

**FOR IMMEDIATE RELEASE**  
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**CONTACT:** Teresa Eaton, Communications Director  
[TEATON@SAGEDINING.COM](mailto:TEATON@SAGEDINING.COM)

**SAGE Dining Services® Brings Top-Allergen-Free Concept to All Students They Serve**



LUTHERVILLE, Md. — SAGE Dining Services® has implemented their newest concept, Free Style®, in all their venues. Free Style® offers menu items that are made without the 12 most common food allergens (peanuts, tree nuts, shellfish, milk, gluten, eggs, fish, wheat, sesame, soy, mustard, and sulfites), providing a safe and hassle-free option for students navigating common food allergies. Free Style® will appeal to those without food allergies as well. SAGE is continually creating new recipes for this concept. From rice bowls and barbecue to vegan mac & cheese and snickerdoodles, there is something for every student at Free Style®.

Food allergy accommodation is a key factor for school administrators when assessing their dining programs. This has always been an important tenet of SAGE's principles. According to a 2021-22 survey, 9.2% of the students SAGE serves have a common food allergy, which equals about 1 in 11 students (or one to two students per classroom). This is slightly higher than the national average of 8% reported by Food Allergy Research & Education (FARE).

"Managing food allergies day after day can be hard," SAGE's Vice President of Food and Nutrition Lesley Vogel said. "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 are allergic to. The coolest thing about Free Style® is that it eliminates that burden for those who have the most common food allergies. It is a quick go-to option that they know will be safe."

The impact of Free Style® extends beyond convenience and safety. As one parent shared, "While buying lunch at school may seem like an afterthought or a time-saving measure to some, for my child, this is an incredibly important moment of inclusion. Providing this option is inclusion in action. My child is now included in what other students have always been able to do."

SAGE's food allergy management program is the best in the food service industry. They were the first to offer an online menu allergen filter, helping community members with common food allergies to easily find safe, nutritious meal options. They also do not serve peanuts, tree nuts, or products with them in any of the schools they serve unless a client specifically requests them. SAGE has a team of Registered Dietitians who review all recipes and menus, tag ingredients for common allergens, and ensure there is a variety of safe options available. With the addition of Free Style®, SAGE enhances inclusivity and convenience, allowing individuals with common allergies to feel welcomed and fully enjoy their dining experiences.

**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).

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