



**NOTIFICATION OF SPECIAL DIET  
SCHOOL AND STUDENT CATERING**

To be filled out by the guardian/student based on a medical certificate

Validity \_\_\_\_/\_\_\_\_/20\_\_\_\_ onwards

<b>STUDENT'S BASIC INFORMATION</b>	Last name	
	First names	
	School/Educational institution	Class
	Guardian/Student	Telephone/E-mail
<b>SPECIAL DIET BASED ON MEDICAL GROUNDS</b>  <b>Medical certificate</b>	<input type="checkbox"/> Diabetes (attach a personal meal plan, if necessary)	
	<input type="checkbox"/> Needs a snack (schedule to be agreed separately with the school and catering service)	
	<input type="checkbox"/> Coeliac disease	
	<input type="checkbox"/> Cannot eat oats	
	<input type="checkbox"/> Can eat gluten-free oats	
	<input type="checkbox"/> Cannot eat gluten-free wheat starch	
<input type="checkbox"/> Completely lactose-free diet		
<input type="checkbox"/> Food allergy with severe symptoms		
<input type="checkbox"/> Epinephrine auto-injector as backup		
Foods to be avoided	Risk of a life-threatening allergic reaction (anaphylaxis)	
_____	□	
_____	□	
_____	□	
_____	□	
_____	□	
<input type="checkbox"/> May be served products labelled as 'may contain traces of'		
<input type="checkbox"/> May not be served products labelled as 'may contain traces of'		
<b>OTHER DIET</b> <b>No medical certificate</b>	<input type="checkbox"/> Vegetarian diet (lacto-ovo-vegetarian): Eats <input type="checkbox"/> fish <input type="checkbox"/> poultry	
	<input type="checkbox"/> Vegan diet	
	<input type="checkbox"/> Religious diet: <input type="checkbox"/> no pork <input type="checkbox"/> no blood-based foods <input type="checkbox"/> no beef	
	<input type="checkbox"/> Low-lactose diet	
<input type="checkbox"/> Food allergy with mild symptoms (student will personally remove unsuitable food items from the plate)		
<b>OTHER ISSUES</b> <b>Other special diets</b>		
<b>DIETARY CHANGES</b>	Any dietary changes must be communicated to the school/educational institution. The school/educational institution will pass the information to the kitchen.	
<b>SIGNATURE</b>	Date _____ Guardian's/Student's signature _____	
<b>TO BE COMPLETED BY THE SCHOOL/EDUCATIONAL INSTITUTION</b>	<input type="checkbox"/> Form's correspondence with the medical certificate checked Name and date: _____	

## SPECIAL DIETS IN SCHOOL AND STUDENT CATERING

Students are served special diet meals on medical grounds based on a medical certificate. Copy the date on the medical certificate to the 'Validity' section of this form (top right-hand corner of the first page). **A medical certificate is not required** for a vegetarian diet, vegan diet, diet based on religious grounds or low-lactose diet. The special diet form is also used to notify the school/educational institution of a vegetarian diet, vegan diet, diet based on religious grounds and low-lactose diet. **The medical certificate and the special diet form filled out based on the certificate are submitted to the school/educational institution.. The school/educational institution will pass the special dietary form to the school cafeteria.** It will make things easier for the kitchen if the guardian/student fills out the form in Finnish (this also applies to English and Swedish language forms). If the form is filled in another language, the school will work together with the guardian/student and the school/student healthcare to make sure that the necessary information is available in Finnish before it is submitted to the kitchen. These parties will also cooperate in other unclear situations.

Special diet meals are planned to ensure that students are not given any food items that are not suitable for them. Please list in the section of the form entitled 'Food allergy with mild symptoms' any ingredients that the student can personally remove from the plate, such as vegetables that cause mild allergic symptoms.

Information on the special diet form must be updated whenever there are any changes to the diet. Any dietary changes must be communicated on a new special diet form. If there are no dietary changes, you need not submit a new form, but the school cafeteria will follow the information on your previous form.

### Diabetes

Diabetic students are served the same dishes as the other students. If necessary, a guardian must submit to the school a personal meal plan for a diabetic student as an attachment to the special diet form. The diabetic will then be served necessary snacks during the school day. The need for snacks is communicated on the special diet form, and practical arrangements will be made with the school and the catering service. The practical implementation is described in further detail in the schools'/educational institutions' separate special diet instructions.

