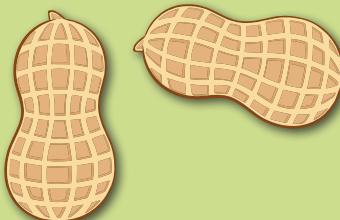


**FRIENDS FINDING OUT YOUR  
SECRET  
CRUSH  
IS TOTAL  
CRINGE!**

**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/FOODALLERIES**

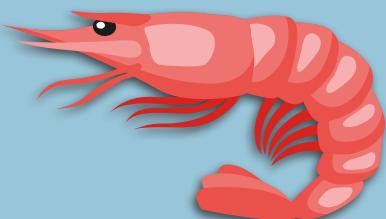
Supported by  
**Allergy UK**

**Food  
Standards  
Scotland**

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/FOODALLERIES**

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Standards  
Scotland**

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/FOODALLERIES**

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Standards  
Scotland**