

Like



Zara's Story



When I first heard about Camp Blue Spruce, I was hesitant. I thought it would be like everyday life, stressing about food and wondering when the next reaction will be. I knew the camp was supposed to be worry free, but I couldn't imagine myself trusting strangers with my meals. I was surprised when I ate the first Camp Blue Spruce dinner, I felt immediately freed.

In camp, I met unique people from all over the United States and Canada. I didn't have to explain my burdens because everybody was just like me. They all experienced food restrictions whether it was from allergies, intolerances or Celiac. We had all been going through something tough, maybe even life or death, and being surrounded by all these people going through the same thing was so relieving and special. We all had something in common. It was the greatest week of my life! I woke up one day feeling different. I had gotten my drive back. I was more confident with myself and stepped out of the bubble I had placed myself in many years ago. I got the chance to forget about my problems or the things I tried to ignore that always impacted my life, and I got to have fun! I never realized how much I was missing out on until I realized just what it was like to actually live. I will always be thankful for the people and the staff at Camp Blue Spruce. I will forever remember my first week and hopefully many more weeks to come.

-Zara (age 14)

Your Donation Could Be Doubled!



In case you missed it, we've added a much-needed second week of camp this year. More kids will be taken off that pesky waitlist and be able to experience the magic of Camp Blue Spruce.

We need your help to make this dream come true by December 31, 2021. Let's turn \$15,000 into \$30,000.

This matching gift is made possible by the long-running and generous commitment to Camp Blue Spruce by Connie DeMerell and her family.



Donate before it's too late.
www.campbluespruce.org/ways-to-give

Donate Today!

Happy Together - Summer Fun at Camp 2021!

CAMP BLUE SPRUCE 2021



Enjoy these great memories of overnight camp, plus extra bonus videos at the end.

Take a look at these highlights from Camp 2021. We are so [Happy Together!](#)

Registration for 2022 opened on Friday, and we are filling quickly! [Register for camp](#) while there are still bunks available!

[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.

www.campbluespruce.org



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