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## Allergy Pals and Teen Book Club start this weekend!

Today is the deadline to register for Allergy Pals USA and the Teen Book Club!

[Register for All our Programs Here!](#)

### Allergy Pals USA

Allergy Pals USA is a proven program that connects children living with food allergies and other restrictions, presents strategies for managing them, and builds confidence. Trained teens with food allergies mentor 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.



[Register Today!](#)

### 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)



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## 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!](#)

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## Cooking With Camp Blue Spruce!

Chefs Joel and Mary Schaefer, *Your Allergy Chefs*, return for another three-part series where kids will be making Super Bowls! Bowls for breakfast, lunch and dinner. An easy meal kids can make for themselves or the whole family. [Learn more on our website!](#)

**Deadline to Register is October 14.**



[Register Today!](#)

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# We Love Our Sponsors!



**THANK YOU** to our amazing sponsors!

**Save 20% on some Favorite Blue Spruce Snacks!**

**Without a Trace**

Without a Trace protein bites were a huge hit at Camp Blue Spruce and now you can save 20% when you purchase from their website. Our missions align perfectly:

*The more we work on Without a Trace, the more we realize it is bigger than food. Our goal is for your kid to never feel left out because of his allergies or be labeled as "the allergic kid." We want her friends to all want to try her cool, colorful snacks. We also want to simplify snack time. That means creating snacks your whole family will love.*

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

[Order Without A Trace!](#)

## Crunchsters

Campers also loved the salty crunch of the BBQ flavored Crunchsters! Now you can save 20% to try them as well!

*At Crunchsters, we take snacking seriously. It all began when a Colorado family challenged themselves to rid the pantry of traditional snacks that fell short in nutrients. Instead of filling up on the traditional potato, corn, and cheese puff snacks of the world, they discovered the flavors and textures they craved could be enjoyed in a better way; with mung beans! With food allergies on the rise across the globe, more people find themselves unable to enjoy a simple pleasures of life: snack food. That's why at Crunchsters we are committed to creating an allergy friendly portfolio of snacks that can be universally enjoyed by all people.*

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

[Order Crunchsters!](#)

## Libre Naturals

Ever since the first year of Camp Blue Spruce, Libre Naturals has donated their delicious granola bars. Save 10% when you order before October 15.

*Libre means "free" in both Spanish and French so if you're looking for delicious cereals and snacks that are peanut free, tree nut free, dairy free, certified gluten free, soy free, in fact, manufactured in our own dedicated*

*facility free of ALL of the top 11 food allergens and gluten, you've come to the right place.*

Online coupon code **CAMPBLUE10** for 10% off until October 15.

[Order Libre Naturals!](#)

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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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