



# Newsletter

## Prairie Family Center

OCTOBER 2021

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### 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 3<sup>rd</sup>  
Saturday from 9am-  
12pm

NEW phone number  
for Thrift Store

719-900-0962

**TWICE AS NICE THRIFT STORE**  
**(CLOTHING, SHOES, HOUSEHOLD ITEMS AND ANTIQUES)**

# 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 @BURLINGTON COMMUNITY CENTER OCTOBER 11TH @9AM FOR ANY QUESTIONS CALL US @7193465398**

**PFC HAS  
DIAPERS  
AND WIPES  
FOR ANYONE  
IN NEED!**

**SENIOR COMMODITIES @PFC OCTOBER 28TH CALL US @7193465398 IF YOU HAVE ANY QUESTIONS**

**We're Hiring**  
Food Driver



Interested in working 12 hours per month? Kit Carson County Collaborative Management Program and Prairie Family Center are looking for someone who can work around 8 hours the 2nd Monday of every month and an additional 4 hours during the month. This position would be responsible for working the Food Bank of the Rockies and delivering food boxes to locations throughout the county. Must have a valid driver's license. Pay is \$12.50/hour. Please contact PFC or Jessica Schart at jschart@af20.net for more information or application.

# COOKING MATTERS

COOKING  
MATTERS

COOKING MATTERS PRESENTS

## Happy Whole-idays

### Be a whole grain detective

Whole grains (like whole wheat bread, whole grain tortillas, or brown rice) give you the nutrients you need to **grow, play, and be strong**. With refined grains (like white bread, flour tortillas, or white rice), many of these good nutrients have been removed.

#### Hunt out wholesome whole grains this holiday season!

1. Pick up a grain food and find the ingredients list.
2. Look at the **first** ingredient only.
3. Look for the word "whole" in the first ingredient (like "whole wheat flour" or "whole oats"). If you don't see the word "whole," look for other whole grain words like "brown rice" or "oatmeal."
4. If the first ingredient is a whole grain, the food is a whole grain!

Circle the ingredients lists that are from whole grain foods.

Cross out the lists that are not from whole grain foods.

Check your answers at the bottom of the page!

**1**  
**INGREDIENTS:** ENRICHED MACARONI PRODUCT (WHEAT FLOUR, DURUM WHEAT FLOUR, NIACIN, FERROUS SULFATE [IRON], THIAMINE MONONITRATE [VITAMIN B1], RIBOFLAVIN [VITAMIN B2], FOLIC ACID); CHEESE SAUCE.

**2**  
**INGREDIENTS:** WHOLE GRAIN WHEAT FLOUR, UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE [VITAMIN B1], RIBOFLAVIN [VITAMIN B2], FOLIC ACID), SOYBEAN OIL, SUGAR, CORNSTARCH, SALT, BAKING SODA.

**3**  
**INGREDIENTS:** BROWN RICE FLOUR, FILTERED WATER, ORGANIC SAFFLOWER OIL, YEAST, SALT.

**4**  
**INGREDIENTS:** WHOLE OAT FLOUR, WHOLE WHEAT FLOUR, BROWN SUGAR, SUGAR, MALTODEXTRIN, MALTED BARLEY EXTRACT, MOLASSES, SODIUM BICARBONATE, SALT, CALCIUM CARBONATE.

**5**  
**INGREDIENTS:** UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE [VITAMIN B1], RIBOFLAVIN [VITAMIN B2], FOLIC ACID), SOYBEAN OIL, SALT, BAKING SODA, YEAST.

**6**  
**INGREDIENTS:** RICE, SUGAR, SALT, FLAVORING, IRON, FOLIC ACID, VITAMIN D.

#### DID YOU KNOW?

Whole grains can help you stay fuller for longer – so your stomach won't be growling as soon after you eat!

**TIP:** Look for the ingredients list on the side or back of your food package.

#### DID YOU KNOW?

Whole grains can be a good source of fiber. Fiber is like a broom – it sweeps through your body and removes the "yucky stuff" to keep you healthy!



Whole grains: 2, 3, 4 Not whole grains: 1, 5, 6

# Cooking Matters

## COOKING MATTERS PRESENTS **COOKING MATTERS** Breakfast Boost

### Break for breakfast!

Take a few minutes to fuel up each morning at home or at school. A balanced breakfast includes foods from at least 3 food groups. Think about the breakfast you ate this morning. What foods did it include? Which food groups do these foods belong to? Talk it over with a friend or write your answers below.

[ Food I Ate ]

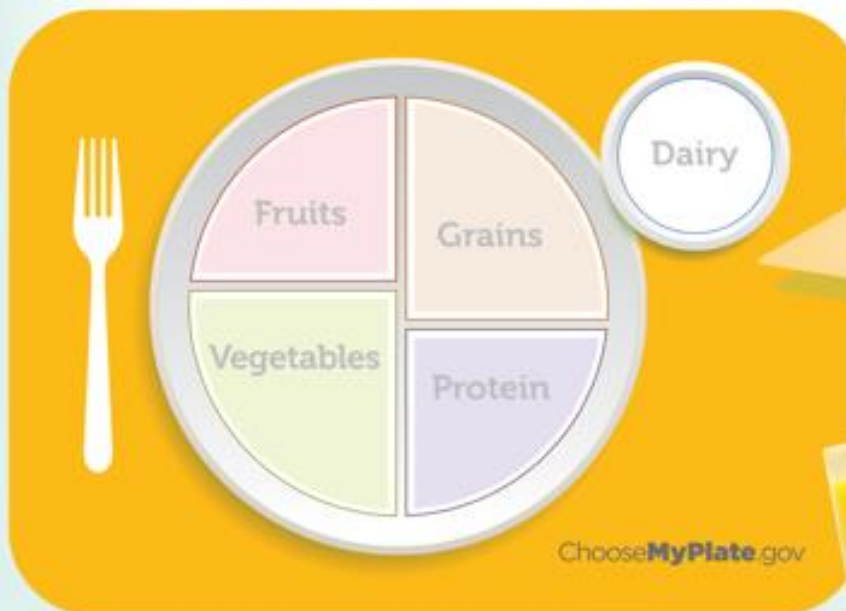
[ Food Group ]

Ex: cereal

Ex: grains group

_____	_____
_____	_____
_____	_____

Now color in each food group you listed on the MyPlate picture below!



### DID YOU KNOW?

Eating breakfast gives you energy to play and have fun all day long. It also helps you focus and do better in school.

**Hint:** You may need to think about each ingredient of some foods. For instance, a breakfast burrito may have beans, cheese, and a tortilla — all different food groups!

**It's good to eat from every food group, every day!**

Circle the food groups on the MyPlate picture that you still need to eat from today.

Write or draw in ideas of foods you might eat today from these groups!