

Like



Work For Camp Blue Spruce!!



Be a part of the Camp Blue Spruce team this summer!! If you have food allergies or would like to make a difference in the lives of children with food allergies, apply today! We're hiring for program, staff, and volunteer positions for our virtual camp, Blue Spruce on the Loose, and, hopefully, for overnight camp in August. [Learn more on our website!](#)

Volunteer This Spring

The flowers are blooming in Portland, and we are looking for volunteers to help with a couple of projects! Contact Louise at info@campbluespruce.org or [fill out our Volunteer Interest Form](#) if you are interested in any of these activities

- a) Test recipes for the Camp Blue Spruce cookbook! A great way to help pull together the dream of a camp cookbook -- get your kids to help, too!
- b) Reach out to our most wonderful corporate partners! Over the years, our corporate friends have contributed financially and donated product for all of our programming. Help us tell them how much we love them!
- c) Edit and organize Camp Blue Spruce photos. 9 years of camp. 4 years of Allergy Pals. 1 year of Blue Spruce on the Loose. Many years of Food-Free Fun events! So

many photos. Help us organize them so that we can share them and show the fun we have.

d) Be a mentor (young adults) or a junior mentor (teens) for the spring Allergy Pals session. Use your experience navigating your own dietary restrictions to connect with participants across the country. Serve as a role model for younger Pals and Allies who are just beginning to manage their own conditions. [Learn more and apply here.](#)



Namaste Foods - 25% OFF for the Blue Spruce Community



In 2013, when Camp Blue Spruce began, Namaste Foods was our very first sponsor. AND they have sponsored us every year since! All their products are TOP 8 FREE & made in a TOP 8 FREE FACILITY! How sweet is that?!

Each year, our Camp Cook Ginger whips up a delicious carrot cake using the Spice Cake Mix, and we celebrate her birthday!

And now, they are offering you, our Blue Spruce community, a special deal -- 25% off your order! Read on for more details.



Namaste's Story

In the fall of 1999 a friend of Daphne Taylor's approached her desperate to find good gluten free and allergen free foods for herself and her preschool son – he wanted to

eat like the 'normal' kids. In Daphne's family, good food was essential – it brought friends and family together for the best of times and it nurtured the soul. She couldn't imagine missing out on that, so she rolled up her sleeves and went to work.

She made Brownies first, the fudgy, dark chocolate taste and moist and chewy texture of that first Brownie needed no improvement. And so it began . . . Daphne experimented on family and friends and paid her two young sons a penny each to label the cellophane bags. She quit her professional job and juggled being a mom, wife and business founder. Using a grass roots approach, she reached out to a handful of local health food stores and wrote to support groups. Then a wonderful thing happened, people began to talk – and Namaste Foods grew. Today, you can find their sweet and savory selection throughout the country.

Special Offer!

You can try their outstanding selection of sweet and savory products with a generous 25% discount for our Blue Spruce families. [Order from their website](#) and use the code **BLUESPRUCE**.

Fine print

This is for product only, not on shipping or tax. This is for a single use per customer and cannot be combined with any other offers. The code will be good March 10 - April 8, 2021.

GET SESAME INCLUDED IN THE LIST OF TOP ALLERGENS

Urge your Congressional Representative to Support the FASTER Act!

At Camp Blue Spruce, we eliminate the TOP-8 food allergens PLUS sesame. Right now, determining whether there is a threat of sesame in the foods we serve is a herculean task! Sesame can be listed under names that are not easily recognized, such as "sim sim" or "til; or simply listed as "natural flavors" or "spices" without being named.

Eleven percent of our campers are allergic to sesame, so we take sesame allergies very seriously. We encourage you to Tell Congress to Support the Food Allergy Safety, Treatment, Education, and Research Act (H.R.1202)

The FASTER Act would define sesame as a major allergen. This would make it mandatory to label sesame just like the other "top 8" allergens. This bill also requires the federal government to analyze current food allergy research and to advise where

resources should be directed to promote the prevention, treatment, and cure of food allergies.

Ask your legislators to support the FASTER Act and to co-sponsor this critical bipartisan bill. [You can use this great tool](#) provided by the [Asthma and Allergy Foundation of America](#) to easily send an email to your representative and post your message on Twitter.

Thanks!

Overnight Camp Update



We wanted to let you know the latest updates in the ever-evolving situation around safely opening camp in 2021.

The State of Oregon still has not determined whether overnight camps will be allowed to operate in 2021. Many of our Oregon families and campers are writing to the Governor to express how important camp is to them.

Camp Tapawingo is preparing for most activities (except sleeping) to be outdoors – including dining, the Health House, etc. They are making a lot of structural changes and considering all the details to make reopening camp a reality in 2021.

The board is carefully reviewing our list of criteria for a safe opening and identifying critical questions. We also are seeking advice from our medical team and working to ensure that enough medical staff is available to attend camp for two full weeks.

Watch for the next update in mid-April after the next board meeting.

Meet Lilly Lake from Columbia Allergy



Lilly Lake (R) and fellow CA nurses at camp

Allison Shuster, aka Lilly Lake, is a Physician Assistant (PA) at [Columbia Allergy](#) who has proudly volunteered at Camp Blue Spruce since 2016. Allison graduated from Gannon University in Erie, PA with her master's in Physician Assistant Sciences in 2010. Originally from Pittsburgh, PA she has been living and working in the Pacific Northwest since 2016. She has experience in Rheumatology in addition to Asthma and Allergy. As a child, Allison participated in a summer camp for children with asthma- first as a camper and then as a counselor. She enjoys working towards giving Camp Blue Spruce campers the same camp experience she had as a kid. Outside of camp, Allison enjoys being outdoors, going to the gym, and baking.



As a PA her goal is to work closely with her patients to reach their allergy treatment goals for optimal symptom management. Allison can be found working at Columbia Allergy's Fisher's Landing and Salmon Creek locations in Washington. Allison cares for allergy and asthma patients of all ages. She, along with the other providers at Columbia Allergy, also provides food allergy desensitization treatments to patients with mild to severe allergies in the form of sublingual immunotherapy (SLIT) and oral immunotherapy (OIT).

Allison is excited for future opportunities to meet new campers and their families at Camp Blue Spruce!

[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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