



CITY OF TURKU

Service Division of Children and Young People's Services

Notification of a vegetarian diet/religion-based diet

Day-care centres and schools

To be completed by the guardian. The diner or guardian returns the form to the day-care centre manager/class teacher. Reported annually.

1. Child's/pupil's details

Full name

Group/class

Day-care centre/school

2. Diet

Select **one** of the dietary options below and any additional selections:

☐ **Vegetarian diet** (Does not include meat, may include dairy products and eggs)

Also includes: ☐ fish ☐ chicken

☐ **Vegan diet** (Plant-based diet using only products of plant origin)

☐ **Religion-based diet:**

☐ no pork ☐ no beef

The food service does not provide meals containing ingredients derived from blood products. The food service does not use gelatine in vegetarian or religion-based diets.

A vegan diet requires careful planning, and supplementation with vitamin D, vitamin B12 and iodine is recommended. Adequate intake of other nutrients should also be assessed individually. Guidance and support related to maintaining a vegan diet are available through healthcare services.

3. Other information to be noted

Other information to be noted:

4. Changes and absences

Please notify the kitchen of absences from meals.

5. Date and guardian's signature

Date

/ / 20

Guardian's signature

Signature and printed name