

IMPLEMENTATION OF SPECIAL DIETS AND FOOD RESTRICTIONS IN SCHOOLS

The goal of school meals is to maintain and promote the student's health and study efficiency. School meals are part of the school's student welfare and also part of the school's educational and teaching work. In the primary schools of the city of Rauma, students are offered a special diet required by allergy or illness. Religious dietary restrictions are also taken into account.

1. Food Allergies

According to the national allergy program, only those food items proven to cause significant harm to a child or young people, are excluded from the diet. Mild symptoms (such as transient mouth itching, tingling, or skin redness) caused by certain foods do not require avoidance.

Food allergies often disappear as children grows. The goal is to appropriately lift restrictions by the time the child reaches school age, following the guidance of the attending physician or nurse.

2. Certificate of Need for a Special Diet

Special diets are ordered through the food service using the [Certificate of Special Dietary Needs](#) form. The form can be found in the middle of the City of Rauma's school meals webpage under the section Dietary guidelines. The completed form should be submitted to the school kitchen.

Students of Hj. Nortamo School can submit the form to the school secretary in the office.

If a student following a special diet is absent from mealtime, the kitchen should be informed as soon as possible. If a special diet ordered with a certificate remains uneaten for more than 2 weeks without notice, its preparation will be stopped.

A guardian's signed certificate is sufficient for the following diets:

- Lactose-free
- Diabetes
- Religious dietary restrictions
- Lacto-ovo-vegetarian (including dairy, eggs, and vegetables)

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

- Food allergies
- Celiac disease (doctor's certificate once, thereafter a certificate signed by a guardian)

A certificate signed by a nutritionist applies to the following diets:

- Vegan diet
 - 1st certificate from a Nutritional therapist, in subsequent school years a certificate signed by a guardian for minors
- FODMAP diet
 - 1st certificate from a Nutritional therapist, in subsequent school years a certificate signed by a guardian for minors

3. Dietary Trials

Under the guidance of a doctor or other healthcare personnel, limited-duration dietary trials (up to 2 months) can be conducted, especially related to food allergies.

4. Annual Verification of Special Diets and Food Restrictions

The [Certificate of Special Dietary Needs](#) form must be renewed annually. This is because the form includes other essential information for meal production, such as

School,
Class, and
Afternoon group

Keeping the production kitchen informed about the correct school, group, and recipient of the special diet ensures smooth and safe operations. An updated form ensures that the ordered diet is delivered to the correct child/young person and to the right place.

5. Resolution of Food Allergies

If a food allergy resolves at home following the guidelines of the attending healthcare provider, and the food can be reintroduced in school meals, guardians can inform the Nanu production kitchen diet team by calling 044 7935578.

Students of Hj. Nortamo Secondary School, Raumanmeri and Naula Secondary School and Rauman Lyseon lukio upper secondary school can contact the kitchen of their own school.

- Raumanmeri and Naula Secondary School: 044 7934465, Rauman Lyseon lukio upper secondary school: 044 7933422, Hj. Nortamo Secondary School: 050 343 7146

6. Certificates from Private Healthcare

If special dietary needs or restrictions are diagnosed in private healthcare or elsewhere (not through school health services or clinics), the special diet form must be completed with a doctor or nurse at that specific facility. The food service does not accept medical certificates directly.

7. Dietary Guidelines

In unclear cases, guardians may be asked to clarify instructions and provide detailed written guidance on implementing the diet. A joint meeting involving guardians, the school, the food service, and, if necessary, a representative from the pediatric clinic will be arranged as needed.

The classroom teacher is responsible for ensuring that guardians of students following special diets receive specific guidelines for the school year at the beginning of the academic term.

On behalf of the Nutrition Working Group:

- Rami Iltanen, Acting Service Director
- Annamaija Leppimäki, Licensed Nutritionist