



# NAP Newsletter

DECEMBER 2024

VOLUME 42 NO. 12

## [Shopping Seasonal Produce](#) **What's in Season: Pumpkin**



### **Picking the Right Type of Pumpkin**

Pumpkins are planted in early May through June and harvested in the fall months. Pumpkins are a type of winter squash with smooth, slightly ribbed orange skin. The inside contains thick flesh, pulp, and seeds. There are many different kinds of pumpkin. Sugar pumpkins (also called pie pumpkins) can be found in September and October at farmers markets and grocery stores and should feel very heavy for its size. They have dark orange skin and the inside flesh is very thick, which is why sugar pumpkins are used in baking and cooking. Field pumpkins, also called carving pumpkins, are larger and less sweet than pie pumpkins. They are typically used for carving jack o' lanterns because they have a small amount of pale orange flesh—which makes it easier to carve for festive designs.

With either type of pumpkin, don't forget to save the pumpkin seeds! Pumpkin seeds, called pepitas, are delicious and full of nutrients. They can be eaten raw or roasted with salt. Flat, light green, and oval shaped, these tasty seeds are a good source of protein, magnesium, and zinc.

### **Why People with Diabetes Should Eat Pumpkin**

Pumpkin flesh, whether puréed or diced and roasted, is high in vitamin A. This gives the pumpkin its bright orange or yellow color. Vitamin A supports vision and immune function in the body. Pumpkin is also a good source of vitamin C, potassium, copper, and manganese. There are 11 grams of carbs and 3 grams of fiber in one cup of cooked, mashed, pumpkin. Eating plenty of fiber throughout the day can help keep our gastrointestinal systems regular. Pumpkin also has a lower amount of carbs per serving than potatoes and is a good source of fiber that may help slow the effect of the carbs on your blood glucose (blood sugar).

### **How to Store Pumpkins**

You can store fresh whole pumpkins in a cool, dry place for 30–90 days. Be sure to wash the outside of the pumpkin before storing. Raw, cut pumpkin can be stored in the fridge for about a week. Canned pumpkin purée is available year-round. An unopened can of puréed pumpkin usually lasts three to five years. Once you open a can of pumpkin, try to use it within a week. You can also freeze pumpkin purée in a freezer bag and thaw when you need it.

### **How to Cook with Pumpkin**

Canned and fresh pumpkin can be used in many baking dishes, including muffins, bread, pies, and cakes. It also can be used to make pasta sauces, ravioli or lasagna filling, and a creamy addition to soups. Or sub it for half the number of potatoes in mashed potatoes for an added fiber boost. However, be sure to read the Nutrition Facts label carefully to make sure you are not buying canned pumpkin pie—a premade pie filling that is full of added sugars—it can throw off your carb count if you use it without realizing it.

## Roasted Turkey & Vegetables



### Step-By-Step Instructions:

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Preheat the oven to 375° F. Coat a baking dish with nonstick cooking spray.

Toss the celery, carrots, onion, cabbage, and thyme together and place in the pan. Pour the chicken broth over the vegetables.

Remove the skin from the turkey breast. Place the turkey bone side down on top of the vegetables. Drizzle the turkey and vegetables with the olive oil. Sprinkle them with the all-purpose seasoning and black pepper. Roast the turkey and vegetables in the oven for 1 hour, or until the internal temperature of the turkey is 165°F. When the dish comes out of the oven, set the turkey on a cutting board to rest. Remove the thym-stems and stir the vegetables.

Slice the turkey into 4-oz portions and serve each with ¼ of the vegetable mixture.

#### Nutrition facts

6 Servings

#### Serving Size

4 oz turkey and 1/4 vegetable mixture

Amount per serving

Calories

210

Total Fat 3g

Saturated Fat 0.8g

Trans Fats 0g

Cholesterol 90mg

Sodium 170mg

Total Carbohydrate  
10g

Dietary Fiber 3g

Total Sugars 5g

Added Sugars 0g

Protein 35g

Potassium 610mg



#### Ingredients

nonstick cooking spray

**1**

stalks celery (chopped)

**2**

small carrots (peeled and chopped)

**3**

onion (chopped)

**1**

head green cabbage (chopped)

**1/2**

fresh thyme

**5 sprig**

fat-free low-sodium chicken broth

**1 cup**

bone-in turkey breast half

**2 1/2 lbs**

olive oil

**1 tsp**

salt-free all-purpose seasoning (such as Mrs. Dash)

