



SIMPLE SERVINGS

by *sodexo**



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. An unfamiliar environment and the pressure to fit in can make meals stressful. **Prospective students and parents are looking for campus dining to offer safe, convenient, and easily accessible dining options** that meet many dietary needs. **Simple Servings by Sodexo offers a convenient, seamless dining option that allows students to enjoy allergen-free meals in the dining hall amongst their peers.**

Simple Servings is a dedicated dining hall station that offers hot flavor-forward meals prepared without eight of the nine 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, tree nuts, and sesame. The program also omits gluten, which students may need to avoid due to celiac disease or gluten intolerance.

Simple Servings is a served station and open to everyone who may also enjoy wholesome, simply prepared foods. 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.

To reduce the risk of allergen cross-contact, all prep for Simple Servings meals take place in a dedicated kitchen space with ingredients, equipment, and smallwares dedicated exclusively to Simple Servings meals. At the station, meals are served by a dedicated server to reduce cross-contact from other plates in the dining hall. The knowledgeable and attentive staff members are also available to discuss ingredients and answer questions, helping students learn to advocate for themselves and obtain the information they need.



5.6M
Youth under 18 have a food allergy



40%
of allergic children have had a severe or life-threatening reaction



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. Simple Servings brings many benefits to your campus community, including:

- ✔ Meal plan value for students with food allergies who might otherwise decide to live and/or dine off-campus
- ✔ A safe, convenient option that makes it easy for students to enjoy meals with their friends in the dining hall
- ✔ 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



In 2021, Sodexo became the first Gold-level FARECheck partner with Food Allergy Research & Education (FARE), helping to standardize industry food allergy practices that support student well-being



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



SIMPLE SERVINGS

Sodexo Registered Dietitians and Chefs support Simple Servings recipe development to ensure meals are both allergen-friendly and irresistibly delicious

Customized training for managers, culinary staff, and servers includes AllerTrainU certification for all members of the Simple Servings team

Simple Servings third-party audits and quality assurance checks are overseen by Sodexo's partnership with FARE