

# 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](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

Spanish

Para obtener más información sobre las alergias alimentarias llame a Alergia y Anafilaxia Australia (Allergy & Anaphylaxis Australia) al 1300 728 000 o consulte [allergyfacts.org.au](http://allergyfacts.org.au)  
Para obtener instrucción gratuita en línea sobre alérgenos en servicios de comidas recurra a: [foodallergytraining.org.au](http://foodallergytraining.org.au)

**MUCHAS GRACIAS POR SU COOPERACIÓN**

- cuchillos y pinzas
- cacerolas y sartenes
- tablas de cortar
- recipientes para mezclas
- utensilios
- superficies


los alimentos? P. ej.:

**limpios/lavados** (con agua caliente y jabón) para preparar ingredientes y que solo se utilicen en equipos y superficies? Podría asegurarse de que mi comida no contenga estos

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:**



**AL CHEF:**

**Tengo alergias alimentarias graves. Para evitar una reacción alérgica mortal, debo evitar todos los alimentos que contienen o que puedan contener:**



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

Allergen – Spanish
Maní/Cacahuete
Frutos secos
Huevo
Leche
Mariscos/Crustáceos
Pescado
Soja
Trigo
Sésamo
Lupino