



Popcorn, raw carrots, whole grapes, hard apples, and pears are not recommended for children under 3 years of age, if they are to be included, they must be cut into smaller pieces, popcorn must not be of the micropop type, as they contain trans fatty acids and have a very high salt content.

Feel free to check whether there are children with special needs in the group room.

If there are any questions, you can always contact the kitchen staff/educational staff.

**Diets and other considerations:** An egg- and milk-free diet must be offered to children with these allergies in daycare centers that produce the food themselves.

A medical certificate from a specialist is required, which must be renewed when the child changes from nursery to kindergarten.

Children who cannot be offered suitable dietary food can be exempted from payment.

You can find the various certificates on our website or at [www.kk.dk](http://www.kk.dk)

**The medical certificate must be signed by a pediatrician (pediatrician in a hospital ward or practicing pediatrician) or an allergist and preferably endorsed by a dietitian regarding which food should and should not be served to the child. It is not sufficient that your own doctor has signed the medical certificate.**

Consideration must be given to children who, for religious or cultural reasons, have special or reservations in relation to food.

At a minimum, vegetarian food must be offered as an alternative to the fixed menu, cf. Copenhagen municipality's policy.

