

At Home with

SAGE

Food Allergies 101

Facts, Symptoms, and Taking Action



FROM OUR DIETITIANS
Being an Allergy-Aware Parent

HOW SAGE KEEPS STUDENTS SAFE

FROM OUR CHEFS
Seven Days of Top Allergen-Free Dinners

IN THE KITCHEN WITH SAGE
Beef Eye of Round with Mushroom Sauce

TASTE OF CUBA
Fricasé de Pollo

FOOD ALLERGY STUDY

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Written and produced by the SAGE Marketing Department, with contributions from the SAGE Nutrition Department and Chefs in the field

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A Note

From SAGE House

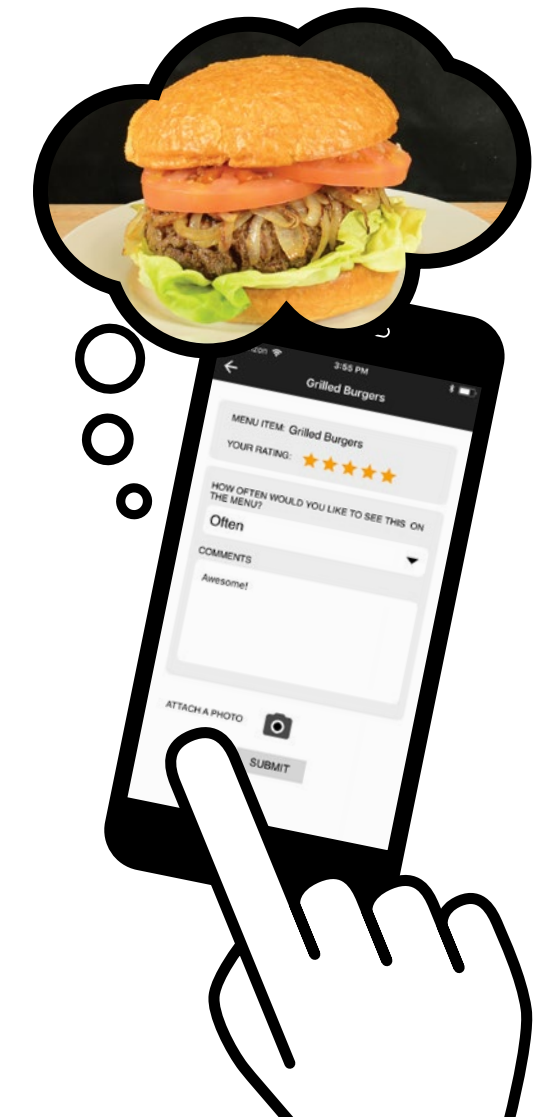
In this issue of *At Home with SAGE*, we'll focus on food allergy awareness. Everyone should be aware of this concern. The prevalence of food allergies has grown, and our children are especially at risk.

Our Dietitians will address the growing prevalence of food allergies in children. They'll tell you which symptoms to watch out for, and offer precautions you can take to keep your kids and their friends safe.

We'll also share how SAGE keeps students safe in our venues, which includes using our online allergen filter, ingredient lists, and Chef-created Recipe Collection. In fact, we're diving into our Recipe Collection and sharing seven days of top-12 allergen-free dinners just for you! We've spotlighted two in particular: a beautiful beef eye of round with mushroom sauce and an authentic Cuban chicken fricassée. Yum!

We'll wrap up this resource-rich issue with statistics on food allergies at SAGE venues. We hope you'll continue to come to us with your allergen questions and concerns. Thank you for trusting us to keep your children safe—we're proud to take on this responsibility at every venue, every day.

Sincerely,



Help us build your favorite menu!
Give us your feedback through the
Touch of SAGE app!

