



DAY CARE CENTRE MEALS

To be completed by the child's parent/guardian together with the day care centre director

Valid from/Voimassaolo:
/ /20 alkaen

no need to renew
(coeliac, diabetes, lactose-free)
/ei tarvitse uusaa (keliakia, diabetes,
laktoositon)

BASIC INFORMATION OF THE CHILD RUOKAILIJAN PERUSTIEDOT	Last name/Sukunimi														
	First name/Etunimi	Year of birth/Syntymävuosi													
	Day care centre/Päiväkoti	Group/Ryhmä													
	Parent/Guardian/Huoltaja	Telephone/e-mail/Puhelin/sähköposti													
SPECIAL DIET FOR HEALTH REASONS Medical certificate ERITYISRUOKAVALIO TERVEYDELLISISTÄ SYISTÄ Lääkärintodistus	<input type="checkbox"/> Diabetes (personal meal plan to be attached as necessary) Diabetes (henkilökohtainen ateriasuunnitelma tarvittaessa liitteeksi)														
	<input type="checkbox"/> Coeliac disease, cannot eat oat/Keliakia, ei siedä kauraa <input type="checkbox"/> Coeliac disease, can eat gluten-free oat/Keliakia, gluteeniton kaura sopii <input type="checkbox"/> Coeliac disease, cannot eat gluten-free wheat starch/Keliakia, ei siedä gluteenitonta vehnätärkkelystä														
	<input type="checkbox"/> Completely lactose-free diet, congenital lactase deficiency/Täysin laktoositon ruokavalio, synnynnäinen laktaasiinpuute														
	<input type="checkbox"/> Food allergy with severe symptoms/Ruoka-aineallergia, jossa vaikeita oireita <input type="checkbox"/> Adrenaline injection as a backup treatment/Adrenaliiniruiske varalääkkeenä <table style="width:100%; border:none;"> <tr> <td style="width:60%;">Forbidden food Kielletty ruoka-aine</td> <td style="width:40%;">Risk of a life-threatening reaction, i.e. anaphylaxis Hengenvaarallisen raktion eli anafylaksian vaara</td> </tr> <tr> <td>_____</td> <td style="text-align:right;"><input type="checkbox"/></td> </tr> <tr> <td>_____</td> <td style="text-align:right;"><input type="checkbox"/></td> </tr> <tr> <td>_____</td> <td style="text-align:right;"><input type="checkbox"/></td> </tr> <tr> <td>_____</td> <td style="text-align:right;"><input type="checkbox"/></td> </tr> <tr> <td>_____</td> <td style="text-align:right;"><input type="checkbox"/></td> </tr> <tr> <td>_____</td> <td style="text-align:right;"><input type="checkbox"/></td> </tr> </table>		Forbidden food Kielletty ruoka-aine	Risk of a life-threatening reaction, i.e. anaphylaxis Hengenvaarallisen raktion eli anafylaksian vaara	_____	<input type="checkbox"/>	_____	<input type="checkbox"/>	_____	<input type="checkbox"/>	_____	<input type="checkbox"/>	_____	<input type="checkbox"/>	_____
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OTHER DIET No Medical certificate MUU RUOKAVALIO Ei lääkärintodistusta	<input type="checkbox"/> Vegetarian diet (lacto-ovo)/Kasvisruokavalio (lakto-ovo). Eats/Käyttää <input type="checkbox"/> fish/kalaa <input type="checkbox"/> poultry/siipikarjaa														
	<input type="checkbox"/> Religious diet/Uskonnollinen ruokavalio: <input type="checkbox"/> no pork/ei sianlihaa <input type="checkbox"/> no blood product/ei veriruokia <input type="checkbox"/> no beef/ei naudanlihaa														
	<input type="checkbox"/> Low-lactose/Vähälaktoosinen														



<p>OTHER THINGS TO OBSERVE for example (e.g.) the foods discarded or set aside in a dining situation</p> <p>MUUTA HUOMIOITAVAA esim. ruokailutilanteissa syrjään siirrettävät ruoat</p>	
<p>CHANGES IN DIET MUUTOKSET RUOKAVALIOSSA</p>	<p>Notify the day care centre director of any changes. The day care centre director will notify the kitchen staff.</p> <p>Ilmoita kaikki muutokset päiväkodin johtajalle. Päiväkodin johtaja vastaa niiden ilmoittamisesta keittiölle.</p>
<p>SIGNATURE</p>	<p>Date/Päiväys Parent/guardian's signature Huoltajan allekirjoitus</p>



SPECIAL DIETS IN DAY CARE

A special diet will be arranged for children in day care for health reasons based on a medical certificate. Deliver the medical certificate to the day care centre director, with whom you complete this form. A copy of the form will be sent to the kitchen for information. Please copy the date on the medical certificate to the "Valid from" field of this form (top right corner of the first page). A medical certificate is not needed for a low-lactose diet, vegetarian diet or any diet based on religious beliefs. This form is to be completed in Finnish.

