



DEPARTMENT OF COMMUNITY AND CULTURAL AFFAIRS

NAP Newsletter

OCTOBER 2025

VOLUME 43 NO. 10

OFFICE-VISIT

NUTRITION ASSISTANCE PROGRAM (NAP)



EBT CARD SCHEDULE coming soon!



NOTICE TO CNMI NUTRITION ASSISTANCE PROGRAM (NAP) RECIPIENTS

The CNMI Nutrition Assistance Program (NAP) informs all participants that longer waiting times may be expected during benefit issuance for October 2025. This is due to NAP staff participating in mandatory Electronic Benefit Transfer (EBT) system training conducted by our EBT processor, Fidelity Information Services (FIS).

The training will take place on the following dates:

- September 29–30, 2025
- October 1–3, 2025
- October 6–10, 2025

BENEFIT ISSUANCE SCHEDULE

Saipan – JTV Building, As Lito

Wednesday	October 1	Case record ending with 7 & 8
Thursday	October 2	Case record ending with 9 & 0
Friday	October 3	Case record ending with 1 & 2
Monday	October 6	Case record ending with 3 & 4
Tuesday	October 7	Case record ending with 5 & 6
OPEN DAY	October 8-31	Closed on Holiday(s) & Weekends

Tinian – YCO Building, San Jose

Tuesday	September 30	<i>Elderly, Special Needs Clients, and A-Z</i>
OPEN DAY	October 1-30	Closed on Holiday(s) & Weekends

Rota – Dolores Plaza, Songsong Village

Tuesday	September 30	<i>Elderly, Special Needs Clients, and A-Z</i>
OPEN DAY	October 1-30	Closed on Holiday(s) & Weekends

We kindly ask for your patience and understanding during this period. Your cooperation is greatly appreciated as NAP continues its efforts to enhance services and ensure a more efficient and seamless benefit delivery system for our CNMI community.

For more information, please contact NAP at (670) 237-2800.

Tuna, caper & chilli spaghetti

SERVES 2 EASY

PREP TIME: 10 MINS

COOK TIME: 15 MINS



INGREDIENTS

- 160g SPAGHETTI OR LINGUINE
- 1 TBSP OLIVE OIL
- 1 GARLIC CLOVE (SLICED)
- 1 RED CHILLI (UNSEEDS AND FINELY CHOPPED, PLUS EXTRA TO SERVE (OPTIONAL))
- 1 TBSP DRAINED CAPERS
- SMALL BUNCH OF PARSLEY FINELY CHOPPED (STALKS INCLUDED)
- 145g TUNA IN SPRING WATER, DRAINED
- 88g ROCKET OR BABY SPINACH LEAVES
- ½ LEMON JUICED

NUTRITION: PER SERVING

- KCAL 409
- LOW
- FAT 0g
- LOW
- SATURATES 1g
- CARBS 57g
- SUGARS 2g
- FIBRE 5g
- PROTEIN 23g
- SALT 0.4g

METHOD

STEP 1

COOK THE SPAGHETTI FOR 9-11 MINS IN A LARGE PAN OF WELL-SALTED WATER UNTIL AL DENTE.

STEP 2

HEAT THE OIL IN A WIDE FRYING PAN OVER A VERY LOW HEAT, AND GENTLY COOK THE GARLIC AND CHILLI TO INFUSE THE OIL. REMOVE FROM THE HEAT IF THE GARLIC IS TURNING PAST LIGHT GOLDEN, AS THIS WILL MAKE IT BITTER.

STEP 3

DRAIN THE PASTA, KEEPING A CUPFUL OF THE COOKING WATER, AND TIP THE SPAGHETTI INTO THE FRYING PAN. TOSS THE PASTA IN THE OIL OVER A LOW HEAT, ADDING A LITTLE OF THE PASTA WATER TO EMULSIFY INTO A SAUCE THAT COATS THE PASTA. THEN FOLD IN THE CAPERS, PARSLEY, TUNA AND SOME SEASONING. DON'T STIR TOO VIGOROUSLY – YOU WANT TO KEEP LARGER CHUNKS OF TUNA. TOSS THE ROCKET AND LEMON JUICE THROUGH THE SPAGHETTI, AND SERVE WITH EXTRA CHILLI SCATTERED OVER, IF YOU LIKE.

bbgoodfood.com/recipes/tuna-caper-chilli-spaghetti

Certification Unit	(670) 237-2801-6 (670) 237-2870-4
Administration Website: www.cnminap.gov.mp	(670) 237-2800 (670) 237-2840 (670) 237-2842 (670) 237-2843
Accounting	(670) 237-2851-3
Benefit Issuance & Claims Accountability CASHIER	(670) 237-2813/15 (670) 237-2861 (670) 237-2863
Retail & Redemption Unit	(670) 237-2818 (670) 237-2821/22
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

Saipan

1. FZ Market
2. X.K. Market
3. W.J.C. Mart
4. Y.Z.L. Market
5. L & Y Market
6. DBM Fish Mart
7. CYC Market
8. ABCD Market
9. MJ Market
10. 123 Store

Tinian

1. 3K's Market
2. J&J Mart
3. U-Save Market

Rota

1. 3 Kings Market
2. DK Enterprise
3. Harvest Mart

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

In light of our transition into EBT,
 Recipients **MUST** pick up their benefits
 before OCTOBER 20, 2025.

