

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
- Pans & saucapans
- Surfaces
- Utensils
- Chopping boards
- Mixing bowls

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

Portuguese

Para mais informações sobre alergias alimentares contacte a Alergia e Anafilaxia Austrália (Allergy & Anaphylaxis Australia) através do [1300 728 000](http://allergyfacts.org.au) ou allergyfacts.org.au
Para e-treino gratuito sobre alérgenos para serviços de alimentação visite: foodallergytraining.org.au

OBRIGADO PELA SUA COOPERAÇÃO

- facas e pinças
- panelas e caçarolas
- superfícies
- tábuas de cozinha
- tigelas de mistura
- utensílios

limpos / lavados (com água quente com sabão), p. ex.:

utensílios de preparação de alimentos e superfícies não contêm estes ingredientes e que somente são utilizados Para a minha refeição, por favor assegure-se que a comida

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 O CHEFE:

Tenho uma alergia alimentar grave. Para evitar uma reação alérgica potencialmente fatal, tenho de evitar todas as comidas que contenham ou possam conter:

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

Allergen – Portuguese
Amendoim
Frutos secos
Ovos
Leite
Mariscos
Peixe
Soja
Trigo
Sésamo
Tremoços