

Like



## Breakfast Bowls - THIS SATURDAY!

Deadline to Register is Thursday

Sign Up for Cooking with Camp Blue Spruce!



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.

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

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THANK YOU to our amazing sponsors!

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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