

AT HOME WITH

# SAGE

SPRING 2020



# THE PLANT-BASED (R)EVOLUTION

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MUSHROOM BURGERS

# A Note from SAGE House



## Welcome to the health and wellness issue of At Home with SAGE®!

Some of the trending topics we're exploring are alternative meat products, the sesame allergen, food additives, and produce consumption.

We're celebrating the 30th birthday of SAGE Dining Services® this year. Since we first started partnering with independent schools in 1990, a key part of our mission has been to help community members form a positive relationship with food. Especially in today's world of constant media exposure, there's an abundance of advice about what to eat, the next diet to follow, and how to be healthy.

These messages, and the actions people might take because of them, can lead to a negative relationship with food, poor

body image, restrictive and/or binge eating, and other harmful habits. We believe in taking a balanced approach to trends and digging deep to separate fact from fiction. SAGE'S All Foods Fit philosophy means that every food has a place on the plate.

We also recognize that food has benefits beyond nutrition. It's a way to learn about different cultures and explore new flavors. It brings joy and brings people together. When students are eating with their peers and exposed to positive messaging about food and nutrition, they can have happy dining experiences, which will serve their health and well-being for many years to come.

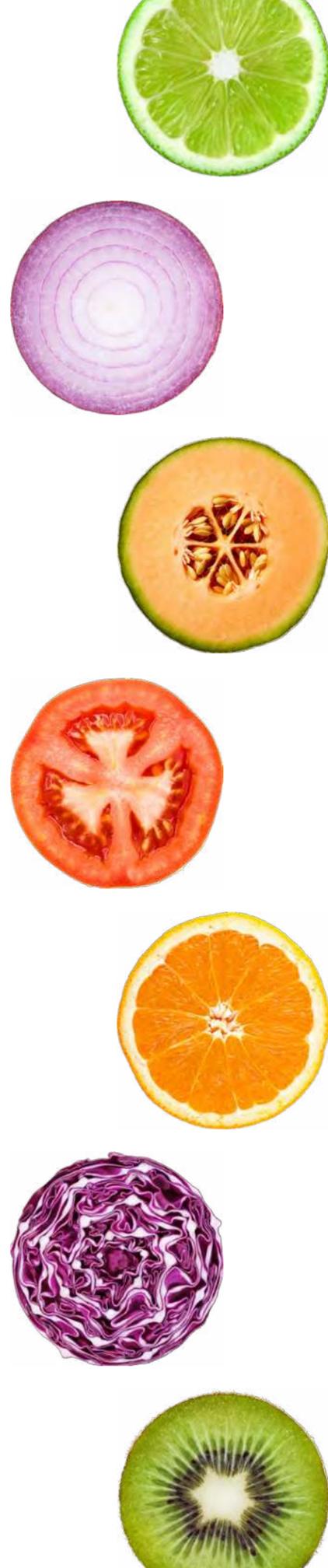
As we look back at our first three decades and look forward to the ones ahead, we continue to think about the best ways to serve families like yours. We've been adapting our menus and programs because of the many extended school closures this spring, and we look forward to the day when we can welcome students back to campus and create excitement in the dining hall once again!

Sincerely,

*Lina & Paw*

Published twice annually by the SAGE Marketing Department.

For extra web content, go to [SAGEDINING.COM/ATHOME](https://www.sagedining.com/athome) when you see this symbol: 🍎



BEFORE  
2001

- **Financial transparency**

At a time when "miscellaneous" was the third-largest category on five-line financial reports, our 50-line breakdown was revolutionary.

- **No nuts**

We reduced the risk of food allergy reactions right off the bat!

- **No MSG**

Our recipes use spices and seasonings without added MSG.

2006-10

- **Allergy awareness guidelines**

Our allergen filter helps parents and students find safe foods.

- **Educational Seasonings**

These interactive monthly events give students a chance to learn about history, science, culinary skills, and unusual ingredients — and sample new foods!

- **First SAGE gardens**

We teach community members about how food is grown and harvested and encourage them to play an active role in the process — nearly 70% of SAGE venues have some form of a campus garden, ranging from simple herb boxes to farms.

2016-  
TODAY

- **Performance Spotlight™**

This program guides athletes' food and drink choices based on activity and timing.

- **Banned plastic straws**

We use paper straws to combat global plastic pollution.

- **Touch of SAGE™ Mobile App**

Our app enables community members to view and rate menu items, create and save custom allergen profiles, reach their SAGE team directly, and more.

# 30 YEARS OF INNOVATIONS

As we celebrate our 30th birthday, we look back at some of our proudest moments.

2001-05

- **First in-house Dietitian**

Today, our four Registered Dietitians review every ingredient and menu for allergens and variety.

- **The SAGE Spotlight Program®**

This color-coded system guides community members to build a nutrient-dense plate. Look for the Spotlights on your menu.

- **No trans fats**

We stopped using products with artificial trans fats years before the U.S. government regulated their use in food.

2011-15

- **Improvisations®, Paquito's®, Pacific Thyme, Crossroads, and Vegitas® concepts**

Our stations introduce students to a variety of cuisines to broaden their palates and educate them about culinary traditions from around the world.

