



NAD Newsletter

VOLUME 40 NO. 08 August 2022

Produce Shopping Tips

If you were a guest visiting your own kitchen, what produce would you hope to find? A refrigerator filled with fresh fruit and vegetables? Would it make you happy to see bowls on your counter filled with brilliant red tomatoes, fragrant peaches, and juicy plums?

If those bountiful images make you sigh with longing, but also make your chest clutch a bit because of rising prices at the markets, here are some strategies for making those images more accessible. After all, eating plenty of fruits and vegetables is one of the best things you can do for your body.

Health Benefits of Fruits and Vegetables

Let's look at just some of the health benefits of fruit and vegetables. A diet rich in fruits and vegetables has nutrients like potassium that may reduce risk for stroke, other cardiovascular diseases, cancer, and type 2 diabetes. Fruits and vegetables contain folate, which helps the body form red blood cells, as well as health-promoting phytochemicals, including antioxidants, that maintain optimum health. Both fruits and vegetables have concentrations of vitamins, such as C and A, and minerals. And, of course, they're full of dietary fiber, which helps reduce cholesterol levels and may lower the risk of heart disease.

Making Fruits and Veggies Affordable

Look for supermarket deals. Review store circulars that list weekly produce sales. Sign up for your markets' weekly email notifications. Then create a weekly menu around what's on sale. Once in the store, look for loss leaders .

Buy only quantities you can eat before they spoil. At the farmer's market, many farmers will sell you even individual carrots or pieces of fruit so you don't overspend or waste food.

- Buy on special and freeze. If you're a big lover of, summer berries, tomatoes, or winter squash and they're on sale, take advantage of the price and freeze them to enjoy the rest of the year. Chop, place on a sheet pan, freeze, then repackage in a bag for storage.
- Buy with a purpose. If you have meals and recipes already planned for the week, hit the market with your ingredients list, and buy only what's on the list.
- Buy in season and local. Produce always costs less during the height of its growing season, especially if locally grown—and it tastes better.
- Shop at the end of the farmers market. Farmers usually don't want to haul unsold product, so you may be able to get end-of-day deals for the produce you need.
- Want to join a CSA or warehouse store but find that they offer more food than you can use? Partner with friends or neighbors on subscriptions and purchases.
- Be friendly and curious. Get to know the farmers and vendors at your local farmers markets. Ask about what they grow and make. Some may appreciate your interest and let you sample their produce or even give you discounts. At the supermarket, be polite and kind to produce department workers. They'll often let you taste apples and other produce to introduce you to new varieties, make sure you don't spend money on something you won't enjoy, and direct you to the best quality of what you're looking for.

"Spaghetti" and Meatballs



INGREDIENTS

- small spaghetti squash 1
- very lean ground beef (95% lean) 1 lbs
- plain bread crumbs 1/4 cup
- grated, reduced-fat Parmesan cheese (divided) 3 tbsp
- water (plus extra for cooking squash, divided) 3/4 cup
- chopped fresh parsley 2 tbsp
- Eggs 1
- garlic powder 1 tsp
- black pepper 1/2 tsp
- low-sodium spaghetti sauce 2 cup

DIRECTIONS

1. Fill a soup pot with 1 inch water and place whole squash in water. Bring to a boil over high heat, c over, and cook 25 to 30 minutes, or until tender when pierced with a knife. Remove squash to a cutting board and allow to cool slightly. Cut squash in half lengthwise; remove and discard seeds with a spoon. Scrape inside of squash with a fork, shredding into noodle-like strands. Cover to keep warm.
2. Meanwhile, in a large bowl, combine ground beef, bread crumbs, 2 tablespoons Parmesan cheese, 1/4 cup water, the parsley, egg, garlic powder, and pepper; gently mix until well combined. Form mixture into 8 equal-sized meatballs.
3. Coat a large skillet with cooking spray. Cook meatballs over medium heat 8 to 10 minutes or until browned, turning them occasionally. Add spaghetti sauce and remaining 1/2 cup water. Cover and cook 10 to 15 minutes or until meatballs are no longer pink in center.
4. Serve the spaghetti squash topped with sauce and meatballs. Sprinkle with remaining 1 tablespoon Parmesan cheese just before serving.

NUTRITION FACTS

4 Servings (Serving Size 2 Meatballs, 1 Cup Spaghetti Squash, and 1/2 cups Sauce)

Calories 320

Total Fat 11g

- Saturated Fat 4g
- Trans Fat 0g
- **Cholesterol** 125mg
- **Sodium** 270mg
- **Total Carbohydrate** 25g
- Dietary Fiber 4g
- Total Sugars 9g
- Added Sugars 0g
- **Protein** 29g
- **Potassium** 930mg
- **Phosphorus** 340mg

NAP NEWSLETTER

ROTA Benefit Issuance Schedule

Rota Distribution Time is from 8AM to 3PM. Closed on Weekends and Holidays

AUG. 01, 2022 MON	Elderly./Special Needs Clients/ A-L
AUG. 02, 2022 TUE	M-Z
AUG. 03, 2022 WED	OPEN DAY
SEPT. 01, 2022 THU	M-Z
SEPT. 02, 2022 FRI	Elderly./Special Needs Clients/ A-L
SEPT. 06, 2022 TUE	OPEN DAY

TINIAN Benefit Issuance Schedule

Tinian Distribution Time is from 8AM to 3PM. Closed on Weekends and Holidays

AUG. 01, 2022 MON	Elderly, Special Needs Clients
AUG. 02, 2022 TUE	A-L
AUG. 03, 2022 WED	M-Z
SEPT. 01, 2022 THU	Elderly, Special Needs Clients
SEPT. 02, 2022 FRI	A-L
SEPT. 06, 2022 TUE	M-Z

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

AUGUST 2022

AUG. 01, 2022	MON	Case Record ID ending with '1 & 2'
AUG. 02, 2022	TUE	Case Record ID ending with '3 & 4'
AUG. 03, 2022	WED	Case Record ID ending with '5 & 6'
AUG. 04, 2022	THU	Case Record ID ending with '7 & 8'
AUG. 05, 2022	FRI	Case Record ID ending with '9 & 0'

SEPTEMBER 2022

SEPT. 01, 2022	THU	Case Record ID ending with '1 & 2'
SEPT. 02, 2022	FRI	Case Record ID ending with '3 & 4'
SEPT. 06, 2022	TUE	Case Record ID ending with '5 & 6'
SEPT. 07, 2022	WED	Case Record ID ending with '7 & 8'
SEPT. 08, 2022	THU	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

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

1. JOETEN Hafa Adai Shopping Center
2. WJC Mart
3. Welcome Supermarket
4. C-Mart
5. Rising Supermarket
6. New ABCD Market
7. Annie's Convenient Store (Rota)

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Issuance & 237-2860-64
Claims Account-ability Unit

Retail & 237-2821-3
Redemption
Unit

Management 237-2831-7
Evaluation Unit 483-2021
483-2020

Tinian Office 433-9330

Rota Office 532-4627

