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Dear Friends,

We have so much to share this month! Read on to learn about 2022 overnight camp dates, Thanksgiving Poutine, Recipe books, how First-Aid kits can help your family while supporting Camp Blue Spruce, and how you can help improve ingredient and allergy labeling on the food we buy! THANK YOU for your support.

Thanksgiving Poutine Bowls - November 20!



This fall, Cooking with Camp Blue Spruce features BOWLS! The first class in October was all about breakfast. In November it's Thanksgiving poutine bowls! They look DELICIOUS and will be filled with crispy oven fries, brown gravy, roasted turkey (chicken, or pulled pork), mozzarella shreds, and cranberry sauce. Perfect for the season! Register today to

join the fun! In December, we will share some holiday dessert bowls!

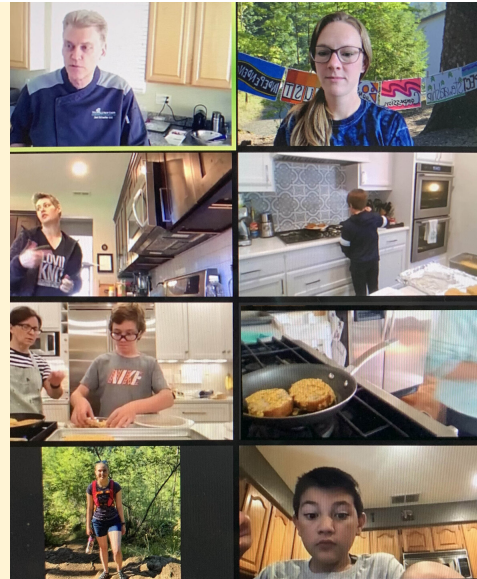
Deadline to register for November's class is Thursday, November 18.

Sign Up for Cooking with Camp Blue Spruce!

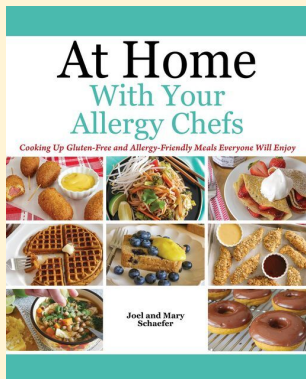
Cooking class offers kids and teens living with food allergies and restrictions a chance to learn cooking techniques, explore substitutions, and create delicious meals to

enjoy all year round! Our amazing chefs, Joel and Mary Schaefer from [Your Allergy Chefs](#), have a lot to share.

Classes cost \$30 per session. Financial assistance is available during registration.



At Home with Your Allergy Chefs



And speaking of Joel and Mary, we are very excited to share the launch of the Schaefer's new cookbook, *At Home with Your Allergy Chefs*. This book shares their passion for great food, educating others, and providing tried and true recipes free of gluten and the top allergens everyone will enjoy. They believe that recipes modified to accommodate food allergies should be delicious, without compromising taste, and we can attest that their food is delicious!

By making recipes that omit these ingredients, a family can share a meal even if one child has a milk allergy, another is celiac and a has a friend over who has a peanut allergy. Best of all, you don't have to sacrifice your favorite foods. They show us that we can have fun cooking allergy-friendly meals that everyone will enjoy.

[Order Your Copy Today!](#)

Be Prepared and Support Camp Blue Spruce!

At Camp Blue Spruce we are all about safety and being prepared! And this season, we

encourage you to take that same sense of precaution by **purchasing a First-Aid Kit for everyone you love.** When you do, Camp Blue Spruce will receive 40% of the cost of each First-Aid Kit.

According to the [Mayo Clinic](#), *"a well-stocked first-aid kit can help you respond effectively to common injuries and emergencies. Keep at least one first-aid kit in your home and one in your car. Store your kits someplace easy to get to and out of the reach of young children. Make sure children old enough to understand the purpose of the kits know where they're stored."*

So don't delay! Order a First-Aid kit for your car, for your home, for your office. And, they make great gifts!

Order First-Aid Kits!!



GREAT FOR TEACHER GIFTS

BE PREPARED...
For the holidays!

Camp Blue Spruce

CAMPBLUE SPRUCE RECEIVES 40% OF ALL SALES!

40%

Don't worry about packages arriving on time! These first aid kits are shipped from Oregon and make great gifts for just about anyone!

Tell Congress We Need Better Labeling!

Food allergy advocate, coach, and founder of Allergy Moms, Gina Clowes, sums it up best on her Facebook page:

- *What would it be like if FOOD LABELS were completely UNIFORM and EVERY ONE HAD A "CONTAINS STATEMENT" at the*

- end?
- What if companies were REQUIRED to include a “MAY CONTAINS” or “PROCESSED in a FACILITY WITH...” STATEMENT on every label?
 - And what if EVERY INGREDIENT had to be disclosed on food labels?

At Camp Blue Spruce we spend hours vetting the food we serve our campers and staff. One of the hardest things we manage is the lack of continuity in labeling for “May Contain” statements and hidden ingredients. **This petition asks Congress to strengthen the Food Labeling Modernization Act to protect the allergic community by providing standards for this additional information.**

As the petition states,
Although the FLMA in its current iteration provides additional safeguards for the celiac and gluten-sensitive communities, it does little to address the issues that have plagued and endangered the food allergy community for over a decade and a half. As you know, a mere trace of an allergen can cause a severe, life-threatening reaction known as anaphylaxis in individuals with food allergies to that allergen.

[Please read and sign this petition](#), and share it with family, friends, and colleagues; post it on your Facebook, Instagram, LinkedIn, and Twitter profiles; and let your representatives know this is important to you and the health of your family. Thanks!

[Sign the Petition!](#)

Fall Programs are Winding Up



Our fall programs are wrapping up, and we have had a great time!

One of our Pals from the Allergy Pals program sent us a Thank You Note the other day letting us know how much he enjoyed the package of Top-9 Free treats he received in the mail. He said:

Thanks for the treats! I am liking Allergy Pals so far. Excited for next session. ALL THANKS!!

We are always so happy and honored to hear that you are enjoying the program!

The Teen Book Club read ***Celiac and the Beast*** and had some incredibly insightful conversations. One participant said:

"I learned so much about Celiac disease from reading this book, and I have a greater appreciation of what others in the food allergy community experience, even if they only avoid one food."

The Junior Mentors have been working with kids and doing some sharing of their own. We are excited about having their help in next year's Allergy Pals and Cooking programs.

Our next sessions will begin after the new year.

Save the Dates - Camp 2022!



TWO WEEKS OF
CAMP BLUE SPRUCE IN
2022!!

SAVE THE DATES
AUGUST 8 – 13
AND
AUGUST 15 – 20
2022

We are so excited to announce that Camp Blue Spruce will be holding two sessions in 2022 – August 8 – 13 and August 15 – 20. Fill out our survey to let us know you're interested! Registration will open mid-December. Watch your email, our website, Facebook, and Instagram for more details.

Let Us Know Your Plans for Camp!

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



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