

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
 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
- 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

Italian

Per formazione telematica gratuita sugli allergeni, consultare: foodallergytraining.org.au
 al numero 1300 728 000 o allergyfacts.org.au
 Allergie e Anafilassi Australia (Allergy & Anaphylaxis Australia) contattare

Per maggiori informazioni sulle allergie alimentari, contattare

GRAZIE PER LA SUA COLLABORAZIONE

- coltelli e pinze
- pentole e padelle
- taglieri
- utensili
- ciotole
- superfici

per la preparazione degli alimenti, ad esempio:
 puliti / lavati (con acqua calda insaponata) superfici e utensili
 contenga questi ingredienti e che vengano usati solo

Per il mio pasto, potrebbe controllare che il mio cibo non

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:

ALLO CHEF:

Ho una grave allergia alimentare. Per evitare una reazione allergica che potrebbe mettere a repentaglio la mia vita, devo evitare tutti i cibi che contengono / potrebbero contenere:

Allergen – English

Peanut

Tree nuts

Egg

Milk

Shellfish

Fish

Soy

Wheat

Sesame

Lupin

Allergen – Italian

Arachide

Frutta a guscio

Uovo

Latte

Crostacei

Pesce

Soia

Grano

Sesamo

Lupino