

Gen Z Interns Embrace “Micro Joys” and Better-for-You Workplace Snacks

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As younger workers reshape workplace culture, Gen Z is increasingly embracing small moments of enjoyment and intentional breaks to support wellbeing, productivity and creativity, according to a new survey commissioned by Slice Soda ahead of National Intern Day on July 30.

The survey of current and recent interns found that 79 per cent of respondents said short breaks make their workday more enjoyable, while 75 per cent said these breaks help them perform better. Meanwhile, 77 per cent said they intentionally incorporate small moments of enjoyment into their workday.

The findings suggest that younger workers are not necessarily seeking to work less, but are placing greater emphasis on how they recharge during the working day. Short breaks, outdoor time and better-for-you food and beverages are emerging as ways to support these moments of refreshment.

When asked which workplace perks would most improve their day-to-day experience, healthy snack and beverage stations and more time outdoors ranked highest, at 43 per cent each. These were followed by an additional day off, selected by 24 per cent of respondents.

The findings also point to a link between taking breaks and creativity. Nearly 82 per cent of respondents said they are most likely to have their best ideas somewhere other than while actively working at their desk.

Stepping outside for fresh air, interacting with colleagues or enjoying a better-for-you snack or beverage can provide opportunities for employees to disconnect from screens and recharge.

The survey findings align with Slice Soda's "Adulting Too Hard" platform, which focuses on everyday moments that can make working life more enjoyable.

Nicole Portwood, Chief Marketing Officer at Suja Life, said the next generation of workers is redefining what makes work feel better rather than turning away from work.

She added that everyday moments such as taking a short break, enjoying a beverage during an afternoon reset or celebrating the completion of a project can help make the workday feel more manageable.

The findings highlight the growing role of better-for-you snacks and beverages, workplace wellbeing and mindful breaks in shaping the preferences and expectations of younger employees.