

AT HOME WITH

SAGE

FALL 2020



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A Note from SAGE House



We're more excited than ever to be back at school!

After having to support many communities remotely during the spring, our Team Members have enjoyed seeing friendly faces around campus and preparing delicious, nutritious food that makes mealtimes enjoyable for everyone. While schools were closed, we were working hard behind the scenes to develop new recipes, update menus, and complete training programs that help us create exceptional dining experiences.

We've also been planning how to adjust our service methods to minimize contact between people and make sure all food is safe to eat. We entered the 2020-21 school year fully prepared to feed your community, and we hope you're reconnecting with your SAGE team.

You may see our Smile with SAGE materials in the dining hall or on social media. We're still smiling behind our face masks and hope you are too. We want to know what you love about your dining program and where you see room for improvement. With your feedback, our partnership will become even stronger.

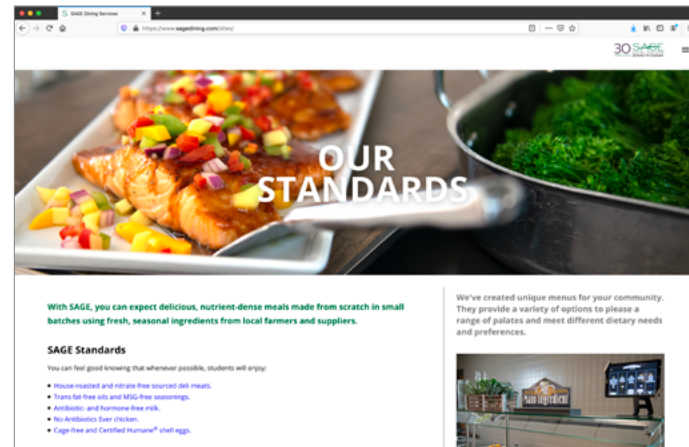
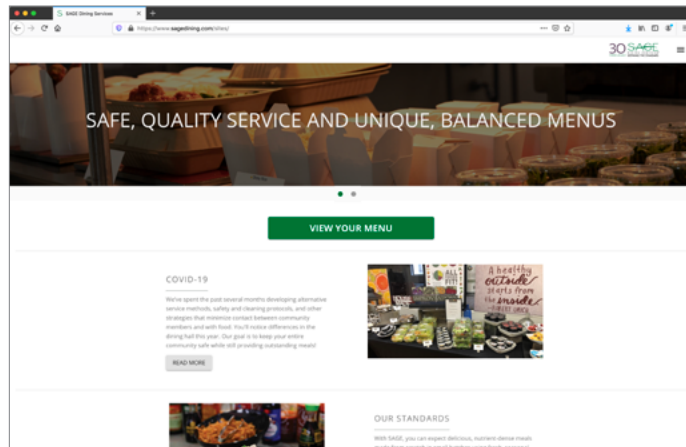
In this issue of At Home with SAGE®, we're helping you feed your family and keep everyone safe. Get inspired to create multiple meals with the same ingredient, make recipes as a family, and use immune-supportive foods to prevent illness. We'll also share details about our approach to safe service and give shoutouts to Team Members who have showed extreme ownership while serving their community during these unprecedented times.

To keep you informed about your dining program and give you access to your online menu, we've launched a new SAGE community website. There should be a link on your school's website. Please take a few minutes to check out this resource, and keep using the Touch of SAGE™ Mobile App to check the menu ahead of time, connect with your SAGE team, and give us feedback about your meals.

We can't wait to hear what you think about everything we have in store for you this year!

Sincerely,

Dina & Paw



SAGE's Approach to Safe Dining Service

Throughout the COVID-19 pandemic, SAGE has been serving schools that remained open or reopened, giving us real experience in safe service. We've rethought and reconfigured our routines to protect your entire community.

Here's a snapshot of the changes we've made to ensure everyone's safety:

- Placing hand sanitizer in multiple locations.
- Adjusting traffic flow and seating for physical distancing.
- Replacing self-service stations (e.g., deli and salad bar) with preportioned or served options.
- Providing wrapped cutlery kits, preportioned condiments and salad dressings, and bottled beverages.
- Requiring Team Members to wear personal protective equipment (masks, shields, etc.) and complete daily temperature and symptom checks.
- Sanitizing and disinfecting surfaces more frequently throughout the day.
- Minimizing the number of on-campus deliveries and ensuring the drivers are healthy.

Planning ahead is more critical than ever to ensure your child gets meals safely and quickly. If your SAGE team is still serving food in the dining hall, please remind your child to check the menu ahead of time, decide what to get, and follow the guidance we've posted in the servery and dining hall about how to safely pick up food.

