

INSTRUCTIONS

Step 1: Print.

Step 2: Score on blue line and fold. Do NOT cut.

Step 3: Glue stick the back and fold on scored line.

Step 4: Trim around on dashed lines.

SCORE & FOLD. Do not cut.

! COOK WITH CARE !

Dear Chef,
My child has severe food allergies. In order for them to avoid a LIFE-THREATENING reaction, they **MUST** avoid **ALL** foods marked with an **X**:

- Peanuts Fish Shellfish Wheat Sesame
- Tree nuts Milk Soy Egg Other

See reverse side

Please make sure that their food does NOT contain any of the ingredients on this card. Also, ANY utensils or equipment used to prepare the meal & the prep surfaces are FULLY cleaned immediately before being used.

Other food allergies / notes to kitchen:

For more info please visit www.foodallergy.org/resources/restaurants

THANK YOU FOR YOUR HELP TO KEEP US SAFE!

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