

NEWSLETTER

January 2026



What's Happening This Month

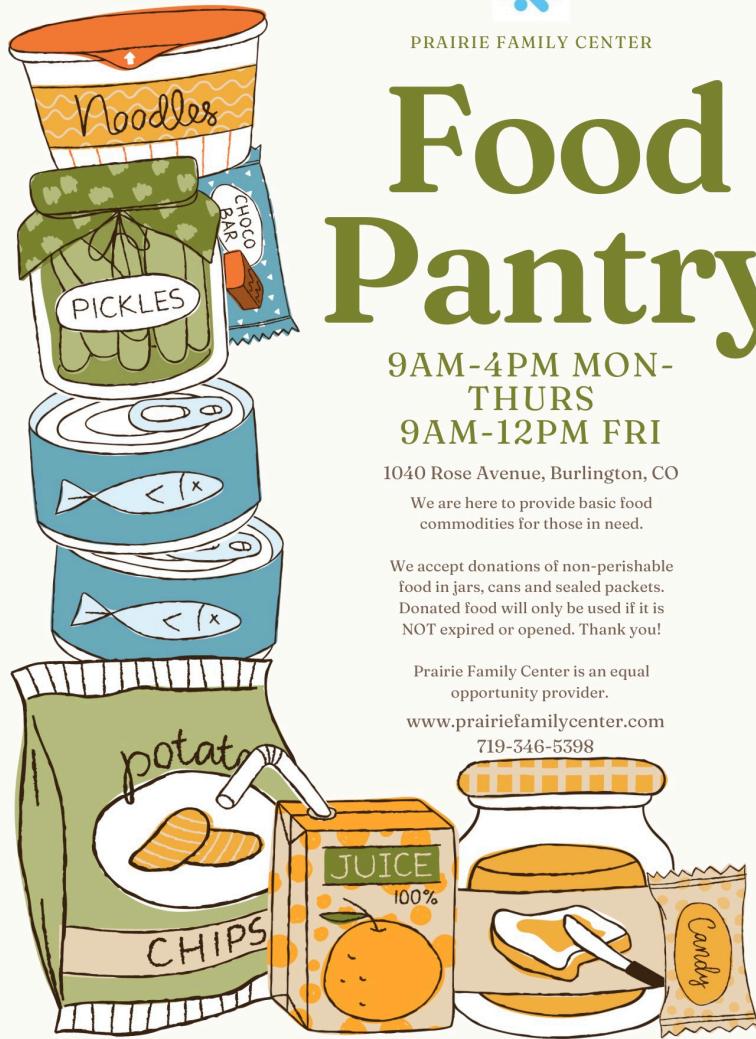
FOOD BANK OF THE ROCKIES (Monday 12th , 9am)

SENIOR COMMODITES (Thursday 22nd, 9am)

SNAP (NOW HELPING WITH SNAP APPLICATIONS)

NURTURING PARENTING (MONDAYS 10AM)

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



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
WWW.PRAIRIEFAMILYCENTER@GMAIL.COM

