



Newsletter

Prairie Family Center

SEPTEMBER 2020

This Issue

Announcements.....Pg.1-2

Programs.....Pg. 3

Games.....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-Fri 9am-5pm**

**NEW phone
number for Thrift
Store**

719-900-0962

Twice as Nice Thrift Shop

Mon -Fri, 9am-4 pm

UPCOMING EVENTS



FREE FOOD GIVEAWAY
SEPTEMBER 14TH @BURLINGTON
COMMUNITY CENTER @9AM
PLEASE GIVE US A CALL
@719-346-5398 IF YOU HAVE
ANY QUESTIONS

Prairie Family Center is now open,
Mon-Thur 9am-4pm and Friday's 9am-
12pm.

Twice As Nice Thrift Store is NOW
ON FACEBOOK! Go give us a LIKE. Our
customers now have the option to schedule
donation pickups on our FB page!



PRAIRIE FAMILY CENTER
WILL PAY FOR 1 MONTH
SUBSCRIPTION TO
BETTERHELP.COM TO MEET
MENTAL HEALTH NEEDS.
PLEASE CALL US @719-346-5398
FOR DETAILS OR STOP BY
@ OUR OFFICE!



PFC HAS DIAPERS
OF ALL SIZES AND
FORMULA! FOR
FAMILIES IN NEED.
PLEASE CALL US
@7193465398 TO
CHECK AVAILABILITY.



SENIOR COMMODITIES
SEPTEMBER 24TH @PFC
@10AM CALL US
@719-346-5398 IF YOU
HAVE ANY QUESTIONS



ENERGY OUTREACH
COLORADO UTILITY
PAYMENT IS NOW

AVAILABLE THROUGH PFC

SEPTEMBER RECIPES



CRISPY CHICKEN THIGHS WITH GARLIC

- 1/3 c. chicken stock
- 2 tbsp. fresh lemon juice
- 1 tbsp. Dijon mustard
- 1/4 tsp. red pepper flakes
- Kosher salt and freshly-ground black pepper
- 8 small bone-in, skin-on chicken thighs (about 2 1/4 pounds total)
- 8 cloves garlic, smashes and skins removed

1. Whisk together stock, lemon juice, mustard, rosemary, and pepper flakes in a bowl. Season with salt.

2. Heat a 12-inch cast-iron skillet over medium heat until hot, 1 to 2 minutes. Season chicken with salt and pepper. Place, skin sides down, in the skillet. Place a second smaller skillet on top of chicken and weigh it down with soup cans. Cook until the skins are golden brown and crisp, 7 to 9 minutes.

3. Remove cans and top skillet. Flip chicken and reduce heat to medium-low. Add garlic and cook until the chicken is cooked through, 2 to 3 minutes. Transfer chicken to a platter; reserve skillet. Add stock mixture to reserved skillet. Cook, scraping up any brown bits, until slightly thickened, 1 to 2 minutes. Spoon over chicken.

ROASTED SWEET POTATOES

- 2 tbsp. olive oil, plus more for baking sheet
- 2 tbsp. pure maple syrup
- 1 tbsp. fresh thyme leaves
- 4 small sweet potatoes (about 2 1/2 pounds total), halved lengthwise
- Kosher salt and freshly ground black pepper

1. Preheat oven to 425°F with an oven rack in the top third. Lightly oil a rimmed baking sheet. Combine oil, maple syrup, and thyme in a bowl.

2. Working with one potato half at a time, place a wooden spoon on each side of potato, and cut slits 1/4 to 1/8 inch apart crosswise down rounded side of potato, using spoon handles as a guide to avoid cutting all the way through. Repeat with remaining potatoes.

3. Transfer to prepared baking sheet. Brush potatoes with maple mixture. Season with salt and pepper. Roast until golden brown and tender, 25 to 30 minutes.



FALL Is Here!



PAPER PUMPKINS

- Colored or patterned paper of choice
- Paper Cutter
- Double Sided Tape
- Hot Glue and Glue Gun
- Sticks
- Twine
- Scissors

1. For each pumpkin you need two 8.5"X11 sheets. Cut each piece of paper vertically into five 1.5" wide strips.

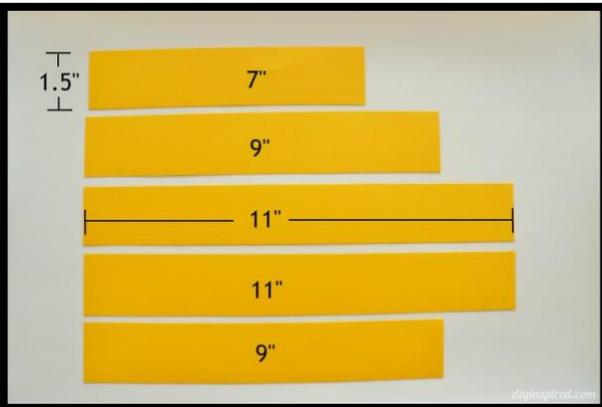
2. Then cut each strip into **one 7", two 9", and keep the remaining two at 11"**. **Important:** Remember, you need two sets for one pumpkin. So each pumpkin is two pieces of paper – two 7", four 9", and four 11" strips. Fold each piece into accordion strips.

