

# Medical Statement for Children *without* Disabilities

Requiring Special Meals in the U.S. Department of Agriculture (USDA) Child Nutrition Programs  
(National School Lunch Program, School Breakfast Program, After-school Snack Program, Summer Food Service Program)

This statement must be completed in its entirety and submitted to the school before any meal substitutions can be made for nondisabled children with special dietary needs. The parent/guardian should review this form annually and initial and date if no changes are needed. Any changes require the submission of a new form signed by the child's recognized medical authority.

## PART 1 – TO BE COMPLETED BY PARENT/GUARDIAN. PLEASE PRINT.

Child's Name: \_\_\_\_\_ Birth Date: \_\_\_\_/\_\_\_\_/\_\_\_\_  Male  Female  
(month/day/year)

Parent/Guardian's Name: \_\_\_\_\_

Work Phone: (\_\_\_\_) \_\_\_\_\_ – \_\_\_\_\_ Home Phone: (\_\_\_\_) \_\_\_\_\_ – \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

In accordance with the provisions of the Health Insurance Portability and Accountability Act (HIPAA) of 1996 and the Family Educational Rights and Privacy Act (FERPA) I hereby authorize

\_\_\_\_\_  
(Name of Recognized Medical Authority)

to release such protected health information of my child as is necessary for the specific purpose of special diet information to

\_\_\_\_\_  
(Name of School)

and I consent to allow the recognized medical authority to freely exchange the information listed on this form and in my child's records with the school district as necessary. I understand that I may refuse to sign this authorization without impact on the eligibility of my request for a special diet for my child. I understand that I may rescind permission to release this information at any time except when the information has already been released. My permission to release this information will expire on

\_\_\_\_\_  
(Expiration Date\*)

\* **Note:** The recommended expiration date is for a period of one year so that updates to the medical statement can be made in conjunction with the child's annual physical.

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## PART 2 – TO BE COMPLETED BY RECOGNIZED MEDICAL AUTHORITY. PLEASE PRINT.

*The Connecticut State Department of Public Health defines a recognized medical authority as a physician, physician assistant, doctor of osteopathy or advanced practice registered nurse (APRN). This includes nurse practitioners, clinical nurse specialists and certified nurse anesthetists who are licensed as APRNs.*

A. Describe the medical or other special dietary need that restricts the child's diet:

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- B. List foods to be **omitted** from the diet and foods to be **substituted** (attach specific diet plan):

*Note: A specific diet plan **must** be provided before the school food service program can make any meal substitutions for the child.*

- C. List foods that require a change in texture. If all foods need to be prepared in this manner, indicate "All."

Cut up or chopped to bite-size pieces:

Finely ground:

Pureed:

- D. List any special equipment or utensils needed:

- E. Indicate any other comments about the child's eating or feeding patterns:

Name of Recognized

Medical Authority: \_\_\_\_\_ Office Phone Number: (     )     -     \_\_\_\_\_

Signature of Recognized

Medical Authority: \_\_\_\_\_ Date: \_\_\_\_\_

Office Stamp:

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