

At Home With SAGE

A Spoonful of Sugar

The Buzz about
Added Sugar

IN THE KITCHEN WITH SAGE

Quiche-Stuffed Peppers for a
Savory Spin on Brunch

A TOUR OF ECUADOR

Exciting Recipes from
a Small Country with
Big Flavor

FROM OUR CHEFS AND DIETITIANS

Fresh-Roasted Meats, Kids in the Kitchen,
and Food Allergy Trends

SAGE STANDARD

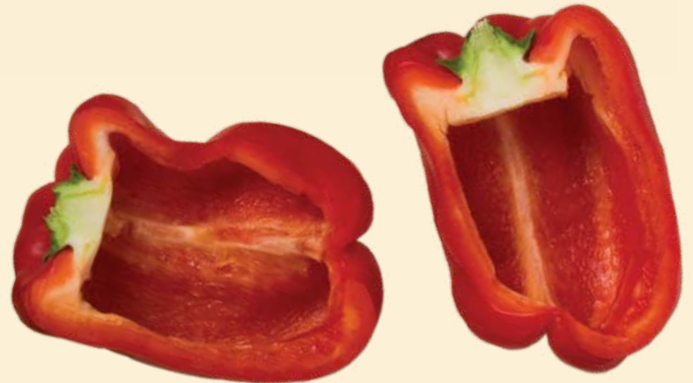
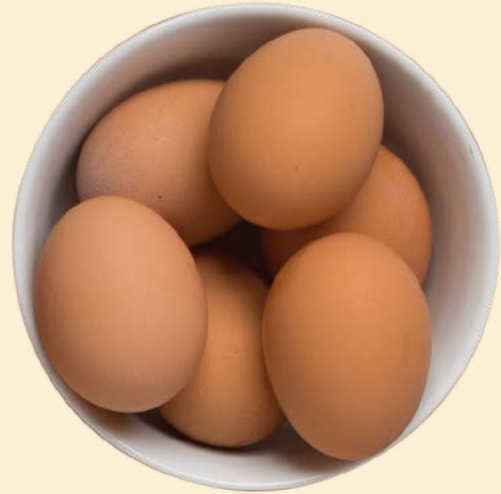
Scratch Cooking and
Local Sourcing



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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

It's a new school year! Now's a good time to look for new ways to keep your family healthy, your home environmentally conscious, and your meals exciting.

In this issue of *At Home With SAGE*, we'll discuss four concepts students are enjoying in the dining hall, a study on food allergies and their prevalence in the populations we serve, and our SAGE Standard of scratch cooking and local sourcing.

Our Chefs will discuss how they get kids in the kitchen, and our Dietitians will address added sugars: what they are, where they're found, and why you should avoid them.

We've packed this issue to the brim with more of what you love...recipes! From roasting your own deli meats to whipping up an authentic Ecuadorian meal, you'll learn the tips and tricks you need to make the most

of your time in the kitchen. We've also included a fun recipe for quiche-stuffed peppers. Colorful, delicious, and nutrient-dense, they're sure to become a staple on your family menu for years to come.

As always, we hope your children continue to enjoy their experience in the dining hall!

Sincerely,



TEAM MEMBER ONE-ON-ONE

Alice Mathews
Food Service Director

St. Martin's
Episcopal School
Atlanta, GA

Who inspired you to cook?

My grandmother loved to cook and I loved to spend time with her. She never followed a recipe. She just used a pinch of this, a dash of that, and whatever ingredients were around.

If you could prepare a meal for anyone, past or present, who would it be, and what would you serve?

I would prepare breakfast for my grandmother. Even on the weekends, she would get up at 4:30 a.m. to prepare breakfast for my grandfather. I could smell the bacon

cooking before ever getting out of bed. She would have the dough lying out on the counter and use her biscuit cutter to make perfect biscuits. I would love to make her breakfast while she sat and sipped her strong, black coffee.

How has living in Georgia influenced you as a chef?

Living in Georgia and growing up in the South, I think I lean towards more traditional Southern recipes and local flavors. The climate and temperature allow for a nice selection of fresh fruits and vegetables.

What's your favorite dish to prepare?

Salads! I love making seasonal fruit salads, grilled salads, garden salads, and chef's salads—all incorporating homemade dressings and croutons. I like to add dried fruits and nuts to create a variety of blended flavors.

New Flavors.

The communities we serve have become much more global, and younger generations have more sophisticated palates. At SAGE, we take great care to make every menu delicious and nutritious. By staying on top of the latest menu and food trends, we expose our students to new food experiences and cuisines. We recently added four new concepts into our dining halls – they're fun, flavorful, and culturally diverse.

New Concepts.



Our Crossroads station brings creative street foods and international flavors to the dining hall.

Think Vietnamese banh mi sandwiches, tacos with Asian fillings, Indian kati rolls, hand-cut french fries, and grilled jumbo pretzels!



