



To the Chef:

I have severe food allergies. To avoid a life-threatening allergic reaction, I MUST AVOID all foods that contain: MEAT or MEAT BY-PRODUCTS including GELATINE.

Please do your best to provide me with food that does not contain any of these ingredients.

I AM ABLE TO EAT Chicken, Fish, Shellfish, Molluscs, Turkey, Duck and Quail

tiara Tick Induced Allergies
Research & Awareness

 Allergy & Anaphylaxis
Australia
Your trusted charity for allergy support

The food preparation area, utensils and equipment used to prepare my meal, must be cleaned in/with warm soapy water prior to preparing my meal.

Thank you for providing me with appropriate food and therefore being ALLERGY AWARE.

For more information about food allergy, contact Allergy & Anaphylaxis Australia on 1300 728 000 or TIARA (Tick Induced Allergies Research & Awareness) www.tiara.org.au

tiara Tick Induced Allergies
Research & Awareness

 Allergy & Anaphylaxis
Australia
Your trusted charity for allergy support