Simply 3

Menu variety is an important satisfaction driver in a dining hall where students eat every day, multiple times a day. If you're a student with one or more food allergies, finding a variety of safe and crave-worthy hot meal options can be even more challenging. Colleges are increasingly seeking solutions to provide a delicious mix of dining options that meet the dietary needs of all students.

Simply 3 is a destination allergen-free station which focuses on recipes without milk, nuts, and gluten. Compared to Sodexo's more robust Simple Servings station, which eliminates the 7 top food allergies plus gluten, Simply 3 avoids the three core ingredients students are trying to avoid the most. Simply 3 focuses on three highly avoided allergens to provide students with both safe meals and the opportunity for increased variety at all times of the day.

The most significant differentiator for the Simply 3 menu is the ability to serve a hot breakfast that includes eggs. Eggs not only provide a complete protein, but also many other essential nutrients, like choline which helps boost memory and mood. Simply 3 also incorporates other morning favorites like baked breakfast potatoes and bacon, gluten-free vegan pancakes, and grain bowls. Dairy-free, nut-free, and gluten-free desserts are also available at Simply 3, another menu favorite for students with a sweet tooth which can be difficult to satisfy at Simple Servings.

Students with food allergies also crave the same comfort foods as their non-allergic peers. Simply 3 can provide this variety of comfort food traditionally found at other stations in the dining hall, like baked French fries and gluten-free chicken nuggets. This helps students with food allergies feel included and reduces their temptation to stray to unsafe stations for their favorite comforting meals.

16.1M
Americans are estimated to be **allergic to milk and nuts***

1 in 4
Teenagers practice some sort of avoidance diet
(for social, health or other reasons) **

40%
of children with a food allergy are **allergic to more than one food***

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