

Prairie Family Center Newsletter



August 2026

What's Happening This Month

FOOD BANK OF THE ROCKIES (August 10th , 9am)

SENIOR COMMUNITIES (August 27th , 9am)

SNAP (NOW HELPING WITH SNAP APPLICATIONS)

MOM TALK (See schedule below)

TWICE AS NICE THRIFT STORE (COME IN AND CHECKOUT OUR **DAILY SALES!**)



Mobile Food pantry

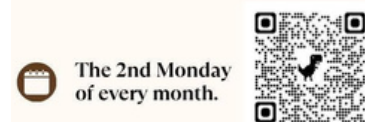
FOOD BANK OF THE ROCKIES

Nourishing Our Community Together

Local Food Resources for Burlington & Surrounding Areas

We believe in a stronger, healthier community. Through a partnership between Prairie Family Center and Food Bank of the Rockies, we are proud to offer essential food assistance to our neighbors in Kit Carson County.

- ✓ Fresh produce, dairy, protein, refrigerated / frozen items, and pantry staples.
- ✓ No Requirements: Anyone in need of food assistance is welcome. There are no income tests or proof-of-need documents required.
- ✓ Flexibility: You may pick up food for neighbors or family members through our proxy system.
- ✓ Link2Feed Sign up : Register Online for Faster service www.newclientlink2feed.com or us QR code



The 2nd Monday of every month.

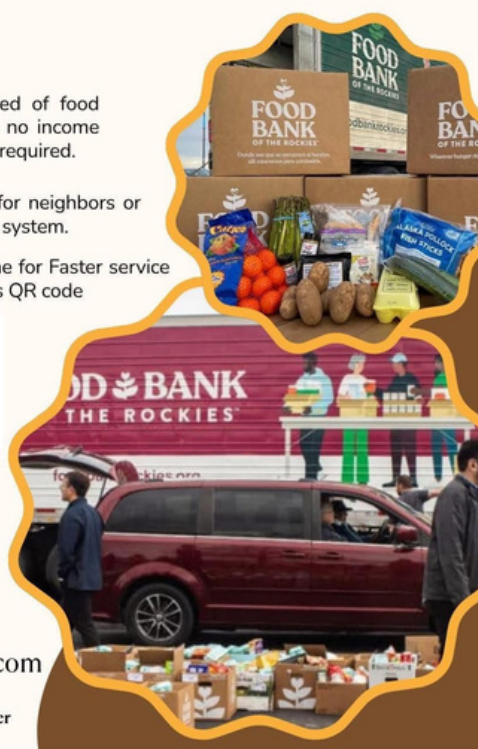
340 S 14th st
Burlington Co. 80807

8:00 AM-11:30AM

719-346-5398

www.prairiefamilycenter.com

This institution is an equal opportunity provider



Contact

1040 ROSE AVENUE
BURLINGTON CO 80807
719-346-5398

WWW.PRAIRIEFAMILYCENTER@GMAIL.COM



Got Extra Garden Produce? Share the Harvest!

IF YOUR GARDEN HAS PRODUCED MORE FRUITS OR VEGETABLES THAN YOUR FAMILY CAN USE, WE'D LOVE TO HELP SHARE YOUR HARVEST WITH FAMILIES IN OUR COMMUNITY. FRESH, HOMETOWN PRODUCE IS A WONDERFUL WAY TO PROVIDE HEALTHY FOOD TO NEIGHBORS WHO NEED IT MOST.

Drop-Off Location
Prairie Family Center
1040 Rose Ave.
Burlington, CO

Donation Hours
Monday-Friday
9:00 a.m.-4:00 p.m.

No amount is too small—every tomato, zucchini, cucumber, pepper, or bundle of fresh produce helps feed local families. Thank you for sharing your harvest!



Food Pantry

9AM-4PM MON-THURS
9AM-12PM FRI

1040 Rose Avenue, Burlington, CO

We are here to provide basic food commodities for those in need.

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EVERYDAY EATS: NUTRITIOUS FOOD FOR ADULTS 60+

FREE 35+LB FOOD
BOX MONTHLY

QUALIFY BASED
ON INCOME

COLORADO & WYOMING
RESIDENTS

DISTRIBUTION SCHEDULE
PRODUCE: EVERY 2ND THURSDAY
COMMODITY: EVERY 4TH THURSDAY
ASK FOR A FULL SCHEDULE

WHAT'S INSIDE?



