



**FOR IMMEDIATE RELEASE**  
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## **SAGE Dining Services® Launches New Top Allergen-Free Station**

LUTHERVILLE, Md. — With the 2022-23 school year just beginning, SAGE Dining Services® has launched its newest station concept, Free Style™, which features menu items that are free of the 12 most common food allergens. These include peanuts, tree nuts, shellfish, milk, gluten, egg, fish, wheat, sesame, soy, mustard, and sulfites.

Food allergy awareness has always been an important tenet of SAGE’s principles. Safety is their top priority, and they value inclusivity in their exceptional dining experiences. They were the first to provide an online menu allergen filter to help community members with food allergies enjoy safe and nutritious meals, and they do not serve peanuts, tree nuts, or products with them in any of the schools they serve unless a client specifically requests them. They also have a team of Registered Dietitians who review each recipe and menu, tag ingredients for allergens, and ensure there is a variety of allergen-free options available. With the addition of the Free Style™ station, SAGE is providing a sense of inclusivity, so people with allergies can feel welcomed and part of the community, not excluded.

“Managing food allergies day after day can be hard. Think about it: Every time you eat a meal, you need to check information or ask questions to make sure it doesn't contain the ingredients you're allergic to,” SAGE’s Vice President of Food and Nutrition Lesley Vogel said. “The coolest thing about Free Style™ is that it eliminates that burden for those who have the most common food allergies. It's a quick go-to option that they know will be safe without having to check.”

According to a 2021-22 survey, 9.2% of the students SAGE serves have a common food allergy, which equals to about 1 in 11 students. This is in line with the national average determined by Food Allergy Research & Education (FARE). Free Style™ helps community members feel comfortable knowing that the food at the station is safe for them to eat. It also allows young students with common allergies to build their plates safely and more easily.

In addition, Free Style™ features complete top allergen-free meals that the entire community can enjoy, not just those with food allergies, and helps create awareness about food allergies. Based on feedback from a SAGE beta test, many people said they were “very likely” to eat at the station again and appreciated the quality of the food and the clear messaging. From kid-friendly favorites like tacos and breakfast for lunch to popular classics like chicken noodle soup, there is something for everyone at the Free Style™ station.

### **About SAGE Dining Services®**

SAGE Dining Services®, established in 1990, is the leading food service provider for independent schools and colleges throughout North America. SAGE’s unparalleled expertise in nutrition, sustainability, and culinary trends produces exceptional dining experiences that delight the senses, inspire minds, and foster community. Learn more at [SAGEDINING.COM](http://SAGEDINING.COM).