



Serving Students with Special Diets and Food Allergies

The United States Department of Agriculture (USDA) Code of Federal Regulations Title 7, Part 15b, requires school districts to accommodate the diet restrictions of students with disabilities. The Hemet Unified Nutrition Services department in accordance with the USDA guidelines will provide special meal accommodations for those students with bona fide medical disability as indicated by a completed *Medical Statement to Request Special Meals and/or Accommodations* form signed by a recognized medical authority.

Medical Statement forms should include the following information to ensure they are helpful in providing the Nutrition Services department with the appropriate information to appropriately accommodate the student.

- Description of the student's disability or medical condition
- Description of the student's major life activity affected by the disability
- Description of how the disability restricts the student's diet
- Foods to be omitted from the student's diet
- Foods to be substituted for omitted foods in the student's diet

A person with a disability is defined as any person who has physical or mental impairment which substantially limits one or more major life activities, has a record of impairment, or is regarded as having such impairment. Major life activities covered by this definition include caring for oneself, eating, performing manual tasks, walking, seeing, hearing, speaking, breathing, learning and working.

Food Allergies:

For those students with food allergies or intolerances that do not rise to the level of a disability, the Nutrition Services Department may make substitutions, but are not required to do so. However, if a licensed physician states that the food allergy may result in a severe, life threatening reaction (i.e. anaphylactic), the child's condition would meet the definition of a **disability**, and substitutions prescribed by the licensed physician will be made.

If your child is in need of a modified diet due to disability, a Medical Statement form signed by a recognized medical authority which explains the food substitution, must support each special dietary request. Nutrition Services must have this statement *fully completed* and on file in order to accommodate your child's special dietary needs. You can acquire a copy of the Medical Statement form on the Hemet Unified Nutrition Services page.

Hemet Unified works to provide all students, including those with special dietary needs, with well-balanced meals that not only offer students a variety of choices, but also meet or exceed nutritional guidelines.

If your child meets any of these criteria, please mail, fax, or drop off a completed Medical Statement form to:

Stefanie Johnson, Nutrition Specialist
Hemet Unified School District
Nutrition Services Department
2075 W Acacia Ave
Hemet, CA 92545
Fax: (951) 658-3182