

# HOW TO LAMINATE PRINTED CHEF CARDS



Loudoun Allergy Network

You could purchase custom chef cards from a select number of companies found in the Resource page of our website. However, if you are in a pinch and need a chef card quick, you could create them yourself. Here's how:

## MATERIALS NEEDED

- Printer
- Clear packing tape
- Scissor

## DIRECTIONS

1. Visit [www.LoudounAllergyNetwork.org/FAANChefCard.html](http://www.LoudounAllergyNetwork.org/FAANChefCard.html). This link will direct you to the FAAN interactive chef card PDF.
2. Enter in the allergies you are avoiding.
3. Print the cards but reduce the image size to approximately 70%. This should give you a print out of an average, wallet size card.
4. Cut the cards
5. Apply a strip of clear packing tape to one side of the card being sure to keep the card centered.
6. Apply a second strip of clear packing tape on the opposite side of the card.
7. Trim the packing tape being sure to leave approximately  $\frac{1}{8}$  of an inch of tape around the perimeter of the card.
8. You're done!