

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
- Pans & saucapans
- Mixing bowls
- 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** (not soapy water) food preparation equipment and surfaces are used e.g.:

Croatian

Za besplatnu obuku preko interneta o alergijama i prehranambenoj industriji, posjetite: foodallergytraining.org.au
 na 1300 728 000 ili allergyfacts.org.au
 Alergija i anafilaksa Australije (Allergy & Anaphylaxis Australia)
 Za više informacija o alergijama na hranu kontaktirajte organizaciju

HVALA VAM NA SURADNJI

- noževi i mašice
- daska za rezanje
- posude za miješanje
- površine
- šerpe, lonci i tave
- kuhinje
- pribor za

sadrži nijedan od navedenih sastojaka i da pribor za pripremu jela, kao i radna površina budu **čisti/oprani** (toplom sapunicom), npr.:


Molim vas pobrinite se da hrana za jelo koje ćete mi poslužiti ne

FOLD

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:



GLAVNOM KU HARU:

Imam jaku alergiju na hranu. Da mi alergijska reakcija ne bi ugrozila život, moram izbjegavati svu hranu koja sadrži ili koja možda sadrži:



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

Allergen – Croatian
Kikiriki
Orašasti plodovi
Jaje
Mlijeko
Školjke i rakovi
Riba
Soja
Pšenica
Sezam
Bob (lupina)