

## Annual Update Packets

Annual CRF update packets will be prepared and mailed out to everyone by the end of September. Please watch your mail for this very important, time-sensitive material.

Updates will be due in the office NO LATER than October 15, 2024.

### On Sale Now!



### Nutrition and Record-Keeping Calendars

2025 calendars are going fast so if you would like one you MUST call or email Lara in the office at [lbrown@pnacfp.com](mailto:lbrown@pnacfp.com) to request one before they are gone! Calendars will be mailed out in November.

DAY CARE CLOSURE - If you will be closed or away from your day care premises it is very important to call or email your advisor or Lara in the office in advance, as well as putting any closures in your KidKare calendar.

PLANNING ON MOVING - If you are planning on moving, remember to contact licensing **AND** your food program sponsor or the office **BEFORE** you move. Failure to notify us in a timely manner may result in your claim being ineligible at your new location.

## Five Ways to Encourage Vegetables

Many young children can be "choosy" eaters, especially when it comes to eating vegetables. It can take them 10 or more tries before they like a new food. Keep trying – it will help them have healthier eating habits later. Here are five ways to get started:

- **Eat together.** Let your child see you enjoying vegetables at meals and snacks.
- **Prepare together.** Teach your child how to tear lettuce or add vegetable toppings to pizza.
- **Get colorful.** Choose different colors of vegetables to eat.
- **Make vegetables fun.** Read about them in books. Plant a seed and watch it grow.
- **Share the adventure.** Try a new vegetable each week.

### Zucchini Stir Fry

2 C. chopped zucchini	2 tsp. soy sauce
2 C. chopped peppers	½ tsp. garlic powder
1 C. chopped onion	¼ C. shredded Parmesan cheese (optional)
1 T. vegetable oil	

Heat 1 tablespoon of vegetable oil in a large skillet. Add chopped zucchini, chopped peppers, and chopped onion. Stir and fry for 4 to 5 minutes. Season with soy sauce, garlic powder and grated parmesan cheese, if desired.



#### Lunch/Supper Menu Suggestion:

Baked Chicken, Cornbread, Zucchini Stir Fry, Peaches, and 1% or Skim Milk



*Know someone newly licensed in your area? Refer them to Providers Network and receive a \$50.00 Visa Gift Card!*

*For every referral of a newly licensed or legally exempt provider you make to Provider's Network you will receive a \$50.00 Gift Card after your referred provider has claimed for two months. There is no limit to the number of rewards you can receive so the MORE REFERRALS, THE MORE GIFT CARDS FOR YOU!*

**Check out our website for important PNI news and ongoing nutrition information!**  
<https://www.pnicacfp.com>

## IMPORTANT MONTHLY REMINDERS:

### **Tentative Monthly Direct Deposit Date Range: 19th - 28th**

*Due to the continued fluctuation in receiving the claim funds from NDE each month, we feel it is best to no longer give a tentative deposit date "guess" in the newsletter, but rather a date range based on historical deposit dates. However, each month, once the funds are deposited into our account, we will send a notification to everyone directly through KidKare Messaging with the specific deposit date. Should there be a deposit delay beyond the 28th any month, we will notify you ASAP through KidKare Messaging so the info is at your fingertips!*

**Watch KidKare Messaging for the specific deposit date once we receive it!!**

- ✓ **Per USDA Regulations:** all meals and attendance must be recorded by 11:59 pm every day. **If you run into login issues, you must call and leave a message at the office or send us an email the SAME DAY of occurrence** for reimbursement consideration.
- ✓ On-line claims should always be submitted the last day of the month, after your last meal has been entered.
- ✓ All Registration Forms must be received by the end of each month. **Mail your CRF's right away when a child starts in your care instead of waiting until the end of the month.**
- ✓ Add non-school days to each school age and preschool child's calendars before the end of each month to avoid deductions.
- ✓ You must contact the office if you plan on moving or changing directors **PRIOR TO THE MOVE OR CHANGE.** If you contact licensing, you are responsible for contacting PNI as well.
- ✓ If you call the office and no one answers, please leave a detailed voice mail and your call will be returned within 24 hours. You can also email your advisor, Lara, or Carrie at anytime.