



**How to use your chef card** In addition to asking a lot 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 for review.

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 in multiple locations.

This is an interactive PDF that will allow you to type your allergens directly onto the chef card.

## Food Allergy Alert

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

FOLD  
HERE

## Food Allergy Alert

Please make sure that my food does not contain any of the ingredients on the front of this card, 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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