

Special diets and other kinds of diets

Special diets mean that the child needs customized food because they are allergic or have an intolerance.

If so needed, the meal organization may request to see a medical certificate or dietary certificate for special diets. For other kinds of diets, i.e. vegetarian, vegan or diets without pork or beef, a medical certificate or dietary certificate does not need to be presented. Halal meat, kosher or other requests are not offered. When a dish containing pork or beef is served, the student will be referred to the vegetarian option.

Regarding vegan diets, the meal organization is not able to guarantee a complete nutritional content according to the recommendations of the Swedish Food Agency. If dietary supplements are needed, it is the custodial parent/pupil who is responsible for supplementing the food. Since a lack of dietary supplements customized for children under the age of 3 is not offered, serving vegan diet to young children is not recommended. Regardless of whether you need a special diet or another kind of diet, you will need to indicate it in the form/e-service.

Based on medical and/or neuropsychiatric reasons, a child/pupil may need customized meals to cope with their schooling or stay at preschool. Customized meals can involve individual adjustments to both the food and the meal situation. If customized meals are needed, the custodial parent or legal age student raises the issue with the preschool/mentor, school nurse at a health conversation or at another meeting at the unit. The issue can also be raised by preschool/staff at the school. An individual plan for the design of food and meals is then produced in collaboration between the student, custodial parent, school and meal organization.

For questions about special diets and other kinds of diets, please send an email to:
klfmaltidsorganisationen@vaxjo.se

First name	Surname	National registration number
Home address	Postal code and place	Phone number for custodial parent
Email	Class	Mentor

Special diets (medical certificate/dietary certificate can be requested from the meal organization)

Diet without milk protein ☐	Diet without soy protein ☐	Diet without eggs ☐
Diet without gluten ☐	Diet without fish ☐	Diet without seafood ☐
Lactose-free diet (certificate not required) ☐		
Diet without nuts, peanuts or almonds ☐		Indicate which one(s)
Other allergy/ hypersensitivity ☐		Indicate which one(s)

Other kinds of diets

Vegetarian diet ☐	Vegan diet ☐
Diet without beef ☐	Diet without pork ☐

**Has the child been examined by a physician for their allergy/hypersensitivity and there is a risk of acute reactions?
Contact the preschool/class teacher/mentor for submitting medical certificates and action plan.**

Date	Signature of legal age student /custodial parent
------	--