- Rate menu items
- Provide comments
- Share a photo

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From Our Dietitians

Food Allergies 101

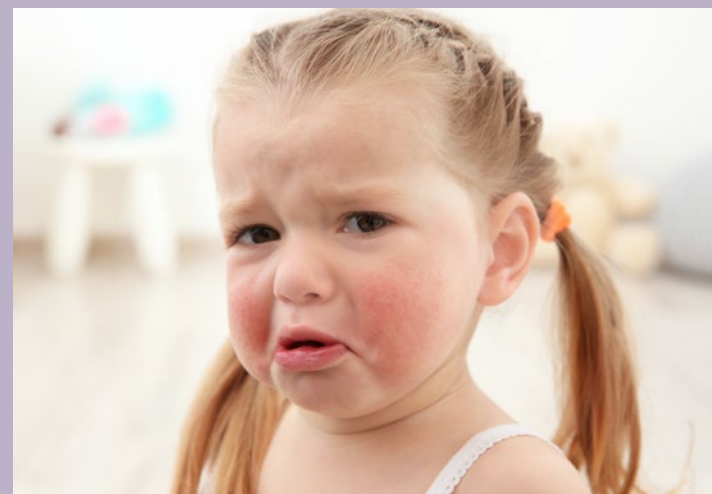
Food allergies are a serious matter. Since data was first collected in 1997, the incidence of food allergies in American children has risen sevenfold.

Food Allergy Facts

SAGE's research of its client population has found a frequency of 1 in 12 students for the 12 top food allergens: eggs, fish, gluten, milk, mustard, peanuts, sesame, shellfish, soy, sulfites, tree nuts, and wheat. (See page 12 for a breakdown of the data.)

Most fatal food-allergic reactions are triggered by food consumed outside the home, where the individual has much less control over ingredients and cooking methods. In fact, more than 15% of school-aged children with food allergies have had a reaction in school.

Exposure to an allergen can result in a severe, potentially fatal allergic reaction called anaphylaxis. That's why people with a food allergy must have quick access to an epinephrine autoinjector (such as an EpiPen® or Auvi-Q®) at all times. To prevent a reaction, strict avoidance of the allergen is essential.



In Other Words

Children, especially young ones, may not have the language to accurately describe their reaction. Preverbal children may put their hands in their mouths or pull on their tongues. Older children may struggle to convey the unusual sensations they're experiencing.

Food Allergy Research & Education® (FARE) recommends that you listen for the following, especially in combination with any additional symptoms.

- "This food is too spicy;"
- "My tongue/mouth is hot/burning/tingling/itchy;"
- "My tongue feels heavy/full/thick/fuzzy/funny;"
- "Something's poking my tongue;"
- "There's something stuck in my throat;"
- "My lips feel tight;"
- "It feels like there are bugs in my ears."

Take Action

Some allergic reactions are fatal, so it's important to seek help immediately if you suspect one. If the student has an epinephrine autoinjector, read the instructions and administer it. Then call 911. Even if the student seems better, he or she must go to the emergency room immediately.

Being an Allergy-Aware Parent

For parents whose children don't have food allergies, it can be hard to understand how stressful it can be, and to know how to help. Whether you're hosting a party, having your child's friends over after school, making a dish for a potluck, or volunteering during a field trip, here are some tips for keeping kids safe.



Preventing an allergic reaction begins with an awareness of what you're serving, and to whom.

- Teach your kids to share books, toys, and games—but not food.
- Know what's in the food you serve. Look at labels and keep track of recipes and ingredients, especially when nuts are involved.
- Be aware of situations in which cross-contact might occur while preparing and storing food, like cutting a nut-containing brownie before cutting a nut-free brownie with the same knife.
- Stop and think before you bring a food item into school. Pay particular attention to baked goods, granola bars, and candy bars, which frequently contain top allergens. If you do bring baked goods, be sure to bring an accurate recipe and ingredient list.
- Ask about food allergies before hosting. Provide allergy-friendly alternatives. Quinoa, fruit, vegetables, meat, greens, tortilla chips, guacamole, tahini-free hummus, and salsa are usually good options.
- Be patient if a parent or child is being very particular or demanding about food options. You may not be able to accommodate, but you can listen and acknowledge how scary it can be to make food choices.
- Be forthcoming and admit if you're unable to provide safe options due to budget, time, or space constraints. Most parents of students with food allergies will be glad to provide an alternative and know their kids are safe.
- Clearly label foods at buffet tables—and in the refrigerator, freezer, and pantry, if you're having a sleepover.
- Pay attention to the kids around you. If they exhibit any signs of a reaction, call 911 and get help immediately. Listen to what they say about how they're feeling, especially while they're eating and immediately afterward.

