



NAP Newsletter

VOLUME 41 NO. 11 NOVEMBER 2023

NOVEMBER 2023 ISSUANCE UPDATES

WALK-IN PROCESS



NAP will continue to issue benefits for the month of November 2023 through a walk-in process. An updated schedule was released and we will be accommodating two (2) case numbers daily instead of 1. Regular issuance hours will remain the same, 8:00am to 3:00pm, from November 1, 2023 until Open Day. On the other hand, **pick-up hours effective November 13, 2023 onwards, will be from 8:00am to 12:00pm only, from Monday to Friday (except weekends and holidays).**

We will strictly adhere to issuing only numbers scheduled for that day as we estimate the 2 case numbers to be 800 to 1,000 cases served per day. If you missed your scheduled date, YOU WILL HAVE TO COME ON OPEN DAY TO PICK UP YOUR BENEFITS.

Spinach and Parmesan Egg Bites



INGREDIENTS

- * Non-stick Cooking Spray (1)
- * Frozen Spinach (10oz, thawed and squeezed)
- * Roasted Red Peppers (1/4 cup, chopped)
- * Green Onions (2, thinly sliced)
- * Grated Parmesan Cheese (1tbsp, plus 1tsp)
- * Egg Substitute (1 cup)
- * Skim Milk (1/2 cup)
- * Mustard Powder (1tsp)
- * Salt (1/8tsp)
- * Black Pepper (1/8tsp)

DIRECTIONS

1. Preheat the oven to 350°F. Lightly spray 16 cups of two 12-cup mini muffin pans or 16 cups of a 24-cup mini muffin pan with cooking spray.
2. In a medium bowl, using a fork, separate the spinach into small pieces. Stir in the roasted peppers and green onions. Spoon the spinach mixture into the sprayed muffin cups. Sprinkle the Parmesan over the spinach mixture.
3. In a separate medium bowl, whisk together the remaining ingredients. Pour into the filled muffin cups. Fill the empty muffin cups with water to keep the pan from warping.
4. Bake for 18–20 minutes, or until a wooden toothpick inserted in the center comes out clean. Transfer the pans to a cooling rack. Let cool for 10 minutes. Using a thin spatula or flat knife, loosen the sides of the quiche bites. Serve warm.
5. Refrigerate leftovers in an airtight container for up to 5 days. To reheat, put 4–6 quiche bites on a microwaveable plate. Microwave on 100% power (high) for 45 seconds to 1 minute, or until heated through.

NUTRITION FACTS

8 Servings

Serving Size: 2 Quiche Bites
Calories: 50

- ♦ **Total Fat:** 1.5g
- ♦ **Saturated Fat:** 0.5g
- ♦ **Trans Fat:** 0g
- ♦ **Cholesterol:** 0mg
- ♦ **Sodium:** 190mg
- ♦ **Total Carbohydrate:** 3g
- ♦ **Dietary Fiber:** 1g
- ♦ **Total Sugars:** 1g
- ♦ **Added Sugars:** 0g
- ♦ **Protein:** 6g
- ♦ **Potassium:** 270mg
- ♦ **Phosphorus:** 80mg

NAP NEWSLETTER

ROTA Benefit Issuance Schedule

Rota Distribution Time is from 8AM to 3PM. Closed on Weekends and Holidays

NOV 01, 2023 WED	M-Z
NOV 02, 2023 THU	Elderly./Special Needs Clients/ A-L
NOV 06, 2023 MON	OPEN DAY
DEC 01, 2023 FRI	Elderly./Special Needs Clients/ A-L
DEC 04, 2023 MON	M-Z
DEC 05, 2023 TUE	OPEN DAY

TINIAN Benefit Issuance Schedule

Tinian Distribution Time is from 8AM to 3PM. Closed on Weekends

NOV 01, 2023 WED	Elderly, Special Needs Clients
NOV 02, 2023 THU	A-L
NOV 06, 2023 MON	M-Z
DEC 01, 2023 FRI	Elderly, Special Needs Clients
DEC 04, 2023 MON	A-L
DEC 05, 2023 TUE	M-Z

SAIPAN Benefit Issuance Schedule (8:00AM-3:00PM)

NAP coupons will be issued through a walk-in at the JTV Building in As Lito based on the set schedule below:
Subject to change in case of Emergency

NOVEMBER 2023

NOV 01, 2023	WED	Case Record ID ending with '1 & 2'
NOV 02, 2023	THU	Case Record ID ending with '3 & 4'
NOV 06, 2023	MON	Case Record ID ending with '5 & 6'
NOV 07, 2023	TUE	Case Record ID ending with '7 & 8'
NOV 08, 2023	WED	Case Record ID ending with '9 & 0'
NOV 09, 2023	THU	OPEN DAY

DECEMBER 2023

DEC 01, 2023	FRI	Case Record ID ending with '1 & 2'
DEC 04, 2023	MON	Case Record ID ending with '3 & 4'
DEC 05, 2023	TUE	Case Record ID ending with '5 & 6'
DEC 06, 2023	WED	Case Record ID ending with '7 & 8'
DEC 07, 2023	THU	Case Record ID ending with '9 & 0'
DEC 11, 2023	MON	OPEN DAY

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

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

1. X.K. MARKET
2. LC MARKET
3. MING MING SUPERMARKET
4. GREEN CONSUME MARKET
5. LJ'S I

NAP CONTACT INFORMATION:

Certification Unit	(670) 237-2801-6 (670) 237-2870-4
FAX	(670) 664-2851
	(670) 237-2800
Administration	
FAX	(670) 664-2850
Website:	www.cnminap.gov.mp
Email:	support@cnminap.gov.mp
Accounting	(670) 237-2851-3
Benefit Issuance & Claims Account-ability	(670) 237-2813-15 (670) 237-2860-62/2864
CASHIER	(670) 237-2863
Retail & Redemption Unit	(670) 237-2821-3
Management Evaluation Unit	(670) 237-2831-7 (670) 483-2021 (670) 483-2020
Tinian Office	(670) 433-9330
Rota Office	(670) 532-4627

N.A.P. COUPON VALIDITY

To all NAP recipients and 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.

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

