

# CHEF CARD TEMPLATE

## for those with Food Allergy

**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](http://foodallergytraining.org.au)  
Allergy & Anaphylaxis Australia on 1300 728 000 or [allergyfacts.org.au](http://allergyfacts.org.au)  
For more information about food allergies contact

**THANK YOU FOR YOUR COOPERATION**

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

are used e.g.:

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

FOLD

Chinese Traditional

獲取免費的飲食服務在綫培訓，請訪問：[foodallergytraining.org.au](http://foodallergytraining.org.au)  
網址：[allergyfacts.org.au](http://allergyfacts.org.au)  
(Allergy & Anaphylaxis Australia)；電話 1300 728 000；  
瞭解食物過敏的更多資訊可聯絡澳洲過敏及過敏性休克症協會

感謝您的協助。


- 刀具和甜夾
- 炒鍋和平底鍋
- 混合碗
- 餐具
- 與食物接觸的表面

(使用熱肥皂水)。它們包括：  
用於準備食物的設備、餐具或與食物接觸的表面得到清潔/洗淨  
為我準備餐食過程中，請您確保食物中不含這些成份，同時確保

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

**敬告廚師：**

**本人有嚴重食物過敏症。為不觸發危及生命的過敏反應，我必須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 Traditional
花生
木本堅果
禽蛋
奶類
貝殼類海鮮
魚類
黃豆
小麥
芝麻
羽扇豆