

To the Chef:

WARNING! I am allergic to _____. In order to avoid a life-threatening reaction, I must avoid all foods that might contain _____, including these ingredients:

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Please ensure that my food does not contain any of these ingredients and that all utensils and equipment used to prepare my meal, as well as prep surfaces, are thoroughly cleaned prior to use. Thanks for your cooperation.

Blank form courtesy of the Food Allergy & Anaphylaxis Network