

December 2025



Provider's Network Inc.

www.pnicacfp.org

"This institution is an equal opportunity provider."



We wish you and your families a wonderful holiday season! We are truly fortunate to have such wonderful providers! Thank you everyone for another successful year as we look forward to 2026!!

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REFER A FRIEND  
GET REWARDED

Know someone who is starting an in-home child care in 2026?

Refer a NEW licensed or legally exempt provider to Provider's Network and you will receive a \$50.00 Visa Gift Card after their first two months of claiming! The more referrals you make.... the more gift cards you receive! Make sure your referral provider gives us your name when they call to sign up.

Remember to add all non-school days in your calendar for each preschooler and school age child for the upcoming holiday breaks.

During the holiday season our office may not be fully staffed. Please leave us a voicemail at the office or send us an email and we will get back to you as soon as someone is available.

**CLAIMS ARE DUE ON THE 1st OF EACH MONTH!!**

Submit your claim on the last day you will be claiming for the month, after your last meal has been recorded.

Make sure any CRF's for newly enrolled children are received in the office BEFORE the 25th of the month.

**Closing for the holidays?**

Call or email the office or your advisor if you will be closed during the holidays, as well as enter it in your KidKare calendar. Notifying us of a closure is a USDA regulation. Should your advisor conduct a visit and the office was not notified of a closure, you will be deducted if you claimed a meal during that time and the meal could not be reviewed by your advisor.

**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:

Cheese Cubes & Pears  
Croissants & Lettuce Salad  
Sausage Links & Plums  
Turkey Slices & Edamame

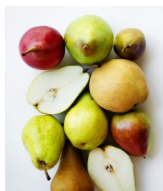
### Pear Pork Chops

1 pkg (6 oz.) cornbread stuffing mix	2 T. butter
4 boneless pork loin chops (6 oz. each)	2 medium pears, chopped
½ tsp. pepper	1 medium sweet red pepper, chopped
¼ tsp. salt	2 green onions, thinly sliced

Prepare stuffing mix according to package directions. Meanwhile, sprinkle chops with salt and pepper. In a large skillet, brown pork chops in butter; sprinkle with pears and red pepper. Top with stuffing and onions. Cook, uncovered over medium heat for 8-10 minutes or until a thermometer inserted in pork reads 145°.

### Lunch/Menu Suggestion:

Pear Pork Chops, Cornbread Stuffing, Green Beans, Pears & 1% or Skim Milk



All December long, National Pear Month recognizes the flavor and versatility of this delicious fruit. Pears are beloved for their natural sweetness, subtle flavor profiles, and impressive health benefits. Pears are rich in nutrients and several beneficial plant compounds.

*Highly Nutritious:* Pears come in many varieties, Bartlett, Bosc, and D'Anjou are among the most popular ones. Pears are a rich source of important minerals such as copper and potassium.

*May promote gut health:* Pears are an excellent source of fiber, which are essential for digestive health.

*Pears have anti-inflammatory properties:* Pears are a rich source of flavonoid antioxidants, which help ease inflammation and may decrease your risk of disease.

*Pears may be linked to a lower risk of diabetes:* Pears, particularly red varieties, may help decrease diabetes risk. The fiber in pears slows down digestion, giving your body more time to break down and absorb carbs. This can also help regulate blood sugar levels.

*Pears may help lower your risk of heart disease:* The peel contains an important antioxidant called "quercetin" which is thought to benefit heart health by decreasing inflammation and reducing heart disease risk factors like high blood pressure and cholesterol levels.

*Pears are an easy add to your diet:* Pears are available year round and easy to find in most grocery stores. Pears make a great snack. They are also easy to add to your favorite dishes, such as oatmeal, salads, and smoothies.

Pears are a powerhouse fruit, packing fiber, vitamins and beneficial plant compound. These nutrients are thought to fight inflammation, promote gut and heart health, protect against certain diseases and even aid in weight loss. However you choose to eat them, remember to include the skin to get the most nutrients!!



We would like to WELCOME  
Vivian Oddo of Gretna

to the Provider's Network Family!

We are excited to be working with you and your child care!

THANK YOU to Ashlee Crain of Gretna

for her provider referral. Ashlee will receive a \$50.00 Visa Gift Card for her referral.

You can receive a \$50.00 Visa Gift Card for any new eligible providers you refer to PNI. Please contact us with any questions and make sure your referral provider gives us your name when they call to sign up.

I HOPE THIS  
DECEMBER...



The weather outside is brightful  
People around you are cheerful  
Music you hear is soulful  
Days you spent are meaningful  
Views you see are beautiful  
Decisions you make are mindful  
Every moment, you are grateful

OurMindfulLife.com