



Newsletter

Prairie Family Center

JANUARY 2021

This Issue

[Announcements](#) Pg. 1-2

[Programs](#) Pg. 3

[Crafts](#) Pg. 4

[Health](#) Pg. 5

Connect with us!

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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

Twice as Nice Thrift Shop

Mon -Fri, 9am-4 pm

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!

FOOD BANK OF THE ROCKIES
JANUARY 11TH @ BURLINGTON
COMMUNITY CENTER @9AM
CALL US @ 719-346-5398

FOR ANY QUESTIONS

PFC HAS

DIAPERS

AND WIPES

FOR ANYONE

IN NEED!

SENIOR COMMODITIES
@10AM @PFC CALL US

@ 719-346-5398 FOR
ANY QUESTIONS

CRAFTS TO DO WITH THE KIDDOS



PAPER PLATE UNICORN

MATERIALS

- Craft paint
- Black Marker
- Yarn
- Cardstock

TOOLS

- Hole Punch
- Scissors
- Paint Brush

1. Start by tracing the unicorn head pattern onto a paper plate and cut it out. Paint the paper plate pink and the nose purple.

2. Use a hole punch to make holes along the paper plate curve edge. Cut yarn strands of the same length.

3. Fold the yarn in half and thread the fold through a hole in the paper plate to make a loop. Thread the other end of the yarn through the loop and pull it tight to secure it to the paper plate. Repeat with the rest of the yarn strands.

4. Use a black marker to draw the eye and nostril. Trace the horn onto foam or cardstock paper and glue it onto the back of the paper plate.



COOKING MATTERS

RECIPE OF THE MONTH`

Nutrition Facts

Serving Size 3/4 cup
Servings Per Recipe 4

Amount Per Serving

Calories 80 **Calories from Fat** 10

% Daily Value*

Total Fat 1.5g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 10mg **0%**

Total Carbohydrate 16g **6%**

Dietary Fiber 3g **11%**

Sugars 12g

Protein 1g

Vitamin A 2% • Vitamin C 0%

Calcium 2% • Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

MATERIALS

- CUTTING BOARD
- MEASURING SPOONS
- MEDIUM BOWL
- SHARP KNIFE
- SMALL SKILLET

INGREDIENTS

- 2 MEDIUM GRANNY SMITH APPLES
- 2 TABLESPOONS DRIED FRUIT, SUCH AS RAISINS, DRIED CRANBERRIES, OR DRIED CURRANTS
- 3 TABLESPOONS PLAIN LOWFAT YOGURT
- 1 TABLESPOON WHOLE, SHELLED WALNUTS

1. Rinse and remove cores from apples. Do not peel. Cut into 1-inch pieces. Place in a medium bowl.

2. Add dried fruit and yogurt to bowl, mix well

3. In a small skillet over medium heat, toast nuts until golden brown and fragrant. Watch closely so they do not burn. Remove from pan and let cool.

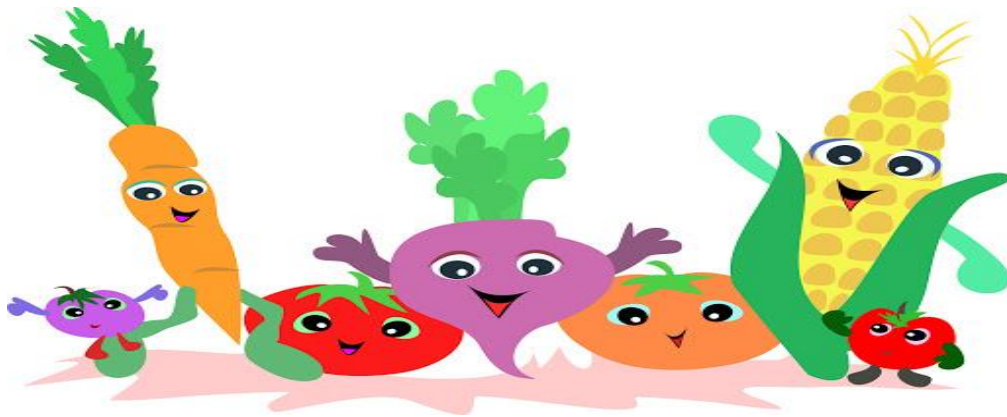
4. Chop cooled nuts with a knife. Or put in a plastic bag and crush with a can.

5. Add crushed nuts to bowl.



Freeze More Waste Less With Cooking Matters

When purchasing fresh fruits and veggies: if you will eat them right away, buy ripe. If you won't, buy them before they are ripe. Or buy a mix – a few that are ripe to eat right away and a few that will ripen later. If refrigerator space is limited, some fruits and veggies can be stored in a cool room or basement instead. Try potatoes, beets, carrots, other root veggies, apples, and pears.



FREEZE MORE, WASTE LESS

Follow these steps to make fresh fruits and vegetables last!

1. Rinse produce & pat dry.
2. Prep! Chop into pieces.
3. For veggies, briefly cook in boiling water.
4. Place in single layer on baking sheet & freeze.
5. When frozen, transfer to larger freezer-safe bag.

COOKING
MATTERS

CONGELA MÁS, DESPERDICIA MENOS

¡Sigue los siguientes pasos para que sus frutas y verduras duren más!

1. Lave los productos y séquelos.
2. ¡A preparar! Pique los productos en trozos pequeños.
3. Para las verduras, cocínelas brevemente en agua hirviendo.
4. Colóquelas en una sola capa sobre una bandeja para hornear y congélelas.
5. Cuando estén congeladas, transfírelas a una bolsa más grande para continuar congelándolas.

COOKING
MATTERS