MEDICALLY PRESCRIBED DIET REQUESTS

INFORMATION FOR PRIMARY SCHOOL PARENTS AND CARERS

RHONDDA CYNON TAF

This information sheet has been provided by RCTCBC Catering Services to explain what you need to do if your child requires a medically prescribed diet for breakfast and lunch in a primary school setting.

WHAT IS A MEDICALLY PRESCRIBED DIET?

Medically prescribed dietary requirements (MPDR) are defined *in The Healthy Eating in Schools (Wales) Regulations 2013* **as 'dietary requirements prescribed by a Registered Medical Practitioner (GP) or Registered Dietitian'**. Examples of medical diets include allergies, intolerances, type 1 diabetes and coeliac disease.

WHEN TO REQUEST A MEDICALLY PRESCRIBED DIET

A medically prescribed diet should be requested when our standard menus are unsuitable and require adaptation to enable safe choices for a pupil with a medically prescribed dietary requirement.

We ask that medical diet needs are communicated **as early as possible** to ensure that our Dietitians are able to provide a safe and suitable menu.

WHAT IS NOT INCLUDED AS A MEDICALLY PRESCRIBED DIET

Dietary needs due to religious, cultural or personal preference do not need to be registered on this form. Examples of these are vegetarian and vegan.
These needs will need to be communicated directly with the school who will liaise with catering staff to ensure appropriate options are in place.

HOW TO REQUEST A MEDICALLY PRESCRIBED DIET

Please go online to the RCT Website



www.rctcbc.gov.uk/MedicallyPrescribedDiet

Complete the Medically Prescribed Diet Request form ensuring that you upload the medical evidence of the food allergy, intolerance or medical need. **This will include written correspondence from either a Registered Medical Practitioner (GP) or a Registered Dietitian (RD), confirming the child's dietary requirement(s). The evidence will need to be dated within the last 12 months.**

Click on **SUBMIT**.

WHAT HAPPENS NEXT?

On receipt of the completed form our catering team will work with our Dietitians in order to devise a suitable adapted menu. Both the school and the school kitchen will be provided with a copy of the MPD menu and all of the relevant information regarding your child's medically prescribed dietary requirement(s).
If your child's medical dietary requirements are particularly complex then we may need to contact you for further information.