If your SAGE team is delivering meals to different locations, please use the Touch of SAGE™ Mobile App or whichever method your Manager has requested to review the menu options and place your order before the deadline. Download our app from the Apple App Store or Google Play Store, set up an account, and find your school using the ZIP code.

We're tailoring our approach to meet your specific needs and preferences and will continue to make updates as we learn more about how we can support you.



Ask your SAGE Manager about your school's specific protocols.



Thankful for SAGE Heroes

These are just some examples of the many Team Members who lifted our spirits this year as they found new ways to create exceptional dining experiences and foster community.



A faculty member at The Stony Brook School in New York reached out in April to thank the SAGE crew for continuing to provide service to remaining boarding students and faculty:

“The sign-up for the meals is EASY, the pickup is flawless, and the meals are simply amazing. I cannot begin to tell them how deeply I appreciate their work and service. They enable all of us as faculty to continue to teach and work at the high level we always have because we do not have to worry about shopping for food or taking time to cook. Because of them, we have been able to continue our high standards of excellence online with such consistency and without missing a beat — they are helping us to carry out our mission daily. I have three teenagers who eat a lot — I cannot imagine what my life would be like now if I was shopping and cooking on top of learning to do my job all online.”



The team at The Walker School in Georgia participated in Faculty Appreciation Week by preparing meals — 840 total servings — for all the faculty and staff. The administration and volunteers delivered all the meals and posted yard signs with appreciation messages.

The director of marketing at Legacy Christian Academy in Texas wrote this [blog post](#) praising the SAGE team for being flexible with service changes for the fall:

“For SAGE, working hard to deliver delicious meals safely and effectively to our students is their top priority. Despite some initial and expected growing pains in adjusting to the new normal, the system is working — on both campuses.”



Managers at Dawson School in Colorado delivered gift baskets to their team for School Lunch Hero Day in May. The baskets included chocolate, homemade cookies, flowers, and “Lunch Lady” graphic novels!



A teacher at The Episcopal School of Dallas in Texas partnered with SAGE to surprise the primer class with made-from-scratch apple pie during a reading lesson. Chef Adam Sanders used a SAGE recipe like the one in the book — “Amelia Bedelia’s First Apple Pie” — and cut extra dough into special toppings, a heart and a miniature A. The students loved the treat, according to their teacher:

“The children were SO excited and ate every last bit (literally! there wasn’t an apple slice left!). One did say, after her THIRD helping, that this is the most delicious way she’s ever eaten apples in her life ... it was so cute!! We can’t thank Adam and SAGE enough; what a special memory.”

Renbrook School in Connecticut held an annual fundraiser virtually because of COVID-19, but Food Service Director Joe Zoni was still able to donate auction items and raise thousands of dollars. He spent 30 hours transforming a 120-year-old, 900-pound piece of wood into a 6.5-foot bear sculpture! Joe also donated his time for a private dinner.



At Dexter Southfield in Massachusetts, lower school students harvested vegetables from an on-campus garden for a class project. Assistant Food Service Director Ed Baudouin used those ingredients to prepare potato salad and carrot sticks, which he then delivered to classrooms.

The team at Landmark School in Massachusetts hosted a barbecue during the fall to get students used to enjoying SAGE meals again, and the head of the high school shared his appreciation afterward:

“You guys have been busy throughout the school year but still came up with this idea and put it forward. I know a lot of work went into planning this and making sure all protocols were followed. The staff and kids loved it, and the DJ and ice cream bars were the perfect complement on a sunny day. We saw some students at lunch today who have been avoiding the cafeteria before now. Hopefully being able to come today will put them more at ease for the future. You guys are doing a great job taking care of us.”

From Our Chefs: Livening Up Your Leftovers

During any school week, but particularly this year, convenience is a key part of meal planning. One-pot and one-sheet meals, make-ahead freezable meals, and meals big enough for leftovers are your friends when you need to get dinner on the table between after-school activities, homework, and the bedtime routine.

Balance efficiency and creativity with your weeknight food prep by finding different uses for a large piece of meat. The example we're using is a 10-pound boneless chuck roast, but you can apply this same approach to other meat cuts and types as well.

Start by making our Beef Ragù recipe for your first meal. Shred the remaining meat and store it in a covered, refrigerated dish. The flavor will enhance over time. Use up the leftovers within 10 days and create other meals:

- Add it to grilled cheese or quesadillas for extra protein.
- Serve it over your favorite pasta or rice with sautéed veggies — both gnocchi and cavatappi would hold the sauce well.
- Combine it with fries and cheese to make poutine.

