

Prairie Family Center Newsletter

May 2026



What's Happening This Month

FOOD BANK OF THE ROCKIES (MAY 11TH , 9am)
SENIOR COMMODITIES (MAY 28TH , 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

Grocery Budget With SUMMER EBT

Summer EBT provides \$120 per eligible school-aged child to buy more of your family's favorite nutritious food while schools are out on summer break.

What can I buy?
 Buy foods like fruits, vegetables, dairy, bread, meat, poultry and fish. Use Summer EBT at stores that accept SNAP, like grocery or corner stores, and online at King Soopers, Albertsons, Amazon or Walmart.

Your student may be eligible if:

- They attend a school that participates in the National School Lunch Program (NSLP) and qualify based on household income
- The student's family receives SNAP or Colorado Works
- Your student receives Medicaid AND qualifies based on household income using the NSLP income guidelines
- They are in foster care, a migrant, or experiencing homelessness

This institution is an equal opportunity provider. Summer EBT funds are available to households regardless of immigration status.

Not automatically enrolled, but believe you're eligible?

Complete a Household Income form at your school, or call the Summer EBT Support Center Hotline 800.536.5298

Scan or visit our website at cdhs.colorado.gov/summer-ebt for more information!

COLORADO
 Office of Economic Security
 Division of Food & Energy Assistance

Contact

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



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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

Contact

1040 ROSE AVENUE
BURLINGTON CO 80807
719-346-5398

ESL
**Game
Night**
MAY 18
4:00-7:00 PM
Knight of Columbus
1076 Rose Ave
Burlington CO 80807
FREE ENTRY EVENT

www.prairiefamilycenter.com

Twice As Nice



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SENIOR COMMODITIES (MAY 28TH, 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

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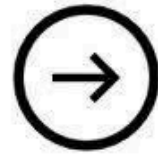
Requirements:

- 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

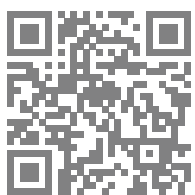


HAPPY MOTHER'S DAY!

DIRECTIONS: Color the scene, then give to your mom!



For more
printables:



9 *Self Care* TIPS FOR MOMS AT HOME

1. ESTABLISH A MORNING VICTORY HOUR
2. TAKE A MID-MORNING BREAK
3. TRY AFTERNOON "POWER" TIME
4. PROTECT YOUR PEACE AT BEDTIME
5. CONNECT WITH OTHERS
6. ADD VARIETY
7. EAT HEALTHY MEALS
8. LOWER YOUR EXPECTATIONS
9. GET CREATIVE HELP