

November 2025



Provider's Network Inc.

www.pnicacfp.org

"This institution is an equal opportunity provider."



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.

With the holidays approaching, remember to.....

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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.

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

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.

October 1 marked the start of our new fiscal year!! We have prepared our first trimester visits for October - January. You can expect to see us any month or at any meal service time that is claimed during those months. Please let us know in advance if you will be closed to avoid deductions if we stop by and you are not home or available. During these next four months, we must contend with weather, holiday closures and distance so you may see us sooner than expected depending on our schedules and how we have planned our unannounced visits. Always be prepared to show your enrollment paperwork, updated Infant Solid Forms, labels/product formulation statements, and that we have the ability to view your meal service for at least one child/infant if we stop by and a meal visit is required. This is just a reminder as we start a new year. Keep up the great job you all do!!

**Remember to REVIEW YOUR CLAIM SUMMARY
after the 8th of each month.**

**If you have questions regarding your claim summary,
contact your advisor or the office right away.**

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:

Cottage Cheese & Sweet Potato Fries
Tuna Salad & Mini Bagels
Pumpkin Muffins & 1% or Skim Milk
Ham Slices & Pineapple

November is
National
Sweet Potato
Month

Sweet Potato Month is an annual designation observed in November. This month, the holidays go into full swing, and what better way to celebrate than with loads of hearty, delicious, and... wait for it... HEALTHY food! Sweet potatoes fall into the categories hearty, delicious, and healthy.

Sweet potatoes are the #1 most nutritional vegetable, with more nutrients than even spinach or broccoli!

Benefits of the sweet potato include high levels of Vitamins A and C, iron, potassium, and dietary fiber.

Especially important is the high percentage of beta-carotene found in sweet potatoes. This is converted into Vitamin A, which has the ability to reduce the risk of certain cancers.

Sweet potatoes have almost no fat, which also makes them great for those watching their weight. With their low carbohydrate content and high fiber content, sweet potatoes keep you full for longer and give you all the essential nutrients.

- Do NOT refrigerate sweet potatoes unless they have already been cooked. Refrigeration prior to cooking will harden the core of the vegetable, create sunken spots, and create an off-taste. This will lead the vegetable to spoil much faster than if it had been at room temperature.
- Store sweet potatoes in a dry, cool place (55–60°F). They can keep for weeks. Do not wash sweet potatoes until you plan to use them; any moisture promotes spoilage.
- Sweet potatoes taste best when baked. They can be scrubbed, poked with a fork, and baked at 400°F for 35 minutes to an hour, until they give a little when you squeeze them.

Including more sweet potatoes in your diet may be beneficial, especially if you have trouble controlling your sugar levels, lack fiber, or have blurry eyesight. Sweet Potato Month won't be hard for you to celebrate, and your body will appreciate it as well!

Sweet Potato Breakfast Burritos

- 4 to 6 large eggs
 - 4 whole wheat flour tortillas
 - 1 15 oz. can black beans (drained & rinsed)
 - 1 sweet potato
 - 1 C. of additional veggies (bell pepper, zucchini, onion, etc.)
 - 1 C. shredded cheddar cheese
- Optional toppings: salsa, avocado, sour cream, etc.



Chop veggies into small pieces. Roast sweet potato chunks on a sheet pan for 25 minutes at 400°F (or until soft) with a drizzle of olive oil and salt and pepper to taste. Roast the rest of your veggies for 15 minutes at 400°F. Meanwhile, scramble eggs in a skillet until done to your liking. Drain and rinse black beans; set aside. Lay out a tortilla and fill the center of each with equal amounts of eggs, sweet potato, veggies and black beans; sprinkle with cheese. Add salsa and avocado if desired. Wrap the tortilla burrito-style; serve immediately.

Breakfast Menu Suggestion:

Sweet Potato Breakfast Burritos, Pears & 1% or Skim Milk

10 Mental Health Tips

to Use During the Holidays

- * Set realistic expectations
- * Establish boundaries
- * Prioritize self-care
- * Maintain healthy routines
- * Stick to a budget
- * Limit social media
- * Volunteer or help others
- * Practice mindfulness
- * Plan for triggers
- * Create new traditions

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