



Newsletter

Prairie Family Center

JUNE 2022

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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 3rd
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!

SCAN TO DONATE TO OUR NONPROFIT



SCHOOL IS OUT BUT LUNCH IS STILL SERVED- FREE BREAKFAST AND LUNCH AT THE BURLINGTON ELEMENTARY SCHOOL FOR ALL CHILDREN 0-18. STARTING MAY 31 MON-THUR

SENIOR COMMODITIES @PFC JUNE 23RD CALL US @719-346-5398 FOR ANY CONCERNS

FOOD BANK OF THE ROCKIES JUNE 13TH @9AM @BURLINGTON COMMUNITY COLLEGE CALL US @719-346-5398 FOR ANY CONCERNS.

WE HAVE DIAPERS AND WIPES FOR MOMS IN NEED

COOKING MATTERS

Keep Baby Food Safe



KEEP BABY FOOD SAFE

Give your baby one new food at a time. Wait a few days before starting a new food, watch for any allergic reactions. Do not serve any mixed ingredient foods until you have served each ingredient on its own.

Refrigerate baby food that is not eaten right away. Use meat, poultry, fish, or egg yolks within 1 day. Use all other baby food within 1-2 days.

Store frozen food in the freezer up to 1 month, freeze in clean ice cube trays. Store frozen cubes in a bag labeled with the date the food was frozen.

When reheating on the stove, place a small heat-safe dish in a small pot. Add about an inch of water. Bring water to a simmer. When food is warm, remove from pot, stir and test for temperature before feeding.

Kids in the Kitchen

Grocery shopping with the kiddos



Let them help you with the shopping list. Can't write yet? No problem. Have kids draw pictures of foods they want.

Let your child count the number of items you need. Ask them about the color and shape of items you buy.

Avoid shopping on an empty stomach. Nothing is worse than a grouchy helper. Give them a small, healthy snack beforehand and avoid shopping during nap time.

Put the groceries away together and explain why certain foods go in certain places.



At the store, put your child in charge of finding each item on the list. Have them cross them off as you go. Let them be produce pickers and decide between healthy options.

Remind them how they helped you pick out the foods you're eating, and ask them what they like about the color, texture and shape.