



A worry-free camp for kids with food allergies

Dear Friends,



This month, we have plenty of opportunities for teens and kids to connect and find community!

Deadlines are as soon as **February 15**, 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!

Home Base Hangout - THIS MONDAY

[Join the Home Base Zoom!](#)

Wear your favorite jammies, jeans, or camp sweatshirt, and drop in to join in on the fun! We'll be playing games, singing silly songs, telling jokes and meeting friends both old and new.

THIS MONDAY, February 8

PACIFIC 4:00-4:30pm for all ages and 4:30-5:00pm for teens.

CENTRAL 6:00 – 6:30 for all ages and 6:30 – 7:00 for teens.

EASTERN 7:00 – 7:30 for all ages and 7:30 – 8:00 for teens.

Cost: Free!

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. Join us THIS MONDAY!

Cost: Free and donations kindly accepted

Teen Book Club



Are you looking for teens to chat with and relate to about everyday life? The second round of book club fun is a great opportunity for teens to connect and build a community of people who "get it!" 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.

Deadline to register is February 15, so we can mail you the book

[Register for Teen Book Group](#)

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

PACIFIC 4:30 – 5:30 PM

CENTRAL 6:30 – 7:30 PM

EASTERN 7:30 – 8:30 PM

Cost: Free and donations kindly accepted

The Teen Book Group was made possible through a community award from FARE (Food Allergy Research & Education).



Blue Spruce Cooking Club!



"Mac & Cheeze are super knowledgeable and I learned a lot about garlic!"

The first Cooking Club Class making Italian appetizers was a big success and our next one promises to be just as much fun! On February 27, you'll make spaghetti and meatballs free from the top nine food allergens -- your family will love eating it for dinner!

Join [Your Allergy Chefs](#), Joel and Mary Schaefer (also known as Mac and Cheeze), for an interactive class on Saturday afternoon. 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!

[Register for Cooking Club Today!](#)

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: Next classes are February 27, March 27 and April 24

PACIFIC 2:00 – 3:30 PM
CENTRAL 4:00 – 5:30 PM
EASTERN 5:00 – 6:30 PM

Cost: \$30/class -- financial assistance available

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.

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!](#)

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