

DEAR CHEF LETTER

INSTRUCTIONS

1. Print this form.
2. Fill in the blanks appropriately.
3. Tear form in half at the indicated line.
4. Print out the food allergy fact sheet which can also found under Dining Out Downloads.
5. Take your completed Dear Chef letter and the food allergy fact sheet with you to the restaurant.
6. Have your child give both forms to the server or hostess and ask them to provide it to the chef.

By providing this form for you, MyKidsPlate.com and the restaurant you present it to can not be held responsible if an allergic reaction occurs. This form is simply provided for your convenience.

Dear Chef:

WARNING

My name is _____. I am _____ years old and I have an allergy to _____. In order to avoid a severe, maybe life-threatening reaction, I must avoid _____. Please keep that in mind when you are preparing my food today. Everything used to prepare my food including utensils and equipment should be washed to help avoid cross-contamination. Thanks so much for your cooperation and understanding.

From,

Restaurant,

Please take this letter seriously and use it as an opportunity to learn more about food allergies. You can go to www.foodallergy.org and get posters to print out and post in your restaurant to educate your team.

Thank you!

Food Allergy Awareness Week is May 11 - 17.