



Newsletter

Prairie Family Center

April 2024

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: 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-Thur 9am-5pm

Fridays 9-7pm

Open every 3rd
Saturday from 9am-
12pm

NEW phone number
for Thrift Store

719-346-5398

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!**



Every day, Prairie Family Center works on providing our community with education and resources to build and support healthy and functional families. Please join us in supporting Prairie Family Center. By giving just \$10, you can strengthen our mission and our communities.



We would like to invite you to join our Mom Talk group, where you can find a place to learn about budgeting, cooking, gardening, parenting tips, some social support, and more!

EVERY OTHER TUESDAY
STARTING APRIL 9TH

10:00AM-12:00PM

1040 ROSE AVE BURLINGTON CO
KOBI VANCELEAVE OR KELLY ANDERSON (719)346-5398
KOBI.PRAIRIEFAMILYCENTER@GMAIL.COM

PRODUCE FOR OUR SENIORS @ PRAIRIE FAMILY CENTER APRIL 11 FOR ANY QUESTIONS FEEL FREE TO CALL US 719-346-5398

FOOD BANK OF THE ROCKIES APRIL 8TH 9AM @ BURLINGTON COMMUNITY CENTER 719-346-5398 CALL US FOR ANY CONCERNS

Cut the sugar cut the cavities

Kids that drink sugary beverages daily are 2x more likely to get cavities

1. Avoid Soda

Soda is the worst for the teeth because of its sugar content and acidity.



2. Limit Juice

Juice, including 100% juice, is high in sugar. Stick to no more than 4-6 oz. a day.



3. Limit Sports Drinks

Water is the best choice for hydration.



4. Choose Crunchy Veggies & Fruits

Also called nature's toothbrush, they are healthy for your teeth and body!



Choose Water

Add sliced citrus fruit to water to create a healthy flavored drink without the added sugar!



Want more information?

smiles@uth.tmc.edu

CHOOSE THIS, NOT THAT

FOR A TOOTH-FRIENDLY MEAL

Eating tooth-friendly foods can help prevent cavities. Check out our easy swaps for a tooth-friendly meal!

Choose infused water instead of juice or sports drinks

Even 100% juice has a lot of sugar. Try adding melon, cucumber, strawberries, mint, and citrus fruits like lemon, orange, and grapefruit for a delicious drink without the added sugar!



Choose crunchy veggies instead of chips & crackers

Crunchy veggies are great for teeth! Try using dips like bean dip or yogurt to encourage kids to snack on them.

Ask us about our FREE dental program! Please call us at 719-346-5398 for any questions

Pasta with Beans and Greens

Ingredients

- 1 (16-ounce) package whole wheat pasta
- 2 medium onions
- 1 medium carrot
- 3 large cloves garlic
- 2 pounds (1 large bunch) spinach or kale
- 2 (15½-ounce) cans great northern, cannellini, or lima beans
- 2 Tablespoons canola oil
- 1 teaspoon dried oregano
- 1 teaspoon dried red pepper flakes
- ¾ teaspoon salt
- ½ teaspoon ground black pepper



Instructions

1. Cook pasta following package directions. Drain, reserving 1 cup pasta water. Set aside.
2. While pasta is cooking, rinse, peel, and dice onions and carrot. Peel and mince garlic.
3. Rinse greens, more than once if needed to remove all grit. Remove tough stems. Chop coarsely.
4. In a colander, drain and rinse beans.
5. In a large skillet over medium-low heat, heat oil. Add garlic, carrot, onion, and greens. Cook until onions are soft.
6. Add ½ cup reserved pasta water and seasonings. Cook until greens are tender.
7. Add beans to greens. If needed, add a little more reserved pasta water to make a sauce.
8. Add cooked pasta to beans and greens. Toss to combine. Cook until pasta is heated through, about 5 more minutes.