

May 2025



Provider's Network Inc.

www.pnicacfp.org

"This institution is an equal opportunity provider."



Every year, **Provider Appreciation Day** is celebrated the Friday before Mother's Day, this year on May 9th. The day recognizes child care providers, teachers and other educators of young children everywhere. Over the years, this event has grown and has become more well-known and celebrated by many. **Provider Appreciation Day** is to express gratitude to our child care professionals who are dedicated to the growth and safety of our children. This day is dedicated to recognizing the meaningful role that child care providers have in our community. The jobs of child care professionals are not easy. Each day they commit to developing the cognitive, socio-emotional, and physical well-being of our children's future.

Thank you for making a difference in the lives of children every day.

Thank you for strengthening communities.

Thank you for your compassion in sustaining a brighter future.



Happy Provider Appreciation Day!

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

Remember to **contact the office or your advisor if you will be closed** or away from your home this summer, AND to mark your day(s) off in your KidKare calendar.

*Know someone who is starting an in-home child care? Refer them to Provider's Network and 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!*

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.

May is NATIONAL SALAD MONTH

With the warmer weather here, there's no better time to give your oven a rest and enjoy a nutritious salad! When we typically think of "salad," we think of a traditional side salad or green salad. Don't forget that salads include fruit and can be expanded to include protein, which make delicious entrees.

A salad can be a nutrition powerhouse, and an excellent way to help get your five servings of fruit and vegetables a day. To boost the nutrition of your salad, think about adding color and texture. Start with the greens and instead of using only iceberg lettuce, try mixing in darker greens like spinach, kale or red leaf lettuce. Add your favorite veggies for flavor and crunch—cucumber, tomato, shredded carrot, radish, red onion and baby peas are a few options. Fruits add a sweetness to your salad. Try citrus fruit like Mandarin oranges and grapefruit or go with sliced strawberries or fresh raspberries as a topping. Don't forget the protein. Beans like garbanzo, black or pinto beans add protein, fiber and flavor to any salad. Low fat cheese or a lean meat like fish or chicken breast is also a great addition. Nuts and seeds also make a terrific topping, adding crunch and flavor.

Mix up the lettuce variety. Iceberg is what we're most familiar with in the United States. Try spinach for a change of pace. Romaine makes excellent lettuce wraps. Butterhead comes in loose, crisp, rosettes.

Serve salad with various meals, even breakfast. Fruit salad is a bright way to start the morning. Try a different type of salad every week!!

We would like to
WELCOME Marisela Aguilar of Scottsbluff
to the Provider's Network Family!
We are excited to be working with
you and your child care!
THANK YOU to Rachele Aguilar of Scottsbluff
for her provider referral. Rachele will receive a
\$50.00 Visa Gift Card for her referral.
Congratulations!!

Tasty Snack Ideas:

Hard Boiled Eggs & Fruit Salad
Cottage Cheese & Whole Grain Rolls
Mixed Greens & Mandarin Oranges
Sausage Patties & Cherry Tomatoes

Surrounding yourself with people who love, uplift, and support you is an effective way to rejuvenate your spirit. The importance of connection cannot be understated. Whether you have family dinners, plan a coffee day with a friend, or just make that phone call to catch up with someone special, prioritizing meaningful interactions in your life helps promote emotional and mental health.

Fruit Salad



Berries: Stick with blueberries and strawberries here. Blackberries are also pretty sturdy, but raspberries will break up too much.

Mandarin Oranges: go with a can here. Much less work than peeling fresh fruit and these offer a fun tangy flavor. Look for a can that says "0 added sugar" or "packed in water" to avoid excess sugars or syrups.

Grapes: Red or green, or even some fun hybrid flavored ones like cotton candy. Just halve them for ease of eating.

Kiwi: A bit finicky to peel sometimes, but the tropical flair is delicious.

Banana: And of course, the old standby of the banana. I like using these because it adds a different shape to the mix, plus the sweetness compliments the sometimes tart berries perfectly!

Browned Bananas: No one likes brown fruit as it just looks unappetizing. If you are making this breakfast salad ahead of time, mix up everything except the banana. Simply slice those right on top just before serving.

Tropical Delight: Try adding unsweetened shredded coconut on top when you set the bowl on the table for an extra tropical flavor with just a bit of crunch.

Frozen Fruit: This would also be great frozen! If you have leftovers, pop it into the freezer in single serving portions. It is best eaten just slightly thawed as they will be mushy once totally thawed.

INGREDIENT TIP: You've heard of dipping apple slices in lemon juice, right? It's the acidity in citrus that helps stop browning in its tracks. You can add orange juice!! This acts as a dressing of sorts, but will also help slow browning so you can do some slicing and dicing ahead of time.