



# Newsletter

## Prairie Family Center

NOVEMBER 2020

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### Connect with us!

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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 3<sup>rd</sup>  
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



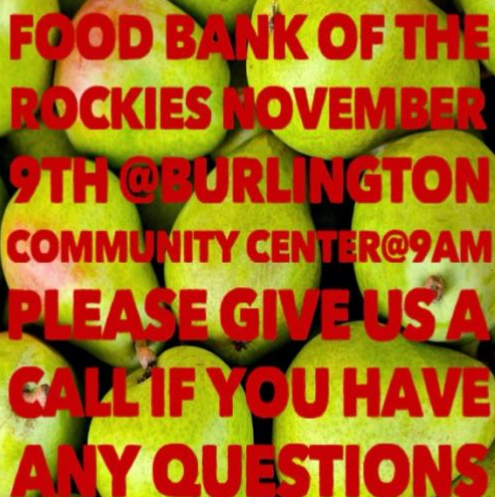
**Prairie Family Center** is now open,  
Mon-Thur 9am-4pm and Friday's 9am-  
12pm.

**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!

We are grateful for your ongoing support! You can schedule your Colorado Gives Day donation in advance beginning November 1 and help us win valuable cash prizes to support our work! Just visit @<https://www.coloradogives.org/PrairieFamilyCenter/overview> donate, then download and share the "I Gave Early" badge on your social media to inspire your friends and family!



**PFC HAS DIAPERS  
OF ALL SIZES AND  
FORMULA! FOR  
FAMILIES IN NEED.  
PLEASE CALL US  
@7193465398 TO  
CHECK AVAILABILITY.**



**FOOD BANK OF THE  
ROCKIES NOVEMBER  
9TH @BURLINGTON  
COMMUNITY CENTER@9AM  
PLEASE GIVE US A  
CALL IF YOU HAVE  
ANY QUESTIONS**



**NURTURING PARENTING  
CLASSES ARE HAPPENING  
NOW! FREE! CALL US  
@719-346-5398 TO  
ENROLL! FREE DINNER PROVIDED**

# THANKSGIVING RECIPES!



## INSTANT POT MAC & CHEESE

- 1 lb. macaroni
- 4 c. water
- 4 tbsp. butter
- 1 tsp. kosher salt
- 1/2 tsp. ground mustard
- 1/2 tsp. smoked paprika
- 1 (5-oz.) can evaporated milk
- 3 1/2 c. shredded cheddar
- 2 c. shredded fontina
- 1/2 c. freshly grated Parmesan
- Kosher salt
- Freshly ground black pepper

1. Add macaroni, water, butter, salt, mustard, and paprika to the bowl of your Instant Pot. Secure lid, and set to manual on high pressure. Cook for 4 minutes.

2. Follow manufacturer's guide for quick release, making sure to wait until cycle is complete before unlocking and removing lid. Stir in evaporated milk and cheeses and stir until melted and fully combined. Season with salt and pepper before serving.

## SWEET POTATOE CASSEROLE

- Cooking spray
- 4 c. large sweet potatoes, peeled and cubed
- 1/2 c. packed brown sugar
- 8 tbsp. melted (1 stick) butter
- 1 tsp. pure vanilla extract
- 1/2 c. milk
- 2 large eggs
- 1/2 tsp. kosher salt

### FOR STREUSEL TOPPING

- 1 c. packed dark brown sugar
- 1/2 c. all-purpose flour
- 4 tbsp. butter, melted
- 1 c. chopped pecans
- 2 1/2 c. mini marshmallows

1. Preheat oven to 350° and grease a 9-x-13" baking dish with cooking spray. Place sweet potatoes in a large pot and cover with water. Bring to boil then reduce heat and simmer until the sweet potatoes are tender, about 15 minutes. Drain and let cool slightly then transfer to a large bowl.

2. In a large bowl, stir together sweet potatoes, sugar, butter, vanilla, milk, eggs, and salt until smooth. Pour into prepared dish.

3. In a medium bowl, stir together sugar, flour, and butter until it clumps. Stir in pecans, then spread evenly over potatoes. Top with marshmallows.

4. Bake until cooked through and golden, about 30 minutes.



# THANKSGIVING CRAFTS!



## THANKFUL TURKEY

- Cardstock paper: white, brown, red, yellow, orange and other colors
- Black marker
- Scissors
- Glue

Start by gluing the snood and beak together. Glue the beak and snood in the middle of the head. Glue the eyes above the beak.