A little extra effort may save the life of your child's friend, neighbor, classmate, or teammate.

Possible Symptoms of an Allergic Reaction

CENTRAL NERVOUS SYSTEM

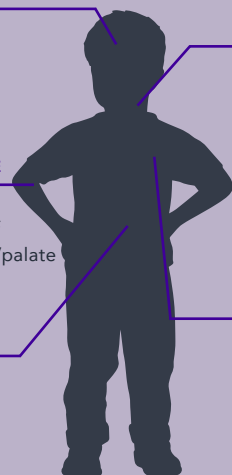
- Uneasiness
- Confusion
- Throbbing headache
- Tunnel vision
- Dizziness

SKIN & MUCOSAL TISSUE

- Hives
- Pruritus and swelling of lips, tongue, and uvula/palate
- Itching
- Flushing

GI TRACT

- Nausea
- Cramping
- Abdominal pain
- Vomiting
- Diarrhea



AIRWAY (LARYNX & LUNGS)

- Larynx: pruritus and tightness in throat, dysphonia, and hoarseness
- Lung: dyspnea, chest tightness, and wheezing/bronchospasm

CARDIOVASCULAR SYSTEM

- Chest pain
- Weak pulse
- Hypotension
- Dizziness
- Tachycardia
- Fainting

How SAGE Keeps Students Safe

SAGE's first priority is keeping our students safe—and for food-allergic students, that means reducing their risk of exposure to their allergen. Our allergy management program limits exposure while helping students feel comfortable and in control.



Nut-Free Purchasing

Since peanut allergies are the most common and severe food allergy, SAGE doesn't serve peanut or tree nut products (unless specifically requested by a client). In addition, SAGE doesn't purchase any products with a warning label for being manufactured in a facility where there may be cross-contamination with peanuts or tree nuts unless we can verify that the company has manufacturing practices in place to mitigate the risk of cross-contact. This policy reduces the possibility of potentially fatal allergic reactions—but as a precaution, all Managers are trained to recognize anaphylaxis and use an EpiPen®.

Expert Menu Review

An expert team of five Registered Dietitians reviews each and every ingredient used in recipes, and tags them with the 12 top allergens recognized in the U.S. and Canada. The Dietitians also review every menu to ensure there's enough variety for all students.

Careful Food Prep

SAGE enforces Serve It Safely allergen safety protocols for food storage, preparation, service, and cleanup to prevent cross-contact. Prior to service, SAGE Teams conduct daily meetings to highlight any allergen-containing dishes.



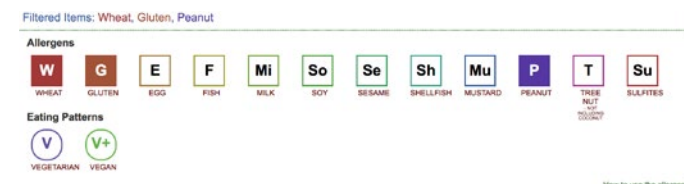
Accurate Food Labeling

During service, all menu items in the dining hall that contain the 12 top allergens recognized in the U.S. and Canada are labeled so that students and faculty can identify allergen-free items easily. Vessels and utensils are chosen carefully to prevent cross-contact at food bars. Finally, Team Members follow protocols for washing hands, wearing gloves, and cleaning equipment and surfaces.

Resources for Meal Planning

In the end, it's all about comfort and inclusion. SAGE feels that no one should be singled out, or have to sit at a designated location. Parents and students can find safe foods and plan for meals using the online menu allergen filter (also available on our Touch of SAGE mobile app), which greys out food items containing certain allergens.

