

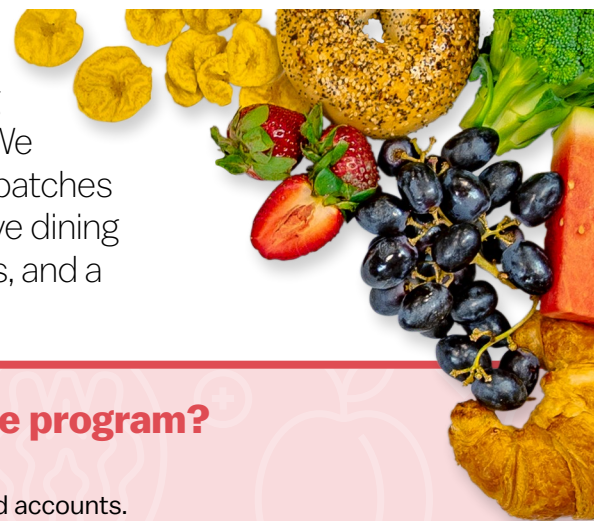
COMMUNITY- INCLUSIVE DINING

With community-inclusive dining, meals are included in the school's tuition, allowing community members to access the full SAGE dining program.



SAGE
DINING CANADA
SETTING A GOOD EXAMPLE®

SAGE presents a thoughtful, refreshing approach to dining and wellness that feeds students in both body and mind. We provide fresh, delicious meals made from scratch in small batches using seasonal and locally sourced ingredients. Our inclusive dining program accommodates food allergies, eating preferences, and a range of dietary practices and needs.



What's included in SAGE's community-inclusive program?

Community members can expect:

- **Convenience** – no need to pack lunches, bring cash or cards, or fund accounts.
- **Greater selection and variety** – more options to expand their palates.
- **More sustainability** – less food waste and no need for packaging.
- **Faster service** – no checkout required.
- **Unlimited helpings** – more of the foods they love.
- **Nutrient-dense foods** – complete, satisfying meals.



The typical SAGE program can include many of the following concepts:

Crossroads

Fun and trendy food
truck-inspired fare

Seasonings®

Build-your-own selections and
exciting customizable options

The Classic Cuts Deli®

Freshly baked breads, house-roasted
meats, toppings for sandwiches, and
accompaniments

Ladle & Co.

Flavourful house-made soups

Improvisations®

Chef-crafted and build-your-own
salads, fresh toppings, and house-
made dressings

The Main Ingredient®

Familiar, delicious entrées with
complementary sides

Free Style®

Delicious entrées and sides
made without the 12 priority allergens

Trattoria

Pizza and traditional Italian dishes

Vegitas®

Complete, nutritionally balanced
vegetarian and vegan dishes

Craft BBQ

Regional American barbecue and
diverse grill practices from around
the world

Uncharted

Authentic international dishes

P.S.

Sweet and savoury baked goods,
pastries, and accompaniments

Splashes

Wide variety of beverages

Transit Fare®

Grab-and-go favourites, including
salads, sandwiches, sides,
desserts, and more

How will the dining program benefit students?

Community-inclusive dining introduces students to a variety of nutritious, delicious offerings. We embrace and celebrate cultural diversity through our food and fun events, which encourage students to try something new. And because they won't have to wait in line to check out, students will have more time to eat, relax, and catch up with friends. They also won't have to worry about packing lunch or remembering lunch money!

How will the dining program benefit parents?

Our community-inclusive dining program is ***like having a personal dietitian, shopper, and chef all in one!*** It saves parents money spent on additional groceries for lunches, as well as the time it takes to shop for and prepare lunches. They won't need to worry about adding funds to their child's dining account or giving them lunch money. Parents can relax knowing students are enjoying a variety of well-balanced meals approved by SAGE's Registered Dietitians.

How can you ensure there will be enough variety?

Our Managers and Chefs spend time getting to know the community to create unique menus. Through feedback from surveys, comment cards, and the Touch of SAGE® app, they learn the community's preferences to help build menus that feature ample variety for all palates and dietary needs, including familiar favourites and allergy-friendly options. Our Registered Dietitians review each menu to ensure culinary standards and community satisfaction.



How can you ensure enough safe options for students with food allergies?

