



# NAP Newsletter

VOLUME 41 NO. 10 OCTOBER 2023

## N.A.P. BENEFIT DISTRIBUTION: WALK-IN ONLY



With the decreasing no. of Covid-19 Cases and the lifting of Covid-related restrictions, the CNMI Nutrition Assistance Program will be switching from the drive-thru method of distributing benefits to the walk-in method. Starting on October 2, 2023, drive-thru lanes will no longer be available and clients have to walk in through the Benefit Issuance and Claims Accountability Unit to pick up their benefit on their scheduled date.

Please be reminded that due to the increasing no. of NAP benefit cases as well, we are only accommodating clients that are scheduled for the day. If you missed your scheduled date, **YOU ARE NOT ALLOWED TO PICK UP ON THE OTHER NUMBERS' SCHEDULED DATES.** If you missed your scheduled date, please kindly come back on **OPEN DAY** to pick up your benefits.

## Low Carb Veggie Fried Rice Bowl

### INGREDIENTS



### DIRECTIONS

1. Heat a nonstick wok or large skillet over medium-high heat. Add the oil and after about 20 seconds, add diced protein, onions, ginger, garlic, assorted veggies and riced cauliflower, stirring often with spoon or spatula, for about 2 minutes.

2. Reduce heat to medium and pull the mixture away from the center of the pan with a spatula and pour the beaten egg in the center. When it starts to cook, use a spatula to stir all of the fried rice ingredients together for about a minute to finish cooking the egg.

3. Sprinkle teriyaki sauce and cilantro over the top and gently stir just to blend flavors (about 1 minute more). Taste and add more teriyaki sauce if desired. Divide into two bowls and serve!

- \* Canola or other Vegetable Oil (1tbsp)
- \* Diced Cooked Lean Protein of your choice. (such as chicken, pork, shrimp, tofu, etc.) 1 cup
- \* Chopped Scallions or other Onion (3tbsp)
- \* Grated Fresh Ginger (3/4 tsp)
- \* Minced Garlic (1/2 tsp, about 1 clove)
- \* Assorted Vegetables, chopped (1 1/2 cup)
- \* Cauliflower "Rice" (1 1/2 cup)
- \* Egg: Beaten (1)
- \* Teriyaki Sauce (1 tbsp)
- \* Chopped Fresh Cilantro (2 tbsp)

### NUTRITION FACTS

2 Servings

Serving Size: about 1 3/4 Cups

Calories: 250

- ◆ Total Fat: 12g
- ◆ Saturated Fat: 2.3g
- ◆ Trans Fat: 0g
- ◆ Cholesterol: 140mg
- ◆ Sodium: 410mg
- ◆ Total Carbohydrate: 11g
- ◆ Dietary Fiber: 4g
- ◆ Total Sugars: 6g
- ◆ Protein: 25g
- ◆ Potassium: 870mg
- ◆ Phosphorus: 305mg

