



# NAP Newsletter

AUGUST 2025

VOLUME 43 NO. 08

## 5 Simple Steps TO MAINTAIN YOUR HEALTH

1

### EXERCISE REGULARLY

Stay active with at least 150 minutes of moderate exercise each week.

2

### EAT A BALANCED DIET

Focus on a diet rich in vegetables and nutrient-dense foods.

3

### GET ENOUGH SLEEP

Prioritize good sleep for better physical, mental, and emotional health.

4

### MANAGE STRESS

Managing stress is key to staying healthy in both mind and body.

5

### GET REGULAR CHECKUPS

Regular screenings and check-ups help catch health issues early for better management.





## Fish Tinaktak

### Makes

12 servings

### Prep time

15 minutes

### Cook time

20 minutes

### Good source of

Protein

Fiber

### Ingredients:

- 1 Tbsp. vegetable or canola oil
- 1 small onion, diced
- 3 cloves garlic, chopped
- 2 cups fresh long beans, cut into 2-inch pieces
- 1 can (13.5 oz) lite coconut milk
- 2 cups local leafy greens (pechay, kangkong, pumpkin tips, etc.)
- 2 cups cherry tomatoes, cut into halves
- 2 fresh kalamansi, squeezed for juice
- 1 tsp. salt
- ½ tsp. black pepper
- 1 lb. frozen basa/swai fish fillets, thawed, cut into 2-inch pieces

## Nutrition Facts

12 servings per container

Serving size 1 cup (113g)

Amount per serving

**Calories 90**

% Daily Value\*

Total Fat 4.5g 8%

Saturated Fat 1g 8%

Trans Fat 0g

Cholesterol 25mg 8%

Sodium 220mg 10%

Total Carbohydrate 4g 1%

Dietary Fiber 0g 0%

Total Sugars 1g

Includes 0g Added Sugars 0%

Protein 0g

Vitamin D 5mcg 25%

Calcium 20mg 2%

Iron 0mg 0%

Potassium 200mg 8%

\*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 (877) 735-7384. USDA and the University of Guam are equal opportunity providers, lenders, and employers.



## Fish Tinaktak

### Directions:

1. Heat oil in a pot over medium heat.
2. Add onions and garlic and sauté for 2-3 minutes. Add long beans and cook an additional 2-3 minutes.
3. Pour coconut milk in pot and bring to a boil. Simmer for 2-3 minutes.
4. Add leafy greens, tomatoes, kalamansi juice, salt & pepper. Stir well and let simmer for an additional 3 minutes.
5. Add fish to pot and cook thoroughly, about 5 minutes, stirring occasionally, but being careful not to break fish apart.
6. Remove from heat and serve over brown rice.



