

# 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](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

Fijian

na yago gole ki na: [foodallergytraining.org.au](http://foodallergytraining.org.au)  
 Mo vulica wale nai cakacaka ni kakana ka veiganiti kei  
 (Allergy & Anaphylaxis Australia) ena 1300 728 000 se [allergyfacts.org.au](http://allergyfacts.org.au)  
 Ena so tale nai vakamacala me baleta na kakana dauveicalati kei

**VINAKA VAKALEVU NA NOMU VEITOKONI**


- nai sele kei nai tautauri ni kakana
- na kuro & nai tavuteke
- na dela ni vanua e vakayagataki
- musu kakana kakana
- nai taki, icula
- nai yaya me vaka
- na beseni ni uli
- na kau raraba ni me vaka:

**savasava/savati** (wai katataka sovsosvu) se na vanua e savasava na veika oqo ka me vakayagataki walega kina nai yaya ni kana Ena kequ kakana, yalovinaka me qarau ni me kakua ni tiko kina

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:**



**KI VUA NA DAUNIVAKASAQA:**

**E lako vaka-ca saraga eso na kakana ki yagoqu. Me tarova na kena rawa ni vakaleqai na noqu bula ena kakana au kania, ena daumaka me'u kakua ni kania na kakana ka tiko kina/se rawa ni tiko kina na:**



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

| Allergen – Fijian |
|-------------------|
| Pinati            |
| Vua ni vunikau    |
| Yaloka            |
| Sucu              |
| Vivili            |
| Ika               |
| Soi               |
| Witi              |
| Sore ni kau lalai |
| Lupini            |