Students should also feel comfortable talking to any SAGE Manager about what's being served that day and what allergens each menu item contains. Finally, parents are invited to make an appointment to walk through the kitchen, examine ingredient labels, and observe preparation methods.



From Our Chefs

A Week's Worth of Top Allergen-Free Dinners

Enjoy this week's worth of SAGE Chef-created dinner recipes! All of these are served at some of our schools and are free of the top 12 allergens in the U.S. and Canada: eggs, fish, gluten, milk, mustard, peanuts, sesame, shellfish, soy, sulfites, tree nuts, and wheat.

SUNDAY:

London Broil
Brown Sugar-Baked Sweet Potatoes
Steamed Broccoli

MONDAY:

Beef Eye of Round with Mushroom Sauce
[See recipe on page 8.]
Roasted Potatoes
Steamed Carrots

TUESDAY:

Rosemary-Grilled Turkey Cutlets
Warm Apple-Raisin Quinoa
Green Beans Lyonnaise

WEDNESDAY:

Thyme- & Orange-Roasted Chicken
Roasted Tomato & Mushroom Risotto
Eggplant Salad

THURSDAY:

Spinach Salad with Pears & Currants
Lentil Vegetable Soup

FRIDAY:

Cuban Chicken Fricassée
[See recipe on page 10.]
Cuban Rice & Beans

SATURDAY:

Mushroom Chili
Roasted Vegetable Salad

Visit [SAGEDINING.COM/BLOG](https://www.sagedining.com/blog) for the recipes.

IN THE KITCHEN WITH SAGE

Beef Eye of Round with Mushroom Sauce

This SAGE Chef-created dinner recipe is free of the top 12 allergens in the U.S. and Canada: eggs, fish, gluten, milk, mustard, peanuts, sesame, shellfish, soy, sulfites, tree nuts, and wheat.

Visit [SAGEDINING.COM/BLOG](https://www.sagedining.com/blog) for more allergen-friendly recipes.

Serves 6

Ingredients:

4 ounces button mushrooms
2-pound, 3-ounce beef eye of round roast
1 tablespoon vegetable oil
½ cup water
2 tablespoons plus 1 teaspoon Knorr®
liquid concentrated beef flavor soup base
Fresh sage or rosemary for garnish

Preparation:

- Step 1:**
Preheat oven to 350°F.
- Step 2:**
Slice mushrooms.
- Step 3:**
Pour oil into a pan over medium-high heat.
Sear beef on all sides.
- Step 4:**
Roast in an oven-safe casserole dish until
internal temperature reaches 130°F.
- Step 5:**
Remove from oven and allow to rest for 10
minutes before carving. Reserve juices.
- Step 6:**
Heat skillet over medium heat. Add
mushrooms and sauté until pan is dry.
- Step 7:**
Deglaze the pan with water.
- Step 8:**
Add beef base and reserved juices. Cook
sauce to desired consistency.
- Step 9:**
Pour sauce over beef and garnish with
fresh herbs.

TASTE OF CUBA

Cuba is an island country with a Spanish-speaking populace, a tropical climate, a communist government, and a rich tradition rooted in the mixture of West African, Caribbean, and Spanish cultures. Cuban cuisine is heavy on white rice, beans, root vegetables, and spices. Tropical fruits, meat, seafood, and coffee round out the menu. Cubans celebrate holidays with feasts that usually include roast pork and elaborate desserts like arroz con leche, tres leches cake, and flan.

Fricasé de Pollo

(Cuban Chicken Fricassée)

Serves 8

Ingredients:

8 garlic cloves, minced
1 teaspoon kosher salt
½ teaspoon ground black pepper
2 tablespoons lime juice
1½ pounds boneless, skinless chicken breasts

For Sauce:

¼ cup vegetable oil
6 red bliss potatoes, peeled and diced
1 small onion, diced
1 red bell pepper, seeded and diced
1 green bell pepper, seeded and diced
1½ cups tomato sauce
10-12 green olives, pitted
1½ teaspoons chopped fresh oregano
½ teaspoon ground cumin
¼ cup capers
2 bay leaves

Preparation:

Step 1: In a mixing bowl, combine garlic, salt, pepper, and lime juice. Coat chicken in mixture. Cover and refrigerate 2 hours to overnight.

