



HAVE YOU ASKED ABOUT FOOD ALLERGIES?

For some people with food allergies, just coming into contact with an allergenic ingredient could kill them.

If you're one of those people, or you think your friend may have a food allergy, remember to ASK about allergens before you order.

ALWAYS ASK ABOUT ALLERGIES
SPEAK UP
KEEP SAFE

For more information about food allergies, visit [food.gov.uk/easytoask](https://www.food.gov.uk/easytoask)



Food
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[food.gov.uk](https://www.food.gov.uk)

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**Anaphylaxis
Campaign**

Supporting people at risk of severe allergies

