



NAP Newsletter

VOLUME 42 NO. 03 MARCH 2024

What's the Best Breakfast for Diabetes?



Lean Protein Options:

1. **Eggs.** Hard-boiled eggs are a portable option. Poaching is a great way to cook eggs without adding any fat. If you prefer fried or scrambled eggs, use olive oil instead of butter.

2. **Greek yogurt.** Greek yogurt has more protein and less carbs per serving than regular yogurt. Buy plain, unsweetened yogurt and add your own flavor with fresh fruit, nuts, or granola.

3. **Cottage cheese.** Eat it plain or topped with fresh fruit for something sweet. For something savory, try adding chopped tomato, cucumber and a sprinkling of dill

4. **Nuts or nut butter.** Add nuts to granola or yogurt, top toast with peanut butter and cinnamon, or dip apple slices in your favorite nut butter.

5. **Tofu.** You can make vegan scrambled “eggs” with crumbled tofu, or add silken tofu to a smoothie for a protein boost.

High fiber options:

1. **Oatmeal and other whole grain breads or cereals.**

2. **Fruit,** especially berries, apples, pears, avocado.

3. **Seeds like chia, flax, or hemp seeds.** Adding 1-2 tablespoons to a smoothie, cereal, or yogurt is an easy way to boost fiber in your breakfast

4. **Beans.** While less popular in American, baked beans on toast is part of traditional English breakfast. Or, try adding black beans or pinto beans to a breakfast burrito or a breakfast hash.

Egg and Avocado Toasts



INGREDIENTS

- ♦ Eggs (4)
- ♦ Hearty Whole Grain Bread (4 slices)
- ♦ Avocado (1, mashed)
- ♦ Salt (1/2 tsp, optional)
- ♦ Black Pepper (1/4 tsp)
- ♦ Plain Non-fat Greek Yogurt (1/4 cup)

DIRECTIONS

1. To poach each egg, fill a 1-cup microwaveable bowl or teacup with 1/2 cup water. Gently crack an egg into the water, making sure it's completely submerged. Cover with a saucer and microwave on high for about 1 minute, or until the white is set and the yolk is starting to set but still soft (not runny).

2. Toast the bread and spread each piece with 1/4 of the mashed avocado.

3. Sprinkle avocado with the salt (optional) and pepper. Top each piece with a poached egg. Top the egg with 1 Tbsp. Greek yogurt.

NUTRITION FACTS

4 Servings

Serving Size: 1 toast

Calories: 250

- ♦ Total Fat: 12g
- ♦ Saturated Fat: 2.8g
- ♦ Trans Fat: 0g
- ♦ Cholesterol: 185mg
- ♦ Sodium: 380mg
- ♦ Total Carbohydrate: 26g
- ♦ Dietary Fiber: 9g
- ♦ Total Sugars: 4g
- ♦ Protein: 12g
- ♦ Potassium: 330mg
- ♦ Phosphorus: 240mg

NAP NEWSLETTER

ROTA Benefit Issuance Schedule

Rota Distribution Time is from
8:00AM to 3:00PM.
Closed on Weekends and Holidays.

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

MAR 01, 2024 FRI	M-Z
MAR 04 2024 MON	Elderly, Special Needs Clients/ A-L
MAR 05, 2024 TUE	OPEN DAY
APR 01, 2024 MON	Elderly, Special Needs Clients/ A-L
APR 02, 2024 TUE	M-Z
APR 03, 2024 WED	OPEN DAY

TINIAN Benefit Issuance Schedule

Tinian Distribution Time is from
8:00AM to 3:00PM.
Closed on Weekends and Holidays.

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

MARCH 2024

MAR 01, 2024	FRI	Case Record ID ending with '5 & 6'
MAR 04, 2024	MON	Case Record ID ending with '7 & 8'
MAR 05, 2024	TUE	Case Record ID ending with '9 & 0'
MAR 06, 2024	WED	Case Record ID ending with '1 & 2'
MAR 07, 2024	THU	Case Record ID ending with '3 & 4'
MAR 08, 2024	FRI	OPEN DAY

APRIL 2024

APRIL 01, 2024	MON	Case Record ID ending with '3 & 4'
APRIL 02, 2024	TUE	Case Record ID ending with '5 & 6'
APRIL 03, 2024	WED	Case Record ID ending with '7 & 8'
APRIL 04, 2024	THU	Case Record ID ending with '9 & 0'
APRIL 05, 2024	FRI	Case Record ID ending with '1 & 2'
APRIL 08, 2024	MON	OPEN DAY

ORIENTATION ANNOUNCEMENT

NAP Office does not require an applicant to attend the Mass Orientation, instead NAP has an Orientation in paper version, where you can obtain a copy from the NAP Office or in the NAP Website:

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

Make sure to 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 I.D. expires at 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 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 SUPERSTORE
2. SAIPAN ICE & WATER COMPANY, INC.
3. HIMAWARI BAKERY
4. ISLAND STORE
5. ANNE'S CONVENIENT STORE

NAP CONTACT INFORMATION:

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

Administration (670) 237-2800
FAX
Website: (670) 664-2850
www.cnminap.gov.mp

Email:
support@cnminap.gov.mp

Accounting (670) 237-2851-3

Benefit Issuance & Claims Account-ability CASHIER (670) 237-2813-15
(670) 237-2860-62/2864
(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

