



# NAP Newsletter

SEPTEMBER 2025

VOLUME 43 NO. 09

## CNMI NUTRITION ASSISTANCE PROGRAM EBT UPDATES

Milestones	Start Date	End Date
CNMI UAT	July 14th, 2025	July 18th, 2025
FNS UAT	Aug 5th, 2025	Aug 7th, 2025
Retailer Readiness	Aug 4th, 2025	Aug 14th, 2025

SUCCESSFUL COMPLETION OF USER ACCEPTANCE TESTING (UAT): THE CNMI NAP, IN COLLABORATION WITH THE FIDELITY INFORMATION SERVICES (FIS) AND MAXIMUS, HAS SUCCESSFULLY COMPLETED ITS STATE USER ACCEPTANCE TESTING. THIS ACHIEVEMENT MARKS A MAJOR STEP TOWARD ENHANCING PROGRAM OPERATIONS AND SERVICE DELIVERY.

RETAILER SET-UP COMPLETED FOR SAIPAN, TINIAN, AND ROTA: RETAILER ONBOARDING FOR ALL THREE ISLANDS IS NOW COMPLETE, ENSURING THAT PARTICIPANTS WILL HAVE ACCESS TO AUTHORIZED RETAILERS IN SAIPAN, TINIAN, AND ROTA FOR THEIR PROGRAM NEEDS.



## Lettuce Wraps

### Makes

8 servings

### Prep time

10 minutes

### Cook time

10 minutes

### Good source of Protein

### Ingredients:

- 3 Tbsp. hoisin sauce
- 1 Tbsp. soy sauce
- 2 tsp. hot sauce (*optional*)
- 1 Tbsp. rice vinegar
- 1 tsp. sugar
- 3 tsp. canola or vegetable oil, divided
- 1 lb. lean ground beef, pork, turkey, or chicken
- 1 medium carrot, peeled, shredded
- ½ cup green onions, sliced
- 3 cloves garlic, finely minced
- 1 Tbsp. fresh ginger, finely minced
- 1 can water chestnuts, drained and rinsed, diced small
- 1 large head iceberg lettuce

## Nutrition Facts

8 servings per container  
Serving size 1/2 cup (178g)

Amount per serving  
**Calories 150**

	% Daily Value*
Total Fat 7g	9%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 250mg	11%
Total Carbohydrate 10g	4%
Dietary Fiber 2g	7%
Total Sugars 5g	
Includes 1g Added Sugars	2%
<b>Protein 12g</b>	
Vitamin D 0mcg	0%
Calcium 52mg	4%
Iron 2mg	10%
Potassium 407mg	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.

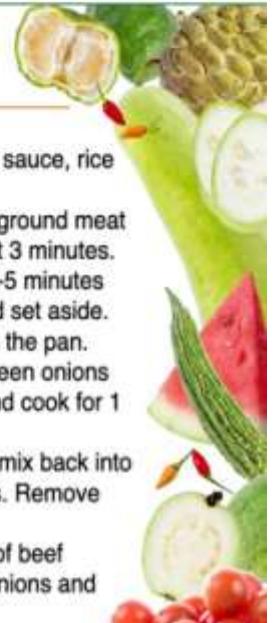


This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call (877) 756-7354. USDA and the University of Guam are equal opportunity providers, lenders, and employees.

## Lettuce Wraps

### Directions:

1. In a bowl, whisk together hoisin sauce, soy sauce, hot sauce, rice vinegar, and sugar. Set aside.
2. Heat 1½ tsp. oil in a pan over medium-high heat. Add ground meat to the pan and let cook until browned on bottom, about 3 minutes.
3. Break up meat into crumbles and cook an additional 3-5 minutes until fully cooked, stirring often. Remove from heat and set aside. Be sure to empty out any excess liquid that remains in the pan.
4. Add remaining 1½ tsp. oil into pan. Add carrots and green onions and sauté for about 1 minute. Add garlic and ginger and cook for 1 minute.
5. Add cooked ground beef, water chestnuts, and sauce mix back into pan. Stir well and cook until heated, about 2-3 minutes. Remove from heat.
6. Separate lettuce leaves and spoon about ¼ to ½ cup of beef mixture into each leaf. Garnish with additional green onions and serve hot.



<b>ROTA</b> <b>Benefit Issuance Schedule</b>	<b>Benefit Issuance Schedule (8:00AM-3:00PM)</b> <b>After Issuance Schedule (8:00AM-1:30PM)</b>
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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**

<b>AUG 29, 2025</b> <b>FRIDAY</b>	Elderly, Special Needs Clients/
<b>AUG 29, 2025</b> <b>FRIDAY</b>	A-L
<b>AUG 29, 2025</b> <b>FRIDAY</b>	M-Z

<b>SEPTEMBER 2025</b>		
<b>SEPT 02, 2025</b>	<b>TUE</b>	Case Record ID ending with <b>'9 &amp; 0'</b>
<b>SEPT 03, 2025</b>	<b>WED</b>	Case Record ID ending with <b>'1 &amp; 2'</b>
<b>SEPT 04, 2025</b>	<b>THU</b>	Case Record ID ending with <b>'3 &amp; 4'</b>
<b>SEPT 05, 2025</b>	<b>FRI</b>	Case Record ID ending with <b>'5 &amp; 6'</b>
<b>SEPT 08, 2025</b>	<b>MON</b>	Case Record ID ending with <b>'7 &amp; 8'</b>
<b>SEPT 09-30 2025</b>	<b>OPEN DAY CLOSE @ 1:30PM</b>	

<b>TINIAN</b> <b>Benefit Issuance Schedule</b>
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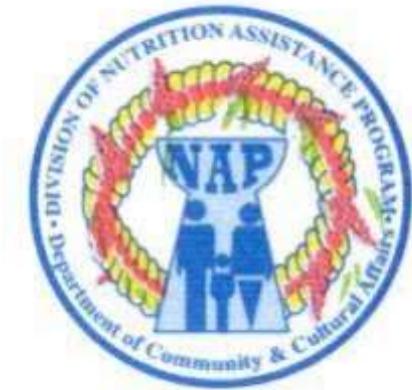
Tinian Distribution Time is from 8:00AM to 3:00PM.  
Closed on Weekends and Holidays.

<b>AUG 28, 2025</b> <b>THURSDAY</b>	Elderly, Special Needs Clients
<b>AUG 28, 2025</b> <b>THURSDAY</b>	A-L
<b>AUG 28, 2025</b> <b>THURSDAY</b>	M-Z



**ORIENTATION ANNOUNCEMENT**

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.



<b><u>IMPORTANT REMINDER</u></b>
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>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. **DBM Fish Mart**
2. **Chalan Piao Super Market**
3. **CNMI Farmer's Cooperative Assoc.**
4. **New I Mart**
5. **Lucky Qiang Mart**
6. **Sunshine Variety Shop**

**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**