### Coeliac disease

Wheat, rye and barley are replaced with gluten-free grains and gluten-free products with an analysed gluten content of less than 20 mg/kg. With the guardians' permission, foods containing gluten-free oats or gluten-free wheat starch can be served as part of school meals.

### Allergies

**a) Food allergies with severe allergic symptoms or allergy to a vital ingredient:** milk, egg, wheat, fish and nuts are the most common causes of severe allergic reactions. Nutritionally vital ingredients are replaced with other ingredients suitable for the student. The diet is based on a diagnosis carried out by a doctor and a medical certificate. A medical certificate is required for all foods that cause severe allergic reactions, even if they are not to be replaced with other foods. If the student's diet is particularly restricted, an individual diet plan should also be attached to the special diet form.

Please state on the special diet form whether the student may be served ingredients with 'may contain traces of' labelling. If ingredients labelled as 'may contain' are not allowed, they will not be used in any form. If ingredients labelled as 'may contain' are allowed, they may be served to the student.

In case of life-threatening allergies, it can be separately agreed that the student will pick up a tray labelled with the student's name from the kitchen staff to ensure safety. When picking up the tray, the student will go over the content of the dishes on the tray together with the kitchen staff. The school must be informed if the student carries an epinephrine auto-injector and instructed on how the student is to be treated in case of an accidental ingestion of a prohibited food item.

**b) Food allergies with mild, passing symptoms:** If the student only experiences mild symptoms from a particular food item, the student can personally remove the food item in question from the plate. In such cases the student does not need a special diet or medical certificate. Ingredients that typically cause mild allergic symptoms that pass by themselves, such as itching of the mouth and hives, include uncooked vegetables (tomato, carrot, apple) and fruit, especially among those allergic to pollen or suffering from atopic dermatitis. In many cases, uncooked vegetables that cause mild symptoms do not cause any symptoms at all when cooked. Allergies to additives and spices are extremely rare, and mildly seasoned school meals are usually suited to even allergic students. It is important for students to learn to eat a varied diet. The more food items are to be avoided in a diet, the harder it becomes to ensure it is nutritionally balanced. The extensive avoidance of vegetables, fruit and berries reduces the intake of several vitamins and minerals and increases the risk of obesity. Current Care Guidelines: Food allergies (children)/for patients ([www.kaypahoito.fi](http://www.kaypahoito.fi)). Guide to children's food allergies ([www.allergia.fi](http://www.allergia.fi))

### **Lactose intolerance**

In the context of lactose intolerance, a low-lactose diet is served, in which products that contain lactose are replaced with low-lactose alternatives. Beverages served with meals include low-lactose milk/sour milk or lactose-free milk drink/sour milk. In case of a low-lactose diet, a special diet form submitted to the school/educational institution is sufficient.

### **Lactase enzyme deficiency**

For lactase enzyme deficiency, the diet is fully lactose free. The beverage for meals is a lactose-free milk drink or sour milk. Lactase deficiency is an extremely rare congenital disorder diagnosed in newborn infants and examined in special health care. A medical certificate is required for a completely lactose-free diet.

### **Clinical food preparations reimbursed by Kela and other nutritional supplements prescribed by a doctor**

Students or their guardians deliver the clinical food preparations or similar products and other individual brands prescribed to them by a doctor and are reimbursed to the customer under the Health Insurance Act (364/63) to the school cafeteria themselves.

### **Vegetarian diet, vegan diet and diets based on religious grounds**

Students following a vegetarian diet are served vegetarian meals that include, in addition to grain products, vegetables, fruits and berries, products of animal origin, such as dairy products and eggs (lacto-ovo-vegetarian diet). The practical implementation of vegetarian meals is described in further detail in the schools'/educational institutions' separate special diet instructions.

Students following a vegan diet are served food that does not contain any ingredients of animal origin. The vegan diet available at school is not as extensive as the vegetarian diet as regards the variety of meal combinations and dishes. The practical implementation of vegan meals is described in further detail in the schools'/educational institutions' separate special diet instructions.

In diets based on religious grounds, pork, beef or blood products are mainly replaced with lacto-ovo-vegetarian foods.

The implementation of special diets is described in further detail in the separate instruction 'Special Diets and Ethical Beliefs in Schools and Educational Institutions'.

For additional information, please contact Food Services Specialist Katja Peränen, tel. 310 22596, Education Division.