



NAD Newsletter

VOLUME 39 NO. 03 MARCH 2021

Safe Grocery Shopping Tips for People with Diabetes

Staying home and limiting your contact with other people is the most effective way to stay safe and avoid COVID-19. However, some trips outside are essential, like shopping for groceries. Read on for simple tips to make grocery shopping safer.

You know the phrase, when life gives you lemons, make lemonade? Well there's a whole lot of lemons out there right now, and if you're like me, you're trying your best to stay positive during this difficult time and make some lemonade (albeit sugar-free lemonade). For instance, many of us have more time on our hands and are not being challenged by social events or eating out where it's hard to make healthy choices. Now is a great time to be inspired to cook at home, sit down to family meals, slow down, enjoy the food we eat, and be a little more mindful. Staying at home can be stressful for sure, but there are silver linings!

That said, cooking more meals at home requires shopping for groceries, which has suddenly become much more complicated. The CDC and other expert groups are recommending that populations at increased risk for COVID-19 and its complications take extra precautions to protect their health—and this includes people with diabetes.

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Before you go to the store:

- If you are at high risk, consider having a family member or friend get your groceries for you or use a grocery delivery service if available. Many stores now allow you to order groceries online for pickup or delivery. Keep in mind that this means another person will be handling your items, so you need to balance the risk with this option.
- If you plan to go to the grocery store, try to minimize your shopping trips by making a list for what you will need for the next week or two. Organize your list by department, if you can, to help shopping go faster and limit your time in the store.
- Try to shop first thing in the morning. This is usually the least crowded time, and many supermarkets have cleaned and sanitized the store the night before.
- Find out if your supermarket has special shopping times for seniors and people at higher risk. This is typically early in the morning, for the reasons mentioned above.

It is now recommended that everyone cover their mouth and nose with a cloth face covering when leaving the house. This is especially important for people at higher risk.

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Braised Chicken Thighs with Mushrooms



INGREDIENTS

- olive oil 1 tbsp
- chicken thighs (boneless, skinless) 1 lbs
- margarine (trans-fat-free) 1 tsp
- onion(s) (finely diced) 1/2
- white (button) mushrooms (sliced) 8 oz
- balsamic vinegar 3 tbsp
- low sodium chicken broth (low-sodium, fat-free) 1 1/2 cup

DIRECTIONS

1. Heat oil in a large Dutch oven over medium-high heat.
2. Add chicken thighs and sauté for 3 minutes per side. Remove from pan and set aside.
3. Add margarine to pan and melt. Add onion and sauté for 2 minutes. Add mushrooms and sauté for 3-5 minutes until liquid is released; stirring frequently.
4. Add balsamic vinegar to pan and cook with mushrooms for 1 minute. Add chicken thighs back to pan and place mushrooms on top of chicken. Pour chicken broth into pan.
5. Bring the chicken broth to a boil. Reduce the heat to medium-low, cover the pan with a heavy, tight-fitting lid, and simmer for 25 minutes.

4 Servings Serving Size

1 chicken thigh with mushrooms

Amount per serving

Calories 205

Total Fat 11g

- Saturated Fat 2.5g

Cholesterol 105mg

Sodium 115mg

Total Carbohydrate 6g

- Dietary Fiber 1g

- Total Sugars 4g

Protein 21g

Potassium 510mg

<https://www.diabetesfoodhub.org/recipes/balsamic-chicken-with-mushrooms.html?home->

IMPORTANT REMINDER

NAP would like to remind all the NAP clients to renew as early as the first week of each month to avoid delay of benefit. If the NAP ID expires 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 area.

SAIPAN Benefit Issuance Schedule (8AM-3PM)

NAP coupons will be issued at the JTV Building in As Lito from 8 a.m. to 3:00 p.m. daily except on Holidays, and Weekends
Subject to change in case of Emergency

MARCH 2021

MAR 01, 2021	MON	Case Record ID ending with '1 & 2'
MAR 02, 2021	TUE	Case Record ID ending with '3 & 4'
MAR 03, 2021	WED	Case Record ID ending with '5 & 6'
MAR 04, 2021	THU	Case Record ID ending with '7 & 8'
MAR 05, 2021	FRI	Case Record ID ending with '9 & 0'

