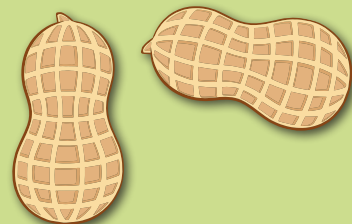


FRIENDS FINDING OUT YOUR
SECRET
 **CRUSH**
IS TOTAL
CRINGE!

THEM KNOWING
ABOUT YOUR FOOD
ALLERGY
SHOULDN'T BE.



Food allergies are nothing to cringe about.
So, remember to **tell people yours** when
you're eating at theirs. Find out more at
YOUNG.SCOT / FOODALLERGIES

Supported by
 **AllergyUK**

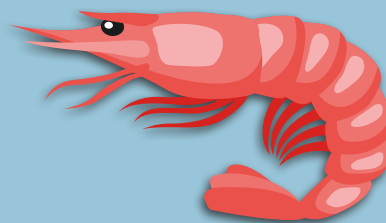
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TELLING SOMEONE YOU
'LIKE'
THEM
IS MEGA
CRINGE!



TELLING A
WAITER YOUR FOOD
ALLERGY
SHOULDN'T BE.



Food allergies are nothing to cringe about.
So, always **ask about ingredients** when you're
ordering or buying food. Find out more at
YOUNG.SCOT / FOODALLERGIES

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YOUR PARENTS SEEING YOU
 **KISSING**
SOMEONE
IS SOOO
CRINGE!

YOUR FRIENDS SEEING
YOU CARRY AN
ALLERGY
PEN 
SHOULDN'T BE.

Food allergies are nothing to cringe about. So, remember to **take your allergy pen** whenever you leave the house. Find out more at

YOUNG.SCOT / FOODALLERGIES

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