

Like



Dear Friends,



We are excited to bring you a jam-packed calendar of opportunities for teens and kids to connect and find community!

The first opportunity is **THIS MONDAY**, 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 Hangout

Bring the magic of camp to your living room with **HOME BASE HANGOUTS!** We will create and share stories for National Write Down Your Story Day. To join the fun, click the link above and let us know you're coming.

THIS MONDAY, March 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.

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

Blue Spruce Cooking Club!

"My kid is really enjoying these cooking classes— such a great confidence booster! Thank you!"



Who's ready for dessert?! On March 27, you'll make a Hot Chocolate Float AND an Italian Cookie free from the top nine food allergens -- this is sure to become a family favorite!

Join [Your Allergy Chefs](#), Joel and Mary Schaefer (also known as Mac and Cheeze), for an interactive class on Saturday afternoon March 27. 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 a 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!

Deadline to register is Thursday, March 25

*Sign up NOW and allow more time to shop for ingredients!

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 on 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

Allergy Pals USA



"Loved it! My child seems more confident and independent. "

Through our upbeat weekly Zoom meetings, participants make new friends from across the country, play fun games, and learn new skills with others who “get” living with allergies! Each one-hour session is led by mentors who create a self, welcoming, and inclusive space for participants to ask questions and share their experiences. Whether you’re new to our program or a returning participant, it’s a fun and exciting experience every time! This program is free, but donations are kindly accepted!

The program was originally created by Food Allergy Canada in conjunction with the University of Alberta and is brought to the United States through a partnership between Camp Blue Spruce, the University of Alberta, and John F. Kennedy University

Register for Allergy Pals USA

Who is this for?

Allergy Pals (2nd - 4th grade) connect with others living with food allergies and dietary restrictions, learn how to be an advocate, and have fun with other kids who "get it."

Allergy Allies (5th - 7th grade) complete exciting creative missions while receiving the support middle schoolers need to live fully with food allergies.

Date: 7-week Spring Session meets Sundays, beginning April 11th

Deadline to register is Wednesday, April 7th

Pals

PACIFIC 1:00 – 2:00 PM

CENTRAL 3:00 – 4:00 PM

EASTERN 4:00 – 5:00 PM

Allies

PACIFIC 3:00 – 4:00 PM

CENTRAL 5:00 – 6:00 PM

EASTERN 6:00 – 7:00 PM

Cost: Free and donations kindly accepted

Be a Junior Mentor for Allergy Pals USA!

"I had a rewarding experience getting to know these kids and being able to help them navigate their allergies." - 2018 Mentor

Our Junior Mentorship Program is an



eight-week leadership development opportunity for teens in 8th - 12th grades looking to make a positive difference in the lives of kids with food allergies and other dietary restrictions. Our Junior Mentors are an important part of Allergy Pals and Allies sessions, as they support our participants by sharing stories, asking questions, and eventually leading the meetings!

Additionally, Junior Mentors meet weekly beginning the week of April 4th to learn new leadership skills, share stories, and lead a group of Pals or Allies! -- it's a chance to meet teens across the country while earning volunteer hours for your school or organization. We can't wait to meet you!

Become a Junior Mentor!

Who is this for?

Teens in 8th - 12th grade

Date:

Please register for the spring cohort by **Wednesday, March 31st**

Begins the week of April 4th

Blue Spruce on the Loose



Spring has almost sprung, and it's time to start planning for Summer! While it's still unknown if we will be able to hold in-person camp this year, one thing is FOR SURE -- Blue Spruce on the Loose IS BACK, and we are busy planning two fun-filled sessions this year! Woohoo!!

Experience camp magic virtually from your bedroom, living room, or back porch fort! From afar, we can connect with each other, have fun by meeting old friends, making new ones, enjoying classic camp activities, and singing favorite camp songs.

Register for Blue Spruce on the Loose!

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

Times: 3 – 6 hours throughout each day, with plenty of stretch breaks along the way. We love to start and end the day together, and small groups will be consistent throughout, so it's best to participate in at least those three events. Other activities are optional, but you won't want to miss out!

Sample Schedule

9:00 am Morning meeting – gather and stretch to start the day

9:30 am Small group breakout – games, crafts, chatting, and hanging

11:00 am Homebase Hangout – staff trivia, anyone?

12:00pm Interest Group 1 (ex: breakdancing, drawing, or theater)

1:00 pm Interest Group 2 (ex: nature wreaths, dance, or astronomy)

3:30 pm Cooking Group (with Your Allergy Chefs and Camp Blue Spruce's own Ginger, Gator, and Meep!)

5:30 pm Closing all camp activity (campfire, talent show, etc.)

Cost: \$200, 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!

www.campbluespruce.org



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