- **Eating disorders awareness program**

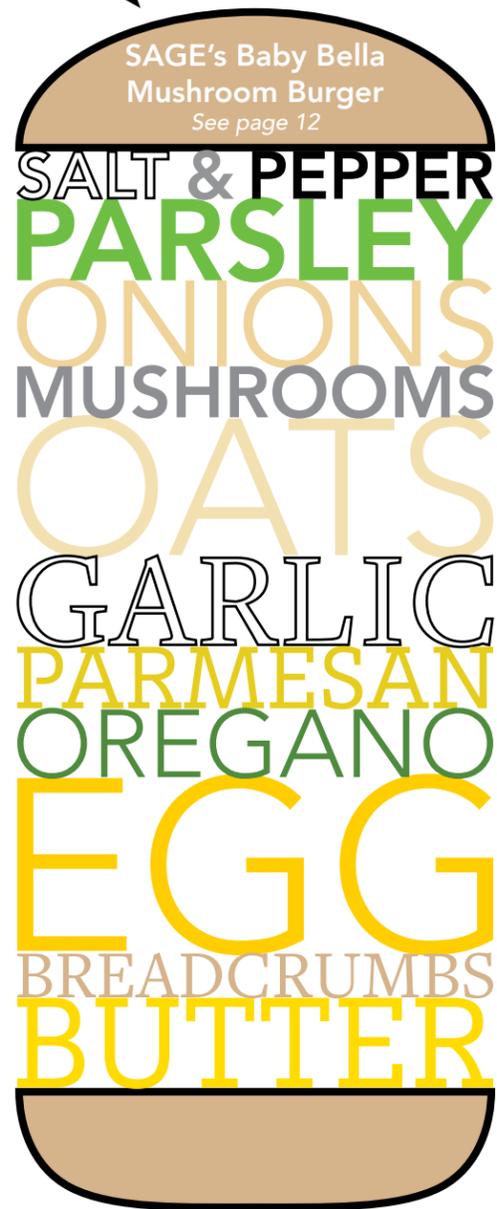
We developed and continue to update training with Eating Recovery Center of Maryland.

Visit [SAGEDINING.COM/BLOG](https://www.sagedining.com/blog) for more details and successes throughout our 30-year history.



ALTERNATIVE MEAT PRODUCTS

TRADITIONAL MEATLESS OPTIONS



HOW DOES YOUR BURGER STACK UP?

Recently, there's been a proliferation of alternative meat products in the market. These are different from traditional meatless options, such as bean burgers or soy hot dogs.

### What are alt proteins?

Alt proteins aim to get omnivores to reduce their consumption of animal protein by simulating the meat-eating experience. They're created using pea, potato, wheat, and/or soy proteins, along with coconut or palm oils, to mimic the taste and feel of animal protein. To make these products "bleed," manufacturers use beet juice, pomegranate, or a plant-based heme that's been engineered through synthetic biology.

And the field is growing. Up next are synthetic chicken, pork, eggs, and fish. New technologies are on the horizon as well, including products made from a mix of meat and plant proteins, cultured meat made from animal stem cells, and 3D-printed synthetic meats.

### Why the burgeoning interest in plant-based diets and alt proteins?

Backed by research, many people believe that eating less meat and more plant-based foods will benefit the environment and human health. On top of this, with an expanding population competing for a finite amount of arable land, growing animals just to consume their protein seems inherently less efficient than just consuming the vegetable protein directly.

### What are the environmental effects of alt proteins?

If livestock farming, especially beef, contributes to climate change, will eating alt proteins really save the earth? Research has shown that alt-protein production generates fewer greenhouse gases and uses less energy, water, and land than is required for beef. Simply producing a bean burger, however, would save even more. Further, there's been a lot of press devoted to deforestation caused by expanding palm oil and coconut oil plantations; coconut oil is a primary ingredient (top five) in most of these new burgers.

### What's the nutritional value of alt proteins?

Alt proteins aren't necessarily any more nutritious than beef either. The tropical oils that alt-protein burgers use to enhance texture make them comparable to beef burgers in saturated fat content. In addition, products currently on the market are higher in sodium than beef patties, averaging 15% of the daily value for sodium versus less than 5% in plain beef burger patties. On the other hand, alt proteins provide the benefits of fiber with 2-3 grams per serving, which isn't present in comparable meat options. You might also notice that alt proteins boast high levels of vitamins and minerals. Those were added later in the manufacturing process; they're not inherent in the product.



Backed by celebrity endorsements and venture capital, these new alt proteins, with names such as Beyond Meat® and the Impossible™ Burger, have shown up in restaurants, grocer's freezers, and — of course — television, but are they worth all the hype?

We were curious, so we went beyond the marketing slogans and looked at the evidence. Here's what we found.

### Are alt proteins safe for people with food allergies?

There are potential repercussions for those with food allergies. First, there's the issue of heme, an iron-containing molecule, which provides the look, taste, and smell of meat. Alt-protein manufacturers engineered a new protein, soy leghemoglobin, a plant-based option to replace heme from meat. The U.S. Food and Drug Administration (FDA) has raised concerns. Food allergies are immune-mediated reactions to proteins, so soy leghemoglobin and other proteins created in the generation of alt protein could cause allergic reactions in the population. Despite these initial concerns, in July 2019, the FDA approved the use of soy leghemoglobin as a Generally Recognized as Safe (GRAS) food additive based on research completed by Impossible Foods. Even with GRAS status in place, some concerns remain that these unidentified proteins could cause allergic reactions.

