

# 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](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

Malay

Untuk maklumat lanjut tentang alahan makanan sila hubungi  
 Allergy & Anaphylaxis Australia di 1300 728 000  
 atau [allergyfacts.org.au](http://allergyfacts.org.au)  
 Untuk latihan perkhidmatan makanan percuma sila kunjungi:  
[foodallergytraining.org.au](http://foodallergytraining.org.au)

**TERIMA KASIH KE ATAS KERJASAMA ANDA**

- Papan pemotongan
- Mangkuk adunan
- Peralatan
- Pisau dan pemegang makanan dan peruk
- Peruk menggoreng
- Peruk

digunakan yang **bersih/dicuci** (air panas bersabun):  
 memakai alat menyediakan makanan dan permukaan yang  
 Untuk makanan saya, bolehkah anda tolong memastikan bahawa  
 makanan saya tidak mengandungi bahan-bahan ini dan hanya

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:**

**KEPADA TUKANG MASAK:**

**Saya mempunyai alahan makanan yang teruk. Untuk mengelakkan daripada tindakbalas alahan yang boleh mengancam nyawa, saya perlu mengelak daripada makanan yang mengandungi/mungkin mengandungi:**

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

Allergen – Malay
Kacang tanah
Kacang daripada pohon
Telur
Susu
Kerang
Ikan
Soya
Gandum
Bijian
Lupin