APRIL 2021

APR 01, 2021	THU	Case Record ID ending with '1 & 2'
APR 02, 2021	FRI	HOLIDAY-GOOD FRIDAY
APR 05, 2021	MON	Case Record ID ending with '3 & 4'
APR 06, 2021	TUE	Case Record ID ending with '5 & 6'
APR 07, 2021	WED	Case Record ID ending with '7 & 8'
APR 08, 2021	THU	Case Record ID ending with '9 & 0'

ORIENTATION ANNOUNCEMENT

Due to Corona-Covid 19 Virus which requires social distances, NAP Office does not require an applicant to attend the Mass Orientation; instead, NAP has an Orientation in a paper version, where you can obtain a copy from the NAP Office or in the NAP Website:
<http://www.cnminap.gov.mp>
 Make sure you read all the contents and acknowledge the last page to ensure you understood the Orientation Paper.

ROTA Benefit Issuance Schedule

MARCH 01, 2021, MON	A-Z Plus OPEN DAY
APRIL 01, 2021, THU	A-Z PLUS OPEN DAY

TINIAN Benefit Issuance Schedule

MAR 02, 2021 TUE	Manamko, Special Clients, Pregnant
MAR 03, 2021, WED	A-L
MAR 04, 2021, THU	M-Z
APRIL 06, 2021 TUE	Elderly, Special Needs Clients
APRIL 07, 2021 WED	A-L
APRIL 08, 2021 THU	M-Z

You can purchase Fruits and Veggies with your NAP coupons at the following Authorized Retailers

1. TWINS SUPERMARKET (DANDAN)
2. MARIANAS WATER & ICE
3. DAYSTAR FISH STORE
4. LUCKY QIANG MART
5. JOETEN ACE HARDWARE (ROTA)

OTHER VITAL INFORMATIONS

NAP CONTACT NOS.

Administration	237-2842
FAX	237-2843
Website:	664-2850
www.cnminap.gov.mp	
Email:	
support@cnminap.gov.mp	
Accounting	237-2851-3
Benefit Issuance & Claims Account-ability Unit	237-2812-15 237-2860-64
Retail & Redemption Unit	237-2821-3
Certification Unit	237-2801-6 237-2870-4
FAX	664-2851
Management Evaluation Unit	237-2831-7 483-2021 483-2020
Tinian Office	433-9330
Rota Office	532-9354

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While you're shopping:

- When entering the store, use a disinfecting wipe to clean the handlebar on your shopping cart.
- Avoid touching your eyes, nose, and mouth until you can wash your hands at home. Wearing glasses and a cloth face covering when shopping will help.
- For extra protection, you can have a sanitation wipe in each hand as you grab your items, open freezer doors, touch the keypad at the checkout line, etc. You can use disposable gloves, too, but make sure to remove them without touching the outside of the gloves. Remember, you will still need to avoid touching your face while wearing gloves.
- Stay at least 6 feet away from others while shopping and in lines. Even if you are wearing a mask, it's still important to maintain social distancing.

- If you are worried about handling pieces of fruit, like apples and oranges, you can slip your hand in the plastic bag from the produce section, using it like a glove to grab your fruit. Then slip the bag around the fruit and remove your hand.

When paying for your groceries, try to pay without touching money, a card, or a keypad. If you do have to touch a keypad, you can hold the sanitation wipe around your finger so it touches the surface, or you can use hand sanitizer or a sanitation wipe right after paying.

When you get home:

- Wash your hands when you return from the store with soap and warm water, and always wash your hands before and after prepping food.

Most experts agree the biggest risk when grocery shopping comes from being in the store around other people, not from picking up the virus from surfaces, so there's no need to wash or sanitize packaged groceries when you get home.

Continued below



- It likely won't hurt to take extra precautions, like wiping down packaged products with sanitizing wipes, but as long as you wash your hands after handling groceries and clean your countertops after everything is put away, you should be fine.
- There is mixed advice about washing produce. Some experts recommend washing all fruits and vegetables as soon as you return from the store. However, washing some types of produce can make them spoil faster. Either way, be sure to wash all produce before you eat it.
- The USDA recommends washing produce under cold running tap water (no need to use soap!) to remove any lingering dirt before eating or cooking it. For produce with a firm surface, such as apples and potatoes, you can scrub with a clean brush as well. If you want to dry produce after washing it, be sure to use a clean towel. Make it a regular habit to clean and disinfect kitchen countertops and other frequently touched surfaces like refrigerator door handles, the faucet handle, and door knobs.