

2017-01-30

Information letter for a special food form.

Read this information letter before you fill the form. It is important that the kitchen take information for the child's food does not change more than needed

Small children who have lactose intolerans

It is extremely rare for children under 5-6 years to have lactose intolerant. If a child has problems with the stomach, it is important to seek treatment in order to get the right diagnosis.

Withstand in small quantities

Sometimes you can eat small amounts of what we cannot tolerate, such as paprika, onion or lemon in spice blends.

Fill in the information under other.

Gluten Intolerance (Celiac Disease)

Can the child eat oats? It is important that it appears on the certificate. Even if it goes well with regular oat meal and the like, or if it should be specialhanterad pure oats. According to the labelling rules, products that contain pure oats to be marked with "gluten-free" If the product contains less than 20 ppm gluten and with "very low gluten" If the product contains less than 100 ppm gluten.

Vegetarian food

- Lactose-ovo-vegetarian food contains vegetables, milk, milk products and egg.
- Lacto-vegetarian food contains vegetables, milk and milk products.

Vegan food

Containing only vegetables.

Withstands heated

Some fruits and vegetables that children cannot eat raw, can go well in heated terms, e.g. tomato, carrot or Apple. Fill in the information under "other".

How much lactose?

Lactose intolerance is not an allergy, but a reduced ability to break down lactose (milk sugar). Most lactose intolerant can manage to get 5-10 g of lactose/day distributed during the day. If the child is able to eat normal food, but need lactose free milk to drink with your meal, as it is stated on the certificate. Hard cheese is part of the food for the lactose intolerant.

Milk free food

Does not contain milk in some form.

Pork free food

Does not contain pork in any form. Halal slaughtered meat, we cannot provide, but then offers other options, such as vegetarian or fish.

Meat free food

Does not contain meat in any form. Contains plant foods, milk, milk products, fish and eggs.

pea & prayerplnts, incl. soy

To species of the family include peas, beans, lentils, chick peas, soybeans, and peanuts. Even lupin, licorice and fenugreek are included as well as a thickener E 410-414 (e.g. bean gum and guar gum). In case of hypersensitivity to such as fenugreek or guar gum fill in the information under "other".

SPECIAL FOOD FO IN PRESCHOOL/SCHOOL

**To be completed by the guardian of the children who need special food.
Be submitted promptly to the preschool teacher/teacher at preschool or school.**

A new special food forms should be submitted at the start of each school year and always when there are changes. A certificate from a doctor/dietician is renewed only at the changes.

Child's name _____ Year of birth _____

Preschool /School _____ Section/Class _____ Date _____

Please mark with a cross the right and suitable for your child.

Hypersensitivity: (please attach also a certificate from a doctor/nutritionist.)

Gluten	Lactose intolerance, only lactose-free drink	Lactose intolerance, lactose-free food & drink	Milk free food (milk protein)	Fish	Sea food	egg
Nuts	Peanuts	Beans/lenses	Peas	Soya protein	Other*	

* If the cross sits in the "other" box, please write what: _____

Other special food requirement:

Lacto-vegetarian	Lacto-ovo-vegetarian	Vegan	Diabetes	Pork-free food	Meat free food	other*	Custom menu (see annex)
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* If the cross sits in the "other" box, please write what: _____

other information: _____

Do not need special food longer.

Guardian's signature _____ Tel work _____

Printed name _____ home phone _____ mobile phone _____

Personuppgifter som lämnas på blanketten behandlas enligt PUL (Personuppgiftslagen 1998:204) av social- och utbildningsförvaltningen i syfte att registrera och administrera lämnade uppgifter.

Blanketten finns på www.ludvika.se/kost

ANNEX

Dedicated menu

Students who have special reasons, such as under medication, need a dedicated menu, in consultation with relevant authorities such as the resource group, habilitation or BUP. Even the rector or preschool director should be involved.

Dedicated menu means that the student in consultation with the parent and school nurse from the school's upcoming menu selects the dishes that student can eat.

The goal of the dedicated menu is the student progressively to extend the dishes that are going well, and to eventually be able to eat most of the dishes served.

Period when the dedicated menu to apply: _____

Evaluation shall be carried out after a month.

Date and signature of responsible from different instance (can be the school health service, HAB or BUP): _____

Printed name and instance: _____

Date and signature of the preschool Director/principal: _____

Printed name and unite: _____