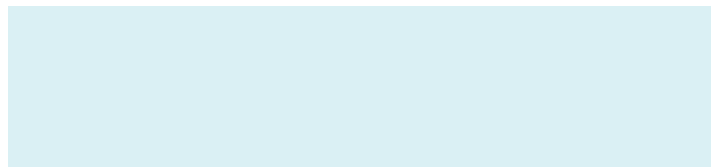




# YOUR ALLERGY CHEFS

CELEBRATING FOODS ALLERGEN FREE

Your Allergy Chefs are devoted to providing tips, guidance, and resources if you, or someone you love, are coping with food allergies or intolerances.



## OUR JOURNEY: From Walt Disney World to Your Allergy Chefs

In Joel's role as Culinary Development and Special Dietary Needs Manager for Walt Disney World Resort, he was responsible for developing the food allergy and special diets program for Disney properties worldwide and Disney Cruise Line.

Having been a chef and culinary instructor, Joel was the ideal expert for this position. He has lived with milk and gluten sensitivities since his teens.

Mary has been in pastry most of her life. In fact, she was a pastry chef at Disney's Contemporary Resort for ten years. Imagine her surprise when three years ago she was diagnosed with Hashimoto's thyroiditis. She had to immediately give up gluten and dairy. Mary was also diagnosed with soy, peanut, and almond intolerances.

## Meet The Founders



Joel & Mary Schaefer

## Work They've Done Together

### • Research and Development Chefs

Joel and Mary have worked with multiple manufacturing companies that specialize in making products for people with food allergies and special diets. This included their help with developing dry mixes for retail sales and the implementation of facility food safety procedures. They've also participated and presented in various gluten-free and allergen-free vendor shows.

### • Co-Founded Your Allergy Chefs in 2009

Your Allergy Chefs are devoted to providing tips, guidance, and resources if you, or someone you love, are coping with food allergies or intolerances.



## About Joel J. Schaefer

In Joel's role as Culinary Development and Special Dietary Needs Manager for Walt Disney World Resort, he was responsible for developing the food allergy and special diets program for Disney properties worldwide and Disney Cruise Line.

Having been a chef and culinary instructor, Joel was the ideal expert for this position. He has lived with milk and gluten sensitivities since his teens.

### Joel's impressive collection of certifications and educational background:

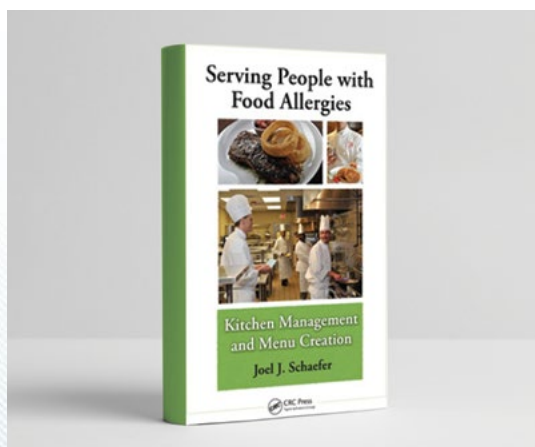
- Certified Chef de Cuisine with the American Culinary Federation - 1992 to present
- California Culinary Academy, Diploma with Honors - 1988 – 1990
- Valencia Community College, Orlando, FL, Associate in Science – Culinary Management - 2005 – 2007
- Awarded Certificates of Completion from the Culinary Institute of America at Greystone
- Rouxbe Cooking School, Professional Plant-Based Certification - February – August 2015
- Food Safety HACCP for Retail Food Establishments Certification - 2015
- National Restaurant Association, Certified ServSafe Instructor and Proctor - 2011 to present

### Joel has also served as a Consultant for such prestigious organizations as:

- Food Allergy Research and Education (FARE): advising on culinary issues related to food allergen safety
- National Restaurant Association's ServSafe™ Allergens Online Course
- San Jamar Restaurant Supplies on developing an Allergen Safety Zone System for allergen safe equipment

### Joel is the proud author of **Serving People with Food Allergies, Kitchen Management and Menu Creation**. He has also written articles for numerous industry publications including:

- Allergic Living
- Gluten-Free Living
- The National Culinary Review
- Restaurant Business
- Living Without
- The Autism File
- Orlando Business Journal
- Sizzle Magazine
- Many others!



