

<p><b>City of Helsinki</b>  <b>Education Department</b>  <b>/ Helsingin kaupunki</b>  <b>Opetusvirasto</b></p>	<p><b>NOTIFICATION OF SPECIAL DIET</b>  <b>SCHOOL AND STUDENT CATERING /</b>  <b>ILMOITUS ERITYISRUOKAVALIOSTA</b>  <b>KOULU- JA OPISKELIJARUOKAILU</b></p> <p>To be filled out by a guardian/the student based on a medical certificate / Huoltaja/opiskelija täyttää lääkärintodistuksen pohjalta</p>	<p><b>Period of validity:</b>  <b>___ / ___ /20___</b>  <b>onwards</b>  <b>Voimassaolo:</b>  <b>___ / ___ /20___ alkaen</b></p> <p><input type="checkbox"/> does not need to be renewed (Coeliac, Diabetic, Lactose-free)  <input type="checkbox"/> ei tarvitse uusia (keliakia, diabetes, laktoositon)</p>
<p><b>STUDENT'S BASIC INFORMATION / RUOKAILIJAN PERUSTIEDOT</b></p>	<p><i>Last name / Sukunimi</i></p>	
	<p><i>First name / Etunimi</i></p>	
	<p><i>School/Educational institution / Koulu/Oppilaitos</i></p>	<p><i>Grade / Luokka</i></p>
	<p><i>Guardian/Student / Huoltaja/Opiskelija</i></p>	<p><i>Telephone/e-mail Puhelin/sähköposti</i></p>
<p><b>SPECIAL DIET BASED ON MEDICAL GROUNDS / ERITYISRUOKAVALIO TERVEYDELLISISTÄ SYISTÄ</b></p> <p><b>Medical certificate / Lääkärintodistus</b></p>	<p><input type="checkbox"/> Diabetes (attach a personal meal plan if necessary)  Diabetes (henkilökohtainen ateriasuunnitelma tarvittaessa liitteeksi)  <i>at / klo ___ snack / välipala ___ g of carbohydrates / hiilihydraatteja</i>  <i>at / klo ___ lunch / lounas ___ g of carbohydrates / hiilihydraatteja</i>  <i>at / klo ___ snack / välipala ___ g of carbohydrates / hiilihydraatteja</i></p> <p><input type="checkbox"/> Coeliac, cannot eat oats / Keliakia, ei siedä kauraa  <input type="checkbox"/> Coeliac, can eat gluten-free oats / Keliakia, gluteeniton kaura sopii  <input type="checkbox"/> Coeliac, cannot eat gluten-free wheat starch / Keliakia, ei siedä gluteenitonta vehnätärkkelystä</p> <p><input type="checkbox"/> Completely lactose-free diet, congenital lactase deficiency / Täysin laktoositon ruokavalio, synnynnäinen laktaasipuutos</p> <p><input type="checkbox"/> Food allergy with severe symptoms / Ruoka-aineallergia, jossa vaikeita oireita  <input type="checkbox"/> Epinephrine auto-injector as backup / Adrenaliiniruiske varalääkkeenä</p> <p><i>Foods to be avoided / Kielletty ruoka-aine</i>  <i>Risk of life threatening allergic reaction (anaphylaxis) / Hengenvaarallisen reaktion eli anafylaksian vaara</i></p> <p>_____ <input type="checkbox"/>  _____ <input type="checkbox"/></p>	
<p><b>OTHER DIET</b>  <b>No medical certificate / MUU RUOKAVALIO</b>  <b>Ei lääkärintodistusta</b></p>	<p><input type="checkbox"/> Vegetarian diet (lacto-ovo) / Kasvisruokavalio (lakto-ovo). <i>Eats / Käyttää</i>  <input type="checkbox"/> fish / kalaa <input type="checkbox"/> poultry / siipikarjaa</p> <p><input type="checkbox"/> Religious diet / Uskonnollinen ruokavalio: <input type="checkbox"/> no pork / ei sianlihaa <input type="checkbox"/> no blood-based foods / ei veriruokia <input type="checkbox"/> no beef / ei naudanlihaa</p> <p><input type="checkbox"/> Low-lactose diet / Vähälaktoosinen</p>	

<p><b>OTHER CONSIDERATIONS</b> such as foods that the student separates personally during meals</p> <p><b>MUUTA HUOMIOITAVAA</b> esim. ruokailijan itse ruokailutilanteessa syrjään siirtämät ruoat</p>	
<p><b>CHANGES IN DIET / MUUTOKSET RUOKAVALIOSSA</b></p>	<p><i>All changes must be notified to the school nurse. The school nurse will then report them to the kitchen. / Kaikki muutokset ilmoitetaan terveydenhoitajalle. Terveydenhoitaja huolehtii niiden ilmoittamisesta keittiölle</i></p>
<p><b>SIGNATURE / ALLEKIRJOITUS</b></p>	<p><i>Date / Päiväys</i>                      <i>Guardian's/student's signature / Huoltajan/opiskelijan allekirjoitus</i></p>

## SPECIAL DIETS IN SCHOOL LUNCHESES

The pupils and students of schools are provided with special diets on medical grounds based on a medical certificate. The date written on the medical certificate should be copied onto the form's period of validity section (top right-hand corner of the first page). **A medical certificate is not required** for a low-lactose diet, vegetarian diet or diets based on religious beliefs. Notification of a vegetarian diet and a diet based on religious beliefs must also be made using the special diet form. **The medical certificate and the special diet form filled out based on the certificate should be submitted to the school nurse. The school nurse delivers a copy of the special diet form to the kitchen.** The form should be filled out in Finnish (also applies to the English and Swedish forms).

