

## Comprehensive schools and general upper secondary schools

CONFIDENTIAL, Act on the Openness of Government Activities (621/1999),  
Section 24(1) (25, 32)

Only fill in the form only if the pupil/student follows a special diet or another diet listed below.

### STUDENT BASIC INFORMATION

First name	Last name	Year of birth
School		Class

### To be filled in by the parent /guardian of a pupil under 18 years of age

First name	Last name	Telephone number
E-mail address		

### SPECIAL DIET FOR HEALTH REASONS

Fill in the sections below if the pupil/student has a certificate from a doctor or a licenced nutritionist

<input type="checkbox"/> Diabetes (personal meal plan to be attached as necessary)
<input type="checkbox"/> Coeliac disease, <div style="display: flex; justify-content: space-around; margin-top: 10px;"> <div> <input type="checkbox"/> can eat gluten-free oat  <input type="checkbox"/> can eat gluten-free wheat starch         </div> <div> <input type="checkbox"/> cannot eat gluten-free oat  <input type="checkbox"/> cannot eat gluten-free wheat starch         </div> </div>

### Food allergy with severe symptoms

Specify forbidden foods/ingredients, each on a separate line.

Check the box in section 1 if there is a risk of a sudden serious allergic reaction, i.e. anaphylaxis.

Check the box in section 2 if products with "may contain traces of" or a similar labelling can be served to the pupil/student.

Forbidden food	1. Danger of a sudden allergic reaction (anaphylaxis)	2. products with "may contain traces of" can be served
_____	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>

- ☐ Adrenaline injection as a backup treatment (The parent/guardian is obliged to inform the teacher of the use of an adrenaline injection and what the course of treatment is if the student accidentally eats food to be avoided.)
- ☐ A list of allowed/forbidden foods is attached.  
Make sure to write the pupil/ student name and the date on the list.

**Comprehensive schools and general upper secondary schools**

CONFIDENTIAL, Act on the Openness of Government Activities (621/1999),  
Section 24(1) (25, 32)

**Food allergy with severe symptoms**

- ☐ Drink at meals for a person with milk allergy:
- ☐ Other diet for health reasons, please specify
- ☐ Personal diet plan enclosed
- ☐ The based on a medical certificate (you do not need to submit the certificate to the school)
- ☐ The based on a certificate from a licenced nutritionist (you do not need to submit the certificate to the school)

Date of certificate from a doctor or a licenced nutritionist.

**Other diet**

No certificate from a doctor or a licenced nutritionist

- ☐ Low-lactose ☐ Lactose-free
- ☐ Vegetarian diet (vegetarian meals can including milk products and eggs)  
Eats ☐ fish ☐ poultry
- ☐ Vegan diet (vegan food is made entirely of vegetable ingredients)
- ☐ Religious diet:  
☐ no pork ☐ no blood products ☐ no beef

**Other things to observe**

Enter the foods that cause minor allergy symptoms here (for example, moving aside is sufficient or only to be avoided when uncooked).

**Changes in diet**

If there are changes in the diet, a new form must be filled in and submitted to teacher or the kitchen staff.

**Notification of absences**

The school's kitchen staff must be informed of the pupil's/student's longer absences by phone, as their meals are prepared separately .

**SIGNATURE**

I testify that the information provided is correct. Print the form and add a place, date and signature.

Place	Date	Signature

**Comprehensive schools and general upper secondary schools**

CONFIDENTIAL, Act on the Openness of Government Activities (621/1999),  
Section 24(1) (25, 32)

The privacy statement is available on the City of Espoo website:

<https://www.espoo.fi/fi/kaupunki-ja-paatöksenteko/turvallisuus/tietosuoja/konsernihallinnon-tietosuojaselosteet/erityisruokavalioiden-rekisteri-henkilötietojen-kasittely>

The dietary needs notification is valid for one school year (August-June).

Submit this dietary needs notification to the teacher or to the school's kitchen staff at the beginning of each autumn term. We will serve our basic meals to the pupil/student if they do not submit this notification. Also submit a new notification if the pupil's/student's dietary need change or they switch school.

The doctor's or nutritionist certificate does not need to be submitted to the school /upper secondary school. The City of Espoo has the right to ask you to show the certificate in necessary.

The form can be filled in on a computer. Print the filled-in form, sign it and submit it to teacher or t the school/upper secondary school kitchen.

**Comprehensive schools and general upper secondary schools**

CONFIDENTIAL, Act on the Openness of Government Activities (621/1999),  
Section 24(1) (25, 32)

**A DIETS IN SCHOOL**

A special diet will be arranged in schools for health reasons based on a medical certificate or a licenced nutritionist. A special diet is ensured so that the child will not receive any inappropriate food items. The meals of those with special diets are made based on the standard menu.

A medical certificate is not required for minor allergies, low-lactose or lactose-free diets, vegetarian diets, vegan diets or diets based on religious reasons. The special diet notification is binding.