Several alt-protein varieties carry a special warning urging caution for those with a severe peanut allergy. The issue is that alt proteins contain pea proteins. Because both peas and peanuts are legumes, there's the potential for cross-reactivity in people with peanut allergies. It's estimated that 5% of people with a peanut allergy may experience symptoms because of cross-reactivity, even if they've never had problems with peas before, because the pea protein in these manufactured products is highly concentrated.

### What are the takeaways from all this?

Ultimately, it's too soon to assess the long-term impact of these synthetic products for both the environment and for humans. Research will eventually catch up to the market, but for now, it's up to each person to decide whether alt proteins have a place on their plates. If your community wants to try the new manufactured foods, higher cost and limited availability create challenges, but we'll do our best to source the product for you.

We have an All Foods Fit philosophy. We provide our communities with a wide variety of options, including vegetarian and vegan dishes, fresh fruits and vegetables, and whole grains. We're committed to cooking foods from scratch, which allows us to control our ingredients and provide clear, easy-to-understand ingredient and allergen labeling that lets all community members eat safely and confidently in dining halls.

In our kitchens, we're constantly developing new plant-based recipes that will appeal to omnivores and vegetarians alike, from Vegan Kung Pao Cauliflower Bites to Quinoa Sliders with Harissa Mayonnaise and a wide variety of vegan and vegetarian burger patties. We hope you'll join us in trying something new the next time you're in the dining hall.

# Navigating Health and Wellness Trends

There's a ton of nutritional information and advice circulating out there, and it can be overwhelming and confusing to separate fact from fiction. Our Registered Dietitians are constantly evaluating the latest nutritional research, claims, and trends, and it helps to take a thoughtful, balanced approach. Here are some of the considerations when digesting nutritional information. Try practicing them the next time you hear about the hottest new trend!

## WHAT'S BEING SAID?

Take a look at the claims and benefits touted for products and diet plans. See whether there's an explanation for how to receive or achieve the benefits. Lastly, pay attention to what's required to follow the plan or use the product.

*Some red flags include:*

- Seeming too good to be true/a cure-all
- Using buzzwords (detox, superfoods, metabolism booster)
- Providing a laundry list of rules to follow
- Giving anecdotal evidence (I did it, so you can too!)
- Recommending cutting out a whole food group or groups

## WHO'S SAYING IT?

Make sure that the information is coming from a credible, reliable source. Look at the person's credentials and qualifications, as well as their intentions for providing nutritional guidance.

*Some red flags include:*

- Having no reputable or relevant credentials or qualifications
- Promoting a product

## HOW ARE THEY SAYING IT?

The language and tone can indicate the credibility of a source. Look for sources that are neutral and unbiased in the wording and approach they use when presenting nutritional information.

*Some red flags include:*

- Fearmongering (toxins, poisons, hormone disruptors)
- Making big promises (results guaranteed)
- Portraying mistrust or incompetence of science and medicine (not even doctors know about this, research will soon prove this)

## HOW MIGHT IT FIT INTO YOUR LIFESTYLE?

If you want to apply nutritional information to yourself or your family, you must consider whether it will be sustainable long term. Think about safety, taste, cost, schedule, culture, stress, and overall feasibility. You'll also want to consider potential impacts on all aspects of your well-being — physical, social, emotional, mental, and financial. Make sure to meet with your doctor or dietitian before starting any diet plan or product to ask whether it's safe and appropriate for you.

*Some red flags include:*

- Posing a risk to an existing health condition or interfering with medications you're taking
- Making drastic lifestyle changes
- Requiring expensive and/or time-consuming upkeep
- Cutting out foods you really enjoy
- Feeling stressed or overwhelmed when implementing around mealtimes

## WHERE ELSE IS IT BEING TALKED ABOUT?

Just because information has become popular and mainstream doesn't necessarily mean it's credible or accurate. Look beyond the media hype. Do a quick search in a research database, such as PUBMED.GOV, to see whether the trend has peer-reviewed science to back up its claims.

*Some red flags include:*

- Interpreting association as causation (high ice cream consumption is associated with high rates of sunburn — this does not mean that eating ice cream causes sunburn)
- Relying on research with limitations (small sample size, short intervention time, short follow-up period, convenience sampling, limited demographic representation)

Nutritional information is everywhere — and frankly, it can be exhausting. Using a thoughtful, guided approach to efficiently sort through it all can help save you from wasting your valuable time, money, and energy on products and diets that are unnecessary, unsustainable, and potentially unsafe. When in doubt, ask questions, think critically, and stay curious. 🍎

# Sesame Allergy Law Update

The Food Allergen Labeling and Consumer Protection Act (FALCPA) is a federal law that requires allergen labeling in the U.S. It covers the so-called big eight — milk, eggs, fish, shellfish, tree nuts, peanuts, wheat, and soybeans. When the law was passed in 2004, it stated that these allergens accounted for about 90% of serious food allergy reactions. This law hasn't changed, but food allergies have evolved, leading many to believe that it's time for the big eight to expand.

In October 2018, the U.S. Food and Drug Administration (FDA) asked for information about sesame allergies to assess whether they're widespread and serious enough that sesame should be listed as an allergen on food packaging. Sesame is already recognized as a leading allergen in other parts of the world, such as Canada, the European Union, and Australia. In the U.S., sesame is hard to detect on a label because it can be listed under a different name, such as tahini or benne, or even included in the generic "spices" on the label.

