

# # CHECK THEN CHOOSE

## LET'S TALK ALLERGIES & BREAK THE STIGMA!

Allergies are really common, in fact,  
**37% OF YOUNG PEOPLE HAVE ALLERGIES**  
but only 56% of young people would tell  
others when eating out.

### TALK ABOUT IT!

Tell your friends so they've  
got your back when eating  
out together

### JUST ASK...

If you are worried about what  
you are able to eat, always  
#CheckThenChoose by  
speaking to the kitchen team.

### WE KNOW OUR STUFF!

Our kitchen staff are  
all trained in allergen  
management and will always  
be happy to help you

### WE'VE GOT THE INFO YOU NEED...

The kitchen have information  
on the allergens in the dishes  
that are on our menus and our  
pre-packaged products have  
ingredients and allergen labels

If you start to feel unwell after eating, it's important that you  
tell teachers or catering staff immediately.