

## IMPLEMENTATION OF SPECIAL DIETS AND DIETARY RESTRICTIONS IN EARLY CHILDHOOD EDUCATION AND CARE

The role of early childhood education and care is to support the healthy growth and development of children, including the development of their taste and eating habits. In the City of Rauma's early childhood education and care, children are offered special diets required for the treatment of allergies or illnesses. Religious dietary restrictions are also taken into consideration.

### 1. Daycare Application

In your early childhood education application, you have indicated that your child follows a special diet due to illness or religious reasons, or that your child has a vegetarian diet.

The basic principle is that a doctor's or nurse's certificate is always required when it comes to allergies or dietary treatment of illnesses, as well as during dietary treatment trials.

### 2. Food Allergies

According to the national allergy program, only those foods that have been proven through trials to cause significant harm to the child should be excluded from the diet, making their exclusion from early childhood education meals justified. Foods that cause mild symptoms (temporary mouth itching or burning and skin redness) do not need to be avoided.

Food allergies often disappear as the child grows. The goal is to appropriately remove restrictions by the time the child reaches school age. Dietary restrictions will be lifted according to the instructions of the treating doctor or nurse.

### 3. Certificate of the Need for a Special Diet

Special diets are ordered from the food service using the "[Certificate of the Need for a Special Diet](#)" form. The form can be found on the City of Rauma website. The completed form should be submitted to the supervisor of the operating unit.

If a person following a special diet is absent from meals, this should be reported to the kitchen of the location as soon as possible. If a special diet ordered with a certificate is not consumed for more than 2 weeks without notification, its preparation will be discontinued.

A certificate signed by a guardian is sufficient for the following diets:

- Lactose-free
- Diabetes
- Diets related to religious reasons
- Lacto-ovo vegetarian diet (includes milk-egg-vegetarian)

A certificate signed by a nurse or doctor is required for the following diets:

- Food allergies
- Celiac disease (doctor's certificate once, subsequently a certificate with guardian's signature)

A certificate signed by a dietitian is required for the following diets:

- fodmap diet
  - st certificate from a nutritionist, for the following years a certificate signed by a guardian

#### 4. Dietary Trials

Dietary treatment trials may be implemented for a limited period (up to 2 months) based on the instructions of a doctor or other healthcare personnel, for example, related to food allergies.

#### 5. Annual Verification of Special Diets and Dietary Restrictions

The "Certificate of the Need for a Special Diet" form must be renewed annually, as the form includes other important information for the meal service production that may change. These include, for example:

- Daycare center
- Group

When the production kitchen has up-to-date information on which daycare center, group, and child the special diet should be sent to, the operation is smooth and safe. The updated form ensures that the ordered diet is delivered to the right child and the right place.

#### 6. If a Food Allergy Resolves

When a new food has been introduced at home according to the instructions of the treating authority and can be used in school meals, it is sufficient for the guardian to inform the Nanun production kitchen diet team by calling 044 7935578.

#### 7. Certificates from Private Healthcare

If the need for a special diet or dietary restriction is determined in private healthcare or elsewhere than the child health clinic, the special diet form must be completed at that facility with a doctor/nurse. Food services cannot accept medical certificates.

#### 8. Dietary Instructions

In unclear cases, the guardian may be asked to provide detailed written instructions on the implementation of the diet. The guardian must also ensure that the instructions given to daycare for the implementation of the diet are clear and unambiguous.

The supervisor of the early childhood education unit is responsible for ensuring that the staff caring for the child and the meal service personnel have up-to-date information on each child's dietary restrictions.

Guardians must ensure that any changes to the child's diet and any absences are reported as soon as possible to the staff of the child's group. In daycare, the group staff will ensure that changes/absences are communicated to the meal service personnel.

#### On behalf of the Nutrition Working Group:

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