## Sesame allergies are on the rise in our communities and even surpassed the number of allergies to soybean in 2019.

The FDA request triggered more than 4,800 posted responses from academic research organizations, nonprofit organizations, children's hospitals, those with loved ones who have a sesame allergy, and SAGE! We were one of only two food service providers to respond. We remain committed to providing a safe environment for our community members with food allergies. We conduct an annual survey

to determine the prevalence of the 12 allergens we recognize — the big eight plus mustard, sulfites, gluten, and sesame.

Using data from several years of surveys, we were able to show that sesame allergies are on the rise in our communities and even surpassed the number of allergies to soybean — one of the big eight — in 2019. We weren't alone in our findings. In August 2019, the Journal of the American Medical Association published a study of more than 78,000 people, with 0.49% reporting a sesame allergy. That might not sound like a lot, but that percentage of the U.S. population represents 1.5 million adults and children, securing sesame's place as the ninth-most common food allergen in the U.S.

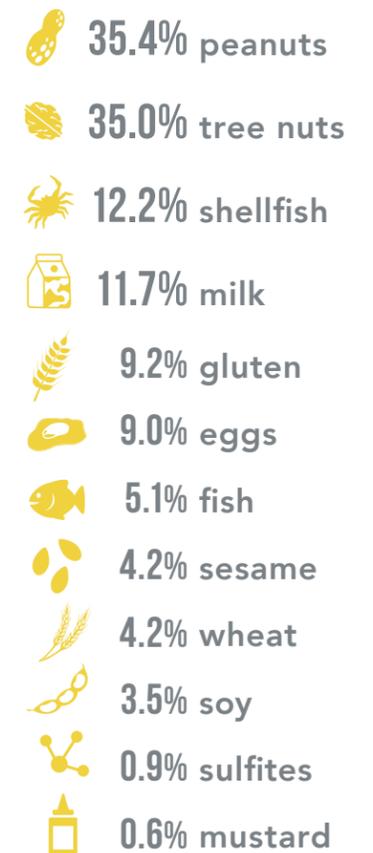
The FDA ruling isn't expected soon, and some don't want to wait. In April 2019, the Food Allergy Safety, Treatment, Education and Research (FASTER) Act was introduced in the House of Representatives. This bill would include sesame under FALCPA, improve the system for adding other allergens in the future, and fund research into the various ways that allergies affect consumers. In March 2020, the reviewing committee marked up the House bill, and the Senate introduced its own version (also called the FASTER Act), which would require labeling of sesame under FALCPA and direct a study and report on food allergy research opportunities.

Illinois legislators took a big step in July 2019, passing the first state law requiring that all packaged foods indicate when sesame is included. Although FALCPA is likely to preempt the Illinois law, it might provide added pressure to the FDA when considering the addition on a federal level.

While we wait for the FDA ruling on sesame labeling and the FASTER Act, SAGE will continue to provide tagging on all recipes for the 12 major allergens and continue to advocate for improved allergen labeling on a federal level.

## Allergy Survey

To better understand how food allergies are evolving, we conduct an annual survey about the 12 allergens we recognize. Here's how prevalent each one is among students with food allergies in participating schools for the 2019-20 school year.



Visit [SAGEDINING.COM/BLOG](https://www.sagedining.com/blog) to see the full survey results.

# The Power of Produce

New nutrition trends pop up almost daily, but one thing that has never changed is the recommendation to eat more fruits and vegetables! Physicians, dietitians, and parents have repeated this message — and it's supported by science. The Dietary Guidelines for Americans recommend consuming about 5 cups of a variety of fruits and vegetables every day. Yet most people fall short. Only 12% of adults and 40% of children regularly meet daily fruit recommendations, and only 9% of adults and 7% of children meet the recommendation for vegetables, according to data from the Centers for Disease Control and Prevention. Why is that?

For some, buying fruits and vegetables is cost prohibitive; for others, taste is a factor. But the newest barrier to produce consumption is fear.

Consider how produce is discussed in the media, such as being deemed “dirty” because of pesticides or recommending limited fruit consumption because of the high level of sugar. There are attention-grabbing headlines with warnings about foods, but if you look deeper, you find the truth — that produce is safe to eat.

## Eat more fruits and vegetables – they're rich in valuable nutrients.

The scientific community has questioned the Dirty Dozen™ list and the pesticide testing methodology of the Environmental Working Group. Critics argue that the Pesticide Data Program (PDP) published by the U.S. Environmental Protection Agency (EPA) ensures consumer safety based

on extensive monitoring and testing. The PDP studies the actual exposure of pesticides to consumers, consistently finding that at least 99% of all samples had pesticide residues below tolerance levels established by the EPA.

Similarly, while fruits might contain the naturally occurring sugar fructose, they're also high in valuable nutrients you don't want to miss! Fruits and vegetables are rich in necessary nutrients that are best obtained by eating a variety of produce daily. These nutrients include vitamins A and C, potassium, and phytochemicals. Phytochemicals are a plant's self-defense mechanism. They include anthocyanins, carotenoids, and polyphenols and are similarly protective to human cells when consumed. They've been linked to reduced risk of many chronic diseases, such as cancer, cardiovascular disease, and Alzheimer's disease.

