Four cards per page. Cut along the dashed lines and send one with each invitation, or hand them out when guests arrive. Ask for them back a few days before the meal so there is time to shop.

Thanksgiving food card

Please fill this in and give it back to your host, so the cook can plan for you.

Name _____

Foods I'm allergic to
List every one, and say how serious it is.

My diet (for example halal, kosher, vegetarian, vegan)

Anything else the cook should know
For example, foods that cannot touch, or a dish I can bring.

Please return by _____

Host: if you are not sure a dish is OK for me, please tell me. I would rather ask.

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At the store, PlatePal scans a barcode and checks it for your guests' allergens, halal, kosher, vegetarian and vegan. Free.

Scan the code with your phone camera, or visit tryplatepal.com

PlatePal printable. Information, not medical advice, and a screening guide, not a religious ruling: practices differ. Follow your allergist or doctor. Recipes change: always read the label. Free to print and copy.