

Like



Thinking About Sending Your Child to Camp?

Join us at the Summer Camp Info Session

Wednesday, March 2 at 5:00

Kids need camp now more than ever. Our programming is robust and affirming and offers challenges and activities for youth in every age group. High schoolers enjoy special off-site activities, and the CIT program provides rising seniors with leadership skills and a community they will cherish.



Join the head nurse, Camp Director, two counselors, and the founder on Zoom to get all your questions answered!

Join the Meeting - 5:00 Pacific on 3/2

A camper parent shares her experience with camp

I want to take a minute to give a little plug for something that is near and dear to my allergy mama heart...Camp Blue Spruce, a week long overnight summer camp for allergy/ceciac kids right here in Oregon! This camp is the brain child of an allergy



mom that didn't want her son to miss out on the great experiences she had at summer camps. I can't even begin to tell you how much fun these campers are having, how great and safe the food is and the tremendous positive emotional/social impact this experience nurtures. And the independence and confidence gained is priceless. I am grateful that I get to go up there for an entire day during camp week and help the campers find their creative

side. I see campers playing, laughing, eating without worry as they go through a buffet line, learning about nature, swimming, canoeing, being creative, making strong friendships and already planning to return next year.

Register for Camp



Thriving at Camp With Food Allergies!

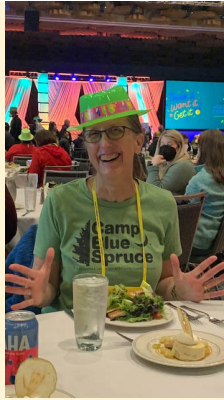


We had an amazing time at the American Camp Association national conference! Our session, *Thriving at Camp with Food Allergies*, was well received. We shared important tips on kitchen safety protocols, reading ingredient labels, staff training, communicating in the kitchen and with the camper(s), and how to make campers feel like they belong in the dining hall and all programming. Many thanks to Joel Schaefer and Brook A. for making this panel a success!

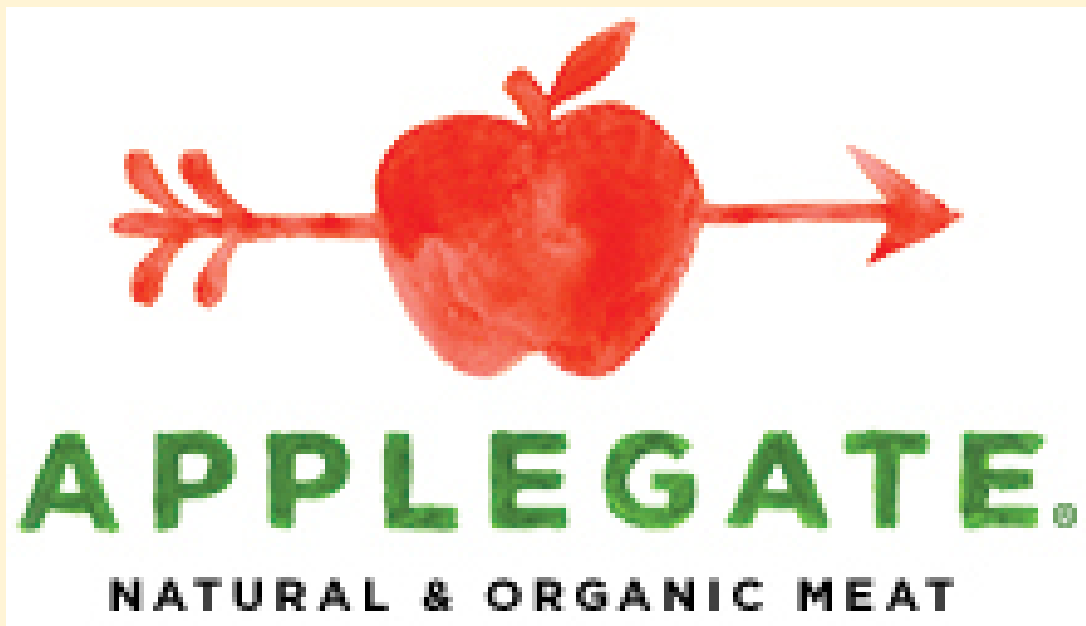


The sessions we attended were full of information! Our heads are spinning. We learned about evidence based evaluation, mental health at camp, and gained many useful tips about operations and programming. And, of course because it was a camp conference, we learned lots of new games from experts in the field. We enjoyed making connections with camp people from around the country! It was fun to share our city with them.





Sponsor Highlight



We are so very grateful to our friends at [Applegate](#), who have been generous donors to camp for several years. From their chicken nuggets to their hot dogs, we are so

fortunate to be feeding our campers meat without antibiotics or GMOs and the top-9 allergens. One camper loved the breakfast sausages so much, she ate more than 20 at one sitting!

Thirty years ago, Applegate was founded on the simple premise of, "What if you weren't afraid to read a hot dog label?" This bold question became a mission: Changing The Meat We Eat®.



A recent blog post describes their latest endeavor:

Last year, the world endured a radical shock. And in few places was that more obvious than in the food system. Shelves were empty. Prices rose. Change, everyone agreed, was necessary. As we emerge from the thick of the crisis, it is time to put those changes in place, to build a more resilient and equitable food system. Here, at Applegate, that means doing more than simply limiting our impact on the planet. It means pioneering and championing smart, holistic systems that produce quality meat while actually improving the land and the soil.

Thank you, Applegate, for your commitment to the health of humans, animals and the planet! We are honored to have you as a partner.

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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