Designed to address growing interest in plant-based cuisine, Vegetas is SAGE's showpiece for chef-inspired vegetarian and vegan fare. We make

complete, nutritionally balanced vegetarian dining simple and convenient.



Paquito's moves beyond familiar Mexican staples to explore the

diverse flavors, ingredients, and traditions of Latin cuisine. Students enjoy everything from Cuban ropa vieja to Argentine empanadas, Jamaican jerk chicken to Peruvian polla a la brasa.



Pacific Thyme focuses on the aromas, colors, traditions, and

flavors of nations of the Far East, stretching from China, Japan, and Korea in the North, to Thailand, Cambodia, and Indonesia in the South.

A Tour of Ecuador

Enjoy an authentic Ecuadorian meal of hearty Carne Colorada, a beef dish named for its bold red color. Serve over Cilantro-Lime Rice, and round out your plate with sliced avocado seasoned with salt and pepper or a green salad dressed with Cilantro-Lime Vinaigrette.

Ecuador is located on the northwestern coast of South America. Despite its small size, the country's topography and climate vary widely, making it a prime location for industries such as farming, oil drilling, and tourism.

Ecuador is the world's largest exporter of bananas, and home to the species-rich Galapagos Islands. In addition to Spanish, 10 native languages are spoken in Ecuador.

CARNE COLORADA SERVES 8

INGREDIENTS:

1 small red onion, diced	1 tsp. salt
2 Tbsp. achiote seeds, ground	1- 12 oz. can of seltzer water
Juice of 1 lemon	1 lb. top sirloin beef, cubed
3 cloves garlic, minced	2 Tbsp. unsalted butter
1 tsp. cumin, ground	1 Tbsp. achiote seeds, whole
1 tsp. oregano	

PREPARATION:

Combine onion, achiote seeds, lemon juice, garlic, cumin, oregano, salt, and seltzer in a food processor. Blend until smooth. Toss with beef, cover, and refrigerate overnight. In a large pan over low heat, melt butter. Add achiote seeds and simmer for 10-15 minutes. Remove seeds and discard. Increase heat to medium, then add beef and marinade. Cook 20-30 minutes, or until sauce is reduced.

CILANTRO-LIME RICE SERVES 8

INGREDIENTS:

½ c. yellow onion, diced	1 c. long-grain white rice
1 Tbsp. vegetable oil	¼ c. fresh cilantro, finely chopped
2 c. vegetable stock	Juice of 1 lime

PREPARATION:

In a medium saucepan, saute onions in oil until opaque. Add stock and heat to a simmer. Add rice and stir. Cover rice and continue to simmer for 25-30 minutes, or until tender. Add cilantro and lime juice. Mix thoroughly.

CILANTRO-LIME VINAIGRETTE SERVES 8

INGREDIENTS:

Juice of 1 lime	¼ tsp. salt
1 clove garlic, minced	2 Tbsp. olive oil
½ tsp. honey	1 Tbsp. fresh cilantro, finely chopped

PREPARATION:

In a small bowl, whisk all ingredients together.

Uncommon Ingredient: Achiote Seeds

Achiote seeds, also known as annato, are used in small quantities as a natural colorant in foods like butter, yogurt, cheese, crackers, microwave popcorn, and more. In large quantities, the seeds impart an earthy spice that pairs well with meat, seafood, and starchy sides like corn, potatoes, and rice.

Many Ecuadorian dishes incorporate achiote seeds, which you can find in the international foods aisle of most grocery stores, or at your local Latin American specialty foods store.



A Spoonful of Sugar



If you're paying attention to headlines about nutrition, you've probably heard the buzz about added sugar. For the first time, the 2015 USDA Dietary Guidelines recommend limiting added sugars (not to be confused with natural sugars) to less than 10% of the calories in your diet. For the average adult consuming roughly 2,000 calories a day, that's no more than 200 calories—about 12 teaspoons, or 50 grams, of added sugar. That's three percent less than the average American consumes today. The new FDA labeling laws published this past May require food manufacturers to list added sugar on the Nutrition Facts label by July 2019. Until then, it can be difficult to tell how much of the sugar in a product is natural, and how much is added.

Where Added Sugar Hides

Added sugars are added to foods and beverages when they're processed or prepared. They're different from sugars that occur naturally in food, like those in fruits and in dairy products. As you can imagine, the highest concentration of added sugars is seen in sweets, desserts, and sugary drinks—in fact,

47% of the added sugars

in our diets come from beverages other than milk and 100% juice. They can also be found in ketchup and other tomato products, refined-grain breads, cereals, and salad dressings. Even seemingly healthy frozen organic entrees, flavored yogurts, instant oatmeals, energy bars, dried fruits, and smoothies can have a surprising amount of added sugar. Added sugars are always listed on the ingredient label, but they can be under a variety of names, including: high fructose corn syrup, white sugar, brown sugar, corn syrup, corn syrup solids, raw sugar, malt syrup, maple syrup, pancake syrup, fructose sweetener, liquid fructose, honey, molasses, anhydrous dextrose, and crystal dextrose. If you're purchasing a snack, entree, or beverage without an ingredient list—including that daily latte—don't feel shy about asking how much added sugar is in it, and if there's a lower-sugar alternative.

