

Special meals in compulsory school – Information for guardians

Applying for special meals

All children are entitled to tasty and nutritious meals in school. It is important that your child has been examined by the medical care services, so that no foods are excluded unnecessarily. Submit a certificate or extract from the medical record along with your application, to verify your child's needs.

You can apply for special meals if your child has

- Allergy
- Allergic cross-reactivity
- Hypersensitivity
- Intolerance (lactose intolerance does not require a certificate or medical record extract)

You do not need to apply for special meals in order for your child to be given vegetarian food or food without pork in school.

Apply online using the school's website

You can find the application form under the heading "skolmat och matsedel" ("school meals and menu") on the school's website. If you are unable to apply online you can hand in a paper form to your child's mentor or teacher.

Confirm that your child needs special meals every academic year

With our new online application you only need to submit the application the first time, and then you don't need to apply again until your child moves to a different school or has a change of dietary needs. Before the start of each autumn term you will be sent a question by email about whether the application is still current. If you answer "yes" you don't need to submit a new application.

You need to submit a new application if:

- Your child's dietary needs change
- Your child moves to another school

The care services will examine the need for special meals

Your child must have been examined by the care services before you make your application. Attach a certificate or extract from the medical record along with your application, to verify your child's needs.

Certificate or medical record extract

Your child must have been examined by the medical care services in Sweden. The certificate or extract from the medical record must be written by a doctor, a dietician or a nurse, and must be in Swedish.

Try excluding foods for a short period of time

In connection with your child's examination by the care services you may need to try excluding, for a short period of time, certain foods your child eats. To do this in school you need to apply for it online. State in your application the dates of the trial period. When the trial period is over you have to submit a new application with a certificate or medical record extract.

Cancel special meals

If the care services have concluded that you have to try giving your child foods they were previously allergic to, it is usually a good idea to begin at home. If it works well at home, your child can then have a short trial period in school as well. Notify us of this online when the time comes. When the trial period is over you have to notify the school kitchen that special meals can be cancelled, or submit a new application with your child's new special meal needs.

Tell the school kitchen if your child is going to be absent

If your child gets special meals and is going to be absent from school you have to inform the school kitchen of this. You also have to inform the school kitchen when your child is back at school.

If your child does not collect their special meals

If your child does not collect their special meals for 14 days, and the school kitchen has not been informed that your child is absent, special meals will cease. If your child needs special meals again, you have to make a new application.

Contact

For further information about special meals in compulsory school, contact the school kitchen or the school's assistant head teacher.