Beef Ragù

Servings: 12, including leftovers for additional meals

Prep time: 20 minutes

Cook time: 3-6 hours, depending on method

- 1 cup peeled, diced onions
- 1 cup peeled, diced carrots
- 3 chopped garlic cloves
- 1 ¼ teaspoons chopped rosemary
- 10 pounds boneless chuck roast
- 1 tablespoon kosher salt
- 2 teaspoons ground black pepper
- 2 tablespoons vegetable oil
- 1 ¼ cups red wine
- 5 cups crushed tomatoes
- 2 ½ quarts beef broth
- 2 bay leaves
- 1 tablespoon chopped parsley

Step 1: Preheat your oven to 300°F, unless using a slow cooker.

Step 2: In a food processor or blender, add the onions, carrots, garlic, and rosemary. Pulse until well chopped. Set aside.

Step 3: On a cutting board, slice the beef into 3-inch pieces. Season with salt and pepper. Set aside.

Step 4: In a large skillet over high heat, add the vegetable oil. Add the beef in batches, searing it until browned on all sides. Transfer the beef from the skillet to a deep braising pan or slow cooker.

Step 5: Add the onion-carrot mixture to the skillet, stirring to remove the caramelized bits from the bottom of the skillet.

Step 6: To deglaze, add the red wine to the skillet and stir to remove all the browned pieces off the bottom of the pan.

Step 7: Pour the red wine mixture over the beef. Add the crushed tomatoes, beef broth, and bay leaves.

Step 8: Place the braising pan in the oven for 3-4 hours or until the meat is tender and almost falling apart. For a slow cooker, heat on low for 6 hours or on high for 3 hours.

Step 9: After removing the pan from the oven or turning off the slow cooker, strain the liquid and skim off the fat. Reduce the sauce in a saucepan to thicken if needed.

Step 10: Arrange the meat on a platter and top with the sauce and parsley.

Serve with roasted potatoes and Brussels sprouts.

Find inspiration for your weeknight meal plan with these different ways to use a chuck roast.



From Our Dietitians: Immune-Supportive Nutrients and Recipes

Preventing illness is always important, and with the onset of COVID-19, it's become a top priority for just about everyone. Social distancing, washing hands, and wearing masks aren't the only ways to help more people stay well.

You can also boost your immune system by managing stress; getting plenty of sleep; practicing good hygiene; and — you guessed it — eating a well-balanced diet with protein, carbohydrates, fats, and lots of fruits and vegetables.

One food alone won't magically turn your immune system into a supercharged virus blocker, but specific nutrients can help. Look for these immune-supportive nutrients and foods that contain them:

- **Vitamin C:** citrus fruits (oranges, grapefruit), red and green bell peppers, kiwifruit, broccoli, strawberries, potatoes, and tomatoes.
- **Vitamin D:** rainbow trout, salmon, mushrooms, fortified milk, sardines, fortified breakfast cereals, and eggs.
- **Beta-carotene:** carrots, sweet potatoes, dark leafy greens, squash, cantaloupe, and red and yellow peppers.
- **Zinc:** oysters, beef, crab, lobster, pork, beans, and fortified breakfast cereals.
- **Protein:** meats, seafood, eggs, beans, and peas.
- **Probiotics:** yogurt, sauerkraut, tempeh, and kimchi.

Want to get started now? Try foods from the vitamin C list, some of which happen to be great snacks, then take it to the next level with one of our great recipes!

Orange-Apple Green Smoothie

Kick-start your day with this smoothie as part of a balanced breakfast or refuel with it as a stand-alone afternoon snack. An 8-ounce serving contains 70 milligrams of vitamin C.

Servings: 4

7 fresh medium oranges

2 medium apples

7 ounces frozen unsweetened sliced peaches

4 ounces baby spinach

1 ¾ cups unsweetened apple juice

Step 1: On a cutting board, segment and chop the oranges.

Step 2: Slice the apples.

Step 3: In a blender, add all the ingredients. Put the lid on the blender, and pulse the ingredients until they're smooth.

Step 4: Garnish with a fresh orange slice and enjoy!

Garlic-Roasted Broccoli

This broccoli pairs perfectly with grilled chicken or fish and makes a great addition to a rice or noodle bowl. A ½-cup serving contains 54 milligrams of vitamin C.

Servings: 6

2 pounds broccoli bunches

3 fresh garlic cloves

1 ½ tablespoons vegetable oil

¾ teaspoon kosher salt

¼ teaspoon ground black pepper

Step 1: Preheat your oven to 350°F.


Step 2: On a cutting board, cut the broccoli into spears or florets.

