







 <p><b>My name is:</b></p> <p><b>I have an allergy to:</b></p>	 <p><b>My name is:</b></p> <p><b>I have an allergy to:</b></p>	 <p><b>My name is:</b></p> <p><b>I have an allergy to:</b></p>	 <p><b>My name is:</b></p> <p><b>I have an allergy to:</b></p>	 <p><b>My name is:</b></p> <p><b>I have an allergy to:</b></p>
<p>Let me know if my meal contains these ingredients.</p> <p><b>Just a small amount can make me very ill.</b></p> <p><a href="http://www.food.gov.uk/safety-hygiene/food-allergy-and-intolerance">http://www.food.gov.uk/safety-hygiene/food-allergy-and-intolerance</a></p>				
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You can help make sure restaurant staff know about your food allergies when you are eating out. Just type the food(s) you are allergic to into the space on the cards, print the page then cut out the cards and carry them with you. Alternatively just write on the cards. The next time you're eating out, give one of these handy chef cards to the serving staff. For more cards [click here](#).