



SAGE Takes Food Allergies Very Seriously. Using SAGE's Online Menu Allergen Filter

1. Visit your school's online menu. Click on the "Allergies/Restrictions" drop-down menu found just above the menu. Read the notice and accept the terms.
2. Click on the drop-down menu again. You will see the top 12 allergens in the US and Canada displayed.

A screenshot of the "Allergens/Restrictions" section of an online menu. At the top, the title "Allergens/Restrictions" is in blue. Below it, the word "Allergens" is centered. There are 12 colored boxes, each containing a letter and a corresponding allergen name below it: W (WHEAT), G (GLUTEN), E (EGG), F (FISH), Mi (MILK), So (SOY), Se (SESAME), Sh (SHELLFISH), Mu (MUSTARD), P (PEANUT), T (TREE NUT), and Su (SULFITES). Below the boxes, there is a paragraph of text: "SAGE's registered dietitians maintain the online allergen filter with information for all venues in the United States and Canada. To use the allergen filter, just click on the allergens you want to avoid. Menu items that contain those allergens will lighten in color. Sometimes you may need more information about a specific ingredient or preparation method at your facility. A light bulb icon is a signal to 'learn more' about one or more of the ingredients listed. For example, any recipe containing bread or pasta will have a 'learn more' light bulb for egg since some breads and pastas may contain egg. Any food prepared in a fryer will have a light bulb for all allergens due to possible allergen cross-contact in the frying oil. If you see a light bulb next to a menu item, ask your Food Service Director for more information about that item's ingredients and preparation methods. This filter is the FIRST STEP in determining safe choices. Make sure you discuss your food allergies with your Food Service Director, who can be reached at _____@sagedining.com."

3. Click on an allergen to hide (gray out) any menu items that contain that allergen.
Example: Clicking on "Wheat" will hide menu items that contain wheat ingredients.
4. Any remaining menu items with a light bulb next to them means you must "learn more" from the food service director (FSD) about the ingredients. Decide which menu items you or your child would be interested in eating. Click on the day, then select the menu item to see the ingredients of that dish. Write down any questions you may have. Go through the remaining week or month following the same process.
5. Reach out to your FSD using the email address listed at the bottom of the drop-down menu to get your questions answered and possibly set up a time to meet. Communication is a vital part of managing food allergies; the allergen filter is not a replacement of direct communication with your FSD. Our FSDs are happy to discuss ingredients and preparation methods. Our open kitchen policy allows you to set a time to come through the kitchen and store rooms to check ingredients yourself.
6. Check the online menus regularly or with each new menu (ask your FSD when this is).