In day care, a special diet is ensured so that the child will not receive any inappropriate food items. The menu of children on special diets will be as close as possible to the menu of other children. In the "Other things to observe" section of the form, please record any things to observe during meals, such as moving aside vegetables that cause mild allergic reactions. Food allergies will be checked once a year. When more raw materials become available due to cancelling the child's diet limitations, a new special diet form is to be completed (no medical certificate needed).

Diabetes

Meals are the same as for the other children. The parent/guardian must provide a personal meal plan of the diabetic child to the day care centre director, who will convey the information to the person responsible for the kitchen operations and arrange a separate meeting, if necessary. A special health care diabetes nurse or rehabilitation instructor usually attends the first meeting with the parents and the day care centre staff, and the child's diabetes treatment form is completed during the meeting. The meeting will cover eating, drinking and serving meals, any snacks and juices needed in case of sudden hypoglycaemia (excessively low blood sugar). At the day care centre, the care personnel will see to it that food is correctly portioned. The kitchen staff will provide assistance as needed.

Coeliac disease

Wheat, rye and barley are replaced with gluten-free grain and gluten-free products with an analysed gluten content of less than 20 mg/kg. With the parents' permission, food containing gluten-free oat or gluten-free wheat starch will be served in day care.

Allergy

a) Severe allergic symptom or key food item: Milk, egg, wheat, fish and nuts are the most common causes of severe allergic reactions. Nutritionally vital food items will be replaced with other food items that are suitable for the child. A diet is based on a diagnosis and medical certificate by made by a doctor. A medical certificate is required for all food items causing severe symptoms, even if they are not replaced with other food items. If a diet is particularly restricted, a personal diet plan must be appended to the notification.

The day care centre must be informed of the use of an adrenaline injection and what the course of treatment is if the child accidentally eats food to be avoided.

b) Mild symptoms needing no special treatment: If the child gets mild symptoms, these are prevented by moving the food item in question aside during the meal. In this case, the child does not need a special diet or medical certificate. Food items causing mild allergic symptoms, such as itchiness of the mouth and skin flushing, typically include uncooked vegetables (tomato, carrot, apple) and fruit especially with children suffering from birch pollinosis or atopic dermatitis. In many cases, vegetables and fruit causing mild symptoms



can be eaten cooked without any resulting symptoms. If vegetables cause serious symptoms and must be avoided in food preparation, a medical certificate is required. Food additive and spice allergies are extremely rare, and mildly seasoned day care centre meals are usually suited to children suffering from allergies. It is vital for children to learn to eat all-around meals. The more food items are avoided in a child's diet, the harder it becomes to create a nutritionally well-balanced diet. Extensive avoidance of vegetables, fruit and berries decreases the intake of several vitamins and minerals and may put the child at risk of weight gain. Current Care Guidelines: Food allergy (children)/for the patient (www.kaypahoito.fi). Children's food allergy guide, in Finnish (www.allergia.fi)

Lactose intolerance

Lactose intolerance is caused by the lack of the lactase enzyme and the resulting malabsorption of lactose. It is not a disease; it is a hereditary condition. The malabsorption of lactose appears after approximately 5 years of age. Normally, 2–3 g of lactose cause no symptoms. The diet is a low-lactose diet. Milk products containing lactose will be replaced with low-lactose products, and low-lactose milk/sour milk will be served at meals. No medical certificate is required for this diet.

Congenital lactase deficiency is a severe gastrointestinal disorder characterised by watery diarrhoea in newborn infants, and it is diagnosed in special health care. It requires a completely lactose-free diet, for which a medical certificate is needed. In this diet, milk products containing lactose will be replaced with lactose-free products, and lactose-free milk/sour milk will be served at meals.

Kela-reimbursed special formulas, clinical nutritive preparations and other dietary supplements ordered by a doctor

The parents/guardians must provide the kitchen with **special formulas**, clinical nutritive preparations or other similar products and any other individual product brands prescribed by a doctor that are reimbursed to clients under the Health Insurance Act (364/63).

Vegetarian diet and diets based on religious beliefs

Children following a vegetarian diet are served vegetarian dishes that, besides cereals, vegetables, fruit and berries, also include animal products, such as milk products and egg (lacto-ovo vegetarian diet). The parents will agree with the day care centre director how strictly the diet is to be followed at the day care centre. No vegan meals are prepared at the day care centres.

In the case of religion-based diets, pork, beef or blood products are mainly replaced with the lacto-ovo vegetarian diet. The parents will agree with the day care centre director how strictly the diet is to be followed at the day care centre.

For more information on special diets and procedures, please contact:

- for the Department of Early Education and Care, Erja Suokas, Food Service Officer, City of Helsinki Department of Early Education and Care, erja.suokas@hel.fi
- for Swedish-speaking day care centres, Airi Rintamäki, Food Service Manager, City of Helsinki Education Department, tel. 09 310 86307