

I-FPIES Dining Out Card

Our Dining Out Card is your go-to resource when dining out with FPIES. It's an easy way to highlight the foods your child must avoid and help ensure clear communication and safety in a restaurant setting.

Just download this sheet, type in your information, then print and cut out your card. It can be conveniently stored in your wallet and carried with you at all times. The card can also be laminated to reduce wear and tear. Print additional copies to keep with the chef of frequented restaurants or distribute to family, friends and caretakers.

When dining out, present your card to the restaurant manager or chef prior to meal preparation. This is also a good time to review the restaurant's practices for cross-contact.

FPIES Food Allergy ALERT

I have a rare form of food allergy called FPIES.

These foods must be avoided in my meal:

SAFE foods:

SAFE brands:

Favorite Meals:

Please ensure that all utensils, equipment, and surfaces used to prepare my meal are fully cleaned immediately prior to use. In the event of an accidental exposure, immediately alert my parents. In the event of a severe reaction, call 911.

Thank you for the opportunity to dine with you and for helping to ensure my safety.