

Like



## Friendship and Understanding

It's been a long year! For kids with food allergies, being home all the time may have been the greatest thing ever – no anxiety about eating in the cafeteria, worrying about what treat to take to a birthday party, or what snacks will be after soccer! On the other hand, they've missed their friends and are eager to get back to all their fun activities.



[Allergy Pals USA](#) can help the transition back to living in the world with food allergies! Your child will connect with other children living with food allergies and other restrictions, learn strategies for managing them, and become more confident. Trained teens with food allergies mentor the younger children through a guided curriculum created by the Social Support Research Program at the University of Alberta and used under license in the United States by Camp Blue Spruce. Don't miss this great opportunity for your child to connect with other kids and get some help easing back into daily activities.

**Deadline to Register is this Wednesday, September 29.**

[Register for Allergy Pals](#)



### Blue Spruce Buddies

If you've attended Allergy Pals USA before and are interested in a new opportunity to connect, [email Hawkeye](#) about our new Blue Spruce Buddies program. [allergypals@campbluespruce.org](mailto:allergypals@campbluespruce.org)

## Teen Book Club!

Join the teen book club, enjoy a sense of camaraderie and hang out with other teens who “get it”.

We'll be reading *Celiac and the Beast* by Erica Dermer.

The book is available for \$13 at Barnes & Noble, Kindle, Amazon, and other bookstores.



Dates:

October 3rd, 10th, 17th, 24th, 31st, and November 7th

[Register Today for Teen Book Club](#)

## Save on Products from The New Primal!

The New Primal makes delicious meat sticks and jerky and has been a sponsor of Camp Blue Spruce for many years. Now you can save 20% when you order [online!](#) Just enter the code CAMPBLUESPRUCE2021.

But, wait! It's not just meat sticks. Read a bit more about their story:

*As The New Primal's placement expanded across the country, so did its lineup of portable protein. Tender meat sticks found rockstar status among previously jerky-shy snackers. Then a scaled-down size (with whimsy-ed up packaging) of the famous meat sticks put tasty Snack Mates into little hands. And with the introduction of cooking sauces, The New Primal even found a way to bewitch vegetarians with its impossibly healthy flavor profiles. Moving along an intentional but organic trajectory, the young company continued to uncover ways to feed better snack-seeking carnivores, tiny-fingered omnivores, and prep-weary herbivores. Today, with conscientious and patient innovation, The New Primal aims to offer compelling ways to get more hands in the kitchen and hearts around the table. As those hands and hearts join in sharing a meal, the Founder encourages everyone to make a "Return to the Table."*

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## FACES in a Flash

We are happy to share information about [FACES in a Flash](#), a virtual mini-conference hosted by the [Center for Food Allergy and Asthma Research \(CFAAR\)](#). It is taking place on October 2nd, 2021 from 10am - 1pm CST. This conference will highlight key topics around food allergy and related conditions.

With tailored conference sessions for adults, teens, and kids (age 9+), FACES in a Flash has an amazing experience for everyone! Experts and advocates from across the U.S. will come together online to provide an in depth and up-to-date review of the research and management of food allergy.

The Teen Con includes activities and information that are geared towards the challenges that this age group specifically faces!

To learn more about the conference and save your seat, head over to [midwestFACES.com](http://midwestFACES.com).

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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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