

Food Allergy Research & Education | Chef Card Template

This is an interactive PDF that will allow you to type your allergens directly onto the chef card. To view the fields where you may enter information, click the "Highlight Fields" box in the upper right corner of this window.

Food Allergy Card

I have severe food allergies. In order for me to avoid a **life-threatening** reaction, I **must avoid** all foods that contain:

Please make sure that my food does not contain any of these ingredients, and that any utensils and equipment used to prepare my meal, as well as prep surfaces, are fully cleaned immediately before using. **THANK YOU for your help.**

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How to use your chef card:

In addition to asking a lot of questions about ingredients and preparation methods, many teens and adults with food allergies carry a "chef card" with them that outlines the foods that they must avoid. The card is presented to the chef or manager for review and serves as a reminder of the food allergy.

Print your chef card on brightly colored paper so that it will stand out in a restaurant's hectic atmosphere. Laminate your card to protect it from getting stained. Be sure to make several copies of your chef card so that if you forget to get it back, you have extra copies available.

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