**SPECIAL DIET FOR HEALTH REASONS (certificate from a doctor or a licenced nutritionist)****Diabetes**

Meals are the same as for the other children. When a diabetic child starts school, a meeting is arranged between the child's parent/guardian and representatives of school, the head of the kitchen operations and nurse. The meeting concerns the meal practices during the school day, such as serving meals, any snacks and juices needed in case of sudden hypoglycemia (excessively low blood sugar). At school the teacher or special needs assistant will guide the pupil in terms of portions. 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. The notification of a special diet is used to indicate if the child cannot eat gluten-free oat or gluten-free wheat starch.

**Allergies**

Severe allergic symptom or key food item: Milk, egg, wheat, fish and nuts are the most common causes of severe allergic reactions in children. An allergy diet is based on a diagnosis and medical certificate written by a doctor. The dietary needs notification for school is used to indicate all foods to be avoided that cause severe or problematic symptoms, and a medical certificate must be provided for these. Nutritionally vital food items will be replaced with other food items that are suitable. If a diet is particularly restricted, a personal diet plan must be appended to the notification.

The guardian is also obliged to inform the teacher of the use of an adrenaline injection and what the course of treatment is if the pupil/student accidentally eats food to be avoided.

When the diet changes, a new dietary needs notification must be submitted to the teacher or the school kitchen.

**Other diet for health reasons**

This part of the form is for indicating some other diet due to health reasons, such as diet needed to treat irritable bowel syndrome. If needed, an individual diet plan is included as an attachment.

**Diet experiments**

Diet experiments (temporary avoidance of a certain food) can only be carried out based on a medical certificate or, for a FODMAP diet, a statement by an authorised nutritionist. The exact time period of the diet experiment must be indicated on the special diet form. In such case, the food items to be avoided

**Comprehensive schools and general upper secondary schools**

CONFIDENTIAL, Act on the Openness of Government Activities (621/1999),  
Section 24(1) (25, 32)

according to the medical certificate will be left out. No other diet experiments will be implemented. New food items must always be tested at home first

**Clinical nutritive preparations reimbursed by Kela**

Guardians themselves take to the school kitchen the products reimbursed by Kela under the Health Insurance Act, clinical nutritive preparations or equivalent products.

**OTHER DIET (No certificate from a doctor or a licenced nutritionist)****Mild symptoms needing no special treatment:**

If the child gets mild symptoms from a food item, these are prevented by moving the food item aside during the meal. In this case, a special diet or medical certificate is not needed. The information can be entered under Other things to observe. Food items causing mild, temporary allergic symptoms, such as itchiness of the mouth and skin flushing, typically include uncooked vegetables and fruit (tomato, carrot, apple) especially with children suffering from birch pollinosis or atopic dermatitis. In most cases, vegetables causing mild symptoms can be eaten cooked without any resulting symptoms. Food additive and spice allergies are extremely rare.

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. Therefore, only those food items will be left out that have been found to cause such problems for the child that it is justified to also exclude them from school meals.

**Lactose intolerance**

Milk products containing lactose will be replaced with low-lactose or lactose-free products. Low-lactose milk/sour milk or a lactose-free milk beverage will be served at meals. The notification form is used to indicate whether a low-lactose or lactose-free diet is needed

**Vegetarian diet**

Vegetarian food is served in comprehensive schools and upper secondary schools as a daily alternative for all diners without the dietary needs notification. If a diner permanently follows a vegetarian diet, they are requested to inform the kitchen staff with this form. The vegetarian food served is lacto-ovo vegetarian, including milk products and egg as well as grain products, vegetables, fruit and berries. The food may also include gelatin and other animal ingredients and additives.

**Vegan diet**

A notification of a vegan diet must be given with the special diet form, and the notification is binding. Vegans are recommended to see a nutritionist in order to ensure the balance of the diet. A referral to a nutritionist can be provided by the school nurse or school doctor.

Vegan food is made entirely of vegetable ingredients. Vegan meals are accompanied by an unsweetened oats or soy drink fortified with nutrients.

**Diets based on religious beliefs**

In diets based on religious beliefs, foods/meals containing pork, beef or blood are mainly replaced by lactoovo vegetarian alternatives.

**Comprehensive schools and general upper secondary schools**

CONFIDENTIAL, Act on the Openness of Government Activities (621/1999),  
Section 24(1) (25, 32)

**Additional information**

If you have questions about special diets at schools, please contact the kitchen staff. If you need advice on composing or expanding the child's or young person's diet, please contact the school nurse. If necessary, the nurse will refer you to the City of Espoo's nutritionist.

More information on nutrition for children and the whole family:

- Eating together – food recommendations for families with children,  
<https://julkari.fi/handle/10024/137770>
- Eating and learning together – recommendations for school meals  
<https://www.julkari.fi/handle/10024/134867>

More information on children's food allergies:

- Current Care Guidelines: Food allergy (children)/for the patient ([www.kaypahoito.fi](http://www.kaypahoito.fi))
- Children's food allergy guide, in Finnish ([www.allergia.fi](http://www.allergia.fi))