



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 fermented milk product (*filmjök*)/yoghurt for snacks and lactose-free milk drinks with meals. Therefore, there are two boxes that can be selected regarding lactose. If the student only is sensitive to lactose in drinks, no special food is prepared and the student can pick food from the buffet.

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.

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