Fruits and vegetables are also high in fiber, which is a nutrient that most don't get enough of. On average, people consume only about half the recommended amount. Since fiber isn't digested in the stomach, it feeds the beneficial bacteria that live in the gastrointestinal tract, the gut microbiome, which is key in regulating the immune system. Fiber also helps maintain bowel regularity and has been linked to reduced risk of developing diabetes, cardiovascular disease, and some cancers.

Eating more produce is always on trend! Try to eat a variety of fruits and vegetables every day to benefit from the power of produce.

### POTATOES

- Fiber: 4.7 g (17%)
- Potassium: 905 mg (19%)
- Magnesium: 49 mg (12%)

### SPINACH

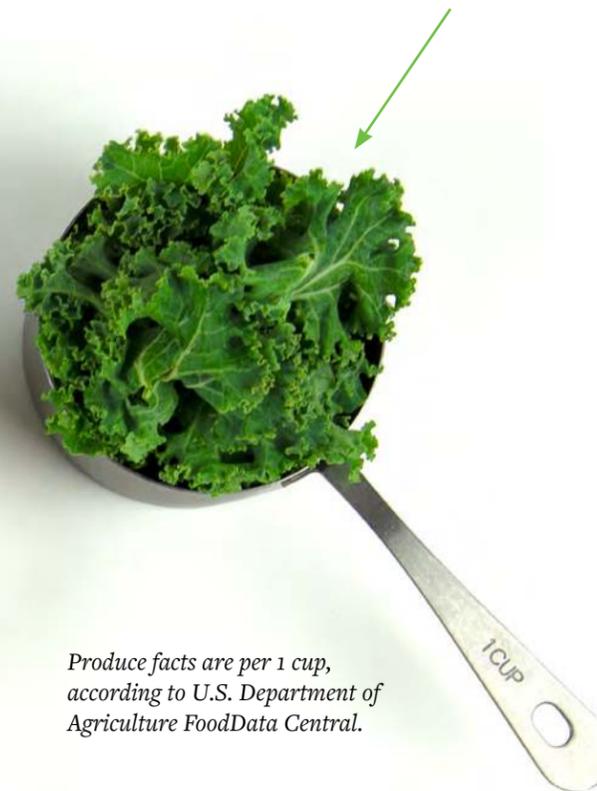
- Fiber: 0.55 g (2%)
- Vitamin C: 7.02 mg (12%)
- Calcium: 24.8 mg (3%)
- Iron: 0.678 mg (4%)
- Potassium: 140 mg (3%)
- Vitamin K: 121 µg (100%)

### STRAWBERRIES

- Fiber: 3.32 g (12%)
- Vitamin C: 97.6 mg (160%)

### KALE

- Fiber: 0.845 g (3%)
- Calcium: 52.3 mg (5%)
- Vitamin C: 19.2 mg (32%)
- Vitamin K: 80.3 µg (67%)



Produce facts are per 1 cup, according to U.S. Department of Agriculture FoodData Central.

## Pesticide Residue Calculator

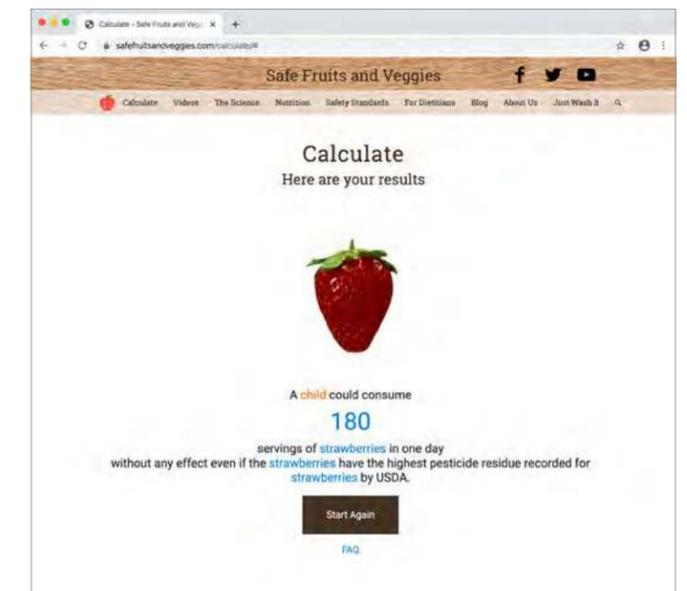
Scientists and health experts agree that produce — both conventional and organic — is safe to eat, and Americans should focus on consuming more fruits and vegetables, rather than less, to get important nutrients and benefits that support their overall health and well-being.

The Alliance for Food and Farming (AFF) is a nonprofit focused on organic and conventional produce farmers. Members of this organization are knowledgeable about toxicology, risk analysis, nutrition, health, and farming.

Using information from the U.S. Department of Agriculture's Pesticide Data Program, the AFF developed a pesticide residue calculator. It determines the number of servings of conventional produce a person could consume without any negative side effects related to pesticide residue.

In a society with substantial fear surrounding pesticide use, conventional produce, and safety, the results of the calculator may be surprising yet reassuring. Conventional produce is safe — the benefits of eating fruits and vegetables far outweigh the risk of pesticide residues when it comes to overall health and well-being.

Check out the calculator at [SAFEFRUITSANDVEGGIES.COM/PESTICIDE-RESIDUE-CALCULATOR](https://SAFEFRUITSANDVEGGIES.COM/PESTICIDE-RESIDUE-CALCULATOR).



