

Prairie Family Center Newsletter

April 2026



What's Happening This Month

FOOD BANK OF THE ROCKIES (April 13th , 9am)
SENIOR COMMODITIES (April 23rd , 9am)
SNAP (NOW HELPING WITH SNAP APPLICATIONS)
MOM TALK (See schedule below)
TWICE AS NICE THRIFT STORE (COME IN AND CHECKOUT OUR **DAILY SALES!**)

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!

ITEMS NEEDED

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

USUAL LOCATION

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

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

WHAT DOES PRAIRIE FAMILY CENTER HAVE TO OFFER?

1. Spanish and English Mom Talk Groups
2. All About Being a Teen Class
3. Digital Learning Classes
4. Financial Classes
5. Nurturing Parenting Classes
6. ASQ - Ages and Stages
7. Circle Talk

8. CATCH Healthy Smiles
9. CATCH Exercise
10. Exploring Foods
11. CBI Fingerprinting
12. ESL - English as a second language class
13. EOC - Bill Relief
14. Emergency Services

15. Mobile Food Pantry
16. In-House Food Pantry
17. Everyday Eats, Senior Commodities
18. PFC Gardens
19. Twice As Nice Thrift Store
20. Application Assistance
21. Referral Services

Prairie Family Center is an equal opportunity provider.

Please note that the programs we offer are all grant funded. Some programs may not run while there is a lack of funding.

Contact

1040 ROSE AVENUE
 BURLINGTON CO 80807
 719-346-5398
WWW.PRAIRIEFAMILYCENTER@GMAIL.COM

NATIONAL CHILD ABUSE PREVENTION MONTH

Newsletter



What's Happening This Month

FOOD BANK OF THE ROCKIES (April 13th , 9AM)

SENIOR COMMODITIES (April 23rd 9am)

SNAP (NOW HELPING WITH SNAP APPLICATIONS)

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

MOM TALK (See schedule below)

EVERY DAY EATS SENIOR COMMODITIES



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

PLEASE ASK FOR A SCHEDULE!

