



#gfFathersDay?

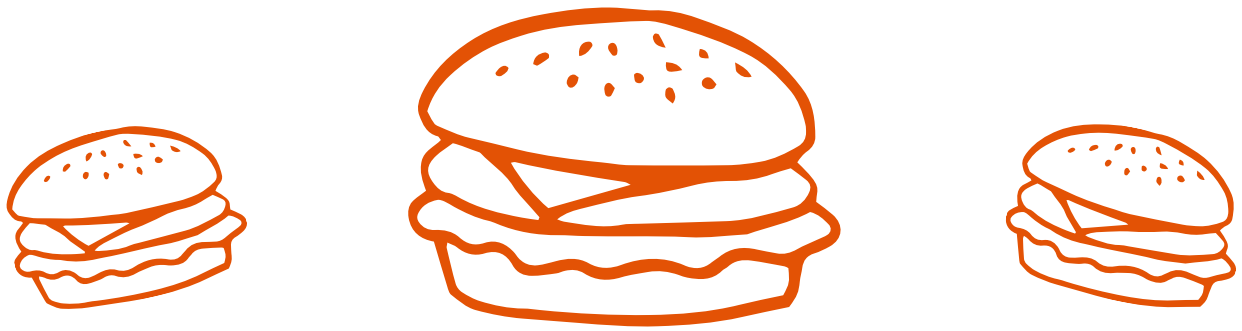
If you've enjoyed your Father's Day, why not share your photos with us, using the hashtag

This card was made by Coeliac UK, the charity for people who need to live gluten free.

HAPPY FATHER'S DAY

to a very special person

Happy Father's Day



Dear

.....,

YOU ARE INVITED

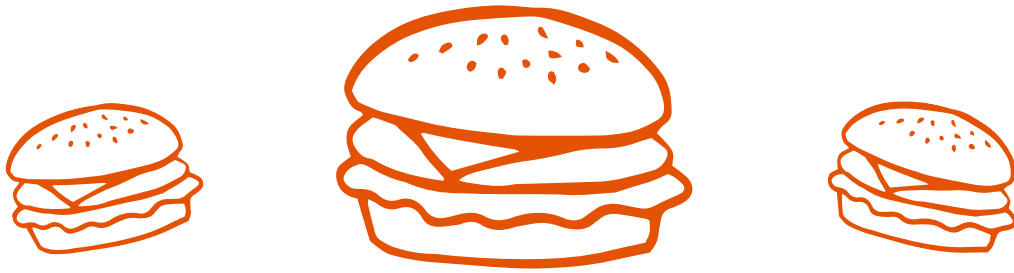
to experience the
ultimate gluten free burger,
at o'clock on Sunday 20 June,
in celebration of Father's Day 2021!

Love from

.....



coeliacuk
live well gluten free



HOW TO MAKE YOUR CHEF'S HAT

1. Ask an adult to print this out for you.
2. Colour in and decorate your chef's hat.
3. Cut out the hat and place it to one side (ask an adult if you need help using scissors).
4. Take another piece of paper, and cut two long thin strips, approximately one inch wide and eight inches long.
5. Glue the end of each strip and stick to the back of your chef's hat.
6. You should now have a hat with two long strips sticking out of each side.
7. Hold the hat at the centre of your forehead and get an adult to wrap the strips around the back of your head and mark where they join with a pencil.
8. Once they have done this, ask them to shorten the strips and glue both ends together.
9. Your chef's hat is now ready to wear!