



Color Her Silver!

Veronica Wathen was 11 months old when she had an allergic reaction to an empty granola bar wrapper that she had placed in her mouth. Her parents immediately brought her to a nearby ER where she was diagnosed with allergies to milk and eggs.



Growing up, Veronica learned to manage her food allergies by reading food labels, talking with restaurant staff about allergy-safe menu options and creating tasty allergy-safe dishes and desserts of her own.

Today, Veronica is an active 14-year-old living in Rhode Island. She enjoys karate, volleyball, hanging out with her friends – and especially Girl Scouts.

Raising Awareness

As a Cadette Girl Scout, Veronica earned the Girl Scout Silver Award by authoring a coloring book about a student's journey with food allergies. The Girl Scout Silver Award is the second highest award a Girl Scout can achieve.

"I wanted to choose something I'm really passionate about," she says. "Food allergies are a part of who I am. I wanted others with food allergies to know they are not alone."

Confident and Assured

Veronica presented her Girl Scout Silver Award

project to children at a local library. She read her book, colored with the children and answered questions.

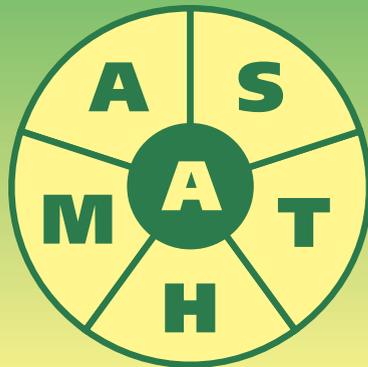


"Food allergies are nothing to be embarrassed about," she says. "It's a part of what makes you, you!"

Download Veronica's coloring book at AllergyAsthmaNetwork.org.

How many words can you find?

Create as many words of 3 letters or more using the letters of "Asthma" in the Word Wheel – always using the letter in the center of the wheel! Can you find 10 words? A word that is a subject in school?



Vaping: Truth and Consequences

There's no denying it – vaping is harmful to your health. E-cigarettes (including Juul) can lead to...

- inflamed airways
- asthma symptoms
- a weakened immune system
- nicotine addiction

In 2019, more than 2,500 people, including many young adults, were hospitalized with a severe lung injury after vaping. The message is clear: Don't vape.