

LUNCHFULNESS



We're all busy. Client meetings, company meetings, meetings about meetings.

In fact we're so busy, that lunchtime has become a thing of the past.

We sit hunched over our computers shovelling in the same sandwich every single day.

It's time to be a bit more mindful about lunch.

We release a series of mindfulness inspired videos on social media for people to watch in their lunch hour. Mini training tutorials that tell you how to really get the most out of your lunch.

LUNCHFULNESS 15”

We open on a beautiful calm sea. It's very relaxing and we can hear the sounds of waves gently lapping on a shore.

Titles then start to appear over the image.

Title: Welcome to lunchfulness.

15 seconds to recharge your batteries.

No scrolling. Just vegetables.

No emailing. Just brown rice.

No distractions. Just delicious tuna.

We cut to an endframe where we see the new Bistro Bowls.

Title: Clover Leaf. The new way to do lunch.

