

# Resilience Growing

AN URBAN FARMING PROGRAM FOR THE REMOTE WORKFORCE



Enhance employee health, wellbeing and self-sustainability, through the simple act of growing food at home

# Resilience Growing

Compass Group is excited to partner, once again, with Farmwall to bring your staff mental, emotional and physical wellbeing at their place of work, whether that be at home or in the office.

**Learn hydroponics. Engage your teams. Cook and enjoy great food “together**

---

***“In these challenging times, we are keeping our eyes wide open for new and innovative solutions to support and engage your teams through our services and partnerships. We are proud to once again partner with Farmwall Australia to champion sustainability through personal mental wellness and engagement. “***

---

## THE PROGRAM

Farmwall's corporate wellness program is designed to benefit health and nutrition, improve mental health, increase self-sufficiency, create greater connections and sense of team community.

Participants each get a physical all-in-one indoor growing kit with an easy to follow 9-week on-line course enabling team building and strong remote-work culture to flourish through an on-line farming community. The perfect wellbeing tool to engage employees working from home.

Through a tailored menu aligned to the program, Restaurant Associates will provide participants with recipes designed by our executive chefs to create nutritious and delicious meals using the microgreens you grow. To further enhance this, Restaurant Associates are offering the ability to include the food as well! Throughout the program, RA will include the required shelf-stable ingredients to create each menu. All participants need to do is grab the fresh components.

Then you just need to get cooking! As an add-on to the program your teams can follow along with one of our chefs in a master class session.

## WHY NOW?

We are witnessing a global working from home revolution, redefining the ways we engage and support our colleagues in meaningful ways.

While staying at home may be preferable for some, most employees are experiencing a range of unwanted feelings, commonly expressed as isolation, loneliness, and uncertainty about their performance.

Additionally, science has shown that the act of growing and sharing food has the ability to increase connectedness, promote positive eating habits, and gets bums off seats in our ever increasing screen based world. As a result of this, Farmwall has designed a super experience to engage the remote workforce, delivered by a unique virtual community garden.



## WHAT CAN YOU EXPECT?

Measurable outcomes on wellbeing, nutrition, engagement, sustainability, and education.

Reach your employees families through ongoing kids activities and weekend livestreams.

Growing food and good nutrition has numerous health benefits leading to higher performance at work.

The UN Sustainable Development Goals are woven through the program. Promote a culture of growth and sustainability in your organisation, and in the homes of your staff.

Opportunity to learn new skills together, promoting conversation and motivation between each other.

Simple implementation for your workforce, customised towards your objectives.



## EXCLUSIVE TO RA!

We can provide live cooking classes and demonstrations, led by one of our incredible chefs incorporating the micro greens your teams grow in the program. We are happy to tailor your program to bring your teams the most benefit in emotional, mental and physical wellbeing.



## 9 WEEKS TO BENEFIT YOUR TEAMS

- 1 **Grow**  
Whether for individuals at home or teams in the office, Farmwall provides personal-size hydroponic growing units and the seeds to get started.
- 2 **Learn**  
Follow along the 9-week course with interactive sessions and activities focusing on sustainability and learning the art of hydroponics.
- 3 **Cook**  
Cook along with RA as your micro greens grow, engage with our chefs and share with your family and peers.
- 4 **Keep It Going**  
Keep growing, keep cooking and keep sharing long after the program ends, the kits are yours to keep!



Visit [Farmwall.com/program](http://Farmwall.com/program) to find out more about the program or talk to us!

Samantha Denovan-Hugh  
Manager, Business Development

Tel +61 2 9797 4956 Mob +61 490 406 873

[SamanthaDenovan@compass-group.com.au](mailto:SamanthaDenovan@compass-group.com.au)

**RA**