

# NOTIFICATION OF A SPECIAL DIET

Early childhood education

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

14.2.2020

<b>CHILD'S BASIC INFORMATION</b>  To be filled in by the parent/guardian of a child under 18 years of age	<b>Last name</b>															
	<b>First names</b>	<b>Year of birth</b>														
	<b>Day-care centre</b>	<b>Group</b>														
	<b>Parent/guardian</b>															
	<b>E-mail address</b>	<b>Telephone number</b>														
<b>SPECIAL DIET FOR HEALTH REASONS</b>  To be filled in based on a medical certificate	<input type="checkbox"/> Diabetes <input type="checkbox"/> personal meal plan to be attached as necessary  <input type="checkbox"/> Coeliac disease <input type="checkbox"/> cannot eat gluten-free oat <input type="checkbox"/> can eat gluten-free oat <input type="checkbox"/> cannot eat gluten-free wheat starch  <input type="checkbox"/> Food allergy with severe symptoms  <input type="checkbox"/> Adrenaline injection as a backup treatment (The parent/guardian is obliged to inform the day care staff of the use of an adrenaline injection and what the course of treatment is if the child accidentally eats food to be avoided.)  <table style="width:100%; border:none;"> <tr> <td style="width:50%; border:none;">Forbidden food</td> <td style="width:50%; border:none;">Danger of a sudden allergic reaction (anaphylaxis)</td> </tr> <tr> <td style="border:none;">_____</td> <td style="border:none; text-align:right;"><input type="checkbox"/></td> </tr> <tr> <td style="border:none;">_____</td> <td style="border:none; text-align:right;"><input type="checkbox"/></td> </tr> <tr> <td style="border:none;">_____</td> <td style="border:none; text-align:right;"><input type="checkbox"/></td> </tr> <tr> <td style="border:none;">_____</td> <td style="border:none; text-align:right;"><input type="checkbox"/></td> </tr> <tr> <td style="border:none;">_____</td> <td style="border:none; text-align:right;"><input type="checkbox"/></td> </tr> <tr> <td style="border:none;">_____</td> <td style="border:none; text-align:right;"><input type="checkbox"/></td> </tr> </table> <input type="checkbox"/> Attached is a separate list of allowed / forbidden foods. Drink at meals for a person with milk allergy: _____  <input type="checkbox"/> Other diet for health reasons, please specify: _____  <input type="checkbox"/> Personal diet plan enclosed		Forbidden food	Danger of a sudden allergic reaction (anaphylaxis)	_____	<input type="checkbox"/>	_____	<input type="checkbox"/>	_____	<input type="checkbox"/>	_____	<input type="checkbox"/>	_____	<input type="checkbox"/>	_____	<input type="checkbox"/>
Forbidden food	Danger of a sudden allergic reaction (anaphylaxis)															
_____	<input type="checkbox"/>															
_____	<input type="checkbox"/>															
_____	<input type="checkbox"/>															
_____	<input type="checkbox"/>															
_____	<input type="checkbox"/>															
_____	<input type="checkbox"/>															
The based on a medical certificate <input type="checkbox"/> (the medical certificate is not required as an attachment to the notification)																
The name of the doctor _____ date of medical certificate _____  _____																

<b>OTHER DIET</b> No medical certificate	<input type="checkbox"/> Low-lactose <input type="checkbox"/> Lactose-free  <input type="checkbox"/> Lakto-ovo vegetarian diet Eats <input type="checkbox"/> fish <input type="checkbox"/> poultry  <input type="checkbox"/> Religious diet: <input type="checkbox"/> no pork <input type="checkbox"/> no blood products <input type="checkbox"/> no beef
<b>OTHER THINGS TO OBSERVE</b>	Enter the foods that cause minor allergy symptoms here (for example, moving aside is sufficient or only to be avoided when uncooked).
<b>NOTIFICATION OF ABSENCES</b>	The child’s absences must always be notified to the kitchen of your child’s early childhood education unit because his/her meals are prepared separately.
<b>CHANGES IN DIET</b>	If there are changes in the diet, a new form must be filled in and submitted to the early childhood education staff. The early childhood education staff will notify the kitchen staff.
<b>SIGNATURE</b>	<p>I testify that the information provided is correct.  Print the form and add a place, date and signature.</p> <p>Place    Date    Signature</p> <p>_____</p>
<b>THE PRIVACY STATEMENT</b>	The privacy statement is available on the City of Espoo website: <a href="https://www.espoo.fi/en-US/Eservices/Data_protection/Privacy_Notices">https://www.espoo.fi/en-US/Eservices/Data_protection/Privacy_Notices</a>

The Notification of a special diet form must be submitted to the early childhood education staff at the beginning of every school year, preferably before the beginning of early childhood education. The special diet notification must be submitted whenever the early childhood education unit changes or the diet changes.

The medical certificate is not required as an attachment to the notification, but the City of Espoo is entitled to request a medical certificate.

The form can be filled in on a computer. Print the filled-in form, sign it and submit it to the early childhood education unit.

## **SPECIAL DIETS IN EARLY CHILDHOOD EDUCATION**

A special diet will be arranged in early childhood education units for health reasons based on a medical certificate. A medical certificate is not required for minor allergies, low-lactose or lactose-free diets, lacto-ovo vegetarian diets or diets based on religious reasons. The special diet notification is binding.

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.

### **SPECIAL DIET FOR HEALTH REASONS (in based on a medical certificate)**

#### **Diabetes**

Meals are the same as for the other children. When a diabetic child starts early childhood education, a meeting is arranged between the child's parent/guardian and representatives of the early childhood education unit, the head of the kitchen operations and nurse. The meeting concerns the meal practices during the day-care day, such as serving meals, any snacks and juices needed in case of sudden hypoglycemia (excessively low blood sugar). At early childhood education units, the personnel will see to food 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 notification of a special diet for day care 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.

<p><b>The guardian is obliged to inform the early childhood education staff of the use of an adrenaline injection and what the course of treatment is if the child accidentally eats food to be avoided.</b></p>
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When the diet changes, a new special diet notification must be submitted to the early childhood education unit.

#### **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 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, not at the early childhood education unit.

#### **Clinical nutritive preparations reimbursed by Kela**

Guardians themselves take to the kitchen staff the products reimbursed by Kela under the Health Insurance Act, such as special formulas and other clinical nutritive preparations or equivalent products

## **OTHER DIET** (No medical certificate)

**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 early childhood education unit 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 at early childhood education units based on the special diet notification. 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.

### **Diets based on religious beliefs**

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

### **Additional information**

If you have questions about special diets at early childhood education units, please contact the kitchen staff.

If you need advice on composing or expanding the child's or young person's diet, please contact the child health clinic. 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> )
- HEALTH AND JOY FROM FOOD - meal recommendations for early childhood education and care ( <https://www.julkari.fi/handle/10024/135969> )

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))