

# The Food Allergy & Anaphylaxis Network | 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.

**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 and equipment used to prepare my meals, as well as prep surfaces, are thoroughly cleaned prior to use. **THANK YOU for your cooperation.**

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## How to use your chef card:

In addition to asking a lot of questions about ingredients and preparation methods, many food-allergic teens and adults 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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