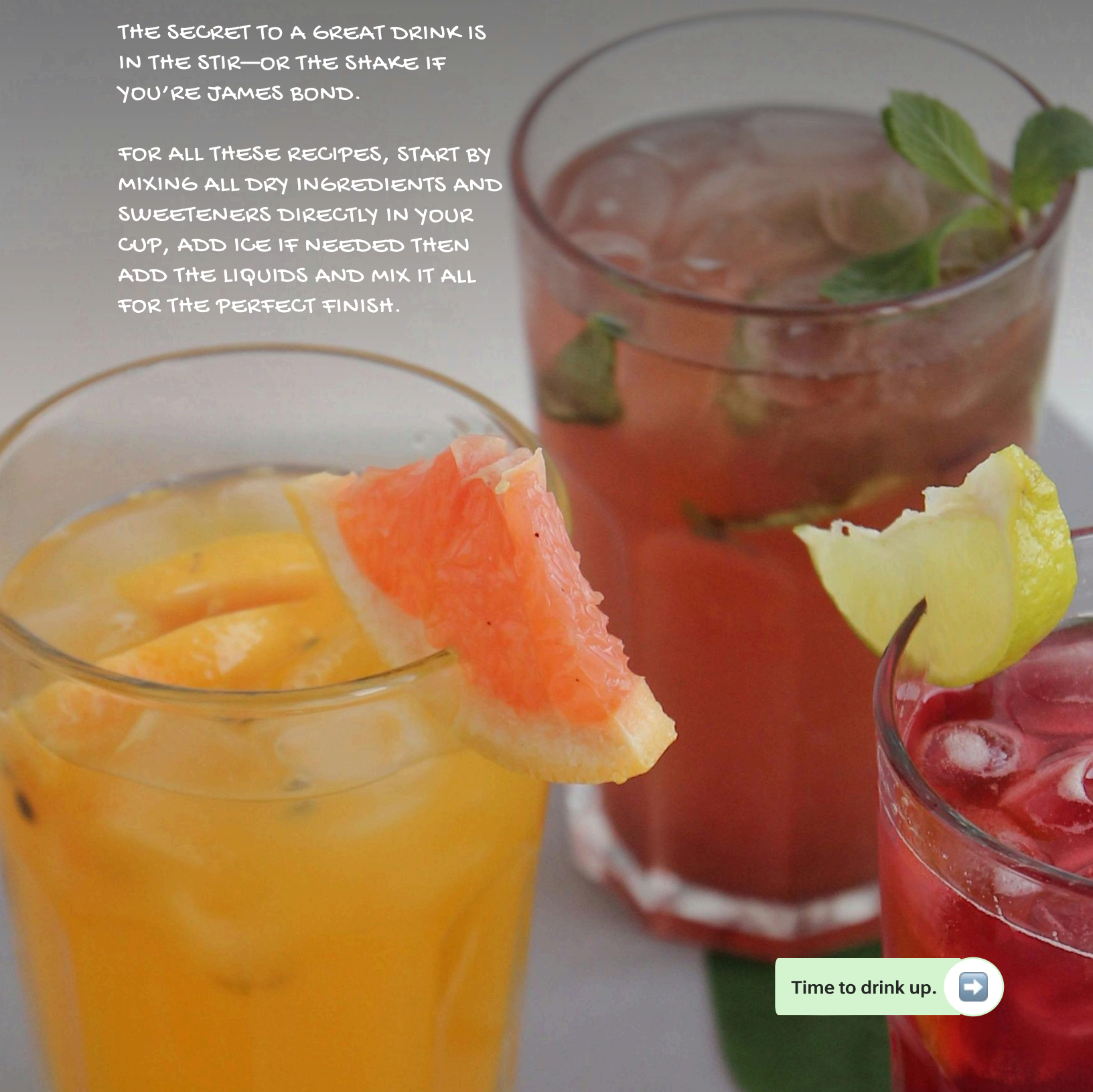
Watch these recipes come to life.