Mom Talk
Every other Tuesday 10-12



Call us @ 719-346-5398 for any questions



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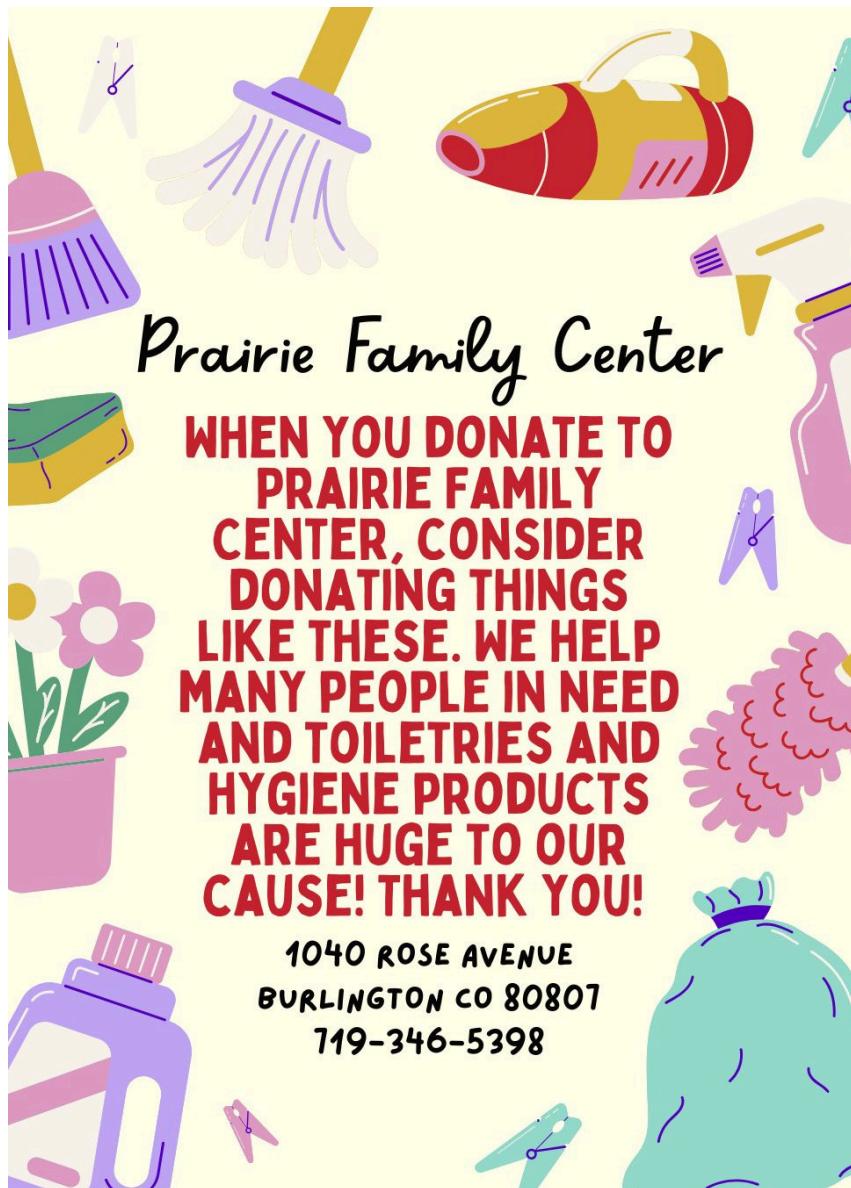
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Prairie Family Center

WHEN YOU DONATE TO PRAIRIE FAMILY CENTER, CONSIDER DONATING THINGS LIKE THESE. WE HELP MANY PEOPLE IN NEED AND TOILETRIES AND HYGIENE PRODUCTS ARE HUGE TO OUR CAUSE! THANK YOU!

1040 ROSE AVENUE
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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

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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.

www.prairiefamilycenter.com - (719) 346-5398 - 1040 Rose Avenue, Burlington, CO 80807

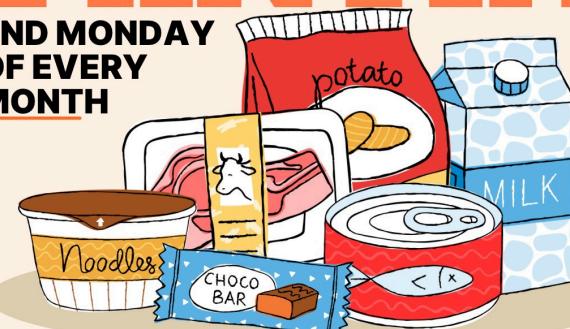
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BURLINGTON CO 80807
719-346-5398

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

SENIOR COMMODITIES EVERY DAY EATS
PRODUCE: EVERY 2ND THURSDAY
COMMODITIES: EVERY 4TH WEDNESDAY

NEW YEAR RESET

for your best year yet

- Do an end of year reflection
- Journal with New Year writing prompts
- Write down what you're leaving in the past year
- Write down what you're calling into the New Year
- Clean
- Bring positive energy into your home
- Rest
- Move your body
- Assess your goals / intentions for the past year
- Plan your goals / intentions for the New Year
- De-clutter closet and donate clothes
- Create a personal re-brand Pinterest / mood board
- Note the word that sums up your past year
- Choose your word of the year
- Stop a bad habit
- Start a good habit
- Enjoy fun NYE food
- Enjoy healthy food (80/20)
- Purge expired beauty products
- Do self care
- Go through your pantry

FLUFFY FRUIT PANCAKES

With honey drizzle and fresh mint



Preparation: 10 minutes

Cooking: 15 minutes

Total: 25 minutes

★★★☆☆

INGREDIENTS

- $\frac{1}{2}$ cup oat milk
- $\frac{1}{2}$ cup all-purpose flour
- 1 ripe banana
- 1 tbsp maple syrup
- 1 tsp baking powder
- A pinch of cinnamon
- Mixed berries
- Mint leaves