IN PARTNERSHIP WITH:



PRAIRIE FAMILY CENTER IS AN EQUAL OPPORTUNITY PROVIDER

FOR CONTACT DETAILS:

WWW.PRAIRIEFAMILYCENTER.ORG

VISIT US ON FACEBOOK: /PRAIRIEFAMILYCENTER

ADDRESS: 1040 ROSE AVE, BURLINGTON, CO 80807

PHONE: 719-346-5398

SENIOR COMMODITIES EVERY DAY EATS

PRODUCE: EVERY 2ND THURSDAY
COMMODITIES: EVERY 4th Thursday

Mom Talk

Join us for Mom Talk!

A welcoming place where moms can connect, learn, and build
Whether you're a new mom or have years of parenting experience, Mom Talk is a place to learn from one another, make new friends, and feel connected to your community.

What to Expect:

- Parenting tips and encouragement
- Fun discussions and conversations with other moms
- Learn practical skills like baking, gardening, canning, and other helpful household and family ideas
- Share experiences, ask questions, and support one another

Bring the Kids!

Children are welcome to come along. While moms visit and participate, kids can enjoy crafts, playtime, and age-appropriate activities in a safe, fun environment.

Location: **Prairie Family Center**
1040 Rose Ave, Burlington, CO
Time: 10:00 AM – 12:00 PM

English & Spanish Welcome

July 2026						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9		11
12	13	14	15	16	17	18
19	20	21	22	23		25
26	27	28	29	30	31	

August 2026						
S	M	T	W	T	F	S
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2	3	4	5	6		8
9	10	11	12	13	14	15
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23	24	25	26	27	28	29
30	31					

September 2026						
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6	7	8	9	10	11	12
13	14	15	16	17		19
20	21	22	23	24	25	26
27	28	29	30			



Contact

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Twice As Nice



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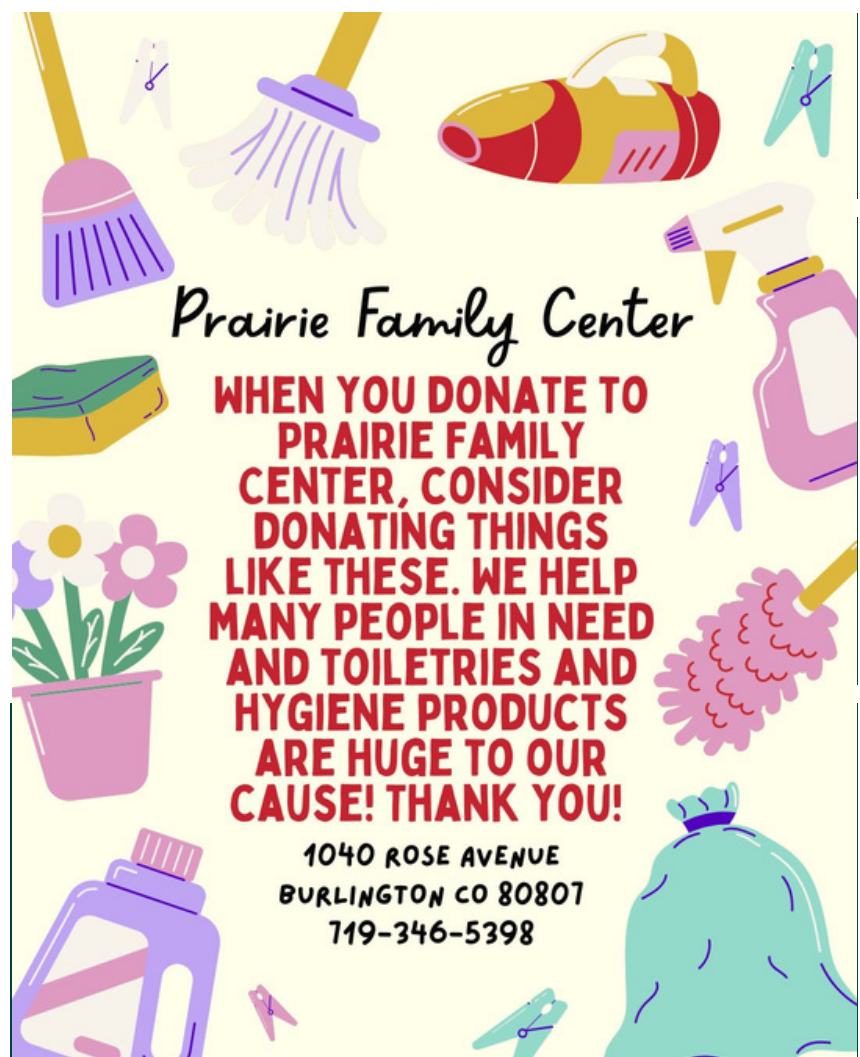
TWICE AS NICE THRIFT STORE (COME IN AND CHECKOUT OUR **DAILY** SALES!)