DRINKS

THE SECRET TO A GREAT DRINK IS
IN THE STIR—OR THE SHAKE IF
YOU'RE JAMES BOND.

FOR ALL THESE RECIPES, START BY
MIXING ALL DRY INGREDIENTS AND
SWEETENERS DIRECTLY IN YOUR
CUP, ADD ICE IF NEEDED THEN
ADD THE LIQUIDS AND MIX IT ALL
FOR THE PERFECT FINISH.



Time to drink up.



DRINKS FOR ANY MOOD

If it feels like everyone's shouting at you to hydrate, you're not alone. Office beverage spending has skyrocketed by 115.7% year over year, and it's clear that hydration is about more than wellness—it's about flavor, experience, and a little excitement in every sip. With 26% of drinks ordered being sparkling water, bold, creative options like infused waters, energy drinks, and refreshing sodas are taking center stage in the modern office kitchen.

At Crafty, staying hydrated doesn't just mean grabbing a plain bottle of water. We offer a variety of office drinks, from 37% still and sparkling water selections to juice, sports drinks, and mocktails, all geared to keep you feeling refreshed and ready to tackle the day. Whether you're craving an infused water that channels your inner hydration guru or a DIY spritzer that could impress the pickiest of beverage connoisseurs, we've got you covered with easy recipes to make hydration as fun as it is essential.

And why not bring a little happy hour vibe into the mix? A creative office cocktail hour—featuring caffeine-free options (80% of orders) and flavored beverages (51%)—is the perfect way to unwind, build camaraderie, and celebrate small victories (like finally conquering that inbox). With the right ingredients and a splash of creativity, hydration can be the highlight of your day. Cheers to making every sip a memorable one!



QUICKY COFFEETINI

- 1 shot espresso or strong coffee (cooled)
- 1 oz vodka
- 1 oz coffee liqueur (like Kahlúa)
- Ice
- Coffee beans or a sprinkle of cocoa powder (optional garnish)



ZERO PROOF

DON'T HAVE A BEVI? STEEP A MINT TEA BAG, LET IT COOL, AND USE IT IN THE RECIPE!



FRIDAY PUNCH

- 1 cup Coco 5 Fruit Juice (Fruit Punch flavor)
- 1 cup lemon-lime soda (try Ollipop or classic Sprite)
- Fresh fruit slices (like oranges, lemons, or strawberries)
- Ice cubes



ALOE MINT COOLER

- 1 cup sparkling water (like Perrier or LaCroix)
- 1/2 cup Alo Allure (Mango + Mangosteen)
- Bevi Unsweetened Lime Mint
- Ice cubes
- A squeeze of lime or lemon (optional)



TROPICAL SUNRISE

- 1/2 cup orange juice
- 1/2 cup cranberry juice
- Ice cubes
- Slice of orange or cherry (optional garnish)



SPICED APPLE FIZZ

- 1 cup unsweetened apple juice
- 1/2 cup ginger ale
- A pinch of cinnamon (optional)
- Ice cubes
- Apple slice (optional garnish)



CITRUS SPRITZER

- 1/2 cup lemonade
- 1/2 cup sparkling water (like LaCroix Berry or Bubly Raspberry)
- Fresh or frozen berries (strawberries, raspberries, or blueberries)
- Ice cubes



GINGER SPARKLER

- 1/2 cup ginger beer or ginger-flavored kombucha (non-alcoholic)
- 1/2 cup club soda or sparkling water
- A squeeze of fresh lime juice (or a lemon wedge if lime isn't available)
- Ice cubes

BOOZY



COCONUT MOJITO

- 1 cup coconut water
- 2 oz rum
- 3 tbsp lime juice
- Cooled mint tea
- 1–2 tsp honey (optional)
- Ice cubes
- Lime slices (optional garnish)



V8 BLOODY MARY

- 1 cup V8 Original vegetable juice
- 3 dashes hot sauce (like Tabasco or any available in the office kitchen)
- 2 dashes Worcestershire sauce (optional)
- Pinch of black pepper
- Pinch of salt
- Ice cubes



