

October 2025



Provider's Network Inc.

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"This institution is an equal opportunity provider."



ALL CHILD REGISTRATION FORMS EXPIRE SEPTEMBER 30, 2025

Updates are due back NO LATER than October 15th!!

Remember to:

< SIGN the top right of each page under "Provider Signature."

< MAKE A COPY of your updates for your files before mailing them. Your advisor and NDE will ask to see a copy on any upcoming visits.

< REVIEW preschool or school information for EACH child and make any changes needed directly on the updates.

The updates must be reviewed and signed by the parent. All updates must be received in our office NO LATER than October 15, 2025. Please do not wait until the due date or after to mail them. Please contact the office or your advisor if you have any questions.

We appreciate your promptness during this yearly project!
THANK YOU to those providers who have already returned their updates!!

Meal Times - During our review of summer Provider Updates, we noticed several meal times were outside the approved windows. Meals must be served WITHIN the designated timeframes below, and providers should select a specific time range that falls within those windows. Because our advisors travel long distances for home visits, it's important that meals are served as scheduled to allow for required unannounced meal observations. If a meal cannot be observed during your listed times, it may result in more frequent visits. If you need to update your meal times or have questions, please contact the office.

Breakfast: beginning time of license to 9:00 am ~ **AM Snack:** 9:00 am to 11:00 am ~ **Lunch:** 11:00 am to 1:00 pm

PM Snack: 2:00 pm to 4:30 pm ~ **Supper:** 5:00 pm to 7:00 pm ~ **Evening Snack:** 7:00 pm or ending time on license

Quick Tips!! Submit your claim on the last day you are providing care for the month. | Call or email the same day you are having KidKare issues. | Check KidKare messaging for the direct deposit date and important ongoing updates. | Read emails daily.



Tasty Snack Ideas:

Apple Nachos & 1% or Skim Milk
Graham Crackers & Peaches
Breadsticks & Cheese Cubes
Whole Grain Pita Bread & Corn Salsa



Each of our providers will receive a 2026 Record-Keeping Calendar!! Your advisor will bring you a calendar during October-January visits.

National Apple Month is celebrated every October in the states to promote awareness and consumption of apples. Originally established as National Apple Week in 1904, it was expanded to a month-long observance to honor the fruit's popularity and to support the apple industry. The celebration encourages activities like apple picking, baking with apples, and trying new apple recipes, making it a highlight of the fall season.



Did you know there are over 100 types of apples available in the U.S??

Why celebrate National Apple Month?

- ~ *Versatility:* Apples are a versatile fruit used in various dishes, from snacks to baked goods.
- ~ *Nutrition:* Apples are good source of fiber, vitamins, and antioxidants, promoting good health.
- ~ *Economic Impact:* The promotion of apples support the agricultural industry and growers nationwide.

How can you celebrate National Apple Month?

- ~ *Apple picking:* Many orchards offer opportunities for families to pick fresh apples during the fall.
- ~ *Enjoy apple products:* You can celebrate by buying local apples or trying apple products like cider, apple butter, and applesauce.
- ~ *Baking and cooking:* Bake to incorporate apples into savory dishes to make your home feel cozy and festive for the fall.
- ~ *Apple tasting:* Conduct a taste test to compare different apple varieties and discover new favorites.

Apple Nachos

1 lb. apples, thinly sliced
¾ C. peanut butter
Granola (optional topping)

Wash and core your apple, then cut it. Start with quartering the apple and slice into smaller sections from there. Aim to make each slice ¼-inch thick or less. On a large plate, layer your apple slices as you would nacho chips. Reduce the amount of space between each slice so toppings don't fall through, but don't overlap too much. The goal is for each apple slice to have an even layer of topping. In a microwave safe dish, heat your peanut butter until just melted, about 20 seconds, or melt in a small saucepan over medium-low heat. While still warm, drizzle the peanut butter over your apple slices. Sprinkle granola, if desired. Serve immediately.

Snack Menu Suggestion:

Apple Nachos & 1% or Skim Milk

If you call the office and get our voice mail, PLEASE LEAVE A MESSAGE.

Our schedules may vary due to home visits, meetings, holidays, etc. so we may not always be staffed with an office person. If you leave a message, your voice mail goes directly to email and forwarded to the appropriate staff member. Depending on the time of day, we always try to return calls promptly, but please allow 24 hours for us to return your call. If you need to stop by the office to meet with staff or pick up supplies, please be sure to call to make sure someone is available in the office. You can also email your advisor, Lara or Carrie at any time.