

June 2025



Provider's
Network Inc.

www.pnicacfp.org

"This institution is an equal opportunity provider."



Contact Us If Your Day Care Will Be Closed

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

Carrie Sullivan | Executive Director
csullivan@pnicacfp.com

Lara Brown | Administrative Assistant
lbrown@pnicacfp.com

Lisa Benson | Program Advisor
lbenson@pnicacfp.com

Maricela Meza | Program Advisor
mmeza@pnicacfp.com

It is a USDA regulation that providers let us know if they will be closed or away from their day care premises. If you will be closed at anytime this summer, please call or email your advisor or Lara in the office, as well as putting any closures in your KidKare calendar. Your advisor looks at provider calendars daily as they map out their schedules.

It is possible that you could receive a visit sooner than once every four months. We serve providers throughout the State of Nebraska so sometimes we need to go to an area at the end of the trimester but then return sooner within the next trimester for various reasons such as weather, certain meals needing reviewed, etc. So even if you have had a visit and you don't think your advisor will be back out for four months, your visit could be sooner and it's important that you let us know of any closures and to put it in your KidKare calendar.

Review your claim summary each month:

- < On your KidKare toolbar, click "Reports."
- < Select "Claim Statements."
- < Select "Claim Summary and Error."
- < Select the month you want to review. Select "Run" option at the bottom of the screen and your report will generate. If given an option at the bottom of the screen to "Open" click on that.

Claim summaries are normally ready to review after the 6th of each month.

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

Remember to **add non-school days in the calendar** for each of your preschoolers and school-age children for the summer months.

Remember to **submit your claim on the last day of the month** you will be doing care, after your last meal has been recorded.

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.

June is
**NATIONAL FRESH FRUIT
& VEGETABLE MONTH**

At the start of June, we celebrate *National Fresh Fruit and Vegetable Month*! It's perfect timing as the growing season is in full swing and there is an abundance of fresh produce available locally. Fresh is the best! Why? Fresh fruits and vegetables provide a list of valuable nutrients, vitamins, minerals, and fiber for the body while remaining low in calories, fat, and sodium. They can help prevent certain diseases like cancer, heart disease, and diabetes and also help with weight control.

There are so many different fresh fruits and vegetables grown in Nebraska! Play a game where you choose a new or favorite fruit or vegetable to try in your day care, for example: Broccoli. Cook the broccoli three different ways; par-boiled, roasted, or stir-fried. You could even try it raw, sauteed, baked, steamed, or grilled. Additionally, there are many ways to top your broccoli with various spices, low-fat cheeses, or sauces/dressings. Another option is to add broccoli to different favorite food items, such as scrambled eggs, on top of a potato, or mixed in with noodles. If you are trying a new fresh fruit or vegetable, it is also suggested to introduce it to your child by using all their senses. Before even taking a bite, have your child:

- Describe the color and shape
- Describe the texture
- Describe the smell
- Test it with a lick
- Chomp a bite

If you are working with a picky eater, try adding the healthier fruit or vegetable to foods your child already loves. Some examples might include making blueberry pancakes, carrot or zucchini muffins, different fruits on top of cereal or oatmeal, or spiral veggies on top of rice or macaroni and cheese.

Tasty Snack Ideas:

Broccoli Florets & String Cheese
Sugar Snap Peas & Graham Crackers
Strawberries/Blueberries & Croissants
Kiwi & Pretzels

Summer is a great time to think about self-care. With long sunny days and warmer weather, there are more opportunities than ever to switch up your routine and enjoy what the season has to offer. Use this self-care checklist to get some ideas for taking care of yourself this summer.



Ditch the couch and relax outdoors. Grab a blanket or lawn chair and something to read and set up camp on a shady patch of grass.

Go for a stroll. A long walk can be a great way to clear your head and enjoy warm summer evenings. You can also grab a friend and get your exercise in while catching up.

Explore your local farmers market. Take advantage of seasonal produce and local vendors. A trip to the farmers market can be a great opportunity to try new foods.

Look for things going on in your community. Search on-line or in the newspaper for events going on around town. Consider outdoor movies, yard sales, festivals or concerts. Making fun plans can help you feel excited and give you something to look forward to.

Tidy one small space. Perhaps a drawer or the top of your desk—even having one space clean and free of clutter can help you feel calmer.

Make a summer feel-good playlist. Music can be an effortless way to improve your mood and motivate you to get moving, even while exercising or cleaning!

Do an at-home spa day. Take a bubble bath, use a face mask or treating yourself to a pedicure can all be ways to help yourself feel cared for.

Practice mindfulness. Try meditation or make a list of 5 things you are thankful for.

Start or continue a journal. Writing can be a great way to express how you feel and check-in with your emotions. Or, it can just be a place to doodle or draw.