



Disability Allowance

Special food information form

Disability Allowance can help with the extra costs of a special diet or food, providing a medical or nurse practitioner (usually your doctor) has confirmed it's necessary and relates to a medical condition on your Disability Allowance application or review form.

The amount we pay is the **cost difference** between a 'standard' diet and reasonable usage of the special diet or food the person needs. For example, lactose-free milk and normal milk, or gluten-free pasta and wheat-based pasta or more-than-average consumption.

Items **fully** paid for by other organisations, such as Health New Zealand | Te Whatu Ora, aren't included and neither is the cost of foods that are part of a chosen diet, lifestyle or normal healthy eating.

The table on **page 3** gives some examples of common foods for specific diets.

Tell us your details

1

Client number

What is your full name?

First and middle names

Surname or family name

2

What date were you born?

Day Month Year

Tell us about the special diet or food needs

3

Who is the special food for?

☐

You

☐

Your partner

☐

My dependent child



Please tell us the name of the child

4

What are the dietary requirements?

☐

No or low gluten

☐

High protein or energy

☐

No or low sugar

☐

High iron

☐

No or low dairy

☐

Ketogenic – high fat to carbohydrate/protein ratio

☐

No or low chemicals

☐

Other



Please tell us below

Talk with us if you need help with the cost of visiting a dietitian.

Do you, or the person who needs the special diet or food, have a dietitian?

☐ No

☐ Yes

Dietitian's name:

Practice or hospital name:

Please provide your Disability Allowance form and medical certificate unless you've already given it to us.

Has a medical or nurse practitioner included the need for the special food on the Disability Allowance medical certificate?

☐ No

☐ Yes

What special foods are needed?

(eg weekly,
fortnightly,
monthly, etc)

Difference
in cost

[illegible]

By signing this form:

- I understand I need to let StudyLink know about changes that might affect the amount I'm paid.
- The information I've provided on this form is true and complete.

Applicant's name (print)

Applicant's signature

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Dav

Month

Year

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Examples of common foods for specific diets, which may be covered by Disability Allowance

This list provides common examples. You can also specify foods not listed here.

Low or no gluten: Coeliac disease, Irritable Bowel Syndrome/Disease, wheat allergy, autoimmune disease, inflammatory disorder.

- Gluten free flour, eg almond, tapioca, coconut
- Gluten free cereals, muesli
- Gluten free breads wraps, pizza bases
- Gluten free pasta, rice,
- Gluten free snack foods
- Gluten free biscuits
- Gluten free soy sauce
- Gluten free baked beans, spaghetti
- Gluten free crackers
- Gluten free condiments gravy, paste mixes, stock

Low or no sugar: Diabetes, weight loss, specific sugar intolerances

- Whole grains, cornmeal, barley, quinoa
- Tinned fruit in natural juice
- Low sugar jam
- Sugar alternatives
- Lean meats, chicken, fish
- Reduced fat milk, cheese, yoghurt
- Low fat margarine

Low or no dairy: Lactose intolerance – allergy to protein found in dairy and/or sugars found in milk

- Milk alternatives, eg soy, rice, almond, lactose free
- Yoghurt alternatives
- Soy products, tofu, tempe
- Butter alternatives
- Cheese alternatives, eg yeast flakes, lactose free cheese, hard cheese
- Dairy free icecream, sorbet
- Dairy free chocolate, treats

High iron (where consumption level is above normal weekly levels): Iron deficient anaemia, pregnancy-related anaemia

- Meat
- Eggs
- Spinach
- Silverbeet
- Citrus fruit (to aid iron absorption)

High protein or high energy: Renal diet, cancer or failure to thrive in children

- Chicken
- Red meat
- Fish
- Chickpeas, beans
- Nuts
- Eggs
- Custard
- Yoghurt
- Icecream
- Milk
- Butter
- Cheese

Ketogenic diet (high fat to carbohydrate or protein ratio): Epilepsy, children with focal seizures, infantile spasms, Rett syndrome, Dravet syndrome, GLUT-1 deficiency

- Butter
- Cream
- Mayonnaise
- Avocado
- Canola, olive oils
- Icecream

Chemical sensitivity: A confirmed diagnosis of Multiple Chemical Sensitivity including sensitivity to pesticides, insecticides, herbicides, disinfectants, artificial colourings, flavourings and other food additives

- Organic foods
- Foods with limited or no additives

Cognitive or neurodiversity-related conditions: Dementia, autism (ASD), ADHD, Traumatic Brain Injury, Sensory Processing Disorder. People with specific sensory issues may require foods with specific textures, smells, colours, as part of their sensory response.

- High omega-3 foods
- Nuts
- High quality olive oil