



# Camp Blue Spruce



A worry-free camp for kids with food allergies.

One Week Only

**August 18 – 23, 2013**

Located near Banks, Oregon  
less than 30 miles from Portland

Five days and nights of camp, loaded with fun  
**for boys and girls ages 9 to 14, including:**

<b>Swimming</b>	<b>Field Games</b>
<b>Hiking</b>	<b>Campfires</b>
<b>Arts &amp; Crafts</b>	<b>And More!</b>

**Our camp is free of the  
foods that cause more  
than 90% of allergic  
reactions, including:**

- dairy
- eggs
- peanuts
- tree nuts
- fish
- shellfish
- wheat
- soy
- gluten
- sesame

[www.campbluespruce.org](http://www.campbluespruce.org) • [info@campbluespruce.org](mailto:info@campbluespruce.org) • 503.726.8886

**“The campers will be able to sit down at the table and eat all foods that are being served – a simple treat they don’t often get.”**

– Louise Tippens, Camp Board President

### **The Camp Blue Spruce Mission:**

To provide children with food allergies a summer camp experience where they can be independent, confident, and care-free.

Learn how to apply online at  
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Loads of fun activities and Oregon’s great outdoors will make Camp Blue Spruce the highlight of your child’s summer. We are accepting campers now, and with only one week available, the 56 slots will fill up fast.

Parents of children with food allergies now have a worry-free camp environment for their children.

Our cooks prepare most of the food from scratch, using fresh ingredients. All the manufactured products at Camp Blue Spruce are carefully vetted and will mostly come from allergen-aware companies.

Camp Blue Spruce is open to children with and without food allergies, ages 9– 14.