



NAP Newsletter

MARCH 2025

VOLUME 43 NO. 03



Healthy Habits: Enhancing Immunity

- The immune system is the body's way of protecting itself from infection and disease, including chronic diseases.
- Your immune system fights everything from cold and flu viruses to serious conditions such as cancer.
- A healthy lifestyle offers many benefits including enhancing your immunity. See six tips below.

A healthy lifestyle offers many benefits, including helping to prevent heart disease, type 2 diabetes, obesity, and other [chronic diseases](#). Another important benefit is that healthy routines enhance your immunity.

Your immune system fights everything from cold and flu viruses to serious conditions such as cancer. Immune systems are complex and influenced by many factors.

Vaccines, such as the [flu vaccine](#), build [immunity](#) against specific diseases. You can also strengthen your immune system by eating well, being physically active, and maintaining a healthy weight. In addition, get enough sleep, don't smoke, and avoid excessive alcohol use.

Taking care of yourself will help your immune system take care of you. See six tips below.

1. Eat well. Eating well means [emphasizing](#) plenty of fruits and vegetables, lean protein, whole grains, and fat-free or low-fat milk and milk products. Eating well also means limiting saturated fats, salt, and added sugars. Eating well provides multiple nutrients that support optimal immune function. However, too much of some vitamins and minerals can be harmful. Talk to your health care provider if you think you need nutritional supplements.

2. Be physically active Regular physical activity helps you feel better, sleep better, and reduce anxiety. Combined with eating well, physical activity can help a person maintain a healthy weight. Following the [physical activity recommendations](#) for your age provides [immediate and long-term benefits](#). For example, being physically active may help lower your chances of dying from the [flu](#) or pneumonia. Emerging research also suggests that physical activity may potentially benefit immunity.

3. Maintain a healthy weight. Obesity, defined as a [body mass index \(BMI\)](#) of 30 or more in adults, is linked to impaired immune functions. Safe ways to help maintain a [healthy weight](#) include reducing stress, eating healthy foods, staying within your daily calorie needs, getting enough sleep, and engaging in regular physical activity. Obesity may also lower vaccine effectiveness for numerous diseases, including influenza, hepatitis and tetanus. If you have are concerned about your health, consult with your health care provider.

4. Get enough sleep. Scientific evidence is building that sleep loss can negatively affect different parts of the immune system. This can lead to the development of a [wide variety of disorders](#).

5. Quit smoking. Smoking can make the body less successful at fighting disease. Smoking [increases the risk](#) for immune system problems, including [rheumatoid arthritis](#).

6. Avoid too much alcohol **Over time**, [excessive alcohol use](#) can weaken the immune system.

Take care of yourself Immunity is your body's defense against foreign organisms. Taking care of yourself

Eggplant and Chickpea Stew



DIRECTIONS

1. Heat 2 teaspoons olive oil in a large saucepan over medium heat.
2. Add diced onions and garlic, and cook until onions are soft.
3. Stir in the eggplant, chickpeas, cumin, cinnamon, coriander, tomatoes, salt, and pepper. Increase heat to high, and bring to a boil.
4. Reduce heat to low, and cover the pot. Cook the stew for 45 minutes to 1 hour or until eggplant is very tender.
5. Meanwhile, heat remaining 2 teaspoons olive oil and add onion slices. Fry until golden, and remove from heat.
6. When stew is finished, place in serving bowls and top with fried onions and cilantro.

INGREDIENTS

4 tsp Extra Virgin Olive Oil (divided)
2 med yellow onion (1 diced and 1 sliced)
3 cloves garlic (minced)
1 lbs. eggplant (cubed)
2 cups chickpeas (garbanzo beans) (no-salt-added)
1 tsp cumin
1 tsp ground cinnamon
1 tsp ground coriander
28 oz canned tomatoes (no-salt added, diced or chopped)
1/4 tsp salt
1/4 tsp black pepper



Nutrition Facts 4 Servings

- Serving Size 1 ½ cups
- Amount per serving Calories 270
- Total Fat 7g
- Saturated Fat 0.5g
- Cholesterol 0mg
- Sodium 190mg
- Total Carbohydrate 43g
- Dietary Fiber 14g
- Total Sugars 13g
- Protein 10g
- Potassium 1016mg



<https://diabetesfoodhub.org/recipes/eggplant-and-chickpea-stew>

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		
FEB 28, 2025 FRIDAY	Elderly, Special Needs Clients/ A-L	MARCH 2025		
		MAR. 03, 2025	MON	Case Record ID ending with ‘1 & 2’
FEB 28, 2025 FRIDAY	M-Z	MAR. 04, 2025	TUE	Case Record ID ending with ‘3 & 4’
		MAR. 05, 2025	WED	Case Record ID ending with ‘5 & 6’
FEB 28, 2025 FRIDAY	OPEN DAY	MAR. 06, 2025	THU	Case Record ID ending with ‘7 & 8’
		MAR. 07, 2025	FRI	Case Record ID ending with ‘9 & 0’
MAR 31, 2025 MONDAY	Elderly, Special Needs Clients/ A-L	MAR. 10 , 2025	MON	OPEN DAY
MAR 31, 2025 MONDAY	M-Z	APRIL 2025		
		APRIL 01, 2025	TUE	Case Record ID ending with ‘9 & 0’
MAR 31, 2025 MONDAY	OPEN DAY	APRIL 02, 2025	WED	Case Record ID ending with ‘1 & 2’
		APRIL 03, 2025	THU	Case Record ID ending with ‘3 & 4’
TINIAN Benefit Issuance Schedule		APRIL 04, 2025	FRI	Case Record ID ending with ‘5 & 6’
		APRIL 07, 2025	MON	Case Record ID ending with ‘7 & 8’
		APRIL 08, 2025	TUE	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.		
FEB 28, 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		
FEB 28, 2025 FRIDAY	A-L			
FEB 28, 2025 FRIDAY	M-Z			
MAR 31, 2025 MONDAY	Elderly, Special Needs Clients			
MAR 31, 2025 MONDAY	A-L			
MAR 31, 2025 MONDAY	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. ANGEL MARKET
2. OHAS CAFÉ/BAKERY
3. NEW SAN ANTONIO MARKET
4. EDDIE'S FISH MART & SNACK BAR
5. BEN KI
6. NEW L & Q MARKET

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