

A MENU OF

TEAM WELLBEING EXPERIENCES

by  plant candy



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Here's to refreshing your team experience!

HOW IT WORKS

Every Plant Candy Workshop Includes:

W E L L B E I N G

- A thoughtful, guided experience led by our expert facilitators
- Interactive components that blend education with real-life application
- All necessary materials, recipes, and tools for participation
- Space for questions, reflection, and connection

What Makes Us Different

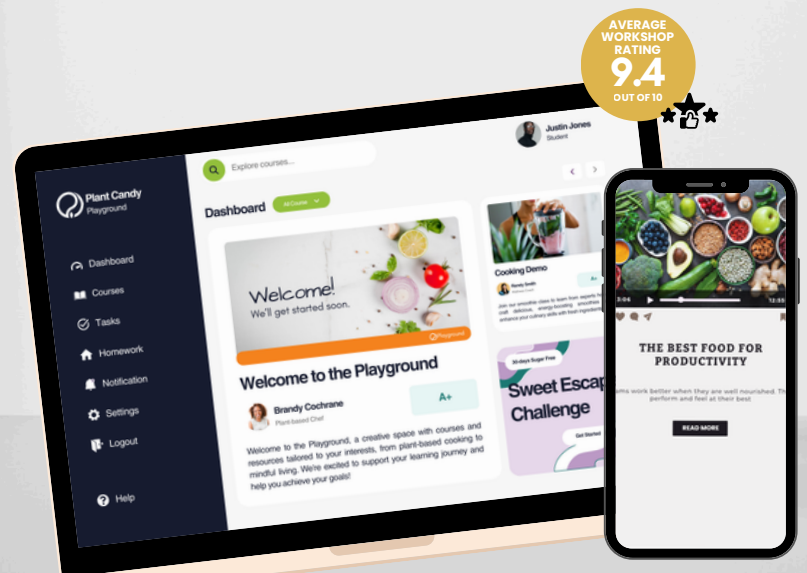
Our workshops are far from one-size-fits-all. We infuse each experience with creativity, cultural relevance, and a dose of fun. From plant-based demos to mindful moments, every session is crafted to spark curiosity and encourage sustainable habits—without judgment or overwhelm. Because when teams feel supported and seen, they don't just function—they thrive.

Let's create a wellbeing experience that your team will look forward to.

Did you know?

The Plant Candy Wellbeing Playground includes live workshops, workshop recordings, and related resources and challenges every month!

[LEARN MORE ABOUT THE WELLBEING PLAYGROUND](#)



CONTENT OVERVIEW

Plant Candy workshops are rooted in intentional nourishment, creative connection, and joyful living. Led by our team of wellbeing experts, each experience—virtual or in-person—is designed to be holistic, engaging, and impactful for your team.

NOURISHMENT & BODY

FOCUS: Physical wellness through plant-based food, mindful eating, and energy-boosting habits.



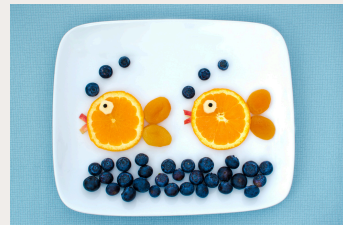
MINDFULNESS & CONNECTION

FOCUS: Mental clarity, emotional balance, and deeper team connection.



CREATIVITY & CULTURE

FOCUS: Purpose-driven engagement through fun, creativity, and cultural relevance.



PRODUCTIVITY & HEALTH

FOCUS: Highlighting the link between nutrition, productivity, wellbeing, and business success.



COMING IN 2026

Browse new offerings coming in 2026!

NOURISHMENT & BODY

FOCUS: Physical wellness through plant-based food, mindful eating, and energy-boosting habits.



Fueling wellness through food and physical support.

Mocktails & Munchies

Mocktails & Munchies is an engaging, hands-on experience that brings together drink and snack preparation with a focus on wellness and connection. Participants will learn to create delicious, health-focused beverages and snacks while fostering a sense of community and building sustainable habits for a healthier lifestyle. Perfect for individuals or groups that wish to combine fun with practical learning.

Charcuite & Community

Reimagine the art of charcuterie with a plant-based twist! Charcuite & Community is an engaging, hands-on experience where guests will explore their creativity, learn new skills, and foster meaningful connections. Participants will craft their own plant-based charcuterie boards, featuring nut-based cheeses, vibrant fruits, veggies, and creative spreads, all while enjoying a warm and welcoming atmosphere.

PLANTiful Living

PLANTiful Living offers a distinctive opportunity to guide communities in incorporating plant-based dishes into their daily meals. Scientific research indicates that adopting a more plant-based diet can contribute to overall health improvement. Presenting this information in a creative and accessible manner increases the likelihood that individuals will embrace the idea. The aim of this initiative is to instill confidence in those exploring a plant-based diet and encourage them to share this lifestyle with others.



MINDFULNESS & CONNECTION

FOCUS: Mental clarity, emotional balance, and deeper team connection.



Slowing down, creating space, and fostering presence.

Let's E.A.T. (Exchange Authentic Thoughts)™

Let's E.A.T. is not just a meal—it's a wellness-focused experience designed to nourish bodies and minds, spark authentic connection, and build a thriving community within your organization. It redefines workplace gatherings by offering a unique journey toward greater wellbeing, meaningful communication, and a culture of togetherness, one remarkable meal and conversation at a time.

Feed Yourself First

Feed Yourself First is a guided wellbeing experience that empowers individuals to prioritize self-care as the foundation for achieving true work-life balance. Through mindset-shifting reflections and practical tools, participants learn to put themselves on the schedule, not as an afterthought, but as a priority. This experience nurtures both individual growth and community connection, creating space for honest dialogue, intentional living, and sustainable wellbeing in and out of the workplace.

