

January 2025



Provider's  
Network Inc.

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

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



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## 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**

*Here are some examples that can benefit our physical and mental health and wellness so we can be off to a great new year in 2025! Start with **practicing just one until it becomes routine** as one new healthy habit builds upon another.*

- **Getting regular exercise.** Even if it's just 15-30 minutes a day. The fresh air clears your mind and can be rejuvenating.
- **Eating a healthy diet** and staying hydrated enhances energy and focus.
- **Getting enough sleep!** Easier said than done for most of us! 7-9 hours is recommended.
- **Meditation and journaling.** Guided meditation and breathing exercises can remove the stream of chaotic thoughts that may be overcrowding your mind and causing stress. Spending 5-10 minutes a day journaling evokes mindfulness and helps you keep perspective, find inspiration, achieve goals and helps regulate emotions.
- **Setting goals and ways to achieve them.** Identify priorities, learn to say no if you feel you are taking on too much.
- **Practicing gratitude.** This has been proven to greatly improve happiness by nurturing hope for the future, reducing stress, increasing resilience, and enhancing empathy towards others. It improves self-esteem and psychological strength.

**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.

January is  
**NATIONAL  
SOUP MONTH**



Many soups are packed with protein, veggies, and grains, making them a great one-pot meal option. You can also easily adapt your recipes to make a healthier soup.

- **Choose reduced-sodium or salt-free broth or stocks.** Broths and stocks add a flavorful base liquid, but also can add a lot of sodium. Starting with a lower-sodium liquid is helpful in making a healthier soup. Using more herbs and spices in the soup adds flavor without salt.
- **Add more vegetables.** Soup recipes usually include using a certain amount of vegetables such as one cup of chopped carrots or one stalk of celery. If you feel comfortable going off the recipe, you can always add more. Not only does this add more vitamins, minerals, and fiber, it makes the soup heartier.
- **Use evaporated milk in place of cream.** Whereas broth-based soups tend to be high in sodium, creamy soups tend to be high in fat. With less water, evaporated milk provides a familiar flavor and thickness to soups with less fat.

### Hearty Italian Meatball Soup

- 3 C. water
- 2 (14 oz.) can diced tomatoes with onion and garlic, undrained
- 2 (14 oz.) can beef broth
- 1 tsp. Italian seasoning
- 1 (16 oz.) package small frozen cooked Italian-style meatballs
- 2 C. frozen Italian-blend vegetables
- 1 C. small star-shaped dried pasta
- ¼ C. grated Parmesan cheese

In a large pot stir together water, tomatoes, beef broth, and Italian seasoning; bring to a boil. Add frozen meatballs, Italian-blend vegetables, and pasta. Bring to a boil, then reduce heat to medium-low. Cook until meatballs are heated through and pasta is tender, about 10 minutes. Ladle soup into bowls and garnish with Parmesan cheese.

#### Lunch/Supper Menu Suggestion:

Hearty Italian Meatball Soup, Cornbread, Lettuce Salad, Apple Slices and 1% or Skim Milk

**Check out our updated website!**  
**[www.pnicacfp.org](http://www.pnicacfp.org)**

## Tasty Snack Ideas:

- Blueberries and Pretzels
- Tortillas and Refried Beans
- Bell Peppers and Hummus
- Ham and Whole Wheat Crackers

We would like to  
**WELCOME Macey Thege of David City**  
to the Providers Network Family! We are excited  
to be working with you and your child care!

**THANK YOU to Darcy Thege of David City for her  
provider referral! Darcy will receive a \$50.00  
Visa Gift Card for her referral. Congratulations!!**

*If you know someone who is starting an in-home child care, refer  
them to Providers Network and receive a \$50.00 Visa Gift Card  
after their first two months of claiming!*

The following holidays are NOT reimbursable:

New Year's Day • Memorial Day • Independence Day •  
Labor Day • Thanksgiving Day • Christmas Day

**NEW MONTH**  
*New Beginning*  
**NEW MINDSET**  
*New Focus*  
**NEW START**  
*New Intentions*  
**NEW RESULTS**