



NAP Newsletter

JUNE 2025

VOLUME 43 NO. 06



4 REFRESHING DRINKS *for summer*

Lemonade
A combination of fresh lemon juice, water, and sugar, often served with ice cubes and lemon slices for extra freshness.

Watermelon Juice
Sweet and refreshing watermelon juice, often just requires mashed watermelon and a dash of lime for a refreshing sour taste.

Coconut Water
Pure coconut water, rich in electrolytes, very refreshing and hydrating. Can be drunk directly from the fruit or in a bottle.

Cucumber Mint Cooler
A drink made from blended fresh cucumber, added mint leaves, soda water, and a little honey or simple syrup.



Eskabeche

Makes

12 servings

Prep time

20 minutes

Cook time

30 minutes

Good source of

Fiber
Protein

Ingredients:

- 4 tsp. vegetable or canola oil
- 2 lbs. frozen basa or swai fish, thawed
- 10 cups water, divided
- 4 bunches bokchoy or other leafy greens
- 4 cups long beans, sliced
- 1 large carrot, sliced into sticks
- 1 medium eggplant, sliced
- 1 medium yellow onion, sliced
- 5 garlic cloves, diced
- ¾ cup mangu*, or fresh yellow ginger*, finely minced
- ¾ cups vinegar
- 1 tsp. salt
- ½ tsp. black pepper
- Green onions for garnish

*1 tsp. turmeric powder can be substituted for yellow ginger

Nutrition Facts

12 servings per container
Serving size 1 (291g)

Amount per serving
Calories 180

	% Daily Value*
Total Fat 5g	8%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 45mg	18%
Sodium 240mg	10%
Total Carbohydrate 15g	8%
Dietary Fiber 4g	14%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 17g	
Vitamin D 0mcg	45%
Calcium 81mg	6%
Iron 5mg	30%
Potassium 721mg	15%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



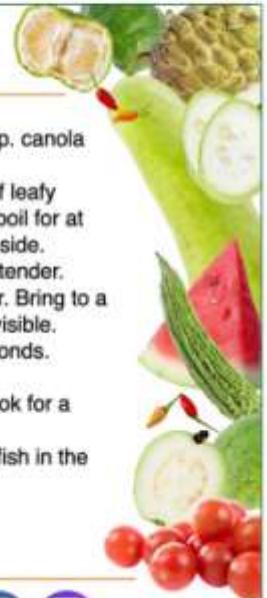
This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call (971) 726-7364. UOGA and the University of Guam are equal opportunity providers, teachers, and employees.



Eskabeche

Directions:

1. Lightly season fish fillets and sear to medium with 2 tsp. canola oil. Remove from pan and set aside.
2. In a medium pot, add vegetables separately in order of leafy greens, then green beans, carrots, and eggplant. Par boil for at least 2 minutes. Transfer to strainer to drain, and set aside.
3. With remaining oil, saute onions and garlic in pot until tender.
4. Add water, vinegar, ground turmeric, salt, black pepper. Bring to a boil and cook for 2 minutes, or until yellowish color is visible.
5. Place the cooked fish in the saute sauce for a few seconds.
6. Remove fish from sauce and place on serving dish.
7. Add the par boiled vegetables to the sauce pot and cook for a few minutes.
8. Layer the cooked vegetables and sauce on top of the fish in the serving dish.
9. Garnish with diced green onions and bell peppers.



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		
MAY 30, 2025 FRIDAY	Elderly, Special Needs Clients/	JUNE 2025		
MAY 30, 2025 FRIDAY	A-L	JUNE 02, 2025	MON	Case Record ID ending with '5 & 6'
MAY 30, 2025 FRIDAY	M-Z	JUNE 03, 2025	TUE	Case Record ID ending with '7 & 8'
JUNE 30, 2025 MONDAY	Elderly, Special Needs Clients/	JUNE 04, 2025	WED	Case Record ID ending with '9 & 0'
JUNE 30, 2025 MONDAY	A-L	JUNE 05, 2025	THU	Case Record ID ending with '1 & 2'
JUNE 30, 2025 MONDAY	M-Z	JUNE 06, 2025	FRI	Case Record ID ending with '3 & 4'
		JUNE 09-30 2025	OPEN DAY CLOSE @ 1:30PM	
		JULY 2025		
		JULY 01, 2025	TUE	Case Record ID ending with '3 & 4'
		JULY 02, 2025	WED	Case Record ID ending with '5 & 6'
		JULY 03, 2025	THU	Case Record ID ending with '7 & 8'
		JULY 07, 2025	MON	Case Record ID ending with '9 & 0'
		JULY 08, 2025	TUE	Case Record ID ending with '1 & 2'
		JULY 09-31 2025	OPEN DAY CLOSE @ 1:30 PM	
TINIAN Benefit Issuance Schedule		<u>ORIENTATION ANNOUNCEMENT</u>		
Tinian Distribution Time is from 8:00AM to 3:00PM. Closed on Weekends and Holidays.		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.		
MAY 30, 2025 FRIDAY	Elderly, Special Needs Clients	<u>IMPORTANT REMINDER</u>		
MAY 30, 2025 FRIDAY	A-L	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		
MAY 30, 2025 FRIDAY	M-Z			
JUNE 30, 2025 MONDAY	Elderly, Special Needs Clients			
JUNE 30, 2025 MONDAY	A-L			
JUNE 30, 2025 MONDAY	M-Z			

Healthy Eating Tips

Fruits and Vegetables

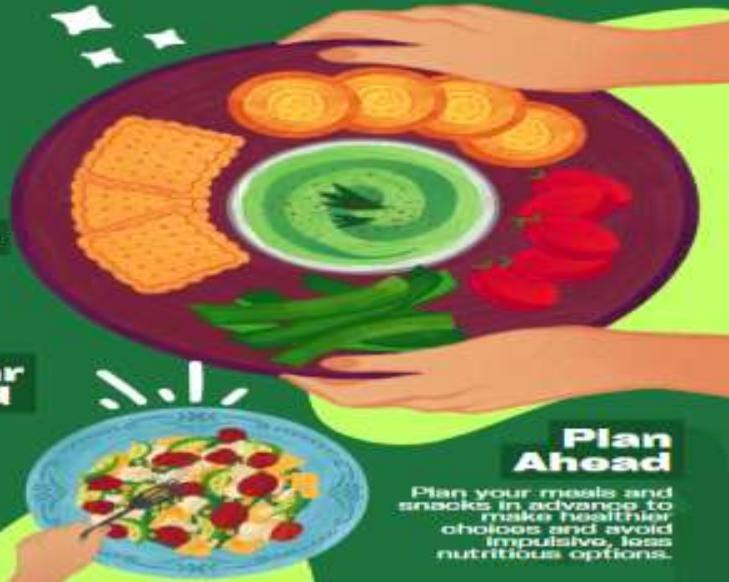
Consume a colourful array of fruits and vegetables, as they provide essential vitamins and minerals.

Protein Choices and Healthy Fats

Include lean protein sources like poultry, fish, tofu, and beans in your diet. Limit red and processed meats.

Reduce Sugar and Balanced Meals

Aim for balanced meals that include a variety of food groups: vegetables, fruits, lean proteins, whole grains, and healthy fats.



Plan Ahead

Plan your meals and snacks in advance to make healthier choices and avoid impulsive, less nutritious options.

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. Cool Mart
2. WJC Mart
3. Blue Sky Supermarket
4. New CK Super Market
5. Bepari Enterprises, LLC (Rota)
6. J & J Mart (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