

Scenario

Café

You are at a café with a friend who has a food allergy. How can you help your friend?



Scenario

Café

Be aware that recipes change and vary from one café to another.
Always check

Contact the café in advance to check that they are able to provide safe menu options

Ask the server to make a note of the allergy/ies

Learn what to do in an emergency



Suggest eating elsewhere if your friend doesn't feel safe

Scenario

Sleepover

You are hosting a sleepover but your friend has serious allergies. What can you do to keep them safe?



Scenario Sleepover

Help them to find a safe, easy to reach place to store their medicine

Double check what their allergies are and ask others not to bring these

Only make or buy food & drink that does not contain your friends allergens. Keep labels so they can check ingredients



Suggest shopping for food and drink together or your friend brings their own safe food if they want to

Learn what to do in an emergency

Scenario Party

You are hosting a party. How can you ensure your guests with allergies are safe?



Scenario

Party

Ask what allergies your guests have. Do not serve food or drink that contain these allergens



Learn what to do in an emergency



Keep ingredients labels for everything served at the party so guests can check it is safe

Encourage your friend to bring their own safe food if they want to