CLASSIC PALOMA

- 2 oz tequila (silver or reposado)
- 1/2 oz lime juice
- 2 oz fresh grapefruit juice or soda
- 2 oz club soda (if using fresh grapefruit juice)
- 1/4 oz agave syrup or simple syrup
- Ice
- Optional Garnish: Salt for rimming the glass, grapefruit slice, and/or lime wedge



SPICED MULLED WINE

- 1 cup red wine (Merlot, Cabernet Sauvignon, or Zinfandel)
- 2 tbsp apple cider or orange juice
- 1 tsp honey or maple syrup
- 1-2 orange slices (plus extra for garnish)
- 1 tbsp cinnamon

SNACK HACKS

BIG SHOUT OUT TO OUR TEAM

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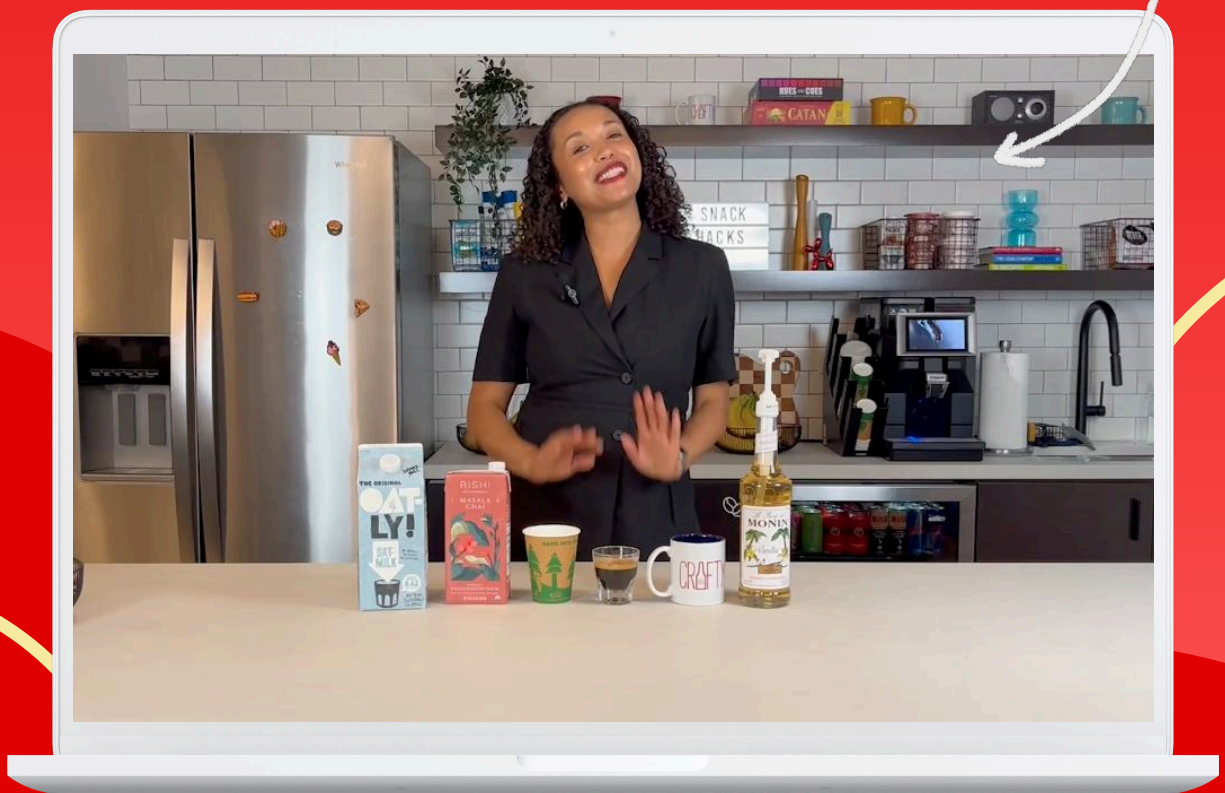
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You've got the Qs, and we've got the As!
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SEE THESE RECIPES COME TO LIFE

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CRAFTY

The Office Snack People