



SIMPLE SERVINGS BY SODEXO

Food allergies are on the rise, affecting an estimated 15 million Americans. Many students have grown up with close parental guidance to help manage their food allergies and find it challenging to be on their own for the first time when they leave for college. Because an unfamiliar environment and the pressure to fit in can make meal times stressful for students with food allergies, prospective food-allergic students and their parents often consider dining options a vital factor in choosing a college. As the prevalence and awareness of food allergies grows, colleges are increasingly tasked with offering safe, convenient, easily accessible dining options that meet the dietary needs of all students. Simple Servings by Sodexo offers a convenient, seamless dining option that allows students to enjoy meals that meet their dietary needs without feeling socially isolated.

Simple Servings is a dedicated station within resident dining venues that offers fresh, flavorful meals prepared without the most common allergens, which account for 90% of all food allergy reactions. Dishes at Simple Servings are prepared without milk, eggs, wheat, soy, shellfish, peanuts and tree nuts. The program also omits gluten, which students may need to avoid due to celiac disease or gluten intolerance.

Simple Servings is a served station, open to everyone and featuring wholesome foods that appeal to a broad range of tastes. Lunch and dinner menus change daily and include varied protein options, such as fish, beef, pork, chicken and turkey, as well as gluten-free whole grains and steamed and roasted vegetables. All side dishes are vegan, containing no milk, eggs or meat products.

Benefits of Simple Servings by Sodexo

Simple Servings acts as a bridge to help students transition from the safety of home, where all allergens are strictly excluded, to dining on their own in an environment that requires careful attention to the choices they make. In addition, knowledgeable and attentive staff members are available to discuss ingredients and answer questions, helping students learn to advocate for themselves and obtain the information they need. Benefits of Simple Servings include:

- A safe resident life option for students with food allergies who might otherwise decide to live off campus
- A safe, convenient option that makes it easy for students to enjoy meals with their friends in the dining hall, enhancing quality of life through improved social interaction
- Improved recruitment and retention of food-allergic students
- Specially trained foodservice employees reduce the risk of allergen cross-contact by using only designated ingredients, equipment, utensils and preparation/storage areas

The Sodexo Difference

- Award-winning program recognized as a leader in the field
- Supported by a wealth of expertise, including registered dietitians and executive chefs who welcome the opportunity to address individual needs and answer questions
- Thorough, customized training for managers, culinary staff and servers, including AllerTrainU certification for all members of the Simple Servings team
- Food Allergy Research & Education (FARE) College Food Allergy Program standards in place
- Recognized industry leader in transparent dining practices, providing easy access to allergen information, ingredient list and nutrition information through online menus, mobile applications and point-of-service signage

SIMPLE
SERVINGS
by *sodexo**

15

million Americans suffer
from food allergies

Around

40%

of allergic children have
had a severe or life-
threatening reaction

Teenagers and young
adults with food allergies
are at the highest risk
for fatal food-induced
anaphylaxis

Simple Servings earned
a Best Wellness Concept
Award from Food
Management magazine
in 2013 and the Allertrain
Food Allergy Innovation of
the Year Award in 2017

For more information, visit
<https://us.sodexo.com/our-impact/health-wellbeing.html> or call 401-465-4084

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