



Newsletter

Prairie Family Center

September 2019

This Issue

[Announcements](#) Pg. 1-2

[Programs](#) Pg. 3

[Crafts](#) Pg. 4

[Health](#) Pg. 5

Connect with us!

PHONE:
719-346-5398

EMAIL:

Office.prairiefamilycenter.com

ADDRESS: 390 14TH St. Burlington
80807

www.prairiefamilycenter.com

PRAIRIE FAMILY CENTER

DONATIONS

Prairie Family Center holds regular fundraising efforts throughout the year to help fund our programs. Currently, we are needing donations for emergency services to help with prescription, fuel, diapers, etc. We always accept monetary donations.

**OUR VISION, YOUR
SUCCESS!**



Family Resource
Center Association

**TWICE AS
NICE THRIFT
STORE**

NEW Hours!

**1st, Saturday of
every month
10am- 3pm**

**25 % off
storewide!**

Twice as Nice Thrift Shop

Mon -Thurs 9am-5pm

Friday 9am - 4pm Saturday 10am-3pm

SAVE THE DATE



#GIVINGTUESDAY

On December 3rd, 2019, join the movement and give whether it's some of your time, a donation, gift or the power of your voice in your local community, it's time to give back.



We are looking for some donations of:

- 1. Clear Christmas Lights**
- 2. Lego and or Building Blocks for different ages**

We have some projects that are coming up! We would greatly appreciate any donations.


THANK YOU!

NEW Signup! Check it out on our [FACEBOOK](#) page!

UPCOMING PROGRAMS



**MONEY MANAGEMENT
TUESDAY'S
11AM-12:30PM.
@BURLINGTON
COMMUNITY CENTER**




**VICTORS OF DOMESTIC
VIOLENCE, THURSDAY'S
5:30-6:30PM @UNITED
METHODIST CHURCH**



**FAMILY
BUILDING BLOCKS
TUESDAY'S! 5-7:30PM.**



**Mom TRIBE 9-10am.
Thursday's @Saint Paul's
Lutheran Church
Crafts/Support/Coffee**



**FAMILY FUN
NIGHT 6PM-9PM
@BURLINGTON
ELEMENTARY SCHOOL
SEPTEMBER 27!**

SEPTEMBER FUN

Apple Stamping Pumpkin Craft

HOW TO MAKE

Apple cut down the center

Orange Paint

Googly Eyes

Brown and green pipe cleaners

Begin by cutting your apple in half. Using a small paint brush, dab some orange paint on one half of your apple. Carefully press down on the paper. Touch up any unpainted parts with your brush. While you painted pumpkins are drying gather your remaining supplies. We liked to use different size googly eyes, cut your brown pipe cleaners into small stem sizes and twist your green pipe cleaners around a pencil to create a curly leaf and add eyes!



