

Details of the diner	Last name		First name						
	Day-care centre/school/educational institution		Personal identity code						
	Group/class								
	Guardian								
	Telephone number		E-mail address						
Special diet on health grounds	☐ Permanent special diet (diabetes, celiac disease); notification needs to be resubmitted only if the diner's day-care centre or school changes								
Doctor's signature required	☐ Diabetes (attach a personal meal plan if needed)								
	☐ Celiac disease								
	☐ Temporary special diet; reviewed annually at the child health clinic, or for school-aged children, every autumn at the beginning of the school year.								
	☐ Food allergy with severe symptoms ☐ Adrenaline injector as emergency medication Risk of anaphylaxisreaktion (generalised allergic reaction)								
	Forbidden food item								
Other considerations (e.g. need for a belief-based special diet)									
Changes in diet	Inform the day-care centre director / school nurse of any changes to the special diet, they will inform the kitchen staff.								
Signature and printed name	☐ This certificate is valid until _____								
	_____ Doctor's signature, printed name, and stamp								
	_____ Guardian's signature								

Special diets in the day-care centres and educational institutions of the City of Turku

Special dietary requirements that are due to health reasons are accommodated on the basis of a medical certificate. Medical certificate is not required for observing a lactose-free, vegetarian, or belief-based diet or for using lactose-free milk drinks. For lifting the dietary restrictions, personal notification is enough.

Diabetes

Regular, healthy day-care centre/school meals are suitable for diabetics. When a diabetic child/adolescent starts at a day-care centre/school or their day-care centre/school changes, the guardian must schedule a meeting with the new facility in good time before starting there. The meeting is attended by the guardians, the child/adolescent, the representatives of the facility, the person responsible for kitchen operations, the public health nurse, and the representative of the care unit. Matters to be agreed upon include meals, need for snacks, and treatment of acute hypoglycaemia. The planning form published by the Ministry of Social Affairs and Health will be used for support. The information on the form will be reviewed and updated annually. The guardian will submit a personal meal plan if needed.

Celiac disease

Diagnosed celiac disease is a precondition for accommodating a gluten-free diet. Wheat, rye, and barley will be replaced by gluten-free cereals and products whose analysed gluten content is under 20 mg per kg. The special diet notification must indicate if the diner cannot tolerate gluten-free oats or gluten-free wheat starch.

The FODMAP diet is always individual and temporary, and requires a separate notification to be filed.

Special infant formulas, clinical nutritional products, and other dietary supplements and individual products prescribed by a physician and reimbursed by Kela (Health Insurance Act 364/63) must be provided to the kitchen by the guardian.

Allergy

Severe allergic symptom or nutritionally important food item:

Milk, eggs, wheat, fish, and nuts are the most common causes of severe allergic symptoms. Nutritionally important food items are substituted with other food items suitable for the child/adolescent. The diet is based on a diagnosis made by a doctor and a medical certificate. A medical certificate is needed for all food items that cause severe symptoms, even if they will not be substituted with other food items. If the diet is particularly restricted, an individual diet plan should be attached to the notification.

The day-care centre/school must be informed of whether the child/adolescent has a risk of developing anaphylaxis (a generalised allergic reaction), whether they use adrenaline injectors, and how the child should be treated if they accidentally consume food that they should avoid.

Mild symptoms that pass on their own:

Allergies that cause mild symptoms for the diner are taken into account at mealtimes by leaving the food item in question on the side of the plate or by not taking it on the plate in the first place. A special diet or medical certificate is not needed in these cases.

Food items that typically cause mild allergic symptoms (e.g. itching of the mouth or redness of skin) that pass on their own include uncooked vegetables (tomato, carrot, apple) and fruit, especially in children who are allergic to birch pollen or have atopic dermatitis. Vegetables that cause mild symptoms are usually suitable when cooked. Allergies to additives and spices are extremely rare, and the mildly seasoned meals served at day-care centres and schools can usually be eaten by children who are allergic. It is important for the child/adolescent to learn to eat all kinds of foods. The more food items there are to avoid in the child's diet, the more difficult it is to put together a nutritionally balanced diet.

Extensively avoiding vegetables, fruit and berries will reduce the intake of many vitamins and minerals and may expose the child to excessive weight gain. Further information: Current Care Guidelines: Food allergies in children / for the patient (in Finnish) (www.kaypahoito.fi). Food allergies in children guide (www.allergia.fi).

More information about nutrition for children and families: Eating together - food recommendations for families with children (VRN and THL, 2019), Health and joy from food - meal recommendations for early childhood education and care (VRN, OPH and THL, 2018) and Eating and learning together - recommendations for school meals (VRN, OPH and THL, 2017).