



Food Allergy Alert Card

A tool to help restaurant staff remember your food allergies

Use at restaurants, catered events to ensure your allergies are taken seriously. Ask for it to be passed, or give it directly to a chef or manager. Print out as many copies as needed. You can tape them to a business card or laminate for extra protection.

Instructions:

- + On the left side, type in your name and allergies.
- + On the right side, there is a space to enter any additional notes (e.g. to be careful with a specific food or product, note of appreciation).
- + Save and print copies as needed.

 Food Allergy Alert Card	 Food Allergy Alert Card
<p>Hi, my name is</p> <p>I have severe food allergies and kindly ask that you make sure my food does not contain any of the following allergens:</p> <p>Thank you for your help!</p>	<ul style="list-style-type: none">+ Please ensure that my food is free of my allergens and have not come in contact with them through preparation.+ Even a small trace amount can cause a life-threatening reaction. Please use separate and clean utensils, prep surfaces, and equipment when preparing my food.
<p>www.allergytranslation.com</p>	<p>www.allergytranslation.com</p>



REMEMBER

- + Always carry epinephrine/adrenaline when dining out.
- + Research restaurants and menus ahead of time.
- + Never make assumptions with food that was safe once before. Recipes can change.
- + Speak with the wait staff, and ideally the chef or manager about your food allergies.
- + Print multiple cards so you can give one to the server, chef and manager.
- + Be sure to say thank you!



FOREIGN TRAVEL

- + Purchase an Allergy Translation Card to ensure your allergies are understood and taken seriously in foreign languages. www.allergytranslation.com
- + Pack additional epinephrine/adrenaline.
- + Research emergency numbers, hospitals and restaurant options in advance of your trip.
- + Research local cuisine, common dishes and ingredients used.

