



Camp
Blue
Spruce

A worry-free camp for kids with food allergies



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100%
DELICIOUS

THE BLUE SPRUCE COOKING CLUB

IN PARTNERSHIP WITH:


YOUR ALLERGY CHEFS
CELEBRATING FOODS ALLERGEN FREE & MORE

A FOUR-WEEK SERIES
BEGINS JAN 30, 2021
@2PM (PACIFIC)

Cook-along with **Your Allergy Chefs: Joel and Mary Schaefer** as we learn how to prepare a gourmet, Top 9-Free, four-course Italian dinner. Each of the four classes 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.

Sign up for all four classes and receive exclusive Camp Blue Spruce kitchen swag! Register now at:

CAMPBLUESPRUCE.ORG

CHECK OUT OUR OTHER EXCITING CAMP BLUE SPRUCE PROGRAMS:

ALLERGY HOME BASE TEEN BLUE SPRUCE
PALS HANGOUTS BOOK CLUB ON THE LOOSE!

TOP-9 Free Blue Spruce Cooking Club



Kids 9 to 17 can join the Blue Spruce Cooking Club with [Your Allergy Chefs](#). This interactive series of four classes will build confidence and independence in the kitchen. Students learn how to create a full Italian meal from appetizers to dessert. Attend one or all four classes. Join the Camp Blue Spruce community and Joel and Mary Schaefer on this knowledge building, skill developing, fun food endeavor!

Register by January 28th for our first class on January 30.

[Register for Cooking Class!](#)

Additional Programs This Winter

Learn more about all our programs at the [2021 Program Page on our website](#). Or sign up below:

- [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.

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!

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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