PRAIRIE FAMILY CENTER IS AN
EQUAL OPPORTUNITY PROVIDER

SENIOR COMMODITIES EVERY DAY EATS

PRODUCE: EVERY 2ND THURSDAY
COMMODITIES: EVERY 4TH WEDNESDAY



PRAIRIE FAMILY CENTER

Food Pantry

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

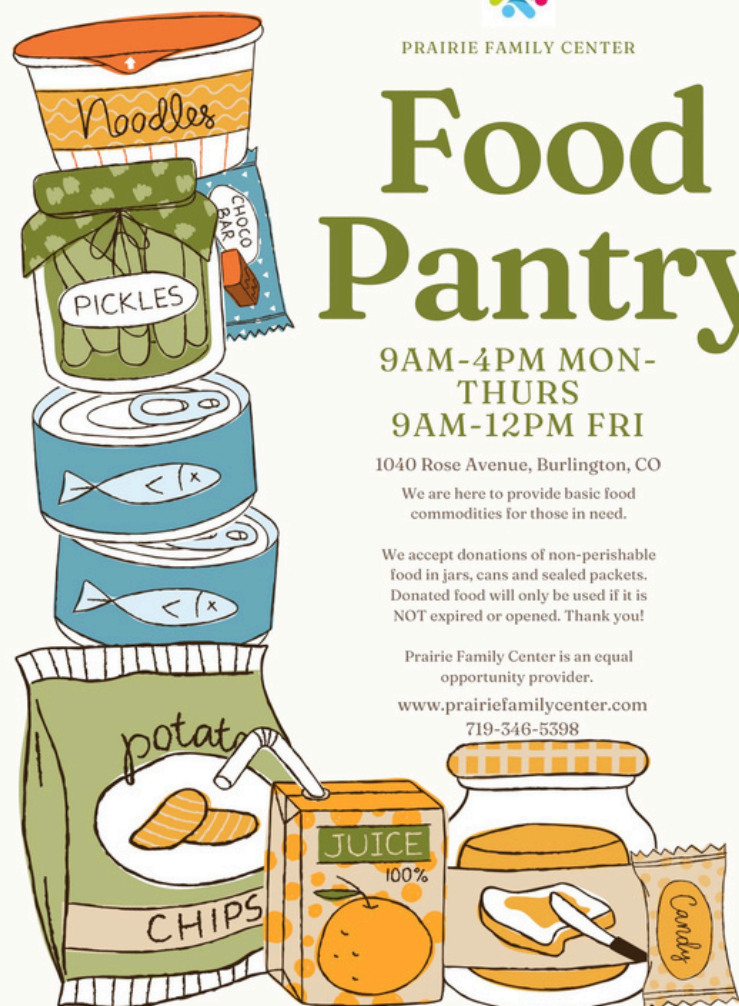
1040 Rose Avenue, Burlington, CO

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!

Prairie Family Center is an equal
opportunity provider.

www.prairiefamilycenter.com
719-346-5398



Contact

1040 ROSE AVENUE
BURLINGTON CO 80807
719-346-5398

Twice As Nice



What's Happening This Month

FOOD BANK OF THE ROCKIES (April 13th , 9AM)

SENIOR COMMODITIES (April 23rd , 9am)

SNAP (NOW HELPING WITH SNAP APPLICATIONS)

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

1040 ROSE AVENUE
BURLINGTON CO 80807
719-346-5398



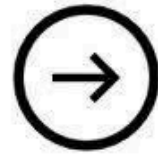
Requirements:

- Organized
- Creative and detail-oriented
- Twice as Nice is an equal opportunity provider



Call us at 719-346-5398 for an application!

SCHEDULE



MOM TALK 2026

*DATES ARE SUBJECT TO CHANGE

Jan⁷ | **23**
FRIDAY
10-12

Feb⁷ | **6 & 20**
TFRIDAY
10-12

Mar⁷ | **6 & 20**
FRIDAY
10-12

Apr⁷ | **3 & 17**
FRIDAY
10-12

May⁷ | **1, 15 & 29**
FRIDAY
10-12

Jun | **12 & 26**
FRIDAY
10-12



ON THE ROAD

SCAVENGER HUNT



Dog



Bird



Horse



Cow



Stop



Ahead only



Speed limit



Do not enter



Sport Car



Van



Ambulance



Truck



Mountain



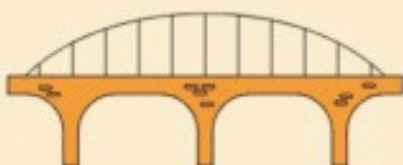
Lake



Tree



Flowers



Bridge



Flag



Barrier



Train Tracks



SPRING TIME SOUP

According to Chinese Medicine, spring is all about the liver and gall bladder.

*Recipe by Jacinta Eales
BHSc (Acu), Adv.Dip.Nut.Med*

INGREDIENTS

- 1 tablespoon of coconut oil
- 1 brown onion, diced
- 2 cloves of garlic, crushed
- 2 heads of broccoli, chopped
- 4 celery sticks, chopped
- 1 litre of vegetable stock
- 1/4 cup of parsley, chopped
- 1/4 cup of mint, chopped
- 1 handful of baby spinach
- 1 lemon, juiced
- 1 tin of coconut milk
- Salt and pepper to taste

Spring is a time of renewal, regeneration, growth and energy.

It is associated with the colour green and the flavour sour.

Spring is one of the best times of year to focus on intentional personal and emotional development.

METHOD

- 01** Heat oil in a large pot then add garlic and onion. Sautee until soft.
- 02** Add broccoli and celery (stems of broccoli included). Add vegetable stock. Simmer on low heat for 30 minutes or until vegetables are soft.
- 03** Add salt and pepper, parsley, mint and baby spinach. Stir until baby spinach is wilted.
- 04** Remove from heat and blend in food processor. Stir in tin of coconut milk and juice of 1 lemon.

