



Ordering special food due to allergies and illness/diagnosis, plus ordering a special diet

The form is submitted to the school/preschool, which will then pass on the information to the kitchen.

Due to allergies or food hypersensitivity

Provide information under *Special food due to allergies/symptomatic hypersensitivity* stating which foods cause allergic symptoms. Also state whether there is a risk of a serious reaction – this is important information that we need to know.

Any special food provided for students with allergies/hypersensitivity will be prepared and served separately to ensure that the food is free from allergens. This food will be collected from the special food counter. Uncooked food, bread and drinks will also be served in a separate location.

It is common for food allergies/hypersensitivity to change over time. Sometimes the allergy disappears over time, or sometimes individuals become allergic to more foods. For this reason, this form must be resubmitted once a year at the start of the academic year or if there are any changes.

Lactose intolerance

Most people who are lactose-intolerant can ingest 5-10 grams of lactose per day. In practice, this means that many people who are lactose-intolerant are fine if their food contains lactose, but they need lactose-free sour milk product (*filmjök*)/yoghurt for snacks and lactose-free milk drinks with meals. Therefore there are two boxes that can be selected with regard to lactose. Put a cross in both if the student is unable to tolerate lactose in food or drinks.

Due to illness or another diagnosis

If special food is required due to illness or another diagnosis, specify the diagnosis and the special needs arising regarding food or the food situation.

If a special diet is needed for reasons other than allergy/disease

To order a pork-free diet, a blood and offal-free diet, a lacto-ovo-vegetarian diet or a vegan diet, please fill in the details under *Ordering special food*.

Cancelling special food/special diets

The guardian is responsible for contacting the school/preschool to cancel any special food/special diet. This must be done to prevent food being prepared unnecessarily and then thrown away.

Valid from:
29/06/2018
Version: E

Produced by: Therése Mattsson Nilsson

Approved by: Jonny Zackrisson

Procedure

Instruction

Descriptive

Document number:

DB-004/0010

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Ordering special food due to allergies or illness/diagnosis, plus ordering a special diet

Fill in this form if your child has a food allergy or intolerance or needs other special food/a special diet. Submit the certificate to the school/preschool. It is important for us always to have information that is up to date, so this certificate must be updated in every academic year.

PLEASE WRITE IN BLOCK CAPITALS!

First name of guest	Surname of guest	
Name of school/preschool	Class/department	Academic year
Guardian/contact	Telephone number	
Guardian/contact	Telephone number	

Special food due to allergies/symptomatic hypersensitivity

The guest is unable to ingest:

- | | | |
|--|---|--|
| <input type="checkbox"/> Milk protein | <input type="checkbox"/> Crustaceans and molluscs | <input type="checkbox"/> Other foods:
..... |
| <input type="checkbox"/> Lactose in food | <input type="checkbox"/> Fish | |
| <input type="checkbox"/> Lactose in drinks | <input type="checkbox"/> Peanuts | |
| <input type="checkbox"/> Gluten | <input type="checkbox"/> Nuts/almonds | |
| <input type="checkbox"/> Eggs | <input type="checkbox"/> Soya protein | |

Symptoms of allergic reaction.....

Is there any risk of serious allergic reactions? Yes No

Special food due to illness/diagnosis

- Diabetes
 Other diagnosis.....

Specify requirement.....
.....

Ordering a special diet

- Pork-free diet
 Blood and offal-free diet
 Lacto-ovo-vegetarian diet (may include milk products and eggs)
 Vegan diet

Certified by guardian

.....
Date Name (Guardian) Date Name (Guardian)

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s.2(2)