MOM TALK (See schedule below)

Welcome to Twice As Nice Thrift Store! Each item is carefully inspected and sold in our thrift store, with all profits directly supporting our community programs. Any items that don't sell are generously redonated to local ministries and larger organizations like USE AGAIN in Denver, CO. Your contributions make a significant impact! We're excited to announce that we now have a Facebook page. Follow us for the latest updates on sales, new furniture, and any changes happening at our store. Join our community and stay connected with all the great deals and treasures waiting for you! Thank you for your donations!

Contact

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BURLINGTON CO 80807
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READY TO *Get Started?*

SIMPLE TIPS FOR SUCCESS IN SCHOOL, WORK & LIFE



SCHOOL SUCCESS

- ✓ Use a planner or calendar to keep track of assignments and deadlines.
- ✓ Set aside 30–60 minutes each day for studying.
- ✓ Ask questions—teachers, tutors, and classmates are there to help.
- ✓ Break large assignments into smaller, manageable steps.
- ✓ Celebrate every accomplishment, no matter how small.



WORK SUCCESS

- ✓ Arrive on time and be dependable.
- ✓ Dress appropriately and maintain a positive attitude.
- ✓ Communicate respectfully with coworkers and supervisors.
- ✓ Be willing to learn new skills and accept feedback.
- ✓ Stay organized by keeping a daily to-do list.



LIFE SUCCESS

- ✓ Set one small goal each day.
- ✓ Create a simple daily routine.
- ✓ Eat healthy meals and stay hydrated.
- ✓ Make time for rest, exercise, and self-care.
- ✓ Remember: Progress is more important than perfection.



Need Support?



You don't have to do it alone.

Prairie Family Center is here to help connect you with resources, encouragement, and tools to succeed in school, work, and everyday life.



**SMALL STEPS TODAY
CAN LEAD TO BIG ACHIEVEMENTS
TOMORROW!**



You've got this!





EASY MEALS for AFTER SCHOOL!

Quick.
Simple.
Delicious.
Everyone
Will Love!



Fast meals that fit your busy schedule and keep your family happy!



CHEESY QUESADILLAS

Tortilla + cheese + favorite fillings. Serve with salsa and fruit!

🕒 15 MINUTES



TERIYAKI CHICKEN BOWLS

Cooked chicken, rice, teriyaki sauce, and steamed veggies.

🕒 20 MINUTES



PASTA NIGHT

Pasta + jarred sauce + a side salad or garlic bread.

🕒 20 MINUTES



SHEET PAN DINNER

Chicken or sausage, veggies, and potatoes. Season and bake!

🕒 30 MINUTES



TURKEY & CHEESE ROLL-UPS

Tortilla, turkey, cheese, lettuce. Roll it up and serve with fruit!

🕒 10 MINUTES



BREAKFAST FOR DINNER

Scrambled eggs, toast, and fruit. Quick and tasty!

🕒 15 MINUTES



HAMBURGERS & FRIES

Grill or pan-cook burgers and serve with fries or veggies.

🕒 20 MINUTES



TACO BOWLS

Seasoned meat, rice, beans, toppings—everyone builds their own!

🕒 20 MINUTES



MAKE IT EVEN EASIER!

- ✓ Prep ahead on the weekends.
- ✓ Keep easy ingredients on hand.
- ✓ Use leftovers in new ways.



You've got this,
We're here to help!



GOOD FOOD. BUSY SCHEDULE. HAPPY FAMILY.



⇒ Small meals, big moments. ♥ ⇒