



## The English School / Englantilainen koulu

### Special dietary requirements in school catering

The need for specific dietary requirements may be medical or ethical (based on religion or culture).

Medical dietary requirements are

- diabetes
- celiac disease
- lactose intolerance
- foodstuff allergies

Preparing and serving special diets requires precise knowledge of the person's diet. Dietary information and prohibited foodstuffs must be filled in carefully on the "special dietary requirement description form. You can print out the form from the school's homepages or get it from the school's office.

The school office must be provided with a **doctor's certificate** regarding the special dietary requirements for medical reasons together with the special dietary requirement description form. The doctor's certificate needs to preferably be less than 12 months old.

The need for special diet and changes in it are revised annually as dietary restrictions often diminish as the child grows.

Any changes to the dietary requirements that happen during the school year must be informed to the school office.

In cases where no doctor's certificate is required (ethical reasons), parents should simply fill in the "special dietary requirement description form".

If it is unclear whether the child needs a special diet at school, the parents should discuss the matter with their doctor or school nurse.

**Please return the form to the school office latest 14.8.2017.**



**Englantilainen koulu / The English School**

**SPECIAL DIETARY REQUIREMENT DESCRIPTION FORM**

Name \_\_\_\_\_ Date of Birth \_\_\_\_\_

Class/Group \_\_\_\_\_

**SPECIAL DIET MEALS FOR MEDICAL REASONS (doctor's certificate needed)**

- |   |                                       |
|---|---------------------------------------|
| <input type="checkbox"/> Diabetes       | <input type="checkbox"/> Milk-free    |
| <input type="checkbox"/> Celiac disease | <input type="checkbox"/> Lactose-free |

**FOOD ALLERGIES (doctor's certificate needed)**

- |  |   |  |
|--|---|--|
| <input type="checkbox"/> Peas, Beans, raw      | <input type="checkbox"/> Carrot, cooked | <input type="checkbox"/> Milk                |
| <input type="checkbox"/> Peas, Beans, cooked   | <input type="checkbox"/> Tomato, raw    | <input type="checkbox"/> Fish                |
| <input type="checkbox"/> Strawberry, raw       | <input type="checkbox"/> Tomato, cooked | <input type="checkbox"/> Honey               |
| <input type="checkbox"/> Strawberry, cooked    | <input type="checkbox"/> Apple, raw     | <input type="checkbox"/> Egg                 |
| <input type="checkbox"/> Paprika, raw          | <input type="checkbox"/> Apple, cooked  | <input type="checkbox"/> Cocoa, Chocolate    |
| <input type="checkbox"/> Paprika, cooked       | <input type="checkbox"/> Kiwi           | <input type="checkbox"/> Grain, which? _____ |
| <input type="checkbox"/> Carrot, raw           | <input type="checkbox"/> Citrus fruit   | <input type="checkbox"/> Nuts, Almond        |
| <input type="checkbox"/> Spices, which ? _____ |   |  |
| <input type="checkbox"/> Other, which ? _____  |   |  |

**Forbidden food that may cause life-threatening allergic reaction:** \_\_\_\_\_

**OTHER DIETS (no doctor's certificate needed)**

- |   |  |   |
|---|--|---|
| <input type="checkbox"/> <b>Vegetarian diet</b> | <input type="checkbox"/> fish accepted | <input type="checkbox"/> poultry accepted |
|---|--|---|

**Religious reasons**

- |  |                                  |                                  |
|--|----------------------------------|----------------------------------|
| <input type="checkbox"/> no blood food       | <input type="checkbox"/> no pork | <input type="checkbox"/> no beef |
| <input type="checkbox"/> Other, which? _____ |                                  |                                  |

- Low in lactose**

Date \_\_\_\_ / \_\_\_\_ / \_\_\_\_

\_\_\_\_\_  
Signature of guardian

Special diet meals are provided for medical or ethical reasons. **Doctor's certificate is required** in all other cases except for cases where the reason is ethical/religious or vegetarian.

Please, supply the school office with a filled in "special dietary requirement description form" with the doctor's certificate.