Special diets are implemented so that students are not given any foods that are not suitable for them. The section of the form entitled 'Other considerations' should include matters to be taken into consideration at lunch times, such as if the student themselves separates out vegetables that cause mild allergic symptoms. The information on the special diet form is checked on a yearly basis. When new ingredients become suitable for use due to the lifting of diet restrictions, a new special diet form must be filled out (no medical certificate required).

### Diabetes

The foods are the same as those offered to other students. If necessary, the student's guardian must deliver the diabetic student's individual meal plan to the school kitchen or mark the meals to be offered and the required amounts of carbohydrates on the special diet form. The practical implementation is set out in more detail in the schools'/educational institutions' separate special diet instructions.

### Coeliac disease

Wheat, rye and barley are replaced with gluten-free grains and gluten-free products with an analysed gluten content of below 20 mg/kg. With the parents' permission, foods containing gluten free oats or gluten-free wheat starch are provided in school lunches.

### Allergy

**a) severe allergic symptoms or allergy to a vital ingredient:** The most common causes of severe allergic reactions are milk, eggs, wheat, fish and nuts. Nutritionally vital ingredients are replaced with other ingredients suitable for the student. The diet is based on a diagnosis carried out by a doctor, and a medical

certificate. A medical certificate is required for all foods that cause severe allergic reactions, even if they are not replaced with other foods. If the student's diet is particularly restricted, an individual diet plan should be attached to the special diet form.

The school must be aware of whether the student uses an epinephrine auto-injector and how he or she should be treated in case of accidental ingestion of a food that should be avoided.

**b) mild symptoms that pass by themselves:** If the student suffers from mild symptoms, this should be taken into account by pushing the food in question to the side at lunch times. In such cases the student does not need a special diet or a medical certificate. Ingredients that typically cause mild allergic symptoms that pass by themselves, such as itching of the mouth and hives, include uncooked vegetables (tomato, carrot, apple) and fruit, especially among those allergic to birch pollen or suffering from atopic dermatitis. Usually uncooked vegetables that cause mild symptoms do not cause any symptoms when cooked. Allergies to additives and spices are extremely rare, and mildly spiced school lunches are suitable for most allergic students. It is important for the student to learn to eat diversely. The more ingredients the student must avoid in their diet, the more difficult it becomes to follow a nutritionally balanced diet. The widespread avoidance of vegetables, fruit and berries reduces the intake of several vitamins and minerals and increases the risk of obesity. Current Care Guidelines: Food allergy (children) / for patients ([www.kaypahoito.fi](http://www.kaypahoito.fi)). Children's food allergy guide ([www.allergia.fi](http://www.allergia.fi))

### **Lactose intolerance**

Lactose intolerance is caused by a deficiency of the enzyme lactase, resulting in an inability to digest lactose. Lactose intolerance is not a disease, but rather a hereditary condition. The inability to digest lactose only develops around the age of five. Usually consuming 2–3 g of lactose does not cause symptoms. The diet followed by those with lactose intolerance is a low-lactose diet. In this diet, milk products that contain lactose are replaced with low-lactose alternatives and the beverages offered with food include low-lactose milk and low-lactose sour milk. A low-lactose diet does not require a medical certificate.

Congenital lactase deficiency is a severe and very rare disorder characterised by watery diarrhoea during infancy. Diagnosis requires a specialist examination. Those with congenital lactase deficiency must follow a completely lactose-free diet, which is only provided based on a medical certificate. In this diet, milk products that contain lactose are replaced with lactose-free alternatives and the beverages offered with food include lactose-free milk and lactose-free sour milk.

### **Clinical food preparations reimbursed by Kela and other nutritional supplements prescribed by a doctor**

Students or their guardians deliver the clinical food preparations or comparable products and other individual brands prescribed by the doctor, that are reimbursed to the customer under the Health Insurance Act (364 / 63), to the kitchen themselves.

### **Vegetarian diet and diets followed for religious reasons**

Students following vegetarian diets are provided with vegetarian food which includes, in addition to grain products, vegetables, fruits and berries, products of animal origin, such as milk products and eggs (lacto-ovo-vegetarian diet). The practical implementation of vegetarian meals is set out in more detail in the schools'/educational institutions' separate special diet instructions.

In diets based on religious beliefs, pork, beef or blood-based products are **usually** replaced with the lacto-ovo-vegetarian meal.

The practical implementation is set out in more detail in the separate guide 'Special Diets and Ethical Beliefs in Schools and Educational Institutions'.

### **More information about schools' and educational institutions' special diets and operating procedures is available from:**

Airi Rintamäki, Director of Catering, City of Helsinki Education Department tel. 310 86307.