

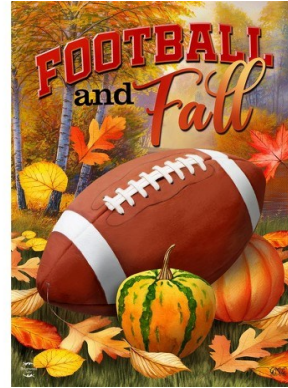
September 2025



Provider's  
Network Inc.

[www.pnicacfp.org](http://www.pnicacfp.org)

*"This institution is an equal opportunity provider."*



145 N. 46th Street | Suite 5  
Lincoln, NE 68503  
(402) 464-4335  
[www.facebook.com/pnicacfp](http://www.facebook.com/pnicacfp)

Carrie Sullivan | Executive Director  
[csullivan@pnicacfp.com](mailto:csullivan@pnicacfp.com)

Lara Brown | Administrative Assistant  
[lbrown@pnicacfp.com](mailto:lbrown@pnicacfp.com)

Lisa Benson | Program Advisor  
[lbenson@pnicacfp.com](mailto:lbenson@pnicacfp.com)

Maricela Meza | Program Advisor  
[mmeza@pnicacfp.com](mailto:mmeza@pnicacfp.com)



## **Annual Update Packets**

**Annual CRF update packets will be prepared and mailed out to everyone by September 22nd.**

**Please watch your regular mail for this very important, time-sensitive information.**

**Updates will be due in the office NO LATER than October 15, 2025.**

**Updates received after this deadline may delay reimbursement of your October claim.**

Children 1 to 2 years of age are **REQUIRED** to have **WHOLE MILK**.

Children over the age of 2 are **REQUIRED** to have **1% or SKIMMILK**.

**2% is NOT allowed in CACFP. Do not serve to avoid deductions!**

**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. | Read emails daily.

# September is National Childhood Obesity Awareness Month

Childhood obesity is a complex disease with many contributing factors, including genetics, eating patterns, physical activity levels, and sleep routines. Compared to children with healthy weight, children with obesity are at a higher risk for asthma, sleep apnea, bone and joint problems, type 2 diabetes, and other health issues. Although there is no one solution, there are many ways parents and caregivers can help children have a healthy weight and set up lifelong healthy habits.

About 1 in 5 American children have obesity. Compared to children with healthy weight, children with obesity are at a higher risk for asthma, sleep apnea, bone and joint problems, type 2 diabetes, and risk factors for heart disease such as high blood pressure.

Children with obesity are more likely to have obesity as adults. Adults with obesity have higher risks for stroke, many types of cancer, heart disease, type 2 diabetes, premature death, and mental illness, such as clinical depression and anxiety.

Factors that influence obesity include genetics, eating patterns, physical activity levels, access to health care, and sleep routines. Also, conditions where we live, learn, work, and play can make healthy eating and getting enough physical activity difficult.

Though there is no one solution to addressing obesity, there are many ways parents and caregivers can help children have a healthy weight and set up lifelong healthy habits at home.

- ❑ **Model a Healthy Eating Pattern** - Offer a variety of fruits and vegetables. Look for low sodium or no salt added vegetables and fruits packed in 100% fruit juice.
- ❑ **Move More As A Family** - Physically active youth have stronger muscles and bones, better cardiovascular fitness and lower body fat than those who are inactive.
- ❑ **Set Consistent Sleep Routines** - Good sleep can help prevent type 2 diabetes, obesity, injuries, and problems with attention and behavior. Children who don't get enough sleep are at risk for unhealthy weight gain.
- ❑ **Replace Screen Time With Family Time** - During childhood, too much screen time can lead to poor sleep, weight gain, lower grades in school, and poor mental health. Reducing screen time can free up time for family activities. Turning off screens an hour before bed and removing screens from children's bedroom can help reduce screen time and improve sleep.

## Tasty Snack Ideas:

Veggie Pinwheels & 1% or Skim Milk  
Bagel Chips & Bean Dip  
Edamame & Cheese Cubes  
Tuna Salad & Pretzel Sticks

### Veggie Pinwheels

- 8 - 100% whole wheat tortillas
- 8 (1 oz) cheese slices
- 1 C. hummus
- 2 C. cucumbers, cut into 3" sticks
- 2 C. shredded carrots



Lay out one tortilla and place a slice of cheese on top. Spread 2 tablespoons of hummus over the cheese. The cheese prevents the tortilla from getting soggy from the hummus. Add 1/4 cup cucumbers and 1/4 cup carrots. Roll the tortilla up and slice into 6 round pieces that look like pinwheels.

#### Snack Menu Suggestion:

Veggie Pinwheels & 1% or Skim Milk

We email all CACFP correspondence through KidKare messaging. Please open and read your KidKare messages daily so you don't miss out on important CACFP information!!

We would like to **WELCOME** Rachael Leeper of Lincoln to the Provider's Network Family!! We are excited to be working with you and your child care!

**THANK YOU** and congratulations to Kendra Rohren of Lincoln for her provider referral! Kendra 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. The more referrals, the more gift cards!! Please contact us with any questions and make sure that your referral provider gives us your name when they call to sign up.