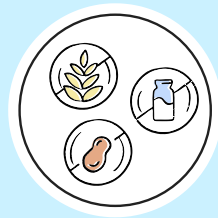


# Food Allergy Chef Card Instructions



Living with food allergies can be difficult, but it doesn't mean it has to be boring! Stay safe and stylish with these cards, and even make a few for your friends!

**How to use your chef card(s):** In addition to asking a lot of questions about the ingredients and preparation methods, carry a "chef card" that outlines the foods you must avoid! Present the card to the chef or manager. These cards do some of the talking for you, and help highlight the importance of your allergy!

### ***Instructions:***

1. Print this document
2. Cut out around outside edges
3. Fold card in half
4. Glue/tape together
5. Fill in your allergies!
6. Laminate if you wish!
7. Enjoy your Safe and Sweet Food Allergy card!

I highly recommend laminating your allergy card to help it last longer and protect it from spills, dirt, etc!

# Food Allergy Chef Card Templates



## MEDICAL ALLERGY ALERT

I am allergic to:



Safe and Sweet

To keep me safe, please ensure that my food does NOT contain any of these ingredients. Additionally, please use clean gloves, utensils, and equipment to eliminate the risk of cross contamination. Thank you so much for your help!

## MEDICAL ALLERGY ALERT

I am allergic to:



Safe and Sweet

To keep me safe, please ensure that my food does NOT contain any of these ingredients. Additionally, please use clean gloves, utensils, and equipment to eliminate the risk of cross contamination. Thank you so much for your help!

## MEDICAL ALLERGY ALERT

I am allergic to:

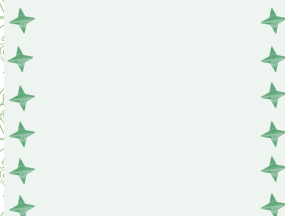


Safe and Sweet

To keep me safe, please ensure that my food does NOT contain any of these ingredients. Additionally, please use clean gloves, utensils, and equipment to eliminate the risk of cross contamination. Thank you so much for your help!

## MEDICAL ALLERGY ALERT

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