



NAP Newsletter

VOLUME 41 NO. 12 DECEMBER 2023

IMPORTANT: ISSUANCE SCHEDULE UPDATE

Schedule Rotation for January 2024.

| SAIPAN Benefit Issuance Schedule | | |
|---|-----------------|------------------------------------|
| Nap Coupons will be issued at the JTV Building in As Lito 8:00 a.m. to 3:00 p.m. daily except on Holiday and Weekends Subject to change in case of Emergency. | | |
| TUE | January 2, 2024 | CASE RECORD ID ENDING WITH '9 & 0' |
| WED | January 3, 2024 | CASE RECORD ID ENDING WITH '1 & 2' |
| THU | January 4, 2024 | CASE RECORD ID ENDING WITH '3 & 4' |
| FRI | January 5, 2024 | CASE RECORD ID ENDING WITH '5 & 6' |
| MON | January 8, 2024 | CASE RECORD ID ENDING WITH '7 & 8' |
| TUE | January 9, 2024 | OPEN DAY |

Please be guided accordingly with the schedule rotation that will be implemented starting January 2024. We will be rotating the order of the case record ID numbers every month to establish fairness and equality for all the clients picking up their benefits. Regular issuance hours will remain the same, 8:00am to 3:00pm, from the first scheduled date of issuance up until Open Day. Pick-up hours after Open Day 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.

Herb-Roasted Turkey



INGREDIENTS

- * Unsalted Butter (softened) 5 tsp
- * Fresh Minced Sage (divided) 3 tsp
- * Fresh Minced Thyme (divided) 3 tsp
- * Fresh Rosemary (minced, divided) 3 tsp
- * Kosher Salt (to taste)
- * Freshly Ground Black Pepper (to taste)
- * Low Sodium Chicken Broth (low-fat, reduced-sodium) 1 1/2 cup
- * White Wine (dry) 1 cup
- * Turkey Breast (skin on, washed and patted dry) 5 lbs

DIRECTIONS

1. Preheat the oven to 350 degrees F. Line a large roasting pan with foil. Set a rack inside the roasting pan and coat it with cooking spray. Set aside.
2. In a small bowl, combine the butter with 2 Tsp. each of the sage, thyme, and rosemary, plus salt and pepper. Reserve the remaining 1 Tsp. of each of the herbs.
3. In a small saucepan, combine the chicken broth and wine, and bring to a gentle boil. Add the reserved herbs and lower to a simmer.
4. With your hands, separate the turkey breast skin from the breast meat, creating a pocket without removing the skin. Rub the butter herb mixture all over the breast meat. Place the skin back down on the breast.
5. Set the turkey on the prepared rack in the pan. Roast the turkey for about 1 hour, 20 minutes to 1 hour, 40 minutes until the internal temperature reaches 170 degrees F and the juices run clear. Baste every 15-20 minutes with the mixture of chicken broth and white wine.
6. Remove the turkey from the oven, cover loosely with foil, and let stand for 15 minutes before slicing. Discard the skin and serve.

NUTRITION FACTS

12 Servings

Serving Size: 3 ounces (skinless)

Calories: 165

- ◆ Total Fat: 2.5g
- ◆ Saturated Fat: 1.4g
- ◆ Cholesterol: 95mg
- ◆ Sodium: 75mg
- ◆ Total Carbohydrate: 0g
- ◆ Dietary Fiber: 0g
- ◆ Protein: 33g
- ◆ Choices/Exchanges: 3 Lean Protein

NAP NEWSLETTER

ROTA Benefit Issuance Schedule

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

| | |
|-----------------------------|-------------------------------------|
| DEC 01, 2023 FRI | Elderly./Special Needs Clients/ A-L |
| DEC 04, 2023 MON | M-Z |
| DEC 05, 2023 TUE | OPEN DAY |
| JAN 02, 2024 TUE | M-Z |
| JAN 03, 2024 WED | Elderly./Special Needs Clients/ A-L |
| JAN 04, 2024 THU | OPEN DAY |

TINIAN Benefit Issuance Schedule

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

| | |
|-----------------------------|--------------------------------|
| DEC 01, 2023 FRI | Elderly, Special Needs Clients |
| DEC 04, 2023 MON | A-L |
| DEC 05, 2023 TUE | M-Z |
| JAN 02, 2024 TUE | Elderly, Special Needs Clients |
| JAN 03, 2024 WED | A-L |
| JAN 04, 2024 THU | 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

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 |

JANUARY 2024

| | | |
|---------------------|------------|------------------------------------|
| JAN 02, 2024 | TUE | Case Record ID ending with '9 & 0' |
| JAN 03, 2024 | WED | Case Record ID ending with '1 & 2' |
| JAN 04, 2024 | THU | Case Record ID ending with '3 & 4' |
| JAN 05, 2024 | FRI | Case Record ID ending with '5 & 6' |
| JAN 08, 2024 | MON | Case Record ID ending with '7 & 8' |
| JAN 09, 2024 | TUE | 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. FISHING TACKLE
2. KWIK TRIP
3. SAN ROQUE MARKET
4. Y.Z.L. RETAIL STORE
5. JL MARKET

NAP CONTACT INFORMATION:

| | |
|--|--|
| Certification Unit | (670) 237-2801-6 (670) 237-2870-4 |
| FAX | (670) 664-2851 |
| Administration | (670) 237-2800 |
| 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

