



2021 Programs -- So Many Options!



As the need for connection increases, Camp Blue Spruce is expanding opportunities for youth and teens living with food allergies to come together as a community. Before COVID, we provided a physically safe environment for kids with food allergies to build relationships, try new things, and learn more about themselves and what they're capable of. Today, we are offering new ways to bring the camp magic to you all year. Join us from your home, on a walk in the park, or from wherever you are. We would love to see you at any, or all, of the programs coming up this year!

Programs start as early as January 24th so check out these options below and register today! Thanks to our generous donors, many of our programs are at no cost. We also offer financial support for those that have a fee. We encourage everyone to participate!

- [NEW! Blue Spruce Cooking Club!](#)
- [Homebase Hangouts](#)
- [Allergy Pals and Allies, USA](#)
- [Teen Book Club](#)
- [Blue Spruce on the Loose](#)

We will be determining whether to hold in-person camp later this spring.

For more information about all these programs, visit the [2021 Program Page](#) on our

[website](#).

NOTE: *Please register separately for each event. We are in the process of updating our database and are looking forward to eliminating the need for multiple forms. In the meantime, we appreciate your patience.*

NEW!! Blue Spruce Cooking Club!

Introducing the Blue Spruce Cooking Club with Your Allergy Chefs! Share an exciting adventure through the ins and outs of cooking delicious food, free from the top nine food allergens.

Build confidence and independence in the kitchen with Camp Blue Spruce, right from the comfort of your own home! Join [Your Allergy Chefs](#), Joel and Mary Schaefer (also known as Mac and Cheeze), for an interactive series of four classes and learn how to create a full Italian meal from appetizers to dessert. Participants join virtually, cook along with the chefs, and create delicious meals at home. Each class includes a recipe and supply list, an hour of instruction and cooking demonstration, as well as time afterward to ask your questions about substitutions, techniques, and tips. Join the Camp Blue Spruce community and Mac and Cheeze on this knowledge building, skill developing, fun food endeavor! Sign up for all four classes and receive Camp Blue Spruce kitchen swag!



Who is this for?

Youth and teens ages 9 – 17 looking for a guided experience with opportunity for interaction with the chefs. Families welcome during our two-part spring series.

Date: Winter session begins January 30th

Register for Cooking Club Today!

Homebase Hangouts

Join us at Homebase to hangout, play games and catch up with friends, new acquaintances, and staff. At our physical camp site, Camp Tapawingo, homebase is where we meet as a whole community prior to every meal and every event throughout the day. Our Camp Blue Spruce

values are hung in the trees for all to see, there are picnic tables for conversation, a mindful space for those who just need a minute, and a ton of chatter amongst friends. We sing songs, play games, tell jokes and trivia, and just hang out together. Homebase hangouts are a virtual space to find each other throughout our busy lives. Come to chat, play games or just to quietly be with friends. Drop in when you can. See you there!



Who is this for?

Youth and teens ages 9 – 17 looking for a casual opportunity to hang with friends or get to know other kids living with food allergies.

Date: The second Monday of each month, beginning January 11

Register for Home Base Hang Outs Today!

Allergy Pals and Allies, USA



We're bringing the spirit of camp to wherever you are.

You're invited to join Allergy Pals, USA! Through our upbeat, weekly Zoom meetings, you'll make new friends from across the country, play fun games, and learn new skills with others who "get it." Each one-hour session is led by experienced mentors who guide participants along their eight-

week journey to more confidence, more fun, and more friends! Our upcoming winter session begins Sunday, January 24th, with new content and activities. Whether you're new or returning to Allergy Pals, it's a new experience every time! Learn more about the program [at our website](#).

Allergy Pals, USA is looking for junior mentors!

