

**NOTIFICATION OF A VEGETARIAN/CONVICTION-BASED DIET (RELIGIOUS/ETHICAL REASONS)****The pupil's details:**

Full name

Day care centre/school

Group/class

**Diet:**

Select from the options below:

- vegetarian + milk + egg (Vegetarian diet that allows milk products and eggs.)
- vegetarian + milk + egg + fish (Vegetarian diet that allows milk products, eggs, fish and shellfish.)
- vegetarian + milk + egg + chicken (Vegetarian diet that allows milk products, eggs and poultry.)
- no red meat (Diet without red meat e.g. beef, pork, lamb, game, organ meats.)
- vegan (Vegetarian diet that does not allow any animal products in any form.)
- no pork (Diet without pork or ingredients derived from pork, e.g. gelatin and blood.)

PLEASE NOTE! The food service does not serve foods that use ingredients containing components of blood

PLEASE NOTE! Vegan diets always require commitment, and it is recommended to supplement the diet with vitamin D, vitamin B12 and iodine. Sufficient intake of other nutrients should also be assessed individually. Vegan children/young people and their families can get help and support in implementing their diets through school health care.

Please report any absences from school meals:

- to the day care centre, so that the day care centre personnel can inform the kitchen that prepares the meals
- directly to the school's kitchen personnel

**Date and guardian's signature**

name in block letters

(if the form is printed and sent by post, it must also be signed by hand)

The filled-in form is to be returned to the day care centre manager/the class teacher or the class instructor, who is responsible for informing the person, who is responsible for the meal orders in the day care centre/school.