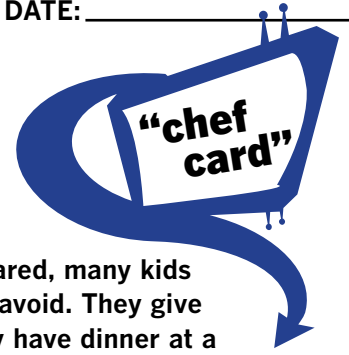


NAME: \_\_\_\_\_

DATE: \_\_\_\_\_

# Take It to the Kitchen



In addition to asking a lot of questions about ingredients and how food is prepared, many kids with food allergies carry a **“chef card”** that lists the foods that they must avoid. They give the card to the chef or manager of a restaurant. They can also use it when they have dinner at a friend’s house or buy lunch at school. The card reminds people preparing or serving the food of what a person must avoid.

If you have food allergies, complete the cards below. Print them on brightly colored paper and cover them with clear tape to protect them from getting stained. Make several copies of your cards so that if you forget to get them back, you have extra copies available. If you don’t have food allergies, share this page with someone who does.



**WARNING! I am severely allergic to** \_\_\_\_\_.

In order for me to avoid a **life-threatening reaction, I must avoid** all foods that contain these ingredients:

Please ensure that my food does not contain any of these ingredients and that any utensils, equipment and prep surfaces used to prepare my meals are thoroughly cleaned prior to use.

**THANK YOU for your cooperation.**



**WARNING! I am severely allergic to** \_\_\_\_\_.

In order for me to avoid a **life-threatening reaction, I must avoid** all foods that contain these ingredients:

Please ensure that my food does not contain any of these ingredients and that any utensils, equipment and prep surfaces used to prepare my meals are thoroughly cleaned prior to use.

**THANK YOU for your cooperation.**