



# GUIDELINES FOR SPECIAL DIETS

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# **Guidelines for special diets in preschools, primary and secondary schools**

## **Special diets for medical reasons**

In Eksjö Municipality, special diets are mainly provided to children and pupils for medical reasons.

Medical reasons may include gluten intolerance, lactose intolerance or allergies to certain foods: cow's milk, eggs, fish, soya beans, nuts, fruits, vegetables, shellfish, etc.

Children in preschool and pupils in primary or secondary school can get special diets for medical reasons after certification by a doctor or dietician and an application signed by legal guardians has been sent to the preschool or school.

Applications must be renewed when needs change, or prior to each school year.

## **Lactose-free diet – trial period**

For two weeks, your child can have the opportunity to try a lactose-free diet at preschool, primary or secondary school if you have consulted the child health or school health services. The trial period applies around the clock, which means that all lactose products must be excluded, even outside care or school hours.

Applications are made on a special form.

## **Special diet for non-medical reasons**

Special diets for non-medical reasons are provided to children in preschools and pupils in primary and secondary schools, following a request from their guardian.

Eksjö Municipality offers a lacto-ovo-vegetarian diet, i.e. a vegetarian diet that includes milk and eggs, among other things.

It also offers diets that exclude pork, food made using blood, and offal.

The prerequisite for getting a special diet is that the child/pupil eats the same diet at home, which the guardian must verify.

## **Limits to the range of special diets**

The range of special diets on offer in Eksjö Municipality is based in part on the requirements for nutritional meals in the Swedish Schools Act and the resources available within the school meals service.

At present, it is not possible to offer halal or kosher diets, or diets that use, for instance, organically grown food or other diets or foods.

## **Application forms**

Forms to apply for special diets for children and pupils can be downloaded at [http://www.eksjo.se/barn\\_utbildning/blanketter/blanketter\\_skolmat](http://www.eksjo.se/barn_utbildning/blanketter/blanketter_skolmat)