



NAP Newsletter

VOLUME 42 NO. 05 MAY 2024

Heart-Healthy Meals for on the Run



People with diabetes are twice as likely to have heart disease or a stroke than people without diabetes. Cardiovascular disease (CVD), where the heart and blood vessels are negatively impacted, is the number one cause of death in people living with diabetes.

What You Need to Eat Heart-Healthy Meals On the Go:

A grocery list of items you love that are heart-healthy and can allow you several options to create tempting meals and snacks you can eat anywhere.

1. **Raw vegetables:** edamame (without salt!) and dark leafy greens are heart-healthy choices
2. **Fresh fruit:** oranges, cherries, and blueberries are great options.
3. **Nuts:** walnuts are packed with heart-healthy omega-3s

4. **Low- or non-fat yogurt**

5. **Lean protein:** look for proteins that are rich in omega-3 fatty acids like water-packed tuna or salmon, or go meat-free with tofu

6. **Whole grain bread and lavash**

Once you get home from the store, it's key to take a few minutes to slice and store your produce in a way that will let you choose what you want when you're trying to beat the clock. Put nuts, fruits, and vegetables in containers you can grab quickly. Store ice packs in a visible, designated part of the freezer to avoid wasting time searching for them. Invest the time in this prep now to make it a breeze to pull what you want later.

Prepare Meals the Night Before for a Busy Day.

If you know you're going to have a hectic day ahead of you, set yourself up the night before or early in the morning. Fill your cooler with what you prepared like a tuna sandwich on whole wheat bread, sliced vegetables, fruit, a package of nuts, and your thermos filled with water, iced tea, or whatever unsweetened drink you enjoy. By planning ahead, you can be prepared when you feel hungry by having heart-healthy options close by. Taking a little extra time to prep during your down time means you're more likely to make delicious healthy choices.

Canned Tuna with Vegetables



Number of Servings: 8
Serving size: 1/2 cup
Total Yield: 4 cups



Ingredients

1 clove garlic
 ¼ medium onion
 1 medium tomato
 1 ½ cup string beans
 2 (5-ounce) cans tuna in water
 1 teaspoon oil
 1 cup water
 1 tablespoon lite soy sauce
 **Optional: may add 1 ½ cup cabbage;
 may substitute fresh tomato with canned
 diced tomato



Directions

1. MINCE garlic, SLICE onion and tomatoes.
2. CUT string beans into 2-inch pieces.
3. In a large pan, heat oil [preferably olive oil] on medium heat.
4. ADD garlic, onions, and tomatoes.
5. ADD water and bring to a boil.
6. ADD tuna and soy sauce and COOK for one minute.
7. ADD string beans and SIMMER on low for 5 minutes.



✓ Healthier Alternative

✓ Affordable

✓ EASY



Infused Water



DIRECTIONS

1. Wash all produce
2. Collect, slice and measure all ingredients.
3. Add all ingredients plus enough cold water to fill a 2 quart pitchers. Chill overnight in the fridge for the most flavor.
4. Fruit will stay fresh in the water for up to 48 hours.
5. After you drink the water, you can eat the fruit or blend it into a smoothie!

NAP NEWSLETTER

ROTA Benefit Issuance Schedule

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

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

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

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

MAY 2024		
MAY 01, 2024	WED	Case Record ID ending with '1 & 2'
MAY 02, 2024	THU	Case Record ID ending with '3 & 4'
MAY 03, 2024	FRI	Case Record ID ending with '5 & 6'
MAY 06, 2024	MON	Case Record ID ending with '7 & 8'
MAY 07, 2024	TUE	Case Record ID ending with '9 & 0'
MAY 08, 2024	WED	OPEN DAY

TINIAN Benefit Issuance Schedule	
Tinian Distribution Time is from 8:00AM to 3:00PM. Closed on Weekends and Holidays.	
MAY 01, 2024 WED	Elderly, Special Needs Clients
MAY 02, 2024 THU	A-L
MAY 03, 2024 FRI	M-Z
JUNE 03, 2024 MON	Elderly, Special Needs Clients
JUNE 04, 2024 TUE	A-L
JUNE 05, 2024 WED	M-Z

JUNE 2024		
JUNE 03, 2024	MON	Case Record ID ending with '9 & 0'
JUNE 04, 2024	TUE	Case Record ID ending with '1 & 2'
JUNE 05, 2024	WED	Case Record ID ending with '3 & 4'
JUNE 06, 2024	THU	Case Record ID ending with '5 & 6'
JUNE 07, 2024	FRI	Case Record ID ending with '7 & 8'
JUNE 10, 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

COUPON VALIDITY



Effective May 2024, the validity of food benefit coupons is changed to 1 month period. Coupons issued from May 01, 2024 and the remaining months in 2024, will expire in 1 month.

For example:

Coupons issued May 01, 2024 to May 31, 2024 expires May 31, 2024, 12 midnight. Coupons issued in May **CANNOT BE RE-DEEMED** at any store in June.

NAP CONTACT INFORMATION:

Certification Unit	(670) 237-2801-6
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Accounting	(670) 237-2851-3
Benefit Issuance & Claims Account-ability	(670) 237-2813-15
CASHIER	(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

You can utilize your NAP coupons at the following Authorized Retailers:

1. JOETEN DANDAN SUPERMARKET
2. 99 CENT SUPERMARKET
3. NEW KAGMAN MARKET
4. U-SAVE MARKET
5. LUCKY STORE II MART

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**

