

Special diets in the day-care centres, schools, upper secondary schools and educational institutions of Helsinki

Children at the day-care centres of the City of Helsinki, school pupils and students of upper secondary schools and educational institutions can receive a special diet at meal times for health related reasons.

A separate form is used to inform the day-care centre or educational institution of the special diet. If necessary, a medical certificate should be attached to the form.

Lactose intolerance does not require a medical certificate

Children or young people who suffer from mild allergy symptoms, such as itchy mouth or blotchy skin, or from lactose intolerance, do not require separate examinations or certifications of their condition. Exercising caution at mealtimes is sufficient in order to avoid the ingredient that causes the symptoms.

Lactose intolerance is an annoying condition, but not dangerous. It is not an illness, nor an allergic symptom. A sensible approach is to avoid products containing lactose, in accordance with the individual's tolerance level, or to use the available products that are low in lactose. When necessary, calcium intake should be ensured with calcium tablets, for example.

Religious or ethical diet does not require a medical certificate

If the child or young person follows a religious or vegetarian diet, for example, a medical certificate is not necessary. This diet is reported using the same form as in special diets.

When is the medical certificate necessary?

A medical certificate concerning a special diet is needed, if the child or young person has diabetes or coeliac disease or if they suffer from severe allergic symptoms caused by certain ingredients.

If the child or young person suffers from a difficult congenital lactase deficiency, a medical certificate is required. This syndrome is very rare.

Common policies

The same common policies of special diets, which are based on the national allergy programme, are followed at meal times at all the day-care centres, schools, upper secondary schools and educational institutions of the City of Helsinki.