



Dear Food Allergy Families,

As you know, when a child is diagnosed with life threatening food allergies, your whole world shifts. The dreams you had for your child are re-evaluated and many are discarded to ensure that your child is safe. This was the case for me when I thought about sending my son to sleepaway summer camp. Camp was a very important part of my childhood. I learned to love the outdoors, developed life-long friendships, and learned to be independent. I loved summer camp! However, as my son got older, I realized that I would never send him to a regular camp -- it would make everyone too anxious.

Thus, the idea for Camp Blue Spruce was born! Why not have a sleepaway camp where kids can eat everything that is served and spend a week without worrying all the time? In 2013, twenty-seven campers enjoyed a wonderful week of fun, friendship and safe food. When asked what their favorite thing was, one boy commented, "I loved high-fiving my friends at lunch." This boy didn't have to worry whether his friend had just eaten something he is allergic to. He knew everyone was safe. And he loved the freedom from worry – even if it was for just one week.

In 2014, we will organize the fun again! Join us August 17 – 22. It will be a week your child will never forget.

A talented group of people work very hard to make this happen, including several allergists from around the state, camp experts, fabulous cooks, professional artists, and a wonderful staff of counselors and nurses.

Camp Blue Spruce is a place where kids with food allergies can be free to enjoy camp. I hope your child will join us this year at Camp Blue Spruce, a worry-free camp for kids with food allergies! Learn more at [www.campbluespruce.org](http://www.campbluespruce.org).

Sincerely,

*Louise Tippens*

Louise Tippens  
Portland, OR

DS: 14, anaphylaxis to dairy, eggs, tree nuts, peanuts, fish, shellfish, beef