



NAD Newsletter

VOLUME 40 NO. 11 NOVEMBER 2022

5 Tips for Cooking on a Budget

Eating on a budget can be a challenge, especially when you're also managing a specific diet. When planning for a kidney-friendly diet, potassium, phosphorus, protein, and salt content should be considered. And if you're also following a diabetes-friendly diet, carbohydrate content also needs to be considered. With some budgeting and planning, you can stay on track with both diets and save money on groceries.

1. Make a shopping list before you go to the grocery store and stick to it. Grabbing items as you shop can add up very quickly. Plan out your meals and snacks to help guide you when you shop. Balance is important when managing diabetes. Carbohydrates, protein, and fat should all be part of your meal. The American Diabetes Association® has a guide called the Diabetes Plate Method that provides a visual of how your plate should look.

2. Canned and pre-packaged foods can save you money, but they can also contain ingredients that may affect your blood glucose (blood sugar) and contain extra salt. Look for lower-sodium canned foods, and fruit that is packed in juice (not syrup). These items take longer to go bad, which can stretch your food dollar.

3. Consider using one ingredient in multiple meals. For example, if your favorite starch is rice, try using that in a vegetable/protein bowl at one meal and as a side for chicken or fish at another meal. Cook chicken for a meal and any leftovers you could use in a soup or even prepared into chicken salad. If you enjoy eggs, boil some eggs to have as a snack with fruit or crackers, and to turn into egg salad as part of a quick lunch.

Continued on the next column..

This can stretch your staple foods into a variety of meals and also prevent food waste from more expensive items such as chicken or beef.

4. Frozen vegetables and fruit can also stretch your food dollar. They are flash-frozen and keep their nutrient value from when they were fresh. Since they're frozen, they will last longer than fresh fruits and vegetables. Look for varieties that do not have extra sauces or syrup. This can reduce the carbohydrate and salt load.

5. Look for sales and store specials. Most grocery stores now have free member cards you can take advantage of to get the store discounts. Many times, manufacturers will also provide coupons online.

It can be challenging to manage more than one specialty diet, however, planning ahead can help you save time and money.



Chicken Tender Lettuce Wrap



INGREDIENTS

CAULIPOWER® Original Chicken

Tenders (tenders, 85 g) 2 pieces

Lettuce (leaf) 1 Large

Green Onion (scallion, chopped) 1/4 cup

Carrots (shredded) 1/4 cup

Avocado (sliced) 1/8 cup

Red Cabbage (shredded) 1/4 cup

Pico de Gallo 1 tbsp

DIRECTIONS

1. Preheat oven to 425 degrees F.
2. Place CAULIPOWER chicken tenders on a baking sheet that has been sprayed with non-stick cooking spray.
3. Heat 17–19 minutes for conventional oven, 15–17 minutes for convection oven, or until tenders reach internal temperature of 165 degrees F.
4. Remove tenders from the oven and place warm tenders on the lettuce.
5. Top with carrots, green onions, avocado, red cabbage, and pico de gallo.

NUTRITION FACTS

1 Serving

Serving Size: 1 wrap

Calories 160

- ♦ **Total Fat** 4g
- ♦ **Saturated Fat** 0.4g
- ♦ **Trans Fat** 0g
- ♦ **Cholesterol** 35mg
- ♦ **Sodium** 460mg
- ♦ **Total Carbohydrate** 19g
- ♦ **Dietary Fiber** 4g
- ♦ **Total Sugars** 3g
- ♦ **Added Sugars** 1g
- ♦ **Protein** 15g
- ♦ **Potassium** 530mg
- ♦ **Phosphorus** 150mg

NAP NEWSLETTER

ROTA Benefit Issuance Schedule

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

NOV. 01, 2022 TUE	M-Z
NOV. 02, 2022 WED	Elderly./Special Needs Clients/ A-L
NOV. 03, 2022 THU	OPEN DAY
DEC. 01, 2022 THU	M-Z
DEC. 02, 2022 FRI	Elderly./Special Needs Clients/ A-L
DEC. 05, 2022 MON	OPEN DAY