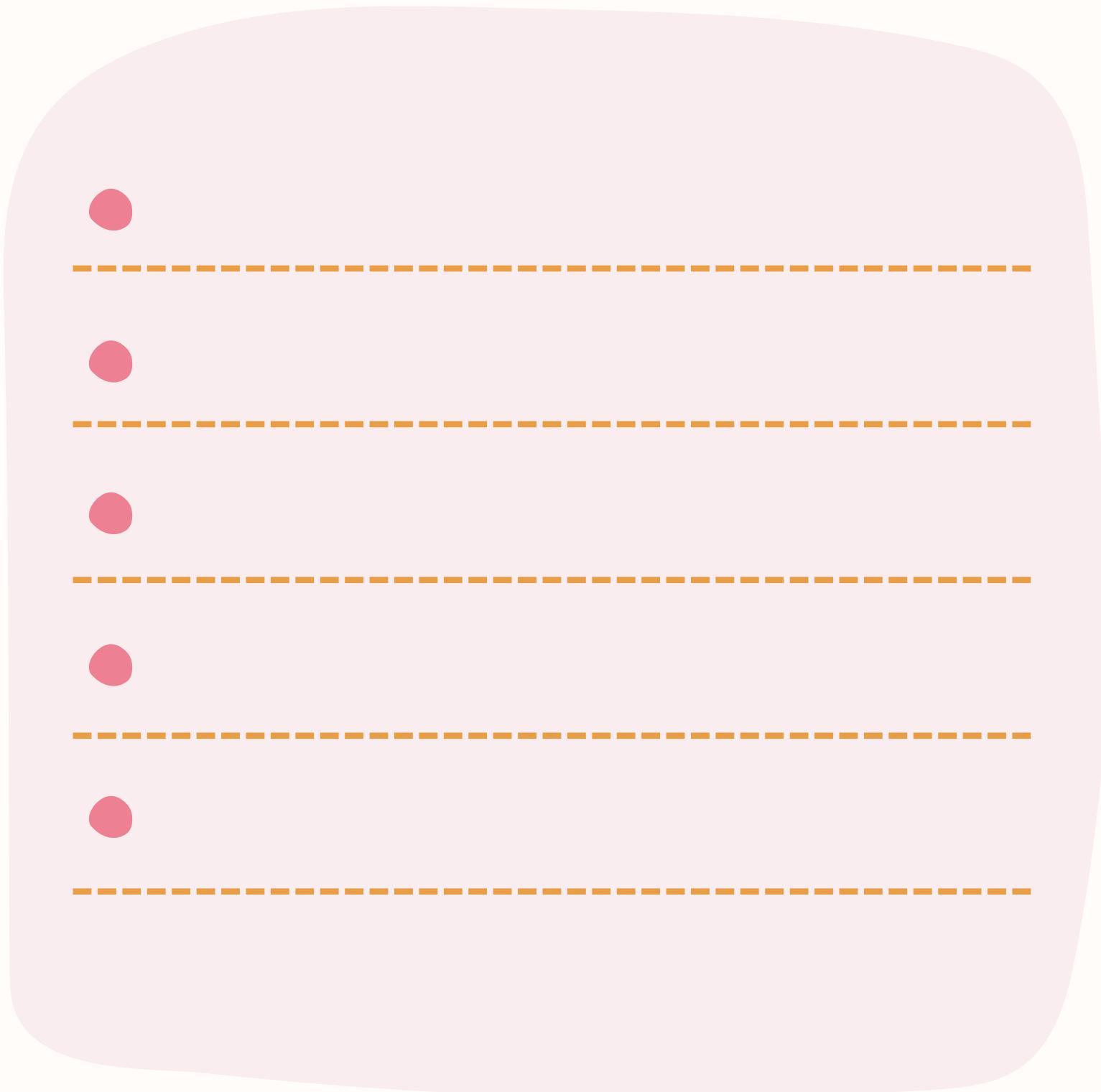
For extra fluffy pancakes,
let the batter rest for 5-10
minutes before cooking.

DIRECTIONS

- 1. Mash & mix:** In a bowl, mash the banana. Add oat milk and maple syrup, then whisk well.
- 2. Add dry ingredients:** Stir in flour, baking powder, and cinnamon until smooth. Avoid overmixing.
- 3. Rest the batter:** Let the mixture rest for 5-10 minutes.
- 4. Cook the pancakes:** Warm a non-stick pan. Pour small rounds and cook until bubbles appear. Flip and cook until golden brown.
- 5. Plate the pancakes:** Gently arrange the pancakes on serving plates matching the number of guests.
- 6. Serve with toppings:** Stack the pancakes on a plate, top with a handful of fresh berries, drizzle with honey and add mint leaves for a refreshing finish.

Serve immediately while warm.

Goals for 2026



A light pink rounded rectangular frame containing five dashed orange lines and five red circular bullet points, intended for listing goals.

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