



NAD Newsletter

VOLUME 39 NO.12 DECEMBER 2021

NEW Income and Benefit Level



NUTRITION ASSISTANCE PROGRAM

INCOME THRESHOLD AND MAXIMUM ALLOTMENT				
HH SIZE	INCOME	SAIPAN	TINIAN	ROTA
1	\$1,396	\$369	\$390	\$449
2	\$1,888	\$677	\$715	\$823
3	\$2,379	\$969	\$1,024	\$1,179
4	\$2,871	\$1,231	\$1,301	\$1,498
5	\$3,363	\$1,462	\$1,544	\$1,779
6	\$3,855	\$1,754	\$1,853	\$2,134
7	\$4,347	\$1,939	\$2,048	\$2,358
8	\$4,839	\$2,216	\$2,341	\$2,695
9	\$5,331	\$2,493	\$2,634	\$3,032
10	\$5,823	\$2,770	\$2,927	\$3,369
11	\$6,315	\$3,047	\$3,220	\$3,706
12	\$6,807	\$3,324	\$3,513	\$4,043
13	\$7,299	\$3,601	\$3,806	\$4,380
14	\$7,791	\$3,878	\$4,099	\$4,717
15	\$8,283	\$4,155	\$4,392	\$5,054

Effective October 1, 2021

Baked Salmon with Ginger-Citrus Sauce



INGREDIENTS

- 50% reduced sugar orange juice 1 cup
- Splenda Granulated Sweetener 1/4 cup
- fresh ginger 1 (2 1/2-inch) piece
- fat-free half-and-half 2 tbsp
- corn starch 1/4 tsp
- Salt 1/4 tsp
- light butter with canola 2 tbsp
- frozen stir-fry vegetables 2 cup
- salmon (cut into two (4-oz) 8 oz

DIRECTIONS

1. Preheat oven to 450°F.
2. Prepare the sauce: In a saucepan, combine orange juice, Splenda Sweetener, and sliced ginger. Bring to a rolling boil over medium-high heat. Boil 10–12 minutes or until orange juice has reduced to about 2 tablespoons. Remove from heat; discard ginger slices.
3. In a bowl, whisk together half-and-half, cornstarch, and salt until smooth.
4. Whisk butter, 1 tablespoon at a time, into orange juice until melted. Whisk in half-and-half mixture. Return saucepan to medium-high and heat until boiling.
5. Remove sauce from heat; transfer to a blender and carefully blend for about 30 seconds until light and smooth.
6. Prepare the salmon and vegetables: Place vegetables in an 8" x 8" baking dish; lay salmon fillets on top of the vegetables. Bake for 10–15 minutes or until salmon flakes easily when tested with a small knife and vegetables are heated through.
7. Transfer vegetables and salmon to serving plates; pour sauce over salmon. Serve with steamed rice, if desired.

NUTRITION FACTS

2 Servings

**1 salmon (4-oz) fillet, 1 oz sauce,
and 3/4 cup vegetables**

Calories 290

Total Fat 15g

- Saturated Fat 4g
- Trans Fat 0g
- **Cholesterol 70mg**
- **Sodium 490mg**
- **Total Carbohydrate 16g**
- Dietary Fiber 2g
- Total Sugars 8g
- Added Sugars 0g
- **Protein 24g**
- **Potassium 760mg**
- **Phosphorus 380mg**

ROTA Benefit Issuance Schedule

SAIPAN Benefit Issuance Schedule (8AM-3PM)

Rota Distribution Time is from 8AM to 3PM. Closed on Weekends and Holidays	
DEC. 01, 2021 WED	Elderly./Special Needs Clients/ A-L
DEC. 02, 2021 THU	M-Z
DEC. 03, 2021 FRI	OPEN DAY
JAN. 03, 2022 MON	M-Z
JAN. 04, 2022 TUE	Elderly./Special Needs Clients/ A-L
JAN. 05 2022 WED	OPEN DAY
<i>TINIAN Benefit Issuance Schedule</i>	
Tinian Distribution Time is from 8AM to 3PM. Closed on Weekends and Holidays	
DEC. 01, 2021 WED	Elderly, Special Needs Clients
DEC. 02, 2021 THU	A-L
DEC. 03, 2021 FRI	M-Z
JAN. 03, 2022 MON	Elderly, Special Needs Clients
JAN. 04, 2022 TUE	A-L
JAN. 05, 2025 WED	M-Z

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		
<i>DECEMBER 2021</i>		
DEC. 01, 2021	WED	Case Record ID ending with '1 & 2'
DEC. 02, 2021	THU	Case Record ID ending with '3 & 4'
DEC. 03, 2021	FRI	Case Record ID ending with '5 & 6'
DEC. 06, 2021	MON	Case Record ID ending with '7 & 8'
DEC. 07, 2021	TUE	Case Record ID ending with '9 & 0'
<i>JANUARY 2022</i>		
JAN. 03, 2022	MON	Case Record ID ending with '1 & 2'
JAN. 04, 2022	TUE	Case Record ID ending with '3 & 4'
JAN. 05, 2022	WED	Case Record ID ending with '5 & 6'
JAN. 06, 2022	THU	Case Record ID ending with '7 & 8'
JAN. 07, 2022	FRI	Case Record ID ending with '9 & 0'

ORIENTATION ANNOUNCEMENT

Due to Corona-Covid 19 Virus which requires social distancing, 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.

IMPORTANT REMINDER

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 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 or downloaded online at www.cnminap.gov.mp



NAP CONTACT NOS.

Administration	237-2842
FAX	237-2843
Website:	664-2850
www.cnminap.gov.mp	
Email:	
sup-	
port@cnminap.gov.mp	
Accounting	237-2851-3
Benefit	237-2812-15
Issuance &	237-2860-64
Claims Account-ability	
Unit	
Retail &	237-2821-3
Redemption	
Unit	
Certification Unit	237-2801-6
	237-2870-4
FAX	664-2851
Management	237-2831-7
Evaluation Unit	483-2021
	483-2020
Tinian Office	433-9330
Rota Office	532-4627

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

1. JOETEN SUPERSTORE
2. SAN ROQUE MARKET
3. 999 MARKET
4. NEW GRAND MARKET
5. SUNSHINE MARKET