

CHEF CARD TEMPLATE

for those with Food Allergy



Allergy & Anaphylaxis Australia
Your trusted charity for allergy support

How to use your chef card: In addition to verbally disclosing your allergy and asking a range of questions about the ingredients and preparation methods, carry a “chef card” that outlines the foods you must avoid. Present the card to the chef or manager.

Fold your card in half, then tape it together and store in your wallet. You can even laminate it to make it more durable. Be sure to make several copies in case you forget to retrieve it from the restaurant or to store copies in multiple locations.

English

For free food service e-training on allergens go to: foodallergytraining.org.au
Allergy & Anaphylaxis Australia on 1300 728 000 or allergyfacts.org.au
For more information about food allergies contact

THANK YOU FOR YOUR COOPERATION

- Knives & tongs
- Chopping boards
- Utensils
- Mixing bowls
- Pans & saucapans
- Surfaces

(hot soapy water) food preparation equipment and surfaces are used e.g.:

For my meal, can you please make sure that my food does not contain these ingredients and that only **clean / washed** (hot soapy water) food preparation equipment and surfaces are used e.g.:

FOLD

Chinese Simplified

获取免费的餐饮服务在线培训, 请访问: foodallergytraining.org.au
网址: allergyfacts.org.au
(Allergy & Anaphylaxis Australia), 电话: 1300 728 000;
了解食物过敏的更多信息可联系澳大利亚过敏及过敏性休克症协会

感谢您协助。


- 刀具和钳夹
- 炒锅和平底锅
- 砧板
- 混合碗
- 餐具
- 与食物接触的台面

为我准备餐食过程中, 请您确保食物中不含这些成份, 同时确保用于准备食物的设备、餐具或与食物接触的表面得到清洗/洗净(使用热肥皂水)。它们包括:

FOLD

TO THE CHEF:

I have severe food allergy. To avoid a life-threatening allergic reaction, I must avoid all foods that contain / might contain:



FOLD

敬告厨师:

我有严重食物过敏症。为不触发危及生命的过敏反应, 我必须避免所有含有或可能含有以下成份的食物:



FOLD

Allergen – English
Peanut
Tree nuts
Egg
Milk
Shellfish
Fish
Soy
Wheat
Sesame
Lupin

Allergen – Chinese Simplified
花生
树坚果类
禽蛋
奶类
贝壳类海鲜
鱼类
黄豆
小麦
芝麻
羽扇豆