



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.

<p>TO THE CHEF:</p> <p>I have severe food allergy. To avoid a life-threatening allergic reaction, I must avoid all 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 all foods that contain / might contain:</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>
<p>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</p> <p>THANK YOU FOR YOUR COOPERATION</p> <ul style="list-style-type: none"> • Knives & tongs • Chopping boards • Mixing bowls • Utensils • Pans & saucepans • Surfaces <p>are used e.g.:</p> <p>(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</p>	<p>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</p> <p>THANK YOU FOR YOUR COOPERATION</p> <ul style="list-style-type: none"> • Knives & tongs • Chopping boards • Mixing bowls • Utensils • Pans & saucepans • Surfaces <p>are used e.g.:</p> <p>(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</p>

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