



# Have a Date!

*Muslims traditionally open their fast with dates & water. Dates have great nutritional properties, making them an ideal choice for fuelling after a fast.*

**How to eat:** split open and remove stone-like seed before consumption

**ALLERGEN ADVICE:** Contains Dates

Please be aware dates may have come into contact with common allergens, such as dairy, eggs, wheat, soybeans, tree nuts, peanuts, fish, shellfish or wheat.