



Newsletter

Prairie Family Center

JULY 2021

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Connect with us!

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719-346-5398

EMAIL:

Office.prairiefamilycenter.com

ADDRESS: 1090 Rose Avenue,
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

We are NOW open!
Mon-Fri 9am-5pm

Open every 3rd
Saturday from 9am-
12pm

NEW phone
number for Thrift
Store

719-900-0962

**CHECK OUT OUR WEBSITE @
WWW.PRAIRIEFAMILYCENTER.COM**

UPCOMING EVENTS



Twice As Nice Thrift Store is NOW ON FACEBOOK! Go give us a LIKE. Our customers now have the option to schedule donation pickups on our FB page!

Prairie Family Center is now open, Mon-Thur 9am-4pm and Friday's 9am- 12pm.

YOU CAN ALWAYS MAKE A DONATION TO OUR NON PROFIT @WWW.PRAIRIEFAMILYCENTER.COM OR BY USING OUR CODE. CHECK OUT OUR NEWSLETTER AND CALENDAR ONLINE @WWW.PRAIRIEFAMILYCENTER.COM

Donate by scanning our code ABOVE!

CHECK OUT OUR NURTURING PARENTING MONTHLY NEWSLETTER ON OUR WEBSITE!

SENIOR COMMODITIES JULY 22ND @PFC CALL US @719-346-5398 FOR ANY CONCERNS

FOOD BANK OF THE ROCKIES JULY 12TH @BURLINGTON COMMUNITY CENTER @9AM



Thursdays 9-10 at Prairie Family Center. We will be working on sensory and learning activities.

Monday to Tuesdays we will have CATCH from 11-11:30 at the Rocket Park to play some fun games and get outside.

Ages 0-5

Monday to Tuesdays at 11:30 -12, at the Rocket Park, we will be exploring new foods and learn about healthy snacks we can have.

K-6th

We will also have some activities for older kids at the Rocket Park from Monday to Tuesday at 11-12 with CATCH to get time outside and some physical activity.



Prairie Family Center is hosting a free summer programs for kids to enjoy! From sensory activities to learning about healthy snacks we will have lots in store for this summer. We will work on growing your child's skills to begin school and keep themselves healthy.



<https://www.facebook.com/PrairieFamilyCenter>



(719) 346-5398

Lunch

The Free Summer Lunch Program is going to be providing lunch for kids 0-18 from 12-12:30.

Summer Adventure

Beginning June 7

Where: 1040 Rose Ave, Burlington, CO 80807

WE HAVE DIAPERS AND WIPES! OF ALL SIZES!

COOKING MATTERS

GETTING KIDS INVOLVED IN THE KITCHEN

Help us get these veggies cooked into our stir fry! Starting at each veggie, follow the lines with a crayon until you reach the arrow.

BROCCOLI

ONION

PEPPER

PEAS

Finish the Stir Fry!

VEGGIES
any of your family's favorites!

GRAIN
ex. brown rice, pasta

PROTEIN
ex. chicken, fish, tofu

SAUCE
store bought or make-your-own!

=

STIR FRY!

GROWN-UPS:
Stir-fries are a great way to use up veggies that may soon go bad! Here is what you'll need

COOKING MATTERS
Check out our Facebook page at facebook.com/cookingmatters.national

Don't yuck my yum!

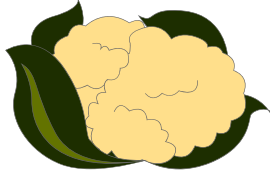
Teaches kids that trying new things takes practice just like learning to read!

- Step 1:** Everyone choose a different color crayon.
Step 2: Draw a heart around your favorite fruits & veggies.
Step 3: Look & see who likes what!



Don't yuck my yum!

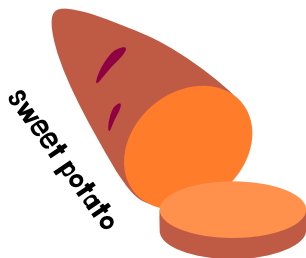
cauliflower



apple



celery



sweet potato



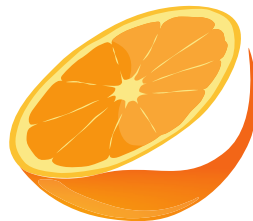
cucumber



pears



broccoli



orange



greens



pepper

GROWN-UPS:

Everyone likes different things! Instead of saying "that's yucky", try having your kids say "maybe I'll like it next time". Trying new things takes a little practice, just like learning to read!