



NAP Newsletter

JANUARY 2025

VOLUME 43 NO. 01

Tips for Eating Well

Eat Good to Feel Good

Eating healthy doesn't have to be complicated. No matter what type of food you love to eat, a few simple swaps can make a big difference.



Healthy eating for prediabetes and diabetes not only helps to manage your blood glucose (blood sugar), it also helps you have a better relationship with food. When you nourish your body with quality foods, it helps your body function at its best.

How to Make Healthy Eating Choices

Informed food choices are essential to living well. Food fuels the body and is a key part of diabetes management. However, no matter what eating plan you follow, there are some basic guidelines that apply across the board.

What all healthy eating plans have in common:

- Non-starchy vegetables as a foundation for the plate
- Lean proteins and plant-based sources of protein
- Quality carbohydrates like starchy vegetables, fruits, whole grains, and low-fat milk
- Less added sugar
- Healthy fats
- Less processed foods
- Water or zero-calorie beverages

Walnut-Rosemary Crusted Salmon



DIRECTIONS

Preheat oven to 425 degrees F. Line a large rimmed baking sheet with parchment paper. Combine mustard, garlic, lemon zest, lemon juice, rosemary, honey, salt and crushed red pepper in a small bowl. Combine panko, walnuts and oil in another small bowl. Place salmon on the prepared baking sheet. Spread the mustard mixture over the fish and sprinkle with the panko mixture, pressing to adhere. Lightly coat with cooking spray. Bake until the fish flakes easily with a fork, about 8 to 12 minutes, depending on thickness. Sprinkle with parsley and serve with lemon wedges, if desired

Nutrition Facts

Servings Per Recipe 4
Serving Size 3 ounces
Calories 222

Total Carbohydrate 4g
Total Sugars 1g
Protein 24g
Total Fat 12g
Saturated Fat 2g
Cholesterol 62mg
Sodium 256mg



Ingredients

- 2 teaspoons Dijon mustard
- 1 clove garlic, minced
- ¼ teaspoon lemon zest
- 1 teaspoon lemon juice
- 1 teaspoon chopped fresh rosemary
- ½ teaspoon honey
- ½ teaspoon kosher salt
- ¼ teaspoon crushed red pepper
- 3 tablespoons panko breadcrumbs
- 3 tablespoons finely chopped walnuts
- 1 teaspoon extra-virgin olive oil
- 1 (1 pound) skinless salmon fillet, fresh or frozen
- Olive oil cooking spray
- Chopped fresh parsley and lemon wedges for garnish

<https://www.eatingwell.com/recipe/267223/walnut-rosemary-crust-salmon/>

ROTA Benefit Issuance Schedule		Benefit Issuance Schedule (8:00AM-3:00PM) After Issuance Schedule (8:00AM-1:30PM)		
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		
DEC 30, 2024 MONDAY	Elderly, Special Needs Clients/ A-L	JANUARY 2025		
DEC 30, 2024 MONDAY	M-Z	JAN. 02, 2025	THU	Case Record ID ending with '5 & 6'
DEC 30, 2024 MONDAY	OPEN DAY	JAN. 03, 2025	FRI	Case Record ID ending with '7 & 8'
JAN 31, 2025 FRIDAY	M-Z	JAN. 06, 2025	MON	Case Record ID ending with '9 & 0'
JAN 31, 2025 FRIDAY	Elderly, Special Needs Clients/ A-L	JAN. 07, 2025	TUE	Case Record ID ending with '1 & 2'
JAN 31, 2025 FRIDAY	OPEN DAY	JAN. 08, 2025	WED	Case Record ID ending with '3 & 4'
TINIAN Benefit Issuance Schedule		JAN. 09, 2025	THU	OPEN DAY
		FEBRUARY 2025		
		FEB. 03, 2025	MON	Case Record ID ending with '3 & 4'
		FEB. 04, 2025	TUE	Case Record ID ending with '5 & 6'
		FEB. 05, 2025	WED	Case Record ID ending with '7 & 8'
		FEB. 06, 2025	THU	Case Record ID ending with '9 & 0'
		FEB. 07, 2025	FRI	Case Record ID ending with '1 & 2'
FEB. 10, 2025	MON	OPEN DAY		
Tinian Distribution Time is from 8:00AM to 3:00PM. Closed on Weekends and Holidays.		<u>ORIENTATION ANNOUNCEMENT</u>		
DEC 30, 2024 MONDAY	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: http://www.cnminap.gov.mp		
DEC 30, 2024 MONDAY	A-L	Make sure to read all the contents and acknowledge the last page to ensure you understood the Orientation Paper.		
DEC 30, 2024 MONDAY	M-Z	<u>IMPORTANT REMINDER</u>		
JAN 31, 2025 FRIDAY	Elderly, Special Needs Clients	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		
JAN 31, 2025 FRIDAY	A-L			
JAN 31, 2025 FRIDAY	M-Z			

NEW INCOME AND BENEFIT LEVELS BEGINNING JANUARY 2025

Benefit Levels				
January 1, 2025 to September 30, 2025				
FY 2025	Max Allotment			
HH	Saipan	Tinian	Rota	Northern
1	\$431	\$456	\$524	\$524
2	\$790	\$836	\$961	\$961
3	\$1,132	\$1,198	\$1,377	\$1,377
4	\$1,437	\$1,520	\$1,747	\$1,747
5	\$1,707	\$1,806	\$2,076	\$2,076
6	\$2,049	\$2,168	\$2,492	\$2,492
7	\$2,264	\$2,396	\$2,753	\$2,753
8	\$2,588	\$2,738	\$3,147	\$3,147
9	\$2,912	\$3,081	\$3,541	\$3,541
10	\$3,236	\$3,424	\$3,935	\$3,935
11	\$3,560	\$3,767	\$4,329	\$4,329
12	\$3,884	\$4,110	\$4,723	\$4,723
13	\$4,208	\$4,452	\$5,117	\$5,117
14	\$4,532	\$4,795	\$5,511	\$5,511
15	\$4,856	\$5,138	\$5,905	\$5,905
16	\$5,180	\$5,481	\$6,299	\$6,299
17	\$5,504	\$5,824	\$6,693	\$6,693
18	\$5,828	\$6,167	\$7,087	\$7,087
19	\$6,152	\$6,509	\$7,481	\$7,481
20	\$6,476	\$6,852	\$7,875	\$7,875
21	\$6,800	\$7,195	\$8,269	\$8,269
22	\$7,124	\$7,538	\$8,663	\$8,663

Income Levels	
January 1, 2025 to September 30, 2025	
FY 2025	Max Gross Income
HH	Saipan, Tinian, Rota, Northern
1	\$1,632
2	\$2,215
3	\$2,798
4	\$3,380
5	\$3,963
6	\$4,546
7	\$5,129
8	\$5,712
9	\$6,295
10	\$6,878
11	\$7,461
12	\$8,044
13	\$8,627
14	\$9,210
15	\$9,793
16	\$10,376
17	\$10,959
18	\$11,542
19	\$12,125
20	\$12,708
21	\$13,291
22	\$13,874

Certification Unit FAX	(670) 237-2801-6 (670) 237-2870-4 (670) 664-2851
Administration Website: www.cnminap.gov.mp Email: sup- port@cnminap.gov.mp	(670) 237-2800 (670) 664-2850
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

You can utilize your NAP coupons at the following Authorized Retailers

1. Joeten Superstore
2. San Roque Market
3. Happy Market
4. MJ Roadside Vendor
5. Friendly Market II

TO ALL NAP RECIPIENTS OR 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
4. (No Initial Name)
5. Signature