Step 3: Peel and mince the garlic.

Step 4: On a sheet pan, toss the broccoli with the oil, garlic, salt, and pepper. Place the pan in the oven and roast the broccoli for 10-15 minutes, until it's tender and slightly browned.

Step 5: Enjoy!

Go to [SAGEDINING.COM/BLOG](https://www.sagedining.com/blog) to learn more about vitamin D's role in supporting bone health and increase your vitamin D intake by trying our recipes. Keep checking our blog for more information about and recipes with these key nutrients.



Eat foods with
vitamin C
and other key
nutrients to boost
your immune
system and help
prevent illness.

In the Kitchen with SAGE: Family-Friendly Recipes

Our dining programs help students expand their culinary horizons, maintain a balanced diet, and discover different cooking techniques. While working from home earlier this year, our Managers continued to provide that culinary education by sharing recipe videos from their own kitchens.

They pulled from SAGE's collection of more than 9,000 recipes to prepare entrées, side dishes, snacks, desserts, and more. Check out these creations, try the recipes for yourself, and show us what you made by posting a picture on social media with #SAGEathome.

HONEY-CINNAMON GRANOLA

Make this granola with hints of sweetness and spice or add more ingredients if you want to experiment with different flavor combinations. A batch of this size will give your family a week's worth of snacks! You can also turn it into a topping or mix-in for ice cream and yogurt.

Watch the [video](#) and get the recipe.



CLASSIC SLOPPY JOE

This is a crowd-pleasing entrée for families, and it's easy to make from scratch. Serve it on a toasted bun to give it extra texture.

Watch the [video](#) and get the recipe.



CHICKEN POT PIE

Looking for a meal with minimal cleanup? Look no further! Here's a one-pan method for making chicken pot pie.

Watch the [video](#) and get the recipe.



Get your kids in the kitchen to learn cooking and baking skills with SAGE at Home recipe videos. View the complete SAGE at Home [video showcase](#).

FIESTA GREEN BEANS AND PEPPERS

Community members have given rave reviews to this colorful and flavorful Guatemalan side dish, which you can easily make and serve at home.

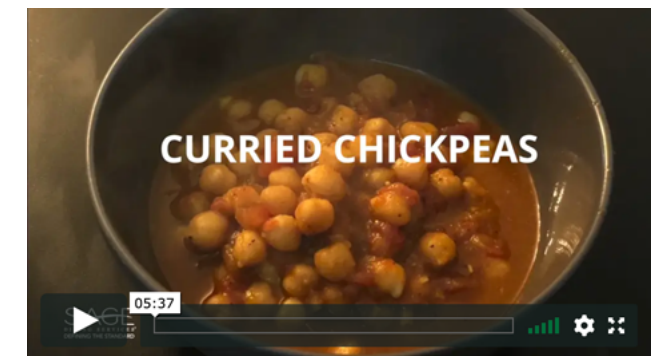
Watch the [video](#) and get the recipe.



CURRIED CHICKPEAS

Enjoy this Indian dish by itself or add toppings and side dishes with complementary flavors. Garnish the chickpeas with Greek yogurt, cilantro, or hemp seeds, and serve them with rice or quinoa.

Watch the [video](#) and get the recipe.

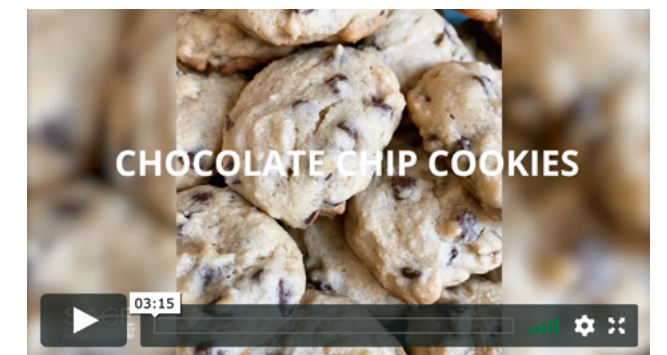


CHOCOLATE CHIP COOKIES

This is a great way to bring your children into the kitchen. Let them help you bake a delicious treat the whole family will enjoy.

Watch the [video](#) and get the recipe.

Follow [these tips](#) for how to handle raw cookie dough to keep your family from getting sick.



ICE CREAM CONES

When your family starts screaming for ice cream, skip a trip to the local parlor and make a bunch of your own cones at home with this modified recipe for Florentine cookies! If you don't have a cone-shaped mold, simply use a muffin tin and create bowls instead.

Watch the [video](#) and get the recipe.





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DINING SERVICES®
DEFINING THE STANDARD