3. Next tape the **TWO SETS** at *same lengths* together with double sided tape and form a circle.

4. You will end up with one circle from the 7" strips, two circles from the 9" strips, and two circles from the 11" strips.

5. Create the 7" medallion by gluing with a hot glue gun. Just place a small dab in the center and hold a few seconds until it is dry.

6. Next, glue each medallion together respectively starting with the 7" on top, then 9", then 11", then 11", then 9" on the bottom. Hot glue a stick, paper leaves, and twine on the top of your pumpkin.



HEALTH ALWAYS 1ST

USDA United States Department of Agriculture

Let's all **EAT HEALTHY. BE HEALTHY. SAVE.**

The Dietary Guidelines for Americans can help.

We're in the red.

117 MILLION U.S. adults have 1+ chronic diseases.*



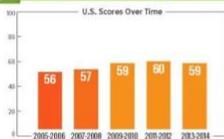
BILLIONS Spent in medical cost of diet-related chronic diseases.*



8 in 10 Americans think advice about what to eat is conflicting.*



Healthy eating can help... but first, we need to do it.



59

The Healthy Eating Index Score shows that Americans do not align their eating choices with the Dietary Guidelines. (on a scale from 0-100)



What's the return on our investment?

Each step closer to eating a diet that aligns with the **DIETARY GUIDELINES** reduces risk of.*



That's a 5.6x return for every \$1 invested!

3 reasons why the Dietary Guidelines matter.

PRACTICAL TOOL

“ USDA and HHS look at the science and brought it into the real world of how we eat... the Academy encourages everyone to follow the Dietary Guidelines recommendations because as clinicians we stand by science-based recommendations and realize that healthy eating is one of the most powerful tools we have to reduce the onset of disease.”

ACADEMY OF NUTRITION & DIETETICS

DATA-DRIVEN

“ With conflicting and often conflicting information in the media, it is more important than ever that Americans have a clear source of science-based information about diet. We would like to see the 2020 Dietary Guidelines continue to provide Americans with science-based guidelines.”

AMERICAN COLLEGE OF CARDIOLOGY

FOR ALL AGES

“ Pediatricians routinely look to the Dietary Guidelines to provide advice to our patients... We look forward to the inclusion of science-based Dietary Guidelines for children (birth to 24 months) in the 2020 Dietary Guidelines for Americans... Early nutrition sets the course for preventing many diseases, even those that would occur in adulthood.”

AMERICAN ACADEMY OF PEDIATRICS

Released jointly by USDA and HHS every 5 years, the Dietary Guidelines for Americans is the cornerstone for Federal nutrition programs and a go-to resource for health professionals nationwide.

For more information, go to www.DietaryGuidelines.gov.

*Based on costs of chronic diseases and obesity risk reduction. USDA is an equal opportunity provider and recipient.

Center for Nutrition Policy and Promotion September 2017 Revised February 2018

STOCKING YOUR PANTRY

KEEP THESE INGREDIENTS ON HAND TO CREATE QUICK AND NUTRITIOUS MEALS.

Baking Products.

Have flour, sugar, baking soda, and baking powder on hand. They are basic ingredients for many fresh baked goods.

Canned Tomato Products.

Keep canned tomato sauce and whole, diced, or puréed tomatoes on hand. They are basic ingredients in a wide range of recipes.

Oil.

Canola and olive oils are nutritious choices when cooking or making dressings. Cooking spray keeps food from sticking to the pan.

Canned Beans and Fish.

Add beans like kidney, black, pinto, or lima to salads and soups. Or, serve as side dishes or add to a main dish. Use canned tuna and salmon to add protein to salads, casseroles, and pasta.

Cereals.

Stock up on whole grain cereals when they're on sale. Enjoy with fruit and milk. Or, use to make trail mixes, baked goods, or crispy coatings for meat, poultry, and fish.

Pasta and Rice.

Buy whole wheat pasta and brown rice on sale or in bulk or family-size packages. Store in airtight containers after opening to keep fresh and prevent pests.

Dried Fruit and Nuts.

Use as a snack on their own or in homemade trail mix. Add to cereals, baked goods, and yogurt for a snack or breakfast.

Canned Fruits and Vegetables.

Canned produce like pineapple, applesauce, corn, and green beans make quick and easy side dishes or snacks on their own. Or, use as an ingredient to stretch main dishes.

Dried Herbs.

Buy the dried herbs and spices you use often. Use to add flavor in place of extra salt.

Canned or Powdered Milk.

Canned low-fat evaporated and dry powdered milk keep longer than fresh. Prepare them according to the package directions. Use in recipes instead of fresh milk.



Changing Recipes is Simple

MAKE CHANGES TO RECIPES BASED ON:

1. Food you have on hand
2. What's in season
3. Your family's tastes
4. Ingredients on sale
5. The amount of time you have to cook
6. Healthier cooking methods



Check out the Cooking Matters link down below to download a FREE Cooking Matters book, for healthy and budget friendly recipes!

- <https://cookingmatters.org/cooking-matters-home>