# Goals to Improve Global Health

## The EAT-Lancet Commission looks at the link between diet, human health, and environmental sustainability.

These professionals from around the world published a 2019 report about final consumption (healthy diets) and production (sustainability).

Per the report, more than 820 million people in the world still don't have enough food, those eating lots of food are increasing their risk of morbidity and mortality, and global food production is a primary reason for climate change and environmental decline. The commission's goal is that by 2050, nearly 10 billion people will follow planetary health diets, which have two goals:

- 1. Healthy Diets:** Building planetary health with optimal caloric intakes will require substantial dietary shifts, adding plant-based foods and limiting meat, fish, and dairy. Consumers will have to eat twice as many fruits, vegetables, and legumes, with less than half the amounts of added sugars and red meats. The commission predicted that these types of changes would prevent about 11 million deaths annually and lead to other health benefits.
- 2. Sustainable Food Production:** The commission proposed boundaries for global food production to reduce the risk of irreversible damage to the planet. These include parameters for emissions, cropland use, and water use.

The report advises taking immediate action to protect the planet and improve global health. The five recommended strategies are:

1. Increasing healthy diets around the world.
2. Focusing on high quality more than high quantity in agriculture and aquaculture.
3. Boosting sustainability efforts to raise the quality and efficiency of food production.
4. Relying on existing farmland and bodies of water, leaving natural ecosystems undisturbed.
5. Cutting food loss and waste in half to meet United Nations Sustainable Development Goals.

Learn more at [EATFORUM.ORG/EAT-LANCET-COMMISSION](https://eatforum.org/eat-lancet-commission).

## OTHER PERSPECTIVES

The EAT-Lancet planetary health diet got a lot of attention, but not all organizations support the diet. Numerous industry associations, including the World Health Organization, opposed it and expressed concerns about the:

- Detrimental effect of reducing meat consumption on people who rely on livestock production as a way of life and a means of economic development.
- Use of a global standardized diet that doesn't account for differences caused by age, sex, general health, or basal metabolism.
- Change that would be required to many traditional cultural diets.
- Difficulty for people unable to afford or even access the recommended foods.
- Need for substantial investment in education.

Remember to use the balanced approach to nutritional information to help you make your choice about the planetary health diet!

# Food Additives from A to Z

To clear up some of the mysteries behind common food additives, SAGE's Registered Dietitians are explaining what they are and how they function. *This part of our ongoing series covers a few common additives that start with A.*

## ACESULFAME POTASSIUM (acesulfame-K, Ace-K)

This is one of the most common zero-calorie sweeteners. It's about 200 times sweeter than sugar, and it's as sweet as aspartame. Ace-K is often combined with other artificial sweeteners to create a flavor that's closer to that of sugar. Discovered in 1967, this sweetener started to become widely used in soft drinks in 1998. It's not metabolized or stored in the body. Ace-K is approved for general use by the U.S. Food and Drug Administration and in 90 countries worldwide. As with many other artificial sweeteners, there's controversy among some groups as to whether it's carcinogenic, but there have been thorough tests for this product showing that it's safe in amounts much larger than someone would normally consume. Frozen desserts, baked goods, yogurts, and sauces are also among the thousands of foods and beverages made with Ace-K.



## ALPHA-TOCOPHEROL (α-tocopherol)

This is the form of vitamin E that humans absorb and is the only form that meets nutritional requirements. This fat-soluble vitamin is found naturally in some foods, such as vegetable oils, sunflower and pumpkin seeds, fish, spinach, and avocado. Other foods — such as flours, cereals, and snack foods — have added α-tocopherol to replace natural vitamin E lost in processing. Manufacturers might also take advantage of the antioxidant effects of this vitamin and use it to prevent the breakdown of fats in high-fat foods, which leads to unpleasant odor, taste, and appearance. You might have heard of some health risks associated with vitamin E intake, but those would happen only after taking excessive doses. There are no known adverse effects of consuming α-tocopherol in foods.



## ASCORBIC ACID

You might recognize that this versatile food additive is the synthetic version of vitamin C. Ascorbic acid is mainly added to foods for its antioxidant properties to maintain both freshness and color in foods. You'll see it used frequently in jellies, breads, and sauces for this purpose. In other foods, especially fruit juices, dried fruits, and cereals, ascorbic acid is added as a fortifying vitamin. There are no side effects associated with consumption of ascorbic acid except in very large quantities.



Visit [SAGEDINING.COM/BLOG](https://sagedining.com/blog) for the next entry, which will take a look at butylated hydroxyanisole (BHA), butylated hydroxytoluene (BHT), and beta-carotene.

# In the Kitchen with SAGE

If your family is interested in trying more meatless and plant-based meals, make this vegetarian entrée. It's a great alternative to animal protein-based burgers while providing a good source of B vitamins, potassium, fiber, and antioxidants. And mushrooms are trending in 2020, after all!

