



BlueCross BlueShield
of Vermont

An Independent Licensee of the Blue Cross and Blue Shield Association.

Health Kit | **April 2020**

Hello!

Here is your Health Kit for April 2020.

Please take a few minutes to distribute all materials via email. Also, be sure to print the poster and display it widely. Your dedication to wellness makes a difference. Thank you for your efforts!

Approximately 32 million Americans have food allergies. In this month's Health Kit, you'll find information and tips to help you recognize food allergies and address them.

Poster

Download this month's poster to learn which foods are responsible for 90 percent of food allergies.

[Download Poster](#)

Brain Game

Check out this scramble to decipher words associated with food allergies.

[Download Game](#)

Continued on Page 2

Recipe

Have an intolerance to dairy? This recipe is perfect for mac and cheese lovers who still want to enjoy their favorite comfort food with a dairy-free twist.

[Download Recipe](#)

Coaching Moment: Food Allergy Awareness

This month, Coach Hope challenges you to be mindful of what you're eating and educate yourself on the severity of food allergies.

[Watch Video](#)

90-Second Video: Are You Having an Allergic Reaction?

Watch this video for common symptoms of an allergic reaction and how to take care of them.

[Watch Video](#)

Podcast: Allergies vs. Intolerance

Listen to this podcast for the truth around three popular myths about food allergies.

[Listen](#)

Coming up...

Tune in next month for information on mindfulness and ways to incorporate it into your daily life.