

# MANAGING FOOD ALLERGIES: CHEF CARDS

Carry this card and present this to the chef who will be preparing your food.

It is recommended you speak directly to the manager or head chef and explain in person:

- Your food allergies
- Any foods your allergens might be hidden in (i.e. sauces, oils, etc.)
- How to prevent cross-contamination

If you do not have confidence that they fully understood, we recommend you do not dine at that establishment.

## ALLERGY ALERT: COOK WITH CARE

I have life-threatening allergies to:

- Peanuts    Milk    Eggs    Fish  
 Tree Nuts    Wheat    Soy    Shellfish  
 Other: \_\_\_\_\_

- Please **EXCLUDE** the checked foods above
- Please ensure all utensils, prep surfaces, and equipment used to cook my food is **thoroughly cleaned** to prevent cross-contamination

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