TINIAN Benefit Issuance Schedule

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

NOV. 01, 2022 TUE	Elderly, Special Needs Clients
NOV. 02, 2022 WED	A-L
NOV. 03, 2022 THU	M-Z
DEC. 01, 2022 THU	Elderly, Special Needs Clients
DEC. 02, 2022 FRI	A-L
DEC. 05, 2022 MON	M-Z

SAIPAN Benefit Issuance Schedule (8:00AM-3:00PM)

NAP coupons will be issued at the JTV Building in As Lito from 8:00 a.m. to 3:00 p.m. daily except on Holidays and

NOVEMBER 2022

NOV. 01, 2022	TUE	Case Record ID ending with '1 & 2'
NOV. 02, 2022	WED	Case Record ID ending with '3 & 4'
NOV. 03, 2022	THU	Case Record ID ending with '5 & 6'
NOV. 07, 2022	MON	Case Record ID ending with '7 & 8'
NOV. 09, 2022	WED	Case Record ID ending with '9 & 0'

DECEMBER 2022

DEC. 01, 2022	THU	Case Record ID ending with '1 & 2'
DEC. 02, 2022	FRI	Case Record ID ending with '3 & 4'
DEC. 05, 2022	MON	Case Record ID ending with '5 & 6'
DEC. 06, 2022	TUE	Case Record ID ending with '7 & 8'
DEC. 07, 2022	WED	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 en-

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 SUPERSTORE
2. DJ FISH MOBILE
3. NEW FAMILY DISCOUNT MARKET
4. TOHA SUPERMARKET
5. 3 KINGS MARKET

NAP CONTACT INFORMATION:

Certification Unit	(670) 237-2801-6 (670) 237-2870-4
FAX	(670) 664-2851
Administration	(670) 237-2842
FAX	(670) 237-2843
Website:	(670) 664-2850
Email:	
support@cnminap.gov.mp	
Accounting	(670) 237-2851-3
Benefit Issuance & Claims Account-ability	(670) 237-2813-15 (670) 237-2860-62/2864
CASHIER	(670) 237-2863
Retail & Redemption Unit	(670) 237-2821-3
Management Evaluation Unit	(670) 237-2831-7 (670) 483-2021 (670) 483-2020
Tinian Office	(670) 433-9330
Rota Office	(670) 532-4627

Balanced diet



● Fruits and vegetables ● Protein
● Fibre-rich carbohydrates ● Fats

LOW-CARB VEGETABLES

RANKED FROM LOWEST TO HIGHEST CARBS

 SPINACH 1 CUP: 1 G	 GARLIC 1 CLOVE: 1 G	 KALE 1 CUP: 1.4 G	 ROMAINE LETTUCE 1 CUP: 1.6 G
 CELERY 1 STALK: 1.9 G	 CUCUMBER 1/2 CUP: 1.9 G	 MUSHROOMS 1/2 CUP: 2.2 G	 CAULIFLOWER 1/3 CUP: 2.6 G
 ONION 1/2 CUP: 3.4 G	 TOMATO 1/2 CUP: 3.5 G	 BELL PEPPER 1/2 CUP: 3.5 G	 ASPARAGUS 1/2 CUP: 3.7 G
 GREEN BEANS 1/2 CUP: 4.8 G	 BROCCOLI 1/2 CUP: 5.6 G	 CABBAGE 1 CUP: 6.6 G	 CARROTS 1 LARGE: 6.9 G
 PEAS 1/2 CUP: 12.5 G	 CORN 1/2 CUP: 15.6 G	 SWEET POTATO 1 CUP: 20.7 G	 RED POTATO 1 MEDIUM: 35.9 G

EatingWell

