

# Chef Card Template

## for people with food 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.

Fold your card in half, then tape it together and keep in your wallet. You can even laminate it to make it last longer and make a few copies so you have spare ones.

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.



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| <p><b>To the Chef:</b></p> <p>I have severe food allergy.<br/>To avoid a life-threatening allergic reaction, I must avoid foods that contain / might contain:</p> <p style="text-align: right;"><br/><b>Allergy &amp; Anaphylaxis Australia</b></p> <p>_____</p> <p>_____</p> <p>_____</p> <hr style="border-top: 1px dashed black;"/> <p style="writing-mode: vertical-rl; transform: rotate(180deg);">For more information about food allergies contact Allergy &amp; Anaphylaxis Australia on 1300 728 000 or <a href="http://allergyfacts.org.au">allergyfacts.org.au</a> For free food service e-training go to: <a href="http://foodallergytraining.org.au">foodallergytraining.org.au</a></p> <p style="text-align: center;">THANK YOU</p> <ul style="list-style-type: none"> <li>• Chopping boards</li> <li>• Mixing bowls</li> <li>• Utensils</li> <li>• Knives &amp; tongs</li> <li>• Pots &amp; pans</li> <li>• Surfaces</li> </ul> <p>Before making my meal, please wash food preparation equipment and surfaces with hot soapy water. This includes:</p> | <p><b>To the Chef:</b></p> <p>I have severe food allergy.<br/>To avoid a life-threatening allergic reaction, I must avoid foods that contain / might contain:</p> <p style="text-align: right;"><br/><b>Allergy &amp; Anaphylaxis Australia</b></p> <p>_____</p> <p>_____</p> <p>_____</p> <hr style="border-top: 1px dashed black;"/> <p style="writing-mode: vertical-rl; transform: rotate(180deg);">For more information about food allergies contact Allergy &amp; Anaphylaxis Australia on 1300 728 000 or <a href="http://allergyfacts.org.au">allergyfacts.org.au</a> For free food service e-training go to: <a href="http://foodallergytraining.org.au">foodallergytraining.org.au</a></p> <p style="text-align: center;">THANK YOU</p> <ul style="list-style-type: none"> <li>• Chopping boards</li> <li>• Mixing bowls</li> <li>• Utensils</li> <li>• Knives &amp; tongs</li> <li>• Pots &amp; pans</li> <li>• Surfaces</li> </ul> <p>Before making my meal, please wash food preparation equipment and surfaces with hot soapy water. This includes:</p> |
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