



CITY OF TURKU

Service Division of Children and Young People's Services

Statement concerning medical special diet

For use in day-care centres and schools

To be completed by a doctor or guardian. A doctor's signature or separate medical certificate is required. The diner/guardian submits the form to the school nurse or day-care centre manager, who will review the form.

1. Diner's personal details

Last name	First name	Date of birth	Group/class
Day-care centre/school		Guardian's name	
Guardian's phone		Guardian's email	

2. Special diet for medical reasons - doctor's signature or separate medical certificate required.

Illness requiring a permanent dietary treatment - the statement only needs to be renewed when changing day-care centre or school.

☐ Diabetes ☐ Coeliac disease

Meals provided in day-care centres and schools are lactose-free, so there is no need to separately notify the kitchen of a lactose-free diet. Reported annually.

Temporary special diet - reviewed annually at child health clinics and every autumn at the start of the school year for school-aged children. Reported annually.

☐ Food allergy causing severe symptoms*

☐ Adrenaline auto-injector prescribed as emergency medication

☐ Foods to be avoided/permitted are listed in a separate medical statement attached to this form.

Foods to be avoided	May use products labelled "may contain small amounts"	Risk of an anaphylactic reaction
1.	☐ Yes ☐ No	☐ Yes ☐ No
2.	☐ Yes ☐ No	☐ Yes ☐ No
3.	☐ Yes ☐ No	☐ Yes ☐ No
4.	☐ Yes ☐ No	☐ Yes ☐ No
5.	☐ Yes ☐ No	☐ Yes ☐ No
6.	☐ Yes ☐ No	☐ Yes ☐ No

* 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".

3. Other information to be noted

Please provide any additional information regarding the diet, for example the need for a vegetarian, vegan or religion-based diet.

4. Changes to the diet

All changes to the diet must be reported to the **day-care centre manager / school nurse**, who is responsible for informing the kitchen. Please notify the kitchen of absences from meals.

5. Signature and printed name

The certificate is valid until / / 20	Doctor's signature, printed name and stamp Not required if a separate signed medical statement is attached. Signature and printed name
Guardian's signature Signature and printed name	

Special diets in the City of Turku's day-care centres and schools

Special diets required for medical reasons are implemented on the basis of a medical certificate. A medical certificate is not required for a lactose-free diet, lactose-free milk drinks, vegetarian or vegan diets or religion-based diets. Dietary restrictions may be removed based on a personal notification.

Diabetes

Standard healthy meals served in day-care centres and schools are also suitable for people with diabetes. When a child with diabetes starts at a day-care centre/school or changes location, a meeting may be arranged involving the guardian(s), child, representatives of the day-care centre/school, food services, the school nurse or the child's healthcare provider. The meeting reviews procedures and responsibilities related to carbohydrate assessment, possible additional snacks and the treatment of sudden hypoglycaemia. If necessary, the guardian provides an individual meal plan prepared by a doctor or diabetes nurse.

Coeliac disease

A diagnosed case of coeliac disease is required in order to receive a coeliac diet (gluten-free diet). Wheat, rye and barley are replaced with gluten-free grains and products. The diet also includes gluten-free oats (pure oats) and gluten-free wheat starch. The form must separately indicate if the diner cannot consume gluten-free oats or gluten-free wheat starch.

Food allergy

Food allergies must be confirmed by healthcare professionals. Foods to be avoided are replaced with other foods suitable for the child or young person. If the diet is highly restrictive, a separate list prepared by a doctor specifying suitable or unsuitable foods must be provided. **The day-care centre/school must be informed if the child is at risk of an anaphylactic reaction. Information must also be provided regarding the use of an adrenaline auto-injector and how the child should be treated if they accidentally consume a food that must be avoided.**

Mild symptoms that resolve on their own:

In accordance with the National Allergy Programme, mild allergies do not need to be reported. If the diner experiences mild symptoms, the food in question is simply left aside or not placed on the plate during meals. In such cases, no special diet or medical certificate is required.

Foods that commonly cause mild allergy symptoms, such as itching of the mouth or skin flushing, include raw vegetables (tomato, carrot, apple) and fruits, especially in children allergic to birch pollen or suffering from atopic eczema. Vegetables that cause mild symptoms are usually tolerated when cooked. Allergies to additives and spices are extremely rare, and mildly seasoned day-care/school meals are generally suitable for allergic children. It is important for children and young people to learn to eat a varied diet. The more foods excluded from a child's diet, the more difficult it becomes to maintain a nutritionally balanced diet. Avoiding a wide range of vegetables, fruits and berries reduces the intake of several vitamins and minerals and may increase the risk of weight gain.

Other medically required special diets

A medical certificate is also required for other medically required special diets. Highly individualised diets may additionally require dietary instructions prepared by a doctor or nutritionist.

Special infant formulas, clinical nutritional products and other doctor-prescribed supplements and specialised products reimbursed by Kela (Health Insurance Act 364/63) must be supplied to the kitchen by the guardian.

Further information:

Current Care Guideline – Food Allergy (Children) 2025: <https://www.kaypahoito.fi/hoi50026>

Lasten ruoka-allergia-opas, Allergia-, Iho- ja Astmaliitto ry 2022:
https://allergia.fi/wp-content/uploads/2025/04/Opas_lasten_ruoka-allergia.pdf