







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: I have severe food allergies. To avoid a life-threatening allergic reaction, I must avoid all foods that contain:</p> <p>_____</p> <p>_____</p> <p>Please do your best to provide me with food that does not contain any of these ingredients.</p>	 <p>To the Chef: I have severe food allergies. To avoid a life-threatening allergic reaction, I must avoid all foods that contain:</p> <p>_____</p> <p>_____</p> <p>Please do your best to provide me with food that does not contain any of these ingredients.</p>
 <p>Allergy & Anaphylaxis Australia Your trusted charity for allergy support</p>	 <p>Allergy & Anaphylaxis Australia Your trusted charity for allergy support</p>
<p>The food preparation area, utensils and equipment used to prepare my meal, must be cleaned in/with warm soapy water prior to preparing my meal.</p> <p>Thank you for providing me with appropriate food and therefore being ALLERGY AWARE</p> <p>For more information about food allergy, contact Allergy & Anaphylaxis Australia on 1300 728 000</p> <p><small>A&AA 2014</small></p>	<p>The food preparation area, utensils and equipment used to prepare my meal, must be cleaned in/with warm soapy water prior to preparing my meal.</p> <p>Thank you for providing me with appropriate food and therefore being ALLERGY AWARE</p> <p>For more information about food allergy, contact Allergy & Anaphylaxis Australia on 1300 728 000</p> <p><small>A&AA 2014</small></p>
<p>www.allergyfacts.org.au</p>	<p>www.allergyfacts.org.au</p>