Nourish U

Nourish U is a wellness experience that blends food journaling, self-reflection, and plant-based nourishment to explore the connection between what you eat and how you feel and perform. Through mindful eating, guided prompts, and energizing meals, participants gain practical insights into how nutrition impacts focus, mood, and productivity—all while building self-awareness and authentic connection.

Interested in engaging your clients in a unique way?

Our programs can be tailored to spark meaningful connections and lasting impressions.



LEARN HOW

CREATIVITY & CULTURE

FOCUS: Purpose-driven engagement through fun, creativity, and cultural relevance.



Inspiring purpose, identity, and community through unique experiences.

The Sweet Escape Challenge™

The Sweet Escape Challenge is a 30-day program that helps people break free of sugar addiction and embrace a healthier lifestyle. Our blend of community support, personalized tracking tools, and expert guidance allows participants to find the resources and encouragement they need to succeed. This sugar-free challenge is designed to help your group achieve its goals and sustain the results.

Brunch + Build

Brunch + Build™ offers a one-of-a-kind “dining” experience that brings leadership and teams together for meaningful connection, focused collaboration, and idea clarity. Designed to cut through overwhelm and spark fresh thinking, this energizing gathering quickly fosters camaraderie—even among first-time attendees.

Customizable to address business challenges like leadership development, team dynamics, strategic planning, and personal growth, Brunch + Build™ empowers leaders to take action, boost morale, and drive results that matter.

The Noah Fast

The Noah Fast is a corporate wellbeing experience that goes beyond traditional fasting—it’s a guided journey toward greater purpose, fulfillment, and spiritual connection. Centered on inviting abundance rather than restriction, this transformative program helps participants cultivate vibrant health, strengthen relationships, and align with their deeper values.

With a simple, accessible structure, The Noah Fast empowers individuals to reflect, refocus, and reconnect—both personally and professionally—creating space for clarity, intention, and lasting wellbeing in the workplace and beyond.



PRODUCTIVITY & HEALTH

FOCUS: Highlighting the link between nutrition, productivity, wellbeing, and business success.



Empowering teams to thrive with the evidence-based PCRM Food for Life protocol.

Food for Life is an award-winning program, featuring nutrition education and cooking classes that provide an innovative approach to diet-related chronic diseases. Since 2001, Food for Life has been a pioneer in delivering hands-on information about the direct role of plant-based nutrition in health and disease prevention to communities around the world.

Designed by physicians, nurses, and registered dietitians, Food for Life promotes healthful eating based on the latest scientific research. Learn more about the Food for Life Employee Wellness Program here.



Looking for wellbeing solutions for your remote team?

No worries. All of our programs can be delivered both in person and virtually.

LEARN MORE

COMING IN 2026



Available Now

Cravings & Calm: Understanding Stress & the Plate

Ever notice how stress shows up on your plate? In this session, we unpack the food-stress connection and offer simple shifts to support both mind and body.

Sweeten Your Mood, Not Your Blood Sugar

Your sweet tooth doesn't have to derail your wellbeing. Discover feel-good alternatives and strategies to balance cravings without the crash.

Mindful Minutes: Quick Breaths, Big Shifts

One breath can change everything. Learn simple, science-backed techniques to reset, refocus, and reclaim calm—even on the busiest days.

Coming Soon

Inside Out: A Digestive Reset

A healthy gut is the foundation of your overall wellbeing. Learn how to nourish your digestive system with everyday, plant-powered tools.

Energize Your Plate: Fuel That Lasts

Feel-good energy starts with what's on your fork. This workshop offers approachable tips to keep your body nourished and your energy steady throughout the day.

Play More, Stress Less

Joy is a wellness tool, too. Through playful practices and mindset shifts, we explore how fun can fuel resilience and connection.



Healthier teams start with consistent action.

Reinforce learning and create real impact in 2026 through regular, well-structured wellness programs.

[LEARN HOW](#)

WHAT A FEW OF OUR CLIENTS . . .

HEARST



COMPASS

Montefiore



Plant Powered
Metro New York



HAD TO SAY ABOUT US:

Attending the Plant Candy cooking experience was truly a highlight for me—it was so much more than just a cooking class. The session was engaging and approachable, and I learned tips and techniques that completely changed the way I think about plant-based meals. I left not only inspired to eat healthier but genuinely excited to cook at home. Months later, I'm still using the recipes and ideas I picked up in the class—they've become staples in my kitchen. The supportive community made everything fun and accessible, and I can honestly say this experience sparked a lasting positive change in my daily habits. **-Rachel H, Invoice Financing Sales Director**

I want to thank Brandy for a fun and interesting evening where she introduced us to plant-based cooking techniques and recipes. They were delicious! She masterfully managed a zoom-room full of slice-and-dice impaired participants, with patience and humor. **-Linda M. Design Consultant**

I attended a zoom cooking class with Brandy, and it was a fantastic experience! She did a wonderful job creating vegan recipes that were delicious and easy to prepare. She sent the list of ingredients in advance, along with cooking instructions for anything we needed to prepare ahead of time. I expected it to be daunting because I don't cook this way, but she made it fun and easy and provided tips throughout. My husband is a meat-and-potatoes guy, and he raved about what we cooked. I highly recommend Brandy's sessions; you won't be disappointed. **-Angela S., Human Resources Consultant**



ABOUT PLANT CANDY

Plant Candy offers fun, accessible, and delicious plant-based wellness programming designed to inspire people to enjoy more fruits, vegetables, and whole grains every day. Our mission is to plant the seed that a plant-based lifestyle isn't just possible—it's an essential part of living well.

Let's design your custom
wellbeing program TODAY

→ **CONTACT US** ←

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