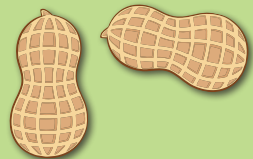


**FRIENDS FINDING OUT YOUR  
SECRET  
CRUSH  
IS TOTAL  
CRINGE!**



**THEM KNOWING  
ABOUT YOUR FOOD  
ALLERGY  
SHOULDN'T BE.**



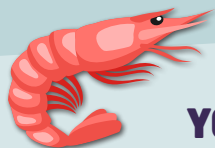


# FOOD ALLERGIES ARE NOTHING TO **CRINGE!** ABOUT.

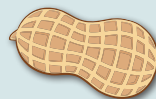
Whether it's our parents seeing us kissing someone or strolling around with toilet paper stuck to our shoe, we all have cringe moments. But talking about a food allergy shouldn't be one of them.

Here are 3 really important things you can do to stay safe when you're eating out and about:

1. Always ask about ingredients when you're ordering or buying food.
2. Remember to tell people about your food allergy when you're eating at theirs.
3. Remember to take your allergy pen (if you have one) whenever you leave the house.



Find out more at  
**YOUNG.SCOT / FOODALLERGIES**



Supported by  
**AllergyUK**

**Food**  
**Standards**  
**Scotland**

For safe food and  
healthy eating