Glue the note at the bottom of the body. Glue the arms onto the body, one on each side. Glue the feet at the bottom of the legs. Glue the white stripes onto the legs.



Glue the turkey together: add the head on top of the body, glue the feathers to the back of the body and glue the legs at the bottom of the body. Use a black marker to write what you're thankful for on the white stripes, one word on each stripe.

# HEALTH ALWAYS 1ST



Let's all **EAT HEALTHY. BE HEALTHY. SAVE.**

The Dietary Guidelines for Americans can help.

We're in the red.



Healthy eating can help... but first, we need to do it.



What's the return on our investment?



3 reasons why the Dietary Guidelines matter.

PRACTICAL TOOL	DATA-DRIVEN	FOR ALL AGES
USDA and HHS look the science and brought forth the real world of how we eat... the Academy encourages everyone to follow the Dietary Guidelines recommendations because as dietitians we stand by science-based recommendations and realize that healthy eating is one of the most powerful tools we have to reduce the onset of disease.	With conflicting and often conflicting information in the media, it's more important than ever that Americans have a clear source of science-based information about diet. We would like to see the 2020 Dietary Guidelines continue to provide Americans with science-based guidelines.	Pediatricians routinely look to the Dietary Guidelines to provide advice to our patients. We look forward to the inclusion of science-based Dietary Guidelines for children 18th to 24 months in the 2020 Dietary Guidelines for Americans. Early nutrition sets the course for preventing many diseases, even those that would occur in adulthood.
ACADEMY OF NUTRITION & DIETETICS	AMERICAN COLLEGE OF CARDIOLOGY	AMERICAN ACADEMY OF PEDIATRICS

Released jointly by USDA and HHS every 5 years, the Dietary Guidelines for Americans is the cornerstone for Federal nutrition programs and a go-to resource for health professionals nationwide. For more information, go to [www.DietaryGuidelines.gov](http://www.DietaryGuidelines.gov).

USDA represents the Dietary Guidelines information. USDA is an equal opportunity provider and employer.

Center for Nutrition Policy and Promotion  
September 2017  
Revised February 2018

## STOCKING YOUR PANTRY

KEEP THESE INGREDIENTS ON HAND TO CREATE QUICK AND NUTRITIOUS MEALS.

### Baking Products.

Have flour, sugar, baking soda, and baking powder on hand. They are basic ingredients for many fresh baked goods.

### Canned Tomato Products.

Keep canned tomato sauce and whole, diced, or puréed tomatoes on hand. They are basic ingredients in a wide range of recipes.

**Oil.** Canola and olive oils are nutritious choices when cooking or making dressings. Cooking spray keeps food from sticking to the pan.

### Canned Beans and Fish.

Add beans like kidney, black, pinto, or lima to salads and soups. Or, serve as side dishes or add to a main dish. Use canned tuna and salmon to add protein to salads, casseroles, and pasta.

### Cereals.

Stock up on whole grain cereals when they're on sale. Enjoy with fruit and milk. Or, use to make trail mixes, baked goods, or crispy coatings for meat, poultry, and fish.

**Pasta and Rice.** Buy whole wheat pasta and brown rice on sale or in bulk or family-size packages. Store in airtight containers after opening to keep fresh and prevent pests.

### Canned Fruits and Vegetables.

Canned produce like pineapple, applesauce, corn, and green beans make quick and easy side dishes or snacks on their own. Or, use as an ingredient to stretch main dishes.

### Dried Fruit and Nuts.

Use as a snack on their own or in homemade trail mix. Add to cereals, baked goods, and yogurt for a snack or breakfast.

**Vinegar.** Keep apple cider, red wine, rice, or balsamic vinegars on hand for homemade salad dressings and marinades.

**Dried Herbs.** Buy the dried herbs and spices you use often. Use to add flavor in place of extra salt.

### Canned or Powdered Milk.

Canned low-fat evaporated and dry powdered milk keep longer than fresh. Prepare them according to the package directions. Use in recipes instead of fresh milk.



## Changing Recipes is Simple

MAKE CHANGES TO RECIPES BASED ON:

1. Food you have on hand
2. What's in season
3. Your family's tastes
4. Ingredients on sale
5. The amount of time you have to cook
6. Healthier cooking methods



Check out the Cooking Matters link down below to download a FREE Cooking Matters book, for healthy and budget friendly recipes!

- <https://cookingmatters.org/cooking-matters-home>