## About Mary Schaefer

Mary Schaefer has been immersed in the world of culinary arts for more than 20 years before joining Joel as co-founder of Your Allergy Chefs.

### Among the many prestigious positions she's held...

- Bakery Team Leader, Whole Foods Market, Portland, OR
- Culinary Program Director, Culinard at Virginia College, Jacksonville, FL
- Pastry Chef, Disney's Contemporary Resort, Orlando, FL
- Pastry Chef, Royal Hawaiian Hotel, Honolulu, HI

### As a highly respected pastry chef Mary ...

- Appeared on three TV Food Network specials
- Was featured in a cake decorating series on Do It Yourself Network (DIY)
- Develops recipes for the spring and fall issues of Allergic Living Magazine
- Teaches allergen-free cooking and baking classes at Bob's Red Mill Natural Foods Cooking School, Milwaukie, OR
- Presented at four Gluten-Free Culinary Summits as presenter and chef
- Was an expert contributor to American Cake Decorating Magazine with her article on "Baking Gluten-Free Without Worry"

### Mary's impressive educational background:

- Certified Executive Pastry Chef with the American Culinary Federation
- National Restaurant Association, Certified ServSafe Instructor and Proctor
- The University of Hawaii, Associate in Science – Food Service, Diploma with Honors
- Awarded Certificates of Completion from the Culinary Institute of America at Hyde Park, NY
- Awarded Certificates of Completion from the Culinary Institute of America at Greystone
- Awarded Culinary Nutrition Certificate of Completion from Matthew Kenney
- Awarded Culinary Rx Certificate of Completion from Rouxbe Online Cooking School
- Awarded Certificates of Completion from the French Pastry School, Chicago, IL
- Awarded Certificates of Completion from Notter School of Pastry Arts, Orlando, FL







## PERSONAL CONSULTING

### Give Yourself & Your Loved Ones – One on One Coaching With The Experts

Our one-on-one Coaching starts now! After signing up, we will contact you to set up a date/time for the coaching session. The coaching sessions take place via webinars or phone.

Experience the Benefits of Personal Coaching from Your Allergy Chefs!

Get answers to your questions, insights about your personal challenges, and a plan of action for achieving your goals.

#### Learn how to:

- Cope with challenges you face
- Educate friends and family
- Work with schools to understand and accommodate your needs
- Set up an allergy-friendly kitchen
- Cook allergy-friendly meals
- Use the best substitutions for baking and cooking
- Dine out safely
- Understand hidden allergens and label reading
- Implement food safety strategies at home
- Find the best allergen-free products
- And much more!



## PROFESSIONAL CONSULTING

### Learn What It Takes To Safely Serve Guests With Food Allergies And Special Diets.

Calling all chefs, cooks, front of the house managers, and servers!

From culinary schools to hotel operations, learn what it takes to cook and prepare safe meals for guests with food allergies and special diets.

We customize training for private, catering, and corporate chefs.

Get answers to your questions, insights about your professional challenges, and a plan of action for achieving your goals.

### Recipe Product Development

Thrive with our 15 years of experience in recipe product development.

- Recipe development and testing
- Menu creation keeping in mind service people with food allergies
- Sourcing ingredients that are proper substitutes to meet dietary requirements
- Training session with chefs on how to properly prepare each recipe
- Exclusive techniques and tips

Perfect for [restaurants](#), [manufacturers](#), [hotels](#)

### Kitchen Design & Layout Work

Our kitchen design and layout work are based on how chefs actually work. Let us share our passion for efficient kitchen design concepts with you.

- Guidelines to create a commercial kitchen that meets the requirements for efficiency, compliance, and success
- Conceptualizing kitchen layout that will meet food allergen safety requirements
- Choosing the right equipment and materials

## How To Contact Joel & Mary

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Phone: 503-477-2930

Website: [www.YourAllergyChef.com](http://www.YourAllergyChef.com)

 [www.facebook.com/yourallergychefs](https://www.facebook.com/yourallergychefs)

 [www.instagram.com/yourallergychefs](https://www.instagram.com/yourallergychefs)

 <https://twitter.com/UrAllergyChefs>





