

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.



<p>To the Chef:</p> <p>I have severe food allergy. To avoid a life-threatening allergic reaction, I must avoid foods that contain / might contain:</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>To the Chef:</p> <p>I have severe food allergy. To avoid a life-threatening allergic reaction, I must avoid foods that contain / might contain:</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>
<p>For more information about food allergies contact Allergy & Anaphylaxis Australia on 1300 728 000 or allergyfacts.org.au For free food service e-training go to: foodallergytraining.org.au</p> <p>THANK YOU</p> <ul style="list-style-type: none">• Chopping boards• Mixing bowls• Utensils• Knives & tongs• Pots & pans• Surfaces <p>Before making my meal, please wash food preparation equipment and surfaces with hot soapy water. This includes:</p>	<p>For more information about food allergies contact Allergy & Anaphylaxis Australia on 1300 728 000 or allergyfacts.org.au For free food service e-training go to: foodallergytraining.org.au</p> <p>THANK YOU</p> <ul style="list-style-type: none">• Chopping boards• Mixing bowls• Utensils• Knives & tongs• Pots & pans• Surfaces <p>Before making my meal, please wash food preparation equipment and surfaces with hot soapy water. This includes:</p>