COMMUNITY FOOD RESOURCES

Mobile Food Pantry

Monday, November 9 | 8:00-11:30 AM | 340 S 14th St, Burlington



FOOD RESOURCES FOR ADULTS 60+

Everyday Eats

Produce: Thursday, November 12 | Commodities: fourth Thursday
Thanksgiving week: please confirm any holiday schedule changes.



LEARNING, CONNECTION AND SUPPORT

Mom Talk



WINTER HEATING ASSISTANCE

Colorado LEAP

Applications: November 1, 2026 - April 30, 2027



SUPPORT YOUR NEIGHBORS

GivingTuesday

Tuesday, December 1 | Give online at prairiefamilycenter.com



CREATE TOGETHER

Thankful Leaves Garland

A simple November project | About 25 minutes



A little gratitude, a lot of color

Write down the things you are grateful for, then turn colorful paper leaves into a family garland to display all month.

A fun craft for different ages using simple supplies from home.

WHAT YOU NEED

- Colored paper or construction paper
- Pencil and markers
- Scissors (adult help for little ones)
- String or yarn
- Tape or hole punch

HOW TO MAKE IT

1. Draw leaf shapes on colored paper and cut them out.
2. Write one thing you are thankful for on each leaf.
3. Tape leaves to a string, or punch holes and thread them on.
4. Hang your garland where everyone can add to it.

MAKE IT YOURS Add a new leaf each day, or invite family members to share a favorite memory.

EASY NOVEMBER MEALS

Family recipes

Two affordable, family-friendly ideas for cozy days and busy nights.

One-Pot Chicken & Rice



SERVES 4 | ABOUT 35 MINUTES

INGREDIENTS

- 1 lb boneless chicken breast, diced
- 1 Tbsp oil; 1 small onion, chopped
- 1 cup uncooked white rice
- 2 1/4 cups chicken broth
- 1 cup frozen peas and carrots
- 1/4 cup milk; 1/4 cup grated Parmesan
- Garlic powder, salt and pepper

DIRECTIONS

1. Cook chicken and onion in oil for 5-6 minutes.

2. Add rice, broth and seasonings. Cover and simmer 15 minutes.

3. Add vegetables; cook until rice is tender and chicken reaches 165 F. Stir in milk and cheese.

Pumpkin Oat Muffins



MAKES 12 | ABOUT 30 MINUTES

INGREDIENTS

- 1 cup canned pumpkin puree
- 2 eggs; 1/3 cup vegetable oil
- 1/2 cup brown sugar
- 1 cup flour; 1 cup rolled oats
- 1 tsp baking powder
- 1 tsp baking soda; 1 tsp cinnamon
- Pinch of salt

DIRECTIONS

1. Heat oven to 350 F. Line a 12-cup muffin pan.

2. Whisk pumpkin, eggs, oil and sugar. Stir in dry ingredients.

3. Fill cups 3/4 full; bake 18-22 minutes until a toothpick comes out clean.