

Like



## Calling All Teens!



### Sign up to be a Camp Blue Spruce Junior Mentor

Be a [Junior Mentor](#) this fall! This is your chance to step up as a role model for younger kids with food allergies. Show them that their food allergies needn't hold them back AND that there's a whole community of awesome people ready

to welcome them.

**The deadline to apply is September 22nd.**

### More Teen Fun!

Join the teen book club! We'll be reading ***Celiac and the Beast*** by Erica Dermer. One reviewer wrote:

*Although there are many great books out there for the newly diagnosed, Erica gives us a practical (and humorous) account of all she has learned about needing to be strictly gluten free due to Celiac Disease. This book is full of practical advice and includes information about how to be successful in dining outside of the home, navigating travel, surviving holidays, gluten free dating, grocery shopping and cooking, and how to find support.*

Enjoy a sense of camaraderie and hang out with other teens - y' know, the people who "get it".



**Register Today for Teen Programs!**

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## **There's Something for Everyone!**



### **Allergy Pals USA**

Allergy Pals is back for another session of education and conversation. Based on a program for the University of Alberta and Anaphylaxis Canada, Allergy Pals USA offers small group, guided conversations around living with food allergies. Our trained facilitators lead inclusive conversations and hands-on projects that build deep connections among the participants and build individual confidence around living with food

allergies. [Learn more and register at our website!](#)

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### **Cooking with Camp Blue Spruce**

#### **Super Bowls for Breakfast, Lunch and Dinner!**

Cooking with Camp Blue Spruce is excited to welcome back Chefs Joel and Mary Schaefer, [Your Allergy Chefs](#), for three more exciting cooking classes. Hone your kitchen skills and learn how to make delicious meals for the whole family. There's even a rumor about Top-9 French Toast Bowls for breakfast!!



**Register for All our Programs Here!**

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[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](http://www.campbluespruce.org)



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