



Newsletter

Prairie Family Center

January 2025

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 HIRING! Twice as Nice Thrift Store is looking for someone who is high energy, bilingual preferred. 16-20 hours a week, team player energetic and creative. Prairie Family Center is an equal opportunity employer. For an application stop by our office.

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.

Food Bank of the Rockies

MOBILE FOOD PANTRY

2ND MONDAY OF EVERY MONTH

Please ask staff for a list of distribution dates!
Prairie Family Center is an equal opportunity provider!

USUAL LOCATION
Burlington Community Center
340 S. 14th Street,
Burlington, CO 80807

ITEMS NEEDED

- Your Mobile Food Card
- If you don't have one, please get one at Prairie Family Center!

For More Information: 719-346-5398 Prairie Family Center www.foodbankrockies.org

SUMMER EBT IS COMING

COLORADO EBT

0000 0000 0000 0000

holder Name

EVERY DAY SENIOR COMMODITIES

PRODUCE: EVERY 2ND THURSDAY
COMMODITY: EVERY 4TH THURSDAY

PLEASE ASK FOR A SCHEDULE!

PRAIRIE FAMILY CENTER IS AN EQUAL OPPORTUNITY PROVIDER

UPCOMING PROGRAMS



**HELP DONATE TO THOSE IN HUNGER!
ACCEPTING CANNED FOOD AND
NON-PERISHABLE ITEMS THAT ARE
NOT EXPIRED!**

M-F | **PRAIRIE FAMILY CENTER**
1040 ROSE AVENUE,
BURLINGTON, CO 80807

FOR MORE INFORMATION CALL US AT 719-346-5398
OR VISIT US ONLINE AT
WWW.PRAIRIEFAMILYCENTER.COM

LOCAL DENTISTS 
That **ACCEPT** MEDICAID

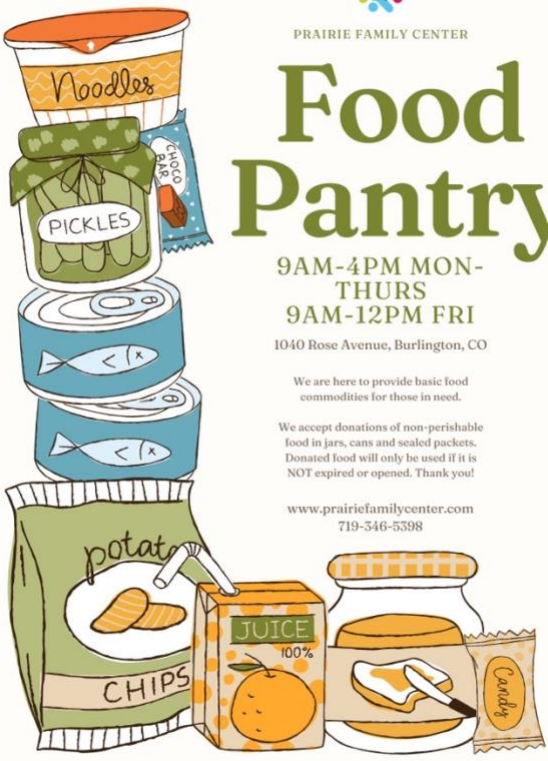


- Sparkling Smiles Preventative Dentistry
- Peak Vista, Limon
- Peak Vista, Flagler



Please ask an employee for a list of dental contact information!





PRAIRIE FAMILY CENTER

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.

We accept donations of non-perishable food in jars, cans and sealed packets. Donated food will only be used if it is NOT expired or opened. Thank you!

www.prairiefamilycenter.com
719-346-5398



**PRAIRIE FAMILY CENTER'S
NURTURING PARENTING PROGRAM**

NURTURING PARENTING IS A PHILOSOPHY THAT SUPPORTS PARENTS AND ADOLESCENTS LIVING TOGETHER IN A CARING AND SUPPORTIVE HOME THAT PROMOTES COOPERATION, RESPECT AND SELF WORTH.

LESSONS MAY INCLUDE:

- BRAIN DEVELOPMENT
- AGES AND STAGES
- PROBLEM SOLVING
- NEGOTIATION & COMPROMISE
- LOVE LANGUAGES
- DISCIPLINE, REWARDS & NON-ABUSIVE PUNISHMENT
- ANGER & STRESS MANAGEMENT
- RECOGNIZING & HANDLING FEELINGS
- PERSONAL POWER
- DEVELOPING FAMILY RULES
- ROUTINES
- COMMUNICATION

PLEASE CONTACT US TO BE ADDED TO OUR WAIT LIST! THANK YOU!

1040 ROSE AVENUE, BURLINGTON, CO 719-346-5398 WWW.PRAIRIEFAMILYCENTER.COM

January RECIPE

Marie Saba

from my kitchen to yours

Air Fryer Burgers

Serves 4

Ingredients:

- 1 lb. (454 g) grass-fed ground beef, 93% lean
- 1 Tablespoon (17 g) BBQ sauce
- ½ teaspoon (2 grams) kosher salt
- Freshly ground pepper
- 4 thin slices cheese
- 4 Brioche hamburger buns, toasted

For serving: lettuce, tomato, red onion, pickles, bacon, mustard, ketchup, mayonnaise



Instructions:

1. In a medium bowl, combine beef, BBQ sauce, salt and pepper. Form into 4 patties, about ½ inch thick. Place patties on a plate.
2. Preheat air fryer to 400 F (204 C) for 5 minutes. Arrange the patties in a single layer in the air-fryer basket. Cook at 350 F (176 C) until a meat thermometer inserted into the center of a patty reaches 155 degrees F, about 8 minutes.
3. Top each patty with a slice of cheese and gently push the basket drawer until almost closed. Let the burgers sit in the warm basket for 2 more minutes so the cheese can melt. (If you fully close the basket, the jostling causes the cheese to fall off the patty.)
4. Assemble burgers on toasted buns with lettuce, tomato, onion, pickles, bacon, and condiments of choice. Enjoy!

Notes:

- Store leftover air-fryer burgers in an airtight container in the refrigerator for up to three days. Reheat the burgers in a 350 degree F air fryer until heated through.

YouTube: Marie's Kitchen

Website: MarieSaba.com

Email: Marie@MarieSaba.com