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Deliciousness in a Bowl



The Fall Session of Cooking with Camp Blue Spruce Features Super Bowls!

First class begins October 16 with breakfast bowls you'll want to wake up for! In November create lunchtime masterpieces and in December, it's bowls for all your holiday celebrations!

Join kids and teens living with food allergies and restrictions and our amazing chefs, Joel and Mary Schaefer from [Your Allergy Chefs](#), to learn cooking techniques, explore substitutions, and create delicious meals you can enjoy all year round!

Classes cost \$30 per session or \$84 for three. Financial assistance is available during registration.

October Breakfast Bowls

Transform French Toast and Overnight Oats into delicious breakfast bowls that are fun and will power you through the morning.

Turn your oatmeal bowl into a delicious breakfast. This easy Overnight Oats recipe is healthy and delicious, made with gluten-free oats and your favorite toppings. Enjoy our 3 sweet spins.



With French Toast in a bowl, you'll never want to skip breakfast again.

[Register for Cooking Class Here!](#)

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Free2b

Free2b isn't just our name. It's our delicious way of life. We're committed to crafting snacks that are not only free from common allergens, but also

over-the-top tasty. We believe everyone deserves to eat fearlessly and live brilliantly.

Online coupon code "CampBlueSpruce" for 20% off until the end of the year.

[Order Free2b](#)

Daiya

We believe that delicious plant-based eating will change our world. So we lead the way forward in crafting unexpectedly satisfying food made with mindful ingredients, always considering how we will feed generations to come.

We go all out to earn our place on daily menus with plant-based nutrition that delivers delightful flavor. To ensure that everyone can gather around the table—food-allergic, flexitarian, vegan, and everyone in-between—sharing meals made with respect for the planet, a commitment to quality, and a love for every bite.

Click the button to download your coupon and save \$1 on your favorite Daiya product.

[Download Your Daiya Coupon!](#)

[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



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