



Teen Book Group - Sign Up By **TOMORROW at NOON!!**



There's still time to [join our Teen Book Club Winter Session!](#) We've extended the deadline through **tomorrow at NOON, Thursday, February 18.**

It's **FREE** to join & open to Teens grades 9-12 living with food allergies. [Get the details & register today!](#)

This program is made possible by a Community Award from FARE -- Food Allergy Research & Education.



[Register for Book Club!](#)

TOP-9 Free Blue Spruce Cooking Club



Our second Cooking Class with [Your Allergy Chefs](#) is on February 27th. Deadline to register is **next Tuesday, February 23rd.** That will give you time to shop for the ingredients to make spaghetti and meatballs! [Learn more about the series.](#)

The class costs \$30 but all are welcome. See details at check-out.

Register for Cooking Class!

Update on Overnight Camp 2021

The Camp Blue Spruce board met last Thursday night and reviewed the most current information regarding overnight camp in the 2021 season. Louise Tippens, our Executive Director, and Chelsea Hendrixx, our Program Director, attended the American Camp Association (ACA) conference earlier this month. Although the future of camp is still unknown, the ACA believes that camps who implement stringent guidelines may be able to welcome kids back to overnight camp.

The Camp Blue Spruce board is moving forward to update our framework and best practices as we consider whether to hold in-person overnight camp this August. The board discussed some key considerations:

- Establishing cabin cohorts;
- Implementing Non-pharmaceutical Interventions (NPIs), including: masks/PPE, hand-washing stations, camper and staff screening, altered activities;
- Adapting menus and food service;
- Assisting with physical improvements at Camp Tapawingo. (Louise is working with Camp Tapawingo and other camps that use their site to share ideas and resources.)

This is just the beginning of long process to determine whether we safely can welcome back our campers. Stay tuned for another update next month!

Allergy Troopers and Adventurers!

We are half way through our winter Allergy Pals sessions. Thanks to our seasoned mentors, the groups are really starting to gel. Our junior mentors are connecting well with participants and providing new perspectives and stories that encourage the kids to share their own stories. It's a great session!

One of our favorite activities was creating self-portraits. When we shared them, it helped everyone get to know each other a little better. Sophie, one of our junior mentors, made this one out of Enjoy Life boxes! So far, the group has discussed birthday parties, reading labels, and allergies at school. The



Pals group named themselves “Allergy Troopers” and even have an original logo! The Allies, Allergy Adventurers, had fun completing a 10-second scavenger hunt in their homes and located several shoes, a ski helmet, a guitar, and one long-haired dachshund!

The next session of Allergy Pals begins April 11. [Learn more and register!](#)

[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.

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