Limit added sugars to less than 10% of the calories in your diet.

The Sugar Addiction

According to the USDA, added sugars are often found in items that are high in calories and low in other valuable nutrients. In contrast, naturally occurring sugars are “packaged” with nutrients like vitamins, minerals, fiber, and phytochemicals. Added sugars are just sugar, without those beneficial nutrients. Ultimately, eating large amounts of added sugars can lead to overconsumption of calories, because you still need to eat other foods in order to obtain essential nutrients and feel full. It can also lead to heart disease, Type 2 diabetes, and, as we’re sure you’ve told your children, cavities. Because added sugar activates the dopamine pathways in your brain, each time you have sugar, it leaves you wanting more. A habit of indulging in high-sugar foods also makes naturally sweet fruits and veggies taste bland in comparison. This can lead to a dietary shift away from healthy, nutrient-dense foods and toward those delicious, sugary “empty calories.” It’s a difficult cycle to break.

If you’re thinking about cutting down on sugar by using low- or no-calorie sweeteners in your beverages, hold on a second. While the FDA has deemed artificial sweeteners like aspartame, saccharin, and sucralose safe for consumption based on available scientific evidence, they’re not a cure-all. They may satisfy your sweet tooth without increasing your caloric intake, but they’ll also feed into your evolutionary desire for sweetness—and contribute to the cycle of sugar cravings. Instead, begin to wean yourself off sugar by diluting sugary drinks like Gatorade® and juice, and cutting back on the sugar you add to your coffee or tea. Enjoy natural sources of sugar, like raw fruit smoothies and milk. Add flavor to plain water with fresh-cut fruits and herbs.

Spotlight on Sugar

The SAGE Spotlight Program® helps our students make informed decisions about what to eat by using a tricolor system to show nutritional value. Since its inception, the program has taken added sugars into consideration when assigning a dot color to its menu items. Foods that are high in added sugar, among other factors, usually get a red Spotlight dot. That means they should be enjoyed in moderation—either in smaller portions, or only every once in a while. Read more about the Spotlight Program at SAGEDINING.COM/EDUCATION.

STRAWBERRY-MINT SPA WATER

A refreshing, fruity beverage with no added sugar.

Ice as desired
1 pint strawberries, sliced
5 mint leaves, chopped
1 gallon water

Fill a two-gallon container $\frac{1}{4}$ to $\frac{1}{2}$ of the way with ice. Add strawberries and mint. Mix well. Add water and enjoy!



From Our Chefs

ROASTING SECRETS

Did you know that we roast deli meats in-house as part of SAGE's standard practices? Making these items in our kitchens means they don't contain artificial preservatives and nitrates. You can do it at home—it's easy!

We asked our Chefs to give us their roasting secrets:

1. Preheat the oven to 350°F.
2. Spray a roasting pan with nonstick spray to help with cleanup.
3. Remove the turkey from its packaging and place it in a roasting pan. Don't forget to remove the neck and giblets.
4. Season with salt and pepper. For every two parts salt, use one part pepper.
5. Cover loosely with aluminum foil to keep the turkey from browning too quickly. Place in the oven and cook until the meat reaches the proper internal temperature.

TURKEY

- Whole bird or breast
- Add ½ cup water to pan to keep turkey from drying out.
- Proper internal temperature: 165°F
- Cooking times vary based on weight. A general rule is to allow 15 minutes of cooking time for every pound of meat. Example: a 12 lb. turkey would be 12 lbs. x 15 minutes = 180 minutes, or 3 hours.

BEEF

- Rib-eye or top round
- Proper internal temperature: 145°F
- Cooking times vary based on weight. A general rule is to allow for 20 minutes of cooking time for every pound of meat. Example: an 8 lb. roast would be 8 lbs. x 20 minutes = 160 minutes, or 2 hours and 40 minutes.

KIDS IN THE KITCHEN

Consider getting your kids in the kitchen as a weekend activity! Kids who cook are more likely to try new foods. Cooking can provide extra exposure to math and science, boost self-esteem, and create new memories and family traditions.