**1 tbsp**

ground black pepper

| <b>ROTA</b><br><b>Benefit Issuance Schedule</b>  |                                     | <b>SAIPAN</b><br><b>Benefit Issuance Schedule (8:00AM-3:00PM)</b>   |            |                                    |
|--|-------------------------------------|---|------------|------------------------------------|
| Rota Distribution Time is from 8:00AM to 3:00PM.<br>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:<br><b>Subject to change in case of Emergency</b>   |            |                                    |
| <b>NOV. 29, 2024</b><br><b>FRIDAY</b>  | Elderly, Special Needs Clients/ A-L | <b>DECEMBER 2024</b>  |            |                                    |
| <b>NOV. 29, 2024</b><br><b>FRIDAY</b>  | M-Z                                 | <b>DEC. 02, 2024</b>  | <b>MON</b> | Case Record ID ending with '7 & 8' |
| <b>NOV. 29, 2024</b><br><b>FRIDAY</b>  | OPEN DAY                            | <b>DEC. 03, 2024</b>  | <b>TUE</b> | Case Record ID ending with '9 & 0' |
| <b>DEC. 30, 2024</b><br><b>MONDAY</b>  | M-Z                                 | <b>DEC. 04, 2024</b>  | <b>WED</b> | Case Record ID ending with '1 & 2' |
| <b>DEC. 30, 2024</b><br><b>MONDAY</b>  | Elderly, Special Needs Clients/ A-L | <b>DEC. 05, 2024</b>  | <b>THU</b> | Case Record ID ending with '3 & 4' |
| <b>DEC. 30, 2024</b><br><b>MONDAY</b>  | OPEN DAY                            | <b>DEC. 06, 2024</b>  | <b>FRI</b> | Case Record ID ending with '5 & 6' |
| <b>TINIAN</b><br><b>Benefit Issuance Schedule</b>                                      |                                     | <b>DEC. 10, 2024</b>  | <b>TUE</b> | <b>OPEN DAY</b>                    |
|  |                                     | <b>JANUARY 2025</b>   |            |                                    |
|  |                                     | <b>JAN. 02, 2024</b>  | <b>THU</b> | Case Record ID ending with '5 & 6' |
|  |                                     | <b>JAN. 03, 2024</b>  | <b>FRI</b> | Case Record ID ending with '7 & 8' |
|  |                                     | <b>JAN. 06, 2024</b>  | <b>MON</b> | Case Record ID ending with '9 & 0' |
|  |                                     | <b>JAN. 07, 2024</b>  | <b>TUE</b> | Case Record ID ending with '1 & 2' |
|  |                                     | <b>JAN. 08, 2024</b>  | <b>WED</b> | Case Record ID ending with '3 & 4' |
| <b>JAN. 09, 2024</b>   | <b>THU</b>                          | <b>OPEN DAY</b>   |            |                                    |
| Tinian Distribution Time is from 8:00AM to 3:00PM.<br>Closed on Weekends and Holidays. |                                     | <b><u>ORIENTATION ANNOUNCEMENT</u></b>  |            |                                    |
| <b>NOV. 29, 2024</b><br><b>FRIDAY</b>  | Elderly, Special Needs Clients      | 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:<br><a href="http://www.cnminap.gov.mp">http://www.cnminap.gov.mp</a>   |            |                                    |
| <b>NOV. 29, 2024</b><br><b>FRIDAY</b>  | A-L                                 | Make sure to read all the contents and acknowledge the last page to ensure you understood the Orientation Paper.  |            |                                    |
| <b>NOV. 29, 2024</b><br><b>FRIDAY</b>  | M-Z                                 | <b><u>IMPORTANT REMINDER</u></b>  |            |                                    |
| <b>DEC. 30, 2024</b><br><b>MONDAY</b>  | Elderly, Special Needs Clients      | NAP would like to remind all NAP clients to <b>renew as early as the first week of each month</b> 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 <a href="http://www.cnminap.gov.mp">www.cnminap.gov.mp</a> |            |                                    |
| <b>DEC. 30, 2024</b><br><b>MONDAY</b>  | A-L                                 |   |            |                                    |
| <b>DEC. 30, 2024</b><br><b>MONDAY</b>  | M-Z                                 |   |            |                                    |

## 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 on 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:

|  |   |
|--|---|
| <b>Certification Unit<br/>FAX</b>  | (670) 237-2801-6<br>(670) 237-2870-4<br>(670) 664-2851            |
| <b>Administration<br/>FAX<br/>Website:<br/>www.cnminap.gov.mp<br/><br/>Email:<br/>support@cnminap.gov.mp</b> | (670) 237-2800<br><br>(670) 664-2850                              |
| <b>Accounting</b>  | (670) 237-2851-3  |
| <b>Benefit<br/>Issuance &amp;<br/>Claims Account-ability<br/>CASHIER</b>                                     | (670) 237-2813-15<br>(670) 237-2860-62/2864<br><br>(670) 237-2863 |
| <b>Retail &amp; Redemption<br/>Unit</b>  | (670) 237-2821-3  |
| <b>Management<br/>Evaluation Unit</b>  | (670) 237-2831-7<br>(670) 483-2021<br>(670) 483-2020              |
| <b>Tinian Office</b>   | (670) 433-9330  |
| <b>Rota Office</b>   | (670) 532-4627  |

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

1. Green Consume Market II
2. Twins Supermarket (Dandan)
3. New Downtown Market
4. August Supermarket
5. Ming Ming Supermarket

To all NAP recipients and representatives, 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**