

# SAMPLE CHEF CARD

Present your Chef Card to the restaurant when you arrive at the restaurant and/or to the wait staff when you are seated at your table.

## FOOD ALLERGY ALERT Attention: Chef

I am allergic to:

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**This is an allergy, not a preference!** If I eat even a tiny amount of a food allergen, it can cause a life-threatening allergic reaction.

- Please make sure my meal, including cooking oils, sauces, seasonings and ingredients, does not contain any of my allergens.
- Please make sure cooking utensils, equipment and surfaces are fully cleaned prior to cooking my meal.

**Thank you!**

For more information, visit  
[AllergyAsthmaNetwork.org/Food-Allergies](http://AllergyAsthmaNetwork.org/Food-Allergies).

## FOOD ALLERGY ALERT Attention: Chef

I am allergic to:

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**This is an allergy, not a preference!** If I eat even a tiny amount of a food allergen, it can cause a life-threatening allergic reaction.

- Please make sure my meal, including cooking oils, sauces, seasonings and ingredients, does not contain any of my allergens.
- Please make sure cooking utensils, equipment and surfaces are fully cleaned prior to cooking my meal.

**Thank you!**

For more information, visit  
[AllergyAsthmaNetwork.org/Food-Allergies](http://AllergyAsthmaNetwork.org/Food-Allergies).

## FOOD ALLERGY ALERT Attention: Chef

I am allergic to:

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**This is an allergy, not a preference!** If I eat even a tiny amount of a food allergen, it can cause a life-threatening allergic reaction.

- Please make sure my meal, including cooking oils, sauces, seasonings and ingredients, does not contain any of my allergens.
- Please make sure cooking utensils, equipment and surfaces are fully cleaned prior to cooking my meal.

**Thank you!**

For more information, visit  
[AllergyAsthmaNetwork.org/Food-Allergies](http://AllergyAsthmaNetwork.org/Food-Allergies).

## LATEX ALLERGY ALERT Attention: Host, Chef

I am allergic to: Natural Rubber Latex

Cross-reactive foods I'm allergic to:

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**This is an allergy, not a preference!** If I am exposed to a tiny amount of latex allergen, it can cause a life-threatening allergic reaction.

- Please do not use latex balloons at your restaurant. Use latex-safe Mylar® balloons instead.
- Please make sure all food handlers, including cooks, do not wear latex gloves when preparing meals.
- Please make sure my meal does not contain any foods that can cross-react with my allergy (as listed above).

**Thank you!**

For more information, visit  
[AllergyAsthmaNetwork.org/Latex](http://AllergyAsthmaNetwork.org/Latex).