



NAP Newsletter

NOVEMBER 2024

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The Importance of Protein for People with Diabetes



Protein is one of the three macronutrients that make up the foods we eat—the other two are carbohydrate and fat. Protein, carbohydrate, and fat are essential nutrients, meaning they each play a vital role in the human body. Protein's job is to make and repair our body's cells, which is important for growth, muscle-building, and skin-healing.

It has been shown through previous studies that people with diabetes are more prone to muscle loss compared to people without diabetes. Given that protein is essential for building muscle, paying attention to protein intake is important for diabetes management. Something else to consider is that diabetes makes it difficult for skin to heal, making people with diabetes more prone to foot ulcers—which can lead to amputations if left



CANNED CORNED BEEF

with VEGGIES



Number of Servings: 6.5
Serving size: 1 cup



Ingredients

- 1 (12-ounce) can corned beef
- ½ medium onion
- 5 cloves of garlic
- 1 cup pechai
- 1 cup string beans
- 1 can whole kernel corn

****Optional:** substitute pechai with kangkung;
substitute string beans with canned green
beans or celery



Directions

1. Open can of corned beef and place corned beef in a bowl. ADD 1 cup boiling water into bowl and mash corned beef with fork. Let mixture stand for 5 minutes.
2. SLICE onions and DICE garlic.
3. Drain liquid from corned beef and throw away the liquid.
4. In a large pan/skillet on medium heat, ADD corned beef, onions and garlic. STIR FRY for 3-4 minutes.
5. ADD pechai, string beans and canned corn. Cook for 3-5 minutes until veggies are done.
6. SERVE with brown rice



✓ **Healthy Alternative**

✓ **Affordable**

✓ **SIMPLE**



ROTA Benefit Issuance Schedule		SAIPAN Benefit Issuance Schedule (8:00AM-3:00PM)		
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		
OCT. 31, 2024 THURSDAY	Elderly, Special Needs Clients/ A-L	NOVEMBER 2024		
		NOV. 01, 2024	FRI	Case Record ID ending with ‘9 & 0’
OCT. 31, 2024 THURSDAY	M-Z	NOV. 06, 2024	WED	Case Record ID ending with ‘1 & 2’
		NOV. 07, 2024	THU	Case Record ID ending with ‘3 & 4’
OCT. 31, 2024 THURSDAY	OPEN DAY	NOV. 08, 2024	FRI	Case Record ID ending with ‘5 & 6’
		NOV. 12, 2024	TUE	Case Record ID ending with ‘7 & 8’
NOV. 29, 2024 FRIDAY	M-Z	NOV. 13, 2024	WED	OPEN DAY
		DECEMBER 2024		
NOV. 29, 2024 FRIDAY	Elderly, Special Needs Clients/ A-L	DEC. 02, 2024	MON	Case Record ID ending with ‘7 & 8’
		DEC. 03, 2024	TUE	Case Record ID ending with ‘9 & 0’
NOV. 29, 2024 FRIDAY	OPEN DAY	DEC. 04, 2024	WED	Case Record ID ending with ‘1 & 2’
		DEC. 05, 2024	THU	Case Record ID ending with ‘3 & 4’
TINIAN Benefit Issuance Schedule		DEC. 06, 2024	FRI	Case Record ID ending with ‘5 & 6’
		DEC. 10, 2024	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.		
OCT. 31, 2024 THURSDAY	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		
OCT. 31, 2024 THURSDAY	A-L			
OCT. 31, 2024 THURSDAY	M-Z			
NOV. 29, 2024 FRIDAY	Elderly, Special Needs Clients			
NOV. 29, 2024 FRIDAY	A-L			
NOV. 29, 2024 FRIDAY	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:

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Unit
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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. Payless Super fresh Truckload Store
- 2. New Sarah Market
- 3. Ming Yang Supermarket
- 4. Herman’s Modern Bakery
- 5. The Water Company

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