

Attention Chef and Restaurant Manager: . . . . .

My name is \_\_\_\_\_ and I have severe, life-threatening allergies to:

- Milk
- Egg
- Fish
- Shellfish
- \_\_\_\_\_
- Peanuts
- Tree Nuts  
(walnuts, cashews, etc.)
- Soy
- Wheat
- \_\_\_\_\_

- Please help me avoid all of these foods so that I may stay safe and healthy.
- Please make certain that any food that I eat does not contain any of these foods as ingredients. If you have any questions about ingredients please ask, I can supply expert information.
- Also, please make certain that none of these foods touched the food that I ordered (*prepared in the same frying oil. cut with the same knife, etc.*) It is a good idea to use freshly cleaned utensils & food preparation surfaces.



Thank you for helping to keep me healthy and alive.

. . . . . Provided by the Food Allergy Association of Wisconsin

In the event that I have a severe allergic reaction, **ANAPHYLAXIS**, (difficulty breathing), I require the immediate administration of epinephrine.

I carry two EpiPens or Twinject and instructions with me at all times.

Administer shot per directions and call 911.

In case of emergency, please contact:



. . . . . Provided by the Food Allergy Association of Wisconsin