



5 Nutrition Tools You Need to Eat Healthier



1. Portion Control Plate

The benefits of using a portion control plate are numerous. Firstly, it helps you gain control over how much you eat by providing clear guidelines for portion sizes. This can prevent overindulgence and mindless snacking, which often leads to weight gain. Secondly, it promotes a balanced meal pattern by helping you incorporate a variety of food groups into your meals. Thirdly, it raises awareness about portion sizes and serving recommendations, educating you about healthy eating habits you can adopt even when not using the plate.

2. Snack and Salad Jar

Snack and salad jars are an incredibly easy and convenient method of incorporating more nutritious meals into your day. They are portable and a handy method of portion control, making them an excellent and easy option for busy individuals who are always on the go. Planning ahead and

packing this for lunch helps eliminate the need to purchase unhealthy fast food.

3. Meal Measurer

Meal measurers can help you monitor your food intake and maintain a diabetes-friendly eating plan. This meal measure is a plastic portion control guide that fits right over your plate. Now you can measure your protein, carbohydrate, and non-starchy vegetables for perfect portions every time.

4. Choose Your Food Series

The Choose Your Food series, based on the latest research in nutrition and health, is a resource that can help you eat healthier. The series provides information on food choices, portion sizes, and meal planning tips to help you make healthier choices by providing you with the knowledge and tools you need to succeed.

5. Diabetes Placemats

It can provide you with a wealth of information, such as ideas for healthy eating and visual tools and tips for managing portions. These placemats can also serve as a reminder to practice healthy eating habits. By constantly being exposed to healthy eating tips and nutritional information, you are more likely to make better choices, even when you are not at home.

Mango Salsa

 3 cups salsa  10 minutes

INGREDIENTS

- 3-4 ripe local mangos*, diced
- 1 medium red bell pepper, chopped
- 2 medium local tomatoes, chopped
- 1/2 cup chopped red onion
- 1/4 cup packed fresh cilantro leaves, chopped
- 1 jalapeno, seeded and minced
- 1 large lime, juiced (about 1/4 cup lime juice)
- Salt, to taste (optional)

*can substitute with frozen mango

Nutrition Facts

servings per container	
Serving size	(123g)
Amount per serving	
Calories	60
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 65mg	3%
Total Carbohydrate 15g	5%
Dietary Fiber 2g	7%
Total Sugars 13g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 14mg	2%
Iron 0mg	0%
Potassium 215mg	4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



DIRECTIONS

1. Chop mango, bell pepper, tomato, onion, cilantro, and jalapeno and combine in a serving bowl.
2. Drizzle with the juice of one lime and mix well.
3. Optional: Season to taste with salt.
4. For best flavor, let the salsa rest for 10 minutes or longer.

Serve with chips, on tacos or salads, or as a salad itself. It's that good!

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ROTA
Benefit Issuance Schedule

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

JULY 31, 2024 WED	Elderly, Special Needs Clients/ A-L
JULY 31, 2024 WED	M-Z
JULY 31, 2024 WED	OPEN DAY
AUG. 30, 2024 FRI	M-Z
AUG. 30, 2024 FRI	Elderly, Special Needs Clients/ A-L
AUG. 30, 2024 FRI	OPEN DAY

TINIAN
Benefit Issuance Schedule

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

JULY 31, 2024 WED	Elderly, Special Needs Clients
JULY 31, 2024 WED	A-L
JULY 31, 2024 WED	M-Z
AUG. 30, 2024 FRI	Elderly, Special Needs Clients
AUG. 30, 2024 FRI	A-L
AUG. 30, 2024 FRI	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

AUGUST 2024		
AUG. 01, 2024	THU	Case Record ID ending with '5 & 6'
AUG. 02, 2024	FRI	Case Record ID ending with '7 & 8'
AUG. 05, 2024	MON	Case Record ID ending with '9 & 0'
AUG. 06, 2024	TUE	Case Record ID ending with '1 & 2'
AUG. 07, 2024	WED	Case Record ID ending with '3 & 4'
AUG. 08, 2024	THU	OPEN DAY
SEPTEMBER 2024		
SEPT. 03, 2024	TUE	Case Record ID ending with '3 & 4'
SEPT. 04, 2024	WED	Case Record ID ending with '5 & 6'
SEPT. 05, 2024	THU	Case Record ID ending with '7 & 8'
SEPT. 06, 2024	FRI	Case Record ID ending with '9 & 0'
SEPT. 09, 2024	MON	Case Record ID ending with '1 & 2'
SEPT. 10, 2024	TUE	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 a 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
FAX	(670) 237-2870-4 (670) 664-2851
Administration	(670) 237-2800
FAX	
Website:	(670) 664-2850
www.cnminap.gov.mp	
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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

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

1. COOL MART
2. LN MARKET
3. TWIN SUPERMARKET II
4. JOETEN ACE HARDWARE (ROTA)
5. OCEAN STAR MARKET

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**