<b>ROTA Benefit Issuance Schedule</b>		<b>Benefit Issuance Schedule (8:00AM-3:00PM) After Issuance Schedule (8:00AM-1:30PM)</b>		
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: <b>Subject to change in case of Emergency</b>		
<b>JULY 31, 2025 THURSDAY</b>	Elderly, Special Needs Clients/	<b>AUGUST 2025</b>		
<b>JULY 31, 2025 THURSDAY</b>	A-L	<b>AUG 01, 2025</b>	<b>FRI</b>	Case Record ID ending with '1 & 2'
<b>JULY 31, 2025 THURSDAY</b>	M-Z	<b>AUG 04, 2025</b>	<b>MON</b>	Case Record ID ending with '3 & 4'
<b>JULY 31, 2025 THURSDAY</b>		<b>AUG 05, 2025</b>	<b>TUE</b>	Case Record ID ending with '5 & 6'
<b>AUG 29, 2025 FRIDAY</b>	Elderly, Special Needs Clients/	<b>AUG 06, 2025</b>	<b>WED</b>	Case Record ID ending with '7 & 8'
<b>AUG 29, 2025 FRIDAY</b>	A-L	<b>AUG 07, 2025</b>	<b>THU</b>	Case Record ID ending with '9 & 0'
<b>AUG 29, 2025 FRIDAY</b>	M-Z	<b>AUG 08-31 2025</b>	<b>OPEN DAY CLOSE @ 1:30PM</b>	
<b>TINIAN Benefit Issuance Schedule</b>		<b>SEPTEMBER 2025</b>		
		<b>SEPT 02, 2025</b>	<b>TUE</b>	Case Record ID ending with '9 & 0'
		<b>SEPT 03, 2025</b>	<b>WED</b>	Case Record ID ending with '1 & 2'
		<b>SEPT 04, 2025</b>	<b>THU</b>	Case Record ID ending with '3 & 4'
		<b>SEPT 05, 2025</b>	<b>FRI</b>	Case Record ID ending with '5 & 6'
		<b>SEPT 08, 2025</b>	<b>MON</b>	Case Record ID ending with '7 & 8'
		<b>SEPT 09-30 2025</b>	<b>OPEN DAY CLOSE @ 1:30 PM</b>	
Tinian Distribution Time is from 8:00AM to 3:00PM. Closed on Weekends and Holidays.		<b><u>ORIENTATION ANNOUNCEMENT</u></b>		
<b>JULY 31, 2025 THURSDAY</b>	Elderly, Special Needs Clients	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: <a href="http://www.cnminap.gov.mp">http://www.cnminap.gov.mp</a>		
<b>JULY 31, 2025 THURSDAY</b>	A-L	Make sure to read all the contents and acknowledge the last page to ensure you understood the Orientation Paper.		
<b>JULY 31, 2025 THURSDAY</b>	M-Z	<b><u>IMPORTANT REMINDER</u></b>		
<b>AUG 29, 2025 FRIDAY</b>	Elderly, Special Needs Clients	NAP would like to remind all NAP clients to <b>renew as early as the first week of each month</b> 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 <b>www.cnminap.gov.mp</b>		
<b>AUG 29, 2025 FRIDAY</b>	A-L			
<b>AUG 29, 2025 FRIDAY</b>	M-Z			

CHCC Presents

# BACK TO SCHOOL HEALTH FAIR



**Get Ready for the New School Year with:**

- ✓ Sports Physical **FREE\***
- ✓ Student Vaccination **FREE\***
- ✓ School Health Certificate \$5.00 (cash only)
- ✓ Student Oral Exam **FREE\***
- ✓ Fluoride Varnish (ages 6 & below) **FREE\***
- ✓ Wellness Activities **FREE\***

\*Eligibility may apply

**Get Your  
FREE  
School  
Supplies**  
while supplies  
last

<b>July 19</b>	<b>Kagman Elementary School (KAGES)</b> 8:30am - 3:30pm <b>Sinapalo Elementary School (Rota)</b> 9:00am - 1:00pm	 Healthy Snack Demo
<b>July 26</b>	<b>San Vicente Elementary School (SVES)</b> 8:30am - 3:30pm	
<b>Aug 09</b>	<b>Lucia "Chiang" Villagomez Arizapa Health Center</b> 9:00am - 1:00pm	
<b>Aug 16</b>	<b>Multi-Purpose Center</b> 8:30am - 3:30pm	

**Contact 670-287-9927 for more info**






**What to Bring for Your Child**  
 Valid photo ID and insurance information, if available

<b>Certification Unit</b>	(670) 237-2801-6 (670) 237-2870-4
<b>Administration</b>  Website: <a href="http://www.cnminap.gov.mp">www.cnminap.gov.mp</a>	(670) 237-2800 (670) 237-2840 (670) 237-2842 (670) 237-2843
<b>Accounting</b>	(670) 237-2851-3
<b>Benefit Issuance &amp; Claims Account-ability CASHIER</b>	(670) 237-2813/15 (670) 237-2861 (670) 237-2863
<b>Retail &amp; Redemption Unit</b>	(670) 237-2818 (670) 237-2821/22
<b>Management Evaluation Unit</b>	(670) 237-2831-7 (670) 483-2021 (670) 483-2020
<b>Tinian Office</b>	(670) 433-9330
<b>Rota Office</b>	(670) 532-4627

*You can utilize your NAP coupons at the following Authorized Retailers*

1. *Gold Ribbon Bakery*
2. *Han Nam Supermarket*
3. *CNMI Farmer's Cooperative Assoc.*
4. *New Sara Market*
5. *Tinian Ice & Water Bottling Co.*
6. *3 Kings Market*

*To all NAP recipients or authorized 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*