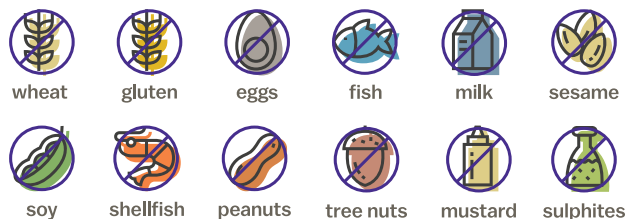
SAGE's priority is the safety of all community members. We never ask or expect students with food allergies to have separate plates or meals, and they'll never be isolated from their friends and classmates. They're part of a dining service that values inclusivity and fosters community.

When creating menus, Managers work with our Registered Dietitians to understand food allergies present in the community. Our Dietitians review every ingredient used in our recipes and tag menu items containing the 12 priority allergens. All menus undergo a thorough review process that verifies variety, safety, and food allergy accommodations.

Our comprehensive allergen management program includes:

- **A concept called *Free Style®* that offers menu items without any of the 12 priority allergens.**
- Training all Team Members on rigorous standard operating procedures for food and allergen safety.
- Enforcing strict food allergen and food safety protocols for storage, preparation, service, and cleanup.
- Prohibiting peanuts and tree nuts in all communities unless a client specifically requests them.
- Facilitating an open-kitchen policy for parents and community members to tour the kitchen and discuss any concerns about food allergies and food safety.

We make it easy for community members to find safe food choices. We identify foods containing the 12 priority allergens on signs at each station in the dining hall, as well as on menus online and in the Touch of SAGE® app. Additionally, menus online and in our app feature ingredient lists and an allergen filter.



How will students get enough nutrients every day?

Finding a complete, balanced meal will be easy for everyone in the community, including individuals with food allergies or specific dietary needs, those who follow certain dietary practices or eating patterns, and athletes and active students. The SAGE Spotlight Program® uses a colour-coded system to identify each menu item's nutrient density, which **guides community members on building nutritionally balanced plates** and promotes a positive relationship with food.

Our Registered Dietitians use a formula that aligns with Canada's Dietary Guidelines to calculate key nutrients in each menu item, then assign a shade of green to represent its nutrient density. The use of green aligns with our All Foods Fit nutrition philosophy, emphasizing that all foods can have a place on the plate.

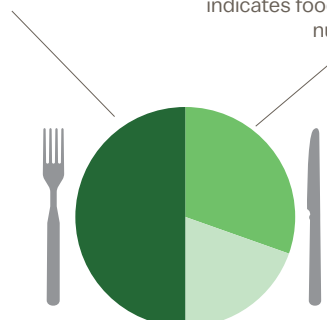
Community members will see green dots — called **Spotlights** — on signs throughout the dining hall, as well as on menus online and in the Touch of SAGE® app. They can use the Spotlights to choose foods they enjoy while practicing variety, balance, and moderation.

DARK GREEN

indicates foods higher in nutrient density.

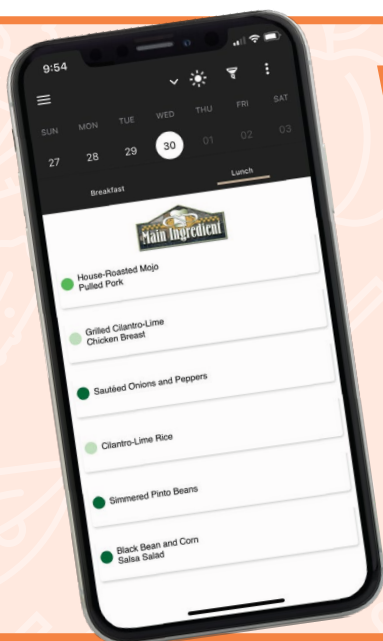
MEDIUM GREEN

indicates foods moderate in nutrient density.



LIGHT GREEN

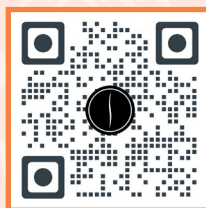
indicates foods lower in nutrient density.



Where can students view the menu?

At [SAGEDINING.COM/SITES/VILLANOVACOLLEGE](https://sagedining.com/sites/villanovacollege) or in the Touch of SAGE app. Locate Villanova College using the postal code L7B 0P5. The app also allows you to provide feedback, rate menu items, view upcoming events, and filter out allergens.

GET THE APP!



Questions? Comments?

Contact us on the Touch of SAGE® app or via email at SO410@SAGEDINING.COM.

