 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:
________________________________________________________________________
________________________________________________________________________

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.

FOOD ALLERGY ALERT
Attention: Chef

I am allergic to:
________________________________________________________________________
________________________________________________________________________

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.

FOOD ALLERGY ALERT
Attention: Chef

I am allergic to:
________________________________________________________________________
________________________________________________________________________

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.

LATEX ALLERGY ALERT
Attention: Host, Chef

I am allergic to: Natural Rubber Latex
Cross-reactive foods I’m allergic to:
________________________________________________________________________
________________________________________________________________________

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.