Are you a high schooler with experience managing food allergies or dietary restrictions? Looking for a way to volunteer, gain leadership experience, or jump-start your resume? Allergy Pals, USA wants you to be a junior mentor! Junior mentors serve alongside adult mentors in our Allergy Pals program. Mentors and junior mentors play an important role in helping participants play games, chat about living with food allergies or dietary restrictions, and make connections. Required commitment includes two one-hour training sessions as well as attending at least five

of the eight weekly Pals meetings. Our winter session begins Sunday, January 24th. **Please apply by Thursday, January 14th** to register your interest. Questions? contact Allergy Pals Coordinator, Hawkeye, at allergypals@campbluespruce.org, for details.

Who is this for?

Pals: Elementary school kids, ages 7 -10 looking for a fun and interactive, kid focused approach to living life with food allergies.

Allies: Middle Schoolers, ages 11 – 13 looking for a fun and interactive, teen focused approach to living life with food allergies.

Junior Mentors: Teens, ages 14 – 15 looking for leadership development and hoping to have a positive impact on youth and teens living with food allergies. [Please apply!](#)

Mentors: 16+ looking for leadership opportunities. [Please apply!](#)

Date: Seven Sundays beginning January 24 through March 14.

Register for Allergy Pals Seven Sunday Winter Session by Wednesday, January 20th

Teen Book Club

Are you looking for a team of teens to chat with and relate to about everyday life? Join Camp Blue Spruce teens for the second round of book club fun! Next session's book is *The Ultimate Guidebook for Teens Living with Food Allergies* written by members of Food Allergy Canada's Youth Advisory Panel in conjunction with Kyle Dine. Not only will this be a great read, but you'll find great company and meaningful conversation each week we meet.



Who is this for?

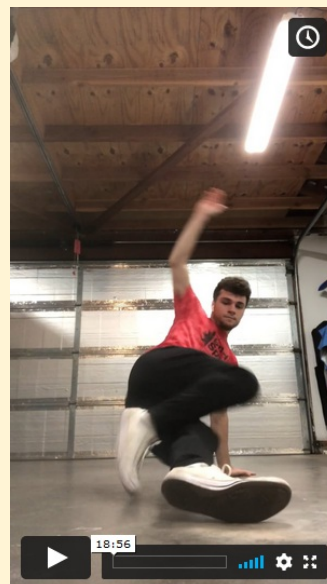
Teens in grades 9 – 12 looking for opportunities to connect with other teens living with food allergies about every day life.

Dates: Four Sundays beginning February 28

Register for four Sundays of Teen Book Group

Blue Spruce on the Loose

Blue Spruce on the Loose is back for its second season! Experience camp magic virtually from your bedroom, living room, or back porch fort! From afar we can connect with each other and have fun through meeting old friends and making new ones, enjoying classic camp activities, and singing favorite camp songs. Our highly successful online camp returns with two sessions for 2021 and we can't wait to see what this community has in store. Each day will be packed with opportunity. Cabin groups are determined by age and spend time chatting, doing crafts, nature hunts, and other activities to get to know each other better and grow as a group. Interest groups are a compilation of staff and professionals who teach a skill, answer questions, and laugh along with you. Come to see old friends and meet new ones. Join the cooking class to make delicious eats. Try some astronomy experiments, nature projects, art and dance. All this happens in a short week at Blue Spruce on the Loose! We kick-off when you open your Camp In a Box containing supplies and resources for the week. Hope to see you at this new and exciting twist on camp!



Who is this for?

Youth and teens ages 9 – 17 looking for a fun, interactive, virtual camp experience to get to know other campers living with food allergies, try new things, and have fun!

Dates:

Session 1: July 19 – 21

Session 2: July 26 - 28

Register for one or both sessions of Blue Spruce on the Loose

Camp Blue Spruce's vision is that all children and families living with food allergies have a sense of belonging, trust, and community.

Camp Blue Spruce provides children with food allergies experiences where they can be independent, confident, and worry-free

Camp Blue Spruce is a 501(c)3 charitable non-profit organization. Your donations are

tax deductible.

[Donate Today!](#)

www.campbluespruce.org



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