Step 2: Heat oil in deep saucepan over medium heat. Remove chicken from marinade and reserve marinade. Lightly brown chicken on both sides. Remove chicken from pan and set aside.

Step 3: Add potatoes, onion, and peppers to same pan. Sauté over medium heat until onions are translucent, approximately 3 minutes. Add reserved marinade, tomato sauce, olives, oregano, cumin, capers, and bay leaves. Increase heat to bring mixture to a boil.

Step 4: Reduce heat to low. Return chicken to pan. Cover and simmer for 30 minutes, stirring occasionally, until potatoes are tender and chicken reaches 165°F internally.

Step 5: Remove bay leaves before serving.

2017-2018 FOOD ALLERGY STUDY

The prevalence of food allergies has grown significantly, and children are especially at risk. Children are more likely to have food allergies than adults, and are more likely to have allergic reactions in schools than in any other setting.

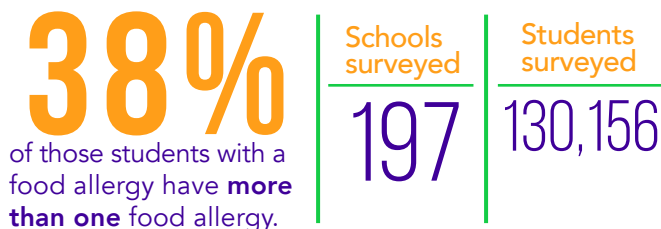
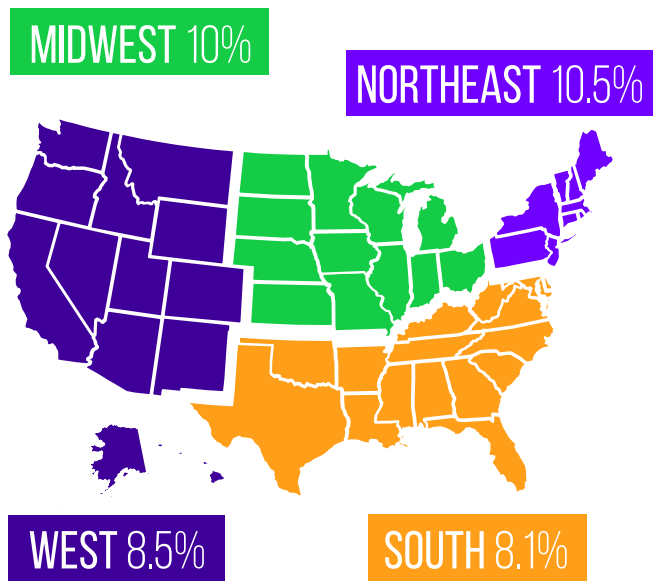
SAGE is committed to providing its students with safe dining environments and menu options. From our comprehensive ingredient and menu review, to our online allergen filter and Open Kitchen policy, we do

our best to make sure our students and parents feel comfortable eating with SAGE every day.

To better understand and serve our students with food allergies, we conduct an annual survey of allergies at our schools. Our Managers and school nurses work together to collect the data. Knowing which allergies are most prevalent, our Managers and Registered Dietitians can build recipes and menus to accommodate guests with those allergies.



PERCENTAGE OF STUDENTS WITH FOOD ALLERGIES BY REGION



Of those students with a food allergy...

- 33%** allergic to peanuts
- 31%** tree nuts
- 12%** shellfish
- 11%** milk
- 8%** gluten
- 8%** eggs
- 6%** fish
- 5%** wheat
- 4%** sesame
- 3%** soy
- 1%** mustard
- >1%** sulfites

Thank you to all participating schools. For more information on our approach to food allergies, please visit SAGEDINING.COM/EDUCATION#ALLERGIES.