Translated Chef Card Template

for people with allergy

How to use your chef card:

As well as telling staff about your allergy, and asking questions about the ingredients and the way the meal is prepared, carry a 'chef card' that lists your food allergen/s.

Give the card to wait staff or chef so your meal can be made without your food allergen/s. The chef card should come back to you with your meal.

English

To the Chef:

I have severe food allergy.
To avoid a life-threatening allergic reaction, I must avoid foods that have touched or contain

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Before making my meal, please wash food preparation equipment and surfaces with hot soapy water. This includes:

- Chopping boards
- Mixing bowls
- Utensils
- Knives & tongs
- Pots & pans
- Surfaces

THANK YOU

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

Indonesian

Kepada Juru Masak:

Saya punya alergi makanan yang parah.
Untuk menghindari reaksi alergi yang mengancam nyawa, saya harus menghindari makanan yang bersentuhan dengan atau mengandung

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Sebelum membuat makanan saya, harap cuci peralatan dan permukaan yang digunakan untuk menyiapkan makanan dengan air hangat bersabun. Ini mencakup:

- Talenan
- Mangkuk Pencampur
- Panci & Wajan
- Alat Memasak
- Pisau & Capit
- Permukaan yang Bersentuhan

TERIMA KASIH

Untuk informasi selengkapnya tentang alergi makanan, hubungi Allergy & Anaphylaxis Australia di **1300 728 000** atau **allergyfacts.org.au**.
Untuk pelatihan online gratis tentang menghidangkan makanan, kunjungi: **foodallergytraining.org.au**

Allergy & Anaphylaxis Australia®
Your trusted charity for allergy support

Translations

Allergen - English
Peanut
Tree nuts
Egg
Milk (dairy) including cheese, butter, cream, ice cream, ghee, yoghurt
Shellfish including shrimp, crab
Fish
Soy
Wheat
Sesame
Lupin

Alergen - Indonesian
Kacang tanah
Kacang pohon
Telur
Susu (produk susu) termasuk keju, mentega, krim, es krim, ghee, yoghurt
Kerang-kerangan termasuk udang, kepiting
Ikan
Kacang kedelai
Gandum
Wijen
Lupin

Tree nuts - English
Almond
Brazil nut
Cashew
Hazelnut
Macadamia
Pecan
Pine nut
Pistachio
Walnut

Kacang pohon - Indonesian
Kacang Almond
Kacang Brasil
Kacang Mede
Kacang Hazelnut
Kacang Macadamia
Kacang Pecan
Kacang Pinus
Kacang Pistachio
Kacang Walnut