



DEPARTMENT OF COMMUNITY AND CULTURAL AFFAIRS

NAP Newsletter

VOLUME 42 NO. 01 JANUARY 2024

NAP BENEFITS UPDATE



In consultation with the USDA Food and Nutrition Service on December 20, 2023, the CNMI DCCA Nutrition Assistance Program (NAP) and the Office of the Governor and Lieutenant Governor, is pleased to announce that we are still in negotiation about the reduction in NAP benefits. This will allow the CNMI to maintain the same benefit levels for January 2024. This is welcoming news during the holidays.

The CNMI DCCA NAP continues consultation with USDA and additional information will be provided once the new Memorandum of Understanding is finalized between CNMI and USDA. The CNMI DCCA NAP will continue to work with USDA to lessen the impact on families. Thank you for your patience.

Roast Beef with Creamy Horseradish



DIRECTIONS

1. Preheat the oven to 400 degrees F. Combine the black pepper, salt, and garlic, and rub all over the roast. Place the meat in a large roasting pan. Roast the meat for about 20 minutes.

2. Reduce the heat to 325 degrees F, and bake for about 50 additional minutes or until a meat thermometer inserted in the roast registers 140 degrees F for medium rare. Cook longer if desired.

3. Remove the roast from the oven. Cover loosely with foil, and let stand for 15-20 minutes. Cut the meat across the grain into thin slices.

4. Combine the ingredients for the horseradish sauce, and serve with the sliced beef.

INGREDIENTS

- * Horseradish (peeled, grated fresh) 1/2 cup
- * Sirloin Tip Roast or Bottom Round Roast (all excess fat removed) 3 lbs
- * Sour Cream (non-fat) 2 cup
- * Garlic (finely minced) 5 clove
- * Kosher Salt 2 tsp
- * Black Pepper (cracked) 1 1/2 tbsp
- * Dijon Mustard (coarse) 1/4 cup

NUTRITION FACTS

14 Servings

Serving Size: 3 ounces meat, 3 tbsp.
sauce

Calories: 170

- ♦ **Total Fat:** 4.5g
- ♦ **Saturated Fat:** 1.5g
- ♦ **Cholesterol:** 60mg
- ♦ **Sodium:** 455mg
- ♦ **Total Carbohydrate:** 4g
- ♦ **Dietary Fiber:** 1g
- ♦ **Total Sugars:** 2g
- ♦ **Protein:** 25g
- ♦ **Potassium:** 275mg

NAP NEWSLETTER

ROTA Benefit Issuance Schedule

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

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

TINIAN Benefit Issuance Schedule

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

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

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

FEBRUARY 2024

FEB 01, 2024	THU	Case Record ID ending with '7 & 8'
FEB 02, 2024	FRI	Case Record ID ending with '9 & 0'
FEB 05, 2024	MON	Case Record ID ending with '1 & 2'
FEB 06, 2024	TUE	Case Record ID ending with '3 & 4'
FEB 07, 2024	WED	Case Record ID ending with '5 & 6'
FEB 08, 2024	THU	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. JOETEN SHOPPING CENTER SUSUPE
2. C-MART
3. HAPPY MARKET
4. 3K'S MARKET
5. HARVEST MART

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

LOW-CARB VEGETABLES

RANKED FROM LOWEST TO HIGHEST CARBS

 SPINACH 1 CUP: 1 G	 GARLIC 1 CLOVE: 1 G	 KALE 1 CUP: 1.4 G	 ROMAINE LETTUCE 1 CUP: 1.6 G
 CELERY 1 STALK: 1.9 G	 CUCUMBER 1/2 CUP: 1.9 G	 MUSHROOMS 1/2 CUP: 2.2 G	 CAULIFLOWER 1/2 CUP: 2.6 G
 ONION 1/2 CUP: 3.4 G	 TOMATO 1/2 CUP: 3.5 G	 BELL PEPPER 1/2 CUP: 3.5 G	 ASPARAGUS 1/2 CUP: 3.7 G
 GREEN BEANS 1/2 CUP: 4.9 G	 BROCCOLI 1/2 CUP: 5.6 G	 CABBAGE 1 CUP: 6.6 G	 CARROTS 1 LARGE: 6.9 G
 PEAS 1/2 CUP: 12.5 G	 CORN 1/2 CUP: 15.6 G	 SWEET POTATO 1 CUP: 26.7 G	 RED POTATO 1 MEDIUM: 33.9 G

EatingWell

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

