

February 2025



Provider's
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It's already two months into the year and many of us are still searching for simple, easy health tips that will facilitate a happier and more positive lifestyle. This list might seem obvious, but it's a really useful checklist to have healthy habit information to make you stronger and more positive. Check out the top 7 tips below each day and check them off as you complete them – try them for the rest of the month and see how you feel by March 1st!

1. **Eat Well** - This means adding as much nutrition as possible to your daily diet. Many think of vegetables, fruits, grains, and nuts. We all know our 5-a-day is important, so choosing your 5 fruits or vegetables each day will help you create a routine and ultimately, a healthier lifestyle. Try swapping that mid-morning cereal bar for a banana or 3 pm chocolate slump for some delicious fresh vegetables.

2. **Be Active** - You might say it's easier said than done, but there are a number of ways you can stay active and not take a few hours of your day. Although it is important to make that time to move, it is not always possible. Try to set aside 15/20 minutes for a walk with your children before or after nap time, or play some music and dance around with your children.

3. **Stay Hydrated** - Another that is very important. Being dehydrated can make you feel lethargic and sometimes lead to headaches – something we want to avoid, of course!

4. **Sleep Well** - Have poor sleep habits? Try to cut down on your screen time before bed and make sure you get 7-8 hours to recharge your batteries for the next day. There are many apps that can help you fall asleep and create a better sleep pattern.

5. **Reduce Stress** - It's easy to tell someone to reduce the stressors they may encounter every day, but taking the time to acknowledge and overcome stress in a healthy way is crucial. Use your time set aside to be active or find a quiet corner to read for a while or chat with a friend. Taking those few minutes out of your day to reflect can actually help manage the small stresses we face.

6. **Less Screen Time** - Limits the extra time you might have to relax, walk or spend time with friends and family. Do not forget the possible lack of sleep! Try to limit the amount of time you spend looking at your phone, TV, or laptop and use it in a more constructive way.

7. **Do Something Creative** - This is one for sanity. Pick something you do every day and try doing it in a new way. Or, think of something creative that you would like to do or want to do and set aside time to do it. Clean out a cupboard or drawer. Work in the yard or garden. Create your own workout schedule or do some DIY.

Quick Tips!! All meals and attendance must be recorded by 11:59 pm. | Call or email the same day you are having KidKare issues. | Submit your claim on the last day you are providing care for the month. | Check KidKare messaging for the direct deposit date. | CRF's are due by the end of the month. | Read emails daily.

February is
**NATIONAL
HOT BREAKFAST
MONTH**

National Hot Breakfast Month was established to encourage people to get up and start their day with a meal that's a bit more substantial than a simple bowl of cereal. Breakfast is an important meal of the day, that much is true, but taking the time to get up in the morning, prepare breakfast, and take the time to sit down and eat a freshly cooked meal is a great start to the day as well.

Breakfast helps us feel better, to see our way through to lunch without losing focus and without having our stomach grumbling at us that it's empty. It also helps our brains function, and kick-starts the metabolism, which can result in the body burning more calories throughout the day.

Spinach and Cheese Egg Bites

7 eggs	1 C. mild cheddar cheese, shredded
¼ tsp. salt	1 C. spinach, roughly chopped
¼ C. milk	¾ C. parmesan cheese, shredded

Preheat oven to 350°F. Grease cups of a muffin tin with non-stick cooking spray; set aside. In a medium bowl, whisk the eggs until evenly combined. Add the salt, milk, cheddar cheese, and spinach; mix well. Spoon the egg mixture into the muffin tins, filling each cup about 2/3 full. Sprinkle parmesan cheese over each cup. Bake for 20-22 minutes or until the edges become golden and the eggs are set. Remove from the oven and carefully remove the egg bites before serving warm.

Breakfast Menu Suggestion:

Spinach and Cheese Egg Bites, Whole Grain English Muffins, Grapefruit, 1% or Skim Milk

Tasty Snack Ideas:

Hard Boiled Eggs and Cherry Tomatoes
Edamame and Hummus
Tuna and Pita Bread
Pretzel Sticks and Cheese Cubes

2024 Tax Statement

Your CACFP tax information is easily accessible to you! You are able to view and print your 2024 tax information for your December 2023 to November 2024 claims paid in 2024. This report will give you all the information needed for your food program income for the year. Please call the office if you have any questions regarding your 2024 tax information.

To run your tax report from KidKare go to:
REPORTS ~ CLAIM STATEMENTS ~ TAX REPORT ~ 2024 ~ RUN

Will Your Day Care Be Moving?

If your daycare location is moving, it is imperative that you notify licensing and your food program sponsor BEFORE your move takes place so that your license and CACFP agreement can be updated. Failure to notify us of your move in a timely manner, may result in your claim being ineligible at your new location. Please let us know if you have any questions.

Meaningful To-do List FOR FEBRUARY

- Edit your New Year resolutions
- Say "I love you" to yourself
- Give a loved one the warmest hug
- Treat yourself on Valentine's Day
- Random acts of kindness

Check out our updated website!
www.pnicacfp.org