Here's how some of our Chefs involve kids in the kitchen:

"I'm making meatballs with my eight-year-old now, just like my mom did with me. My ten-year-old's learning to make omelets." - Erin

"I teach middle school cooking electives, and we've done 'Cooking for Boys: How to Impress the Girls,' where students learned how to make cupcakes and other baked goods, and 'Healthy Eating,' where we made salads and salad dressing." - Robyn

"We make homemade soup from scratch. They love watching it all come together – the chopping, stirring, and blending of flavors." - Kevin

"I was a very hyperactive child. I had to be doing something or I was in trouble. So I was always by my mom's side helping in the kitchen. It was a good way to get out energy." - Kim

"My oldest and I put together a cookbook of all our family recipes, and it went with her when she went off to college." - Jennifer



FOOD ALLERGY TRENDS

Food allergies are on the rise in the United States, and our 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.

That’s why we go the extra mile to keep our food-allergic customers safe. Our Registered Dietitians review every ingredient in every one of our recipes, tagging them with allergens to make it easier for

parents to filter out foods on our online menus. We follow strict Serve It Safely food allergen protocols in our preparation process, and all of our foods are properly labeled in the serving line.

Through a recent survey-based study that SAGE conducted, we gained some valuable information about the landscape and frequency of allergies in the populations we serve.

Schools we surveyed


206

Students we surveyed


133,417

Students with food allergies

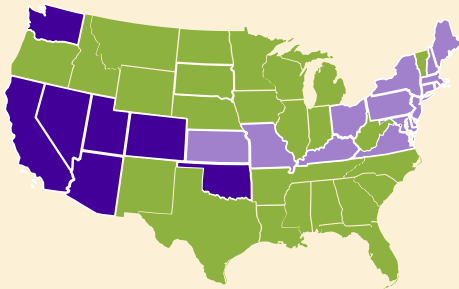
7.72%



21.8%
NEVADA
Highest percentage of students with food allergies



3.9%
NORTH CAROLINA
Lowest percentage of students with food allergies



WESTERN
Most likely to have food allergies, specifically allergies to wheat and gluten

NORTH & MIDDLE
More likely to have multiple food allergies

20%
Students with special needs and food allergies

ECONOMIC GAP
Students from the wealthiest backgrounds reported the most allergies while those from the least-affluent backgrounds reported the fewest.

PRE-K TO 5
Younger students (pre-K to 5) are more likely to have food allergies than those in older grades.

Our Dietitians consulted medical literature, which confirmed many of these same trends. It’s our goal to continue to track how these statistics change over time and to share those results with you.

IN THE KITCHEN WITH SAGE



Quiche-Stuffed Peppers



INGREDIENTS:

- 2 bell peppers
- 1 Tbsp. olive oil
- 1/4 c. onion, diced
- 1/4 c. broccoli, chopped
- 1/4 c. tomato, diced
- 3 eggs
- 1/8 c. whole milk
- 1/8 tsp. cayenne pepper, ground
- 1/8 tsp. salt
- 1/8 tsp. black pepper, ground
- 1/4 c. cheddar cheese, shredded



Preparation:

Tip:

Step 1: Preheat oven to 375°F.

Step 2: Halve, core, and seed peppers. Leave stems intact if desired.

Step 3: Warm olive oil in a large skillet over medium heat. Add onions, broccoli, and tomatoes. Saute until onions are translucent and broccoli and tomatoes are fork-tender, about 5 minutes. Remove pan from heat.

Step 4: In a medium bowl, combine eggs, milk, cayenne pepper, salt, pepper, and cheese.

Step 5: Add vegetable mixture to egg mixture. Stir to combine.

Step 6: Place pepper halves skin-side down on baking sheet. Add approximately $\frac{2}{3}$ cup filling to each.

Step 7: Bake 35 minutes, or until a toothpick inserted into center of filling comes out clean.

If pepper halves won't sit flat on the baking sheet, prop them up with aluminum foil to prevent the filling from spilling out before it sets.





SAGE

DINING SERVICES[®]

standards

SAGE Standard #1

Scratch Cooking and Local Sourcing

Our SAGE Standards are our promise to you. They're what you can expect for your child every time he or she eats in the dining hall. These standards support the health of your community, your environment, and your local economy.

Standard #1 - We cook from scratch, using fresh, wholesome, local, and campus-grown ingredients where possible.

- When we cook from scratch, we know exactly what's in our students' food. We know the protein and produce are fresh; we can avoid the use of preservatives; and we can make substitutions for common allergens.
- We purchase from more than 800 local and regional suppliers, and the list is growing!
- Local purchasing reduces the amount of gasoline used in transporting food, and the amount of preservatives necessary to keep food fresh in transit. It also supports local economies by keeping schools' money within their communities.
- Over 150 of our venues have on-site gardens or farms; in many locations, SAGE helps with planting, upkeep, and harvesting in addition to incorporating the produce into seasonal meals.
- On-campus gardening and farming offer academic and physical enrichment for students by serving as a focus for science classes, volunteer and extracurricular work, independent research and experimentation, and community enrichment.