



NAP Newsletter

FEBRUARY 2025

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Healthy Eating Tips 6 Tasty Ways to Stay Hydrated

Dehydration isn't good for anyone, but if you have diabetes, it can become dangerous. High blood glucose (blood sugar) levels can lead to increased dehydration as your kidneys work harder to filter the glucose. It's important to stay hydrated during the day, especially if it's particularly hot or you've been losing fluids during exercise.



How to Stay Hydrated

The most obvious, and one of the best, form of hydration is water. It's important to get in the habit of keeping a water bottle with you during workouts, walking, gardening, and other outdoor activities that increase sweat production. You should also keep water around for swimming or lounging outdoors in the sun!

Tasty Hydration Alternatives to Plain Water. But maybe you want to mix it up and try something besides plain old water. Here are some fun and tasty ways to stay hydrated this summer:

- **Try herb-infused water.** You can start an herb garden, buy herbs from the local farmers market, or check your grocery store for packaged fresh herbs. Try mint, basil, thyme, a touch of rosemary, or sage. You could even add a slice of cucumber, celery, or citrus like lemon, lime, or orange to flavor your water with no added sugar or sodium.
- **Make flavored ice cubes.** Add berries or herbs, like mint or basil, to water and pour in an ice cube tray. Once frozen, add them to a glass of flat or sparkling water and let the flavor slowly infuse as the ice melts to keep you refreshed for hours.
- **Try flavored sparkling water.** Take it up a notch with herbs or a few slices of fruit for added punch. However, make sure to choose waters that have no added calories or sugars.
- **Drink plain iced tea.** Iced tea is a fan favorite, but it doesn't have to be limited to traditional black tea and it doesn't have to be sweet. Any tea you enjoy hot can be turned into iced tea. Steep a double serving of tea in boiling water as directed, let it cool for a few minutes, then pour over ice. Try black, green, herbal, or fruit teas. Add some extra flavor with fruit-infused ice cubes.
- **Try a glass of iced tomato juice.** This could be the new refreshment you're looking for. Store bought can often contain a lot of sodium, so make it yourself by blending tomatoes with water and straining out the pulp. Make it more flavorful with hot sauce, chili powder, or a squirt of lime juice.
- **Get your hydration from food.** Don't forget that there are delicious hydrating foods you can enjoy along with your liquids. Think non-starchy vegetables like cucumbers, celery, leafy greens, bell peppers, and tomatoes and seasonal fruits.



Grilled Veggie Wrap



Instructions

1. Preheat an indoor or outdoor grill.
2. In a large bowl, whisk together olive oil, balsamic vinegar and ground black pepper.
3. Add sliced zucchini, squash and bell pepper to marinade and let sit for 5 minutes.
4. Grill the vegetables about 2-3 minutes on both sides.
5. Lay out the tortilla and spread with 2 Tbsp. hummus, then add two fresh basil leaves and top with 2 slices of zucchini, 2 slices of yellow squash and 1 slice bell pepper.
6. Fold in the two sides of the tortilla and roll like a burrito. You can serve these immediately or wrap tightly in plastic and refrigerate.



Nutrition Facts

Servings Per Recipe 4

Serving Size 1 Wrap

Calories 110

Total Fat 7 g

Saturated Fat 1g

Trans Fats 0g

Cholesterol 0g

Sodium 120mg

Carbohydrate 11g

Dietary Fiber 2g

Sugars 5g

Protein 4g

Potassium 382mg



Ingredients

- Olive Oil 1tbsp
- Balsamic Vinegar 2 tbsp
- Black Pepper 1/4 tsp
- 1 medium Zucchini (sliced lengthwise into 8 slices)
- 1 medium yellow squash (sliced lengthwise into 8 slices)
- 1 red bell pepper (sliced into 4 slices)
- 4 large whole wheat tortillas (low carb, about 10 inch diameter)
- 1/2 cup hum-



<https://diabetesfoodhub.org/recipes/grilled-veggie-wrap>

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		
JAN 31, 2025 FRIDAY	Elderly, Special Needs Clients/ A-L	FEBRUARY 2025		
		FEB. 03, 2025	MON	Case Record ID ending with '3 & 4'
JAN 31, 2025 FRIDAY	M-Z	FEB. 04, 2025	TUE	Case Record ID ending with '5 & 6'
		FEB. 05, 2025	WED	Case Record ID ending with '7 & 8'
JAN 31, 2025 FRIDAY	OPEN DAY	FEB. 06, 2025	THU	Case Record ID ending with '9 & 0'
		FEB. 07, 2025	FRI	Case Record ID ending with '1 & 2'
FEB 28, 2025 FRIDAY	Elderly, Special Needs Clients/ A-L	FEB . 10 , 2025	MON	OPEN DAY
FEB 28, 2025 FRIDAY	M-Z	MARCH 2025		
		MAR. 03, 2025	MON	Case Record ID ending with '1 & 2'
FEB 28, 2025 FRIDAY	OPEN DAY	MAR. 04, 2025	TUE	Case Record ID ending with '3 & 4'
		MAR. 05, 2025	WED	Case Record ID ending with '5 & 6'
TINIAN Benefit Issuance Schedule		MAR. 06, 2025	THU	Case Record ID ending with '7 & 8'
		MAR. 07, 2025	FRI	Case Record ID ending with '9 & 0'
		MAR. 10, 2025	MON	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.		
JAN 31, 2025 FRIDAY	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		
JAN 31, 2025 FRIDAY	A-L			
JAN 31, 2025 FRIDAY	M-Z			
FEB 28, 2025 FRIDAY	Elderly, Special Needs Clients			
FEB 28, 2025 FRIDAY	A-L			
FEB 28, 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	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. Cha, LLC
2. Fishing Tackle
3. Rising Supermarket
4. Marianas Water and Ice
5. Fruits & Vegetable Vendor (Sulyman)
6. Spices Superstore

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