Pumpkin Paper Plates

HOW TO MAKE

Orange paper plate or white

Scissors

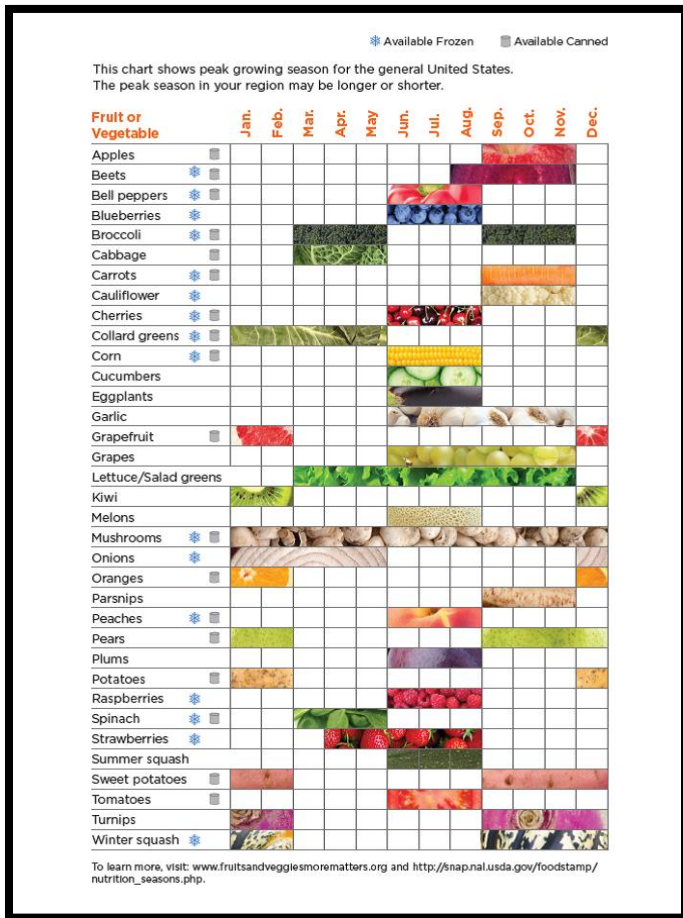
Glue stick

Green and black construction paper

1. Cut out faces from your black construction paper
2. Use the glue stick and glue your face to your pumpkin
3. Don't forget your stem!



Let's get HEALTHY



Eating in season has many benefits.

You may save money. It costs more to transport produce from overseas to your local store than it does from somewhere closer by. When you eat fresh foods in season, you don't pay as much for transportation costs.

Your food may taste better. Foods grown and picked at their peak typically taste better. Compare the taste of a strawberry in May to a strawberry in January — you may never go back!

You may get more nutrients from your food. Produce starts to lose nutrients after being picked. The longer the travel time to your store, the more nutrients are lost.



STOCK YOUR PANTRY

1. Hold on to whole grains. Fill your pantry with whole grain pasta, brown rice, barley, rolled oats, and other whole grain favorites. Stock up when you find a good sale. Or, buy in bulk. Bulk bins often have better unit prices than packaged grains.
2. Bet on beans. Canned or dried beans add bulk to soups, salads, and pastas. Swap in beans in place of half the meat in tacos or other dishes. They are less expensive and lower in saturated fats. Look for low-sodium or no-salt-added when buying canned.
3. Don't forget fruits and veggies. Canned produce was picked at its peak, so it's full of great nutrients. Serve canned fruits or applesauce (no sugar added or canned in their own juice) as quick snacks for kids. Canned corn or green beans make quick and easy side dishes. Canned tomatoes can be used in pastas, soups, casseroles, and many other meals.
4. Feature fish. Another item you may not think of buying canned is fish. But canned fish is a great secret for getting more heart-healthy fish into your diet in an affordable way. Use canned tuna salmon to add protein to salads, casseroles, and pasta.
5. Nosh on nuts. Nuts and dried fruit make great pantry items. Throw into homemade trail mix for an easy snack. Add to hot cereals, baked goods, or yogurt to pack a punch. Throw onto salad or sautéed greens to add sweetness and crunch.
6. Think outside the cereal bowl. Stock up on whole grain, low-sugar cereals when you find a good sale. Add to trail mix for a healthy snack. Or, crush and use as a crispy coating for meat, poultry, and fish. (Try our Baked Flaked Chicken.)
7. Fill your pantry with flavor. Vinegars and other condiments, like Dijon mustard, are great for quick, homemade salad dressings. Or use them to make a flavorful marinade for proteins or vegetables. Apple cider, red wine, rice, and balsamic vinegars are all good options.
8. Spice things up. Speaking of flavor, keep the dried herbs and spices you use often on hand. Use to add taste in place of extra salt or fat.
9. Invest in healthy fats. Oils made with healthy fats are great for sautéing, baking, roasting vegetables, making salad dressings, and more. Canola oil is a lower-cost healthy choice best used for cooking. Olive oil may be worth the extra cost when making dressings or vinaigrettes.