

# Adapted meals in compulsory school – Information for guardians

## Applying for adapted 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 or by the school.

### You can apply for adapted meals if your child has:

- Medical reasons
- Extraordinary reasons
- Requested vegan food

You do not need to apply for adapted 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 adapted 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 or the school will examine needs**

Once you have submitted the application, the school will contact you to schedule a meeting about your child's need for adapted meals. If the reasons are medical you can submit a certificate or an extract from the medical record.

### **Medical reasons for adapted meals, all requiring a written prescription from the medical care services:**

- **Consistency adaptation** – Food with its consistency adapted to chewing or swallowing difficulties.
- **Energy-enriched** – Food enriched with extra energy.
- **Low-energy food** – In the event of excess weight, obesity or metabolic disorder, for example.
- **Diabetes-adapted food**
- **Other illness requiring an adapted diet**

### **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.

### **The school will assess extraordinary reasons**

In exceptional cases you can apply for adapted meals if your child cannot cope with eating in the normal meal setting or from the normal menu. Not liking certain dishes or foods is not an extraordinary reason. The reason must be a special need that makes adapted meals very important, virtually necessary, for your child to be able to complete their education.

Your child can always eat the normal school meal, regardless of whether the kitchen has prepared an adapted meal. The goal, provided conditions are present for it, is for your child to feel safe and comfortable eating the normal school meal.

### **No meeting or examination is required if vegan meals are requested**

If your child wants vegan meals in school you only need to apply for this on the school's website. If you are unable to make the application online you can hand in a paper form to your child's mentor or teacher.

## **Inform the school if your child is going to be absent**

If your child gets adapted 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 adapted meals**

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

## **Contact**

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