## Baby Bella Mushroom Burgers

Servings: 4 burgers | Prep time: 30 minutes, plus at least 2 hours for refrigeration  
Cook time: 15 minutes

8 ounces mushrooms	4 ½ teaspoons grated Parmesan
2 teaspoons vegetable oil	¼ teaspoon ground black pepper
½ cup diced onions	½ teaspoon kosher salt
2 peeled, minced fresh garlic cloves	1 egg
1 tablespoon chopped fresh parsley	4 kaiser rolls
¼ teaspoon dried oregano	4 green lettuce leaves
2 teaspoons salted butter	4 ounces pickled red onions
4 tablespoons rolled oats	2 avocados
4 tablespoons panko breadcrumbs	

**Step 1:** In a food processor, pulse the mushrooms until they're finely chopped.

**Step 2:** In a large pan over medium-high heat, heat the oil, then add the mushrooms and cook them until all liquid has evaporated, approximately 20 minutes.

**Step 3:** In the processor, pulse the onions, garlic, and parsley until they're finely chopped.

**Step 4:** Add the mixture to the mushrooms and cook until translucent, approximately 5 minutes.

**Step 5:** Add the oregano and butter to the mushrooms and cook until browned. Turn off the heat and transfer the mushrooms to a large bowl.

**Step 6:** Mix in the oats, panko, Parmesan, pepper, salt, and egg. Mix until well combined.

**Step 7:** Cover the bowl and put it in the refrigerator for a minimum of 2 hours; for best results, leave it overnight.

**Step 8:** Preheat your oven to 450°F.

**Step 9:** Mold the mixture into 4 hamburger patties.

**Step 10:** Bake the patties on a sheet pan for 13-17 minutes, until they've reached an internal temperature of 165°F.

**Step 11:** If desired, panfry the patties until they're brown.

**Step 12:** Assemble each mushroom patty on a roll with the leaf lettuce, pickled onion, and avocado.

*Serve with your favorite slaw and chips.*





30 SAGE  
DINING SERVICES  
1990-2020 DEFINING THE STANDARD





# Mission Statement

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**Our Mission is to create exceptional dining experiences that delight the senses, inspire minds, and foster community.**

We work in partnership with independent schools and private colleges across North America that share our passion for great food, nutrition, and sustainability.

Our accomplished Chefs tailor menus for each community and prepare meals from scratch, using seasonal, locally sourced ingredients wherever possible.

We attract creative, enthusiastic Team Members who thrive in our dynamic work environment. We provide competitive wages and benefits, long-term career growth, and extensive training in food safety, allergen awareness, and preventing eating disorders.

We invest in new technology to enhance the community experience.

SAGE is a privately owned company whose culinary talent, integrity, and transparency have fueled sustained organic growth.

*SAGE... Defining the Standard.*

# **SAGE SPOTLIGHT PROGRAM<sup>®</sup>**

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## ●Variety ●Balance ●Moderation

- What is the goal of the SAGE Spotlight Program?
  - Spotlight is SAGE's nutrition education program to guide individuals in building plates that are both delicious and nutritious. There are no "good" foods or "bad" foods. Instead all foods fit when you practice variety, balance, and moderation. Check out our Spotlight Program Introduction Video for more information: <https://vimeo.com/350751674>
- What does "All Foods Fit" mean?
  - "All Foods Fit" means that there are no "good" or "bad" foods. Food should be tasty, fun and enjoyable. We acknowledge that we eat many different foods for many different reasons – that's just life! All foods and all dot colors can have a place on your plate.
- What do the dot colors mean?
  - Green represents foods higher in nutrient density. Add a variety to your plate for added color and nutrients.
  - Yellow represents foods with moderate nutrient density. Balance your plate with these foods to add a variety of nutrients and flavors.
  - Red represents foods lower in nutrient density. These foods can be enjoyed in moderation.
- How is the dot color of a food item determined?
  - The SAGE Spotlight Program evaluates foods based on nutrient density using recommendations from the USDA Dietary Guidelines. In other words, it looks at the proportion of nutrients we tend to overconsume (saturated fat, added sugar, sodium) in relation to the ones we tend to under-consume (calcium, potassium, dietary fiber, vitamin D, iron). Think of nutrient density as the "bang for your buck" when it comes to nutrition.
- Why does SAGE serve red dot menu items?
  - Red doesn't mean "danger" or "stay away." It just indicates foods lower in nutrient density, and these foods still can be enjoyed and have a place on our plate.
- Who evaluates the program?
  - SAGE's team of Registered Dietitians (RDs) continuously evaluate and update the program using the USDA's Dietary Guidelines for Americans. In addition, the RDs analyze recipes and review menus for balance, completeness, and accuracy.
- Where will I see the Spotlight Program displayed in our dining hall?
  - Every item on your online menu or Touch of SAGE app will include a dot color. In addition, there will be printed line signs or a tablet displaying dot colors next to each menu item on the serving line.
- Do students have to build their plates exactly as it appears on the poster?
  - Nope! The poster should be used as a guide rather than a hard-fast rule. The way you build your plate may vary day-to-day, and that is okay!
- Why doesn't SAGE post nutrition information online?
  - Research indicates that displaying this information can affect the wellbeing of our students, and may lead to obsession over the numbers and disordered eating. As a result, SAGE no longer displays this information as part of our Approach to Preventing Eating Disorders. More information about this decision can be found here:

<https://www.sagedining.com/intranet/apps/messages/wp-content/uploads/2015/10/Why-SAGE-Doesnt-Post-Calories-in-Schools.pdf>

- We are happy to share this information with the adults in your community, upon request. Please email us at [dietitian@sagedining.com](mailto:dietitian@sagedining.com) and we'll provide you with the information needed.

