



CITY OF TURKU

Service Division of Children and Young People's Services

SPECIAL DIET NOTIFICATION

For upper secondary students and staff

All meals provided are lactose-free, so there is no need to separately notify the kitchen of a lactose-free diet.

Please return the completed form to the kitchen staff. The need for special diets is reported annually at the beginning of each school year. Any changes to dietary requirements must be reported to the kitchen in writing. Please also notify the kitchen of absences so that special meals are not prepared unnecessarily.

1. Diner's personal details

Full name:

Group or class:

Day-care centre/school/educational institution:

Phone:

Email:

2. Special diet for medical reasons

☐ Coeliac disease (A gluten-free diet includes gluten-free oats and gluten-free wheat starch)

☐ Other medically required special diet

Foods to be avoided*:

*Please note: mild allergies do not need to be reported. The diner should simply leave unsuitable foods aside. If the allergy must be taken into account in meal preparation, please specify the required level of avoidance, for example: "apple - avoid only when raw" or "bell pepper - avoid both raw and cooked, but not as a spice powder". Please also indicate whether products labelled "may contain small amounts" are suitable.

Please list any foods that may cause an anaphylactic reaction:

For highly individualised special diets, a certificate from a healthcare professional may be required, which must be no more than 5 years old.

3. Special diet based on personal beliefs

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

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

Also includes: ☐ fish ☐ chicken

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

☐ **Other 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 diet.

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 student healthcare services.

4. Other information to be noted

Other information to be noted:

5. Changes and absences

Please notify the kitchen of absences from meals. Any changes to dietary requirements must be reported to the kitchen in writing.

6. Date and signature

Date

/ / 20

Signature

For students under 18 years of age, the form must be signed by a guardian.

Signature and printed name