

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

- Chopping boards
- Mixing bowls
- Knives & tongs
- Pans & saucapans
- Utensils
- 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.:

Filipino

Para sa libreng e-training sa serbisyo sa pagkain tungkol sa mga alerdyen, pumunta sa: foodallergytraining.org.au
 sa 1300 728 000 o allergyfacts.org.au
 Para sa higit pang impormasyon tungkol sa mga alerdyi sa pagkain, makipag-ugnay sa Alerdyi at Anaphylaxis Australia (Allergy & Anaphylaxis Australia)

SALAMAT SA IYONG PAKIKIISA

- mga sangkalan
- mga mangkok
- mga gamit-panluto sa pagtimpla
- mga kawali
- mga patungan at kasitola
- mga kutsilyo
- mga panipit at mga panipit


Para sa aking pagkain, pakisiguro lang po na ang aking pagkain ay walang mga sangkap na ito at **malilinis/hinugasan** (ng mainit na masabong tubig) mga kagamitan sa paghahanda at mga patungan lamang ang ginamit hal.:

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:



PARA SA CHEF:

Mayroon akong matinding alerdyi sa pagkain. Para maiwasan ang nakamamatay na reaksyong alerdyi, kailangan kong iwasan ang lahat ng pagkain na may taglay/maaaring may taglay na:



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

Allergen – Filipino
Mani
Nuwes (nuts) mula sa puno
Itlog
Gatas
Molusko
Isda
Toyo (Sauce) Balatong (Bean)
Trigo
Linga
Lupin