Have more questions? That's what we're here for! Email the dietitians at [dietitian@sagedining.com](mailto:dietitian@sagedining.com).



Dear community members,

Getting back to serving you has been our main objective since operations were interrupted this spring. After all, our mission is to provide exceptional dining experiences that delight the senses, inspire minds, and foster community. It's what we've done for 30 years and will continue to do day in and day out for you.

It's important for you to know all about our new environment and service methods. Safety is our top priority, and we've spent the past several months developing alternative service methods, safety and cleaning protocols, and other strategies that minimize contact between community members and with food. You'll notice differences in the dining hall this year, including a scaled-back menu. Our goal is to keep your entire community safe while still providing outstanding meals!

Some of the highlights of our approach to safe service include:

- Encouraging you to check menus in advance using the Touch of SAGE™ Mobile App.
- Placing hand sanitizer at the entrance, stations, and tables.
- Maintaining proper distance while eating through alternative locations or schedules.
- Adjusting traffic flow in the dining hall and servery.
- Offering preportioned and complete meals at each main station.
- Providing PPE for Team Members and taking temperatures daily.
- Cleaning the kitchen and dining hall frequently.



Our complete approach to serving safely during the COVID-19 pandemic is available on your community website. Please reach out to your SAGE team with any questions.

As always, we'll provide a thoughtful and refreshing approach to dining and wellness that feeds you in both body and mind.

## Our Food Philosophy – What You Can Expect

Even during this COVID-19 pandemic, SAGE will still offer:

- Real food, cooked from scratch, in small batches.
- A menu created just for your community featuring familiar favorites, made to perfection.
- Responsibly sourced, local ingredients.
- Nutritional guidance.
- Wholesome ingredients, including:
  - Nitrate-free, house-roasted meats.
  - No Antibiotics Ever chicken.
  - Oils and seasonings without added trans fats or MSG.
  - Hormone-free milk.
  - Cage-free, Certified Humane® shell eggs.
  - Sustainably sourced seafood (using guidelines from the Marine Stewardship Council™ and Monterey Bay Aquarium Seafood Watch®).
  - House-made dressings.



We're proud that on average, 40% of our purchases are manufactured, produced, or grown within 150 miles of the venues that serve them. That means our meals are remarkably fresh and flavorful every day.

## Stay Informed with Touch of SAGE™!

The best way to check menus in advance is through the Touch of SAGE™ Mobile App. You can also use the app to stay in touch and tell us how we're doing. Your ratings and comments help us build the best menu for your community. SAGE is *your* dining program, and we want to hear from you!

## Navigating Your Menu

Your Manager is creating a menu focused on your community's favorites and preparing for potential labor or delivery shortages during the COVID-19 pandemic. Before your menus are posted online for all community members to see, our Registered Dietitians check them for nutrient density and tag them for allergens and eating patterns.

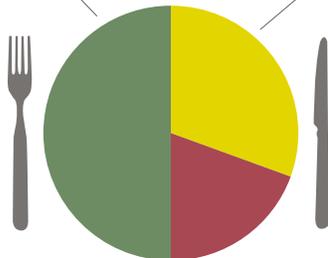
You can filter the online menu for allergens and eating patterns (vegan, vegetarian, and Performance Spotlight™ for athletes) to easily find meal options.

## The SAGE Spotlight Program® – Building Nutrient-Dense Plates

Spotlight is a tricolor labeling system that teaches community members to build balanced plates. Research shows that this type of simple nutritional messaging and guidance helps promote a lifelong positive relationship with food.

**Green** represents foods higher in nutrient density — fill your plate with a variety of these items to add color and nutrients.

**Yellow** represents foods moderate in nutrient density — balance your plate with these items to add a variety of nutrients and flavors.



**Red** represents foods lower in nutrient density — enjoy these items in moderation.

Every item on your online menu and in the Touch of SAGE™ Mobile App includes a Spotlight color. The dining hall displays a SAGE Spotlight Program® poster showing how to create a plate. In addition, each station has printed menu signs or a tablet displaying the Spotlight colors next to each menu item.

## Food Allergy Management

If you have a severe food allergy, it can be difficult to trust someone else to cook for you. Rest assured — our allergy management program ensures a safe, inclusive dining environment with a variety of menu options.

### No Peanuts or Tree Nuts

- We don't serve peanut or tree nut products (unless a client specifically requests them), nor do we purchase products manufactured in facilities with peanuts or tree nuts.

### Ingredient Tagging

- An expert team of Registered Dietitians reviews every ingredient used in our recipes and tags them with the top 12 allergens:



### Safety Protocols

- Managers check all product deliveries and keep records of all product labels.
- Registered Dietitians stay informed of recalls by closely monitoring alerts from Food Allergy Research & Education.
- All Team Members follow strict allergen protocols for food storage, preparation, service, and cleanup to prevent cross-contact.

### Tools and Communications

- Our allergen filter is available on all online menus and in the Touch of SAGE™ Mobile App.
- You can ask any SAGE Team Member about what's served and what allergens may be present.
- You can schedule a time to walk through the kitchen, examine ingredient labels, and observe preparation methods.

We can't wait to serve you! Best of luck this year.

Sincerely,

Co-Founder and President

Co-Founder, CFO, and General Counsel

**SAGE**  
DINING SERVICES®  
DEFINING THE STANDARD



SAGEDINING.COM