# NAP NEWSLETTER

ROTA Benefit Issuance Schedule		SAIPAN Benefit Issuance Schedule (8:00AM-3:00PM)		
Rota Distribution Time is from 8AM to 3PM. Closed on Weekends and Holidays		NAP coupons will be issued through a drive thru at the JTV Building in As Lito based on the set schedule below:		
<b>OCT 02, 2023 MON</b>	Elderly./Special Needs Clients/ A-L	<b>OCTOBER 2023</b>		
<b>OCT 03, 2023 TUE</b>	M-Z	<b>OCTOBER 02, 2023</b>	<b>MON</b>	Case Record ID ending with '1'
<b>OCT 04, 2023 WED</b>	OPEN DAY	<b>OCTOBER 03, 2023</b>	<b>TUE</b>	Case Record ID ending with '2'
<b>NOV 01, 2023 WED</b>	M-Z	<b>OCTOBER 04, 2023</b>	<b>WED</b>	Case Record ID ending with '3'
<b>NOV 02, 2023 THU</b>	Elderly./Special Needs Clients/ A-L	<b>OCTOBER 05, 2023</b>	<b>THU</b>	Case Record ID ending with '4'
<b>NOV 06, 2023 MON</b>	OPEN DAY	<b>OCTOBER 06, 2023</b>	<b>FRI</b>	Case Record ID ending with '5'
<b>TINIAN Benefit Issuance Schedule</b>		<b>OCTOBER 10, 2023</b>	<b>TUE</b>	Case Record ID ending with '6'
Tinian Distribution Time is from 8AM to 3PM. Closed on Weekends and Holidays		<b>OCTOBER 11, 2023</b>	<b>WED</b>	Case Record ID ending with '7'
<b>OCT 02, 2023 MON</b>	Elderly, Special Needs Clients	<b>OCTOBER 12, 2023</b>	<b>THU</b>	Case Record ID ending with '8'
<b>OCT 03, 2023 TUE</b>	A-L	<b>OCTOBER 13, 2023</b>	<b>FRI</b>	Case Record ID ending with '9'
<b>OCT 04, 2023 WED</b>	M-Z	<b>OCTOBER 16, 2023</b>	<b>MON</b>	Case Record ID ending with '0'
<b>NOV 01, 2023 WED</b>	Elderly, Special Needs Clients	<b>OCTOBER 17, 2023</b>	<b>TUE</b>	<b>OPEN DAY</b>
<b>NOV 02, 2023 THU</b>	A-L	<b>NOVEMBER 2023</b>		
<b>NOV 06, 2023 MON</b>	M-Z	<b>NOVEMBER 01, 2023</b>	<b>WED</b>	Case Record ID ending with '1'
		<b>NOVEMBER 02, 2023</b>	<b>THU</b>	Case Record ID ending with '2'
		<b>NOVEMBER 06, 2023</b>	<b>MON</b>	Case Record ID ending with '3'
		<b>NOVEMBER 07, 2023</b>	<b>TUE</b>	Case Record ID ending with '4'
		<b>NOVEMBER 08, 2023</b>	<b>WED</b>	Case Record ID ending with '5'
		<b>NOVEMBER 09, 2023</b>	<b>THU</b>	Case Record ID ending with '6'
		<b>NOVEMBER 13, 2023</b>	<b>MON</b>	Case Record ID ending with '7'
		<b>NOVEMBER 14, 2023</b>	<b>TUE</b>	Case Record ID ending with '8'
		<b>NOVEMBER 15, 2023</b>	<b>WED</b>	Case Record ID ending with '9'
		<b>NOVEMBER 16, 2023</b>	<b>THU</b>	Case Record ID ending with '0'
		<b>NOVEMBER 17, 2023</b>	<b>FRI</b>	<b>OPEN DAY</b>

**You can purchase Fruits and Vegetables with your NAP coupons at the following Authorized Retailers:**

1. CHENG CHENG MARKET
2. NEW OLEAI STORE
3. NEW L&Q MARKET
4. ZHENYU MARKET
5. TWINS SUPERMARKET (DANDAN)

## **N.A.P. COUPON VALIDITY**

To all NAP recipients or representatives:

The “**New Series**” of NAP Coupons that will be issued starting on October 2023, will be valid upon issuance to the NAP recipient **up until December 2023.**

The validity of the coupons will last for 3 months (**October 2023 - December 2023**) however the colors will still change monthly to differentiate the month that they were distributed.

The new color for **Local Coupons is Reflex Blue** and as for the **U.S. Regular Coupon, would be Green.**

## **ORIENTATION ANNOUNCEMENT**

Due to Corona-Covid 19 Virus which requires social distancing, NAP Office does not require an applicant to attend the Mass Orientation instead, NAP has an Orientation in a paper version, where you can obtain a copy from the NAP Office or in the NAP Website:

<http://www.cnminap.gov.mp>

Make sure you read all the contents and acknowledge the last page to ensure you understood the Orientation Paper.

## **IMPORTANT REMINDER**

NAP would like to remind all NAP clients to **renew as early as the first week of each month** to avoid delays of issuance of benefit for the following month. If the NAP ID expires the end of the month, that means your renewal should be done on the same month except on the first week. Application package can be picked up at the Certification Unit area or downloaded online at **www.cnminap.gov.mp**

To all NAP recipients or representative, please ensure that on each coupon, you must print the following clearly:

1. **Entire 10-digit Food Stamp I.D. Card Number**
2. **Valid Photo I.D. Number**
3. **Print Complete Name (No Initial Name)**
4. **Signature**

