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SAGE Dining Services® Launches All Foods Fit Campaign to Help Students Form Positive Relationships with Food and Support Overall Well-Being

LUTHERVILLE, MD — The nutrition philosophy at SAGE Dining Services® is All Foods Fit, and they are using that message in their new campaign to encourage students' positive relationships with food and remind them that all foods have a place on their plates. All Foods Fit emphasizes that there are no "good" or "bad" foods and honors all the reasons we eat to support overall well-being, including the physical, cultural, mental, emotional, and social benefits.

The All Foods Fit nutrition philosophy highlights five components of why we eat:

- **Fuel:** Food is the body's source of energy and is essential to life. It provides nourishment, maximizes athletic performance, improves concentration, and prevents illness and injury. Food supports us physically by promoting proper growth and development.
- **Culture:** Food teaches us about other cultures and offers a sense of comfort. Through food, we can connect with our communities, honor traditions and practices, and celebrate holidays in unique ways.
- **Exploration:** Food allows us to discover more about the world around us. Trying new ingredients, flavors, and cuisines encourages students to stay curious and open-minded.
- **Togetherness:** Food connects people. It is often at the center of social gatherings and holidays, and enjoying a meal with friends and family is a fantastic way to celebrate.
- **Enjoyment:** Food is fun! It is delicious, connects us to others, and helps create positive and long-lasting memories.

SAGE offers several programs that support the All Foods Fit philosophy:

- **Performance Spotlight®** offers educational materials and mealtime guidance to athletes and active students to help fuel their performance.
- International station concepts like **Paquito's®**, featuring modern Latin American and Caribbean cuisine, and **Pacific Thyme**, highlighting East Asian dishes, allow students to experience authentic flavors while learning about other cultures.
- **Educational Seasonings** infuses history, culture, and intriguing culinary topics into the dining hall each month through tastings, informational guides, and creative displays.
- The **Free Style™** and **Vegitas®** stations provide meals that are free of the top 12 most common allergens and are vegetarian/vegan, respectively, so all guests have options and feel included.
- The **Seasonings®** concept keeps things fun with build-your-own bars and display-cooking events.

"Food is personal. Whether it is a birthday cake at a party, a table of your favorite holiday foods, or a recipe that gets the whole family in the kitchen, we each create unique experiences and memories around food. And that is what makes food so special," SAGE Registered Dietitian Taylor Chan said. "In the nutrition realm, there is so much focus on the nutrients in food that the social and cultural aspects

often get lost or forgotten. That is why SAGE firmly believes in our All Foods Fit philosophy and encourages others to embrace the same curiosity and joy around food.”

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.

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