

Like



*Thank you ALL for your blood, sweat and tears to create a magical week, defying the odds amidst this frustrating pandemic. My camper had another incredible session at camp – in fact she loved every minute. She glows when she shares stories about activities and friendships....*

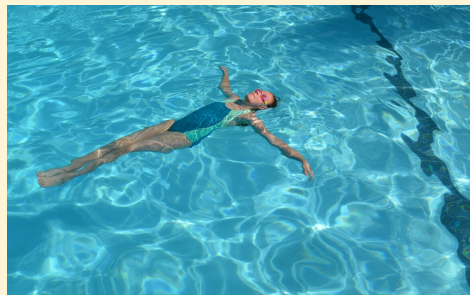
Annie B., Camper Mom 2021

## Those Kids are Smiling!





We are happy to report that overnight camp 2021 was a great success! The campers were delighted to be together, to eat delicious food, and be in a supportive network of food allergy experts and peers. In spite of the masks, we sang, laughed, did skits, played games and shouted for joy! Many thanks to our wonderful campers and their families and our amazing staff for respecting our COVID precautions and keeping everyone healthy. We were thrilled to be together again at camp!





It was very rewarding to see many former campers coming back as counselors and sharing the camp experience with new campers! It truly is a full circle.

We also want to give a shout out to the new crew in the kitchen. Led by Chefs Joel and Mary Schaefer from [Your Allergy Chefs](#), the team included professional chefs,

volunteers, and three interns from OHSU's Dietetic Intern program. THANK YOU for providing another summer of delicious allergy-friendly food!!

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## **THANK YOU 2021 SPONSORS!!**

Please support these companies who generously supported Camp Blue Spruce this year.





THANK YOU to our amazing sponsors!

The Fun Continues this Fall!



Check out [our website](#) to learn more about our fall programming, which begins at the end of September. Highlights include:



**Allergy Pals** - Through our upbeat, weekly Zoom meetings, you'll make new friends from across the country, play fun games, and learn new skills with others who "get it." Each one-hour session is led by experienced mentors who guide participants along their eight-week journey to more confidence, more fun, and more friends!

**Allergy Pals Junior Mentor Program** - Gain leadership experience and have a positive impact on youth living with food allergies. Weekly leadership and training opportunities begin the week of September 27th

**Teen Book Club** - Are you looking for a team of teens to chat with and relate to about everyday life? Join Camp Blue Spruce teens for another round of book club fun! Not only will you enjoy a great read, but you'll find great company and meaningful conversation each week we meet. This fall's book is *Celiac and the Beast: A Love Story Between a Gluten-Free Girl, Her Genes, and a Broken Digestive Tract* written by Erica Dermer.



**Cooking with Camp Blue Spruce** – Join Chefs Joel and Mary Schaefer for another session of cooking fun! Learn how to prepare a full meal, properly use kitchen tools, and make substitutions for your allergens. Have fun and eat well!

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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.

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



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