



NAP Newsletter

APRIL 2025

VOLUME 43 NO. 04

5 STEPS TO MAINTAIN YOUR HEALTH



01. GET ENOUGH SLEEP

Good sleep hygiene promotes better physical health, mental sharpness, and emotional well-being.

02. EXERCISE AS OFTEN AS YOU CAN

Engage in physical activity regularly. Aim for at least 150 minutes of moderate-intensity aerobic exercise or 75 minutes of vigorous-intensity exercise each week.

03. AVOID TOBACCO, ALCOHOL, AND DRUGS

Refrain from using tobacco products, limit alcohol consumption, and steer clear of recreational drugs.

04. EAT A HEALTHY, BALANCED DIET WITH LOTS OF VEGETABLE

Consume a variety of nutrient-rich foods. Aim for a diet rich in fruits, vegetables, whole grains, lean proteins, and healthy fats.

05. GET REGULAR CHECKUPS

Regular health screenings and check-ups can help detect potential health issues early on, allowing for timely intervention and better management of health concerns.

Avocado Deviled Eggs



These avocado deviled eggs are great as a snack or side.

Yield 4

Prep time 5 minutes

Cook time 14 minutes

Total time 19 minutes

Ingredients

2 large eggs

$\frac{1}{4}$ large avocados (peeled and pit removed)

1 teaspoon lemon juice (or vinegar (e.g. white distilled, apple cider), to taste)

1 teaspoon olive oil (or avocado oil, as needed to adjust the consistency)

1 pinch salt (to taste)

1 pinch black pepper (to taste)

1 pinch paprika (to taste)

Steps

1. To hard-boil eggs, place in a medium to large saucepan and cover with water by about 1 inch. Bring the water to a boil, then turn off the heat and cover with a lid.

Let sit for 12-13 minutes, then carefully transfer to ice water

2. Peel the hardboiled eggs, then slice in half lengthwise.

3. Remove the yolks from the egg halves and transfer to a small bowl. Mash into small pieces with a fork.

4. Add the avocado, lemon juice or vinegar, oil, salt, and black pepper. Mash with the fork to combine, adding more lemon juice or vinegar and/or oil to adjust the flavor and consistency as desired.

5. Using two spoons, one to scoop and one to scrape, divide the egg yolk-avocado mixture between the egg white halves (~1 tablespoon each).

6. Sprinkle the paprika over the tops of the filled eggs.

Serve right away, or chill before serving if desired.

Notes

Consider adding other spices such as garlic powder, onion powder, or cayenne

<https://www.nutrition.gov/recipes/avocado-deviled-eggs>

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		
MAR 31, 2025 MONDAY	Elderly, Special Needs Clients/ A-L	APRIL 2025		
		APRIL 01, 2025	TUE	Case Record ID ending with ‘9 & 0’
MAR 31, 2025 MONDAY	M-Z	APRIL 02, 2025	WED	Case Record ID ending with ‘1 & 2’
		APRIL 03, 2025	THU	Case Record ID ending with ‘3 & 4’
MAR 31, 2025 MONDAY	OPEN DAY	APRIL 04, 2025	FRI	Case Record ID ending with ‘5 & 6’
		APRIL 07, 2025	MON	Case Record ID ending with ‘7 & 8’
APRIL 30, 2025 WEDNESDAY	Elderly, Special Needs Clients/ A-L	APRIL 08, 2025	TUE	OPEN DAY
APRIL 30, 2025 WEDNESDAY	M-Z	2025	MAY 2025	
APRIL 30, 2025 WEDNESDAY	OPEN DAY	MAY 01, 2025	THU	Case Record ID ending with ‘7 & 8’
		MAY 02, 2025	FRI	Case Record ID ending with ‘9 & 0’
APRIL 30, 2025 WEDNESDAY		MAY 05, 2025	MON	Case Record ID ending with ‘1 & 2’
		MAY 06, 2025	TUE	Case Record ID ending with ‘3 & 4’
TINIAN Benefit Issuance Schedule		MAY 07, 2025	WED	Case Record ID ending with ‘5 & 6’
		MAY 08, 2025	THU	OPEN DAY
Tinian Distribution Time is from 8:00AM to 3:00PM. Closed on Weekends and Holidays.		<u>ORIENTATION ANNOUNCEMENT</u> 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.		
MAR 31, 2025 MONDAY	Elderly, Special Needs Clients	<u>IMPORTANT REMINDER</u> 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		
MAR 31, 2025 MONDAY	A-L			
MAR 31, 2025 MONDAY	M-Z			
APRIL 30, 2025 WEDNESDAY	Elderly, Special Needs Clients			
APRIL 30, 2025 WEDNESDAY	A-L			
APRIL 30, 2025 WEDNESDAY	M-Z			

NEW INCOME AND BENEFIT LEVELS BEGINNING JANUARY 2025

Benefit Levels				
January 1, 2025 to September 30, 2025				
FY 2025	Max Allotment			
HH	Salpan	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	Salpan, 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	(670) 237-2801-6 (670) 237-2870-4 (670) 664-2851
FAX	
Administration	(670) 237-2800
Website: www.cnminap.gov.mp	(670) 664-2850
Email: sup-port@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

You can utilize your NAP coupons at the following Authorized Retailers

1. JG Sablan Ice & Water Company
2. Lucky Star Market
3. New Dolphin Market
4. CYC Market
5. Stop & Shop Convenient (Rota)
6. Island Store (Tinian)

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