



NAD Newsletter

VOLUME 41 NO. 02 FEBRUARY 2023

What's in Season: Sweet Potatoes

Often served at Thanksgiving and during the holidays, sweet potatoes are an incredibly versatile starchy root vegetable. Not only are they delicious in many dishes, but they are very nutritious. Sweet potatoes can be eaten steamed, roasted, puréed, and baked into breads and pies.

Nutritional Benefits of Sweet Potatoes

One cup of sweet potatoes contains six grams of fiber, and over 700% the daily value of vitamin A. They're also a great source of vitamin C, manganese, B6, and potassium. Sweet potatoes are also rich in antioxidants, which protect the body from free radicals. Excess free radicals in the body can lead to chronic diseases like cancer, heart disease, and premature aging. Eating more foods rich in antioxidants, like sweet potatoes, can help reduce the risk of chronic disease and inflammation in the body.

The fiber in sweet potatoes can help keep the digestive tract healthy by promoting regularity. Those with diabetes can benefit from eating sweet potatoes, as the fiber can also slow the absorption of sugar from meals and improve blood glucose (blood sugar) levels. A diet high in fiber can also help prevent type 2 diabetes from developing.

Sweet potatoes can be a delicious part of a lower-carbohydrate diet, with 27 grams of carbohydrates per one cup serving. Pair sweet potatoes with a lean protein source such as chicken or seafood to help slow the absorption of carbohydrates in the body.

The Best Time to Buy Sweet Potatoes

Sweet potatoes are typically harvested in late August to early November. They're available in stores year-round, but are most flavorful in late fall and winter months. When buying sweet potatoes,

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choose medium sized potatoes that feel heavy for their size, without bruises or sprouts. Store unwashed sweet potatoes in the pantry or in a cool, dark place for a week. Keeping them any longer increases the change of sprouting. Never refrigerate sweet potatoes as they'll become too hard to cook.

Sweet potatoes can also be found canned and frozen. Avoid canned sweet potatoes as they're often packed in syrup with added sugar. Frozen sweet potatoes are usually peeled and diced and are great for roasting. They will be more expensive, however. The best bang for your buck is buying fresh sweet potatoes.

You can find sweet potatoes with both orange and purple flesh. Purple sweet potatoes are harder to find and have a creamy rich flavor. They are also more dry than orange sweet potatoes, so moist cooking methods like steaming or boiling will help add back moisture.

Ways to Eat Sweet Potatoes

Most recipes call for peeling sweet potatoes before cooking. Scrub potatoes with a vegetable scrub brush and gently rinse with water before peeling. Once peeled, sweet potatoes can be diced and roasted and tossed with olive oil and salt. Or slice into thin strips or wedges for easy sweet potato fries. Boiled sweet potatoes are delicious whipped with a little bit of butter and milk. Or leave the skin on and bake for a delicious baked sweet potato. Top with cinnamon and butter.



Marinated Grilled Salmon - Foodie Recipe



DIRECTIONS

1. Prepare an indoor or outdoor grill.
2. Whisk together all ingredients in a medium sized bowl except salmon.
3. Pour marinade over salmon, coating both sides. Marinate in the refrigerator for 30 minutes.
4. Remove salmon from marinade. Grill filets 4-6 minutes on each side and discard leftover marinade.



INGREDIENTS

lower sodium soy sauce 2 tbsp
 olive oil 1 tbsp
 small hot chile pepper (Serrano or other, equivalent of 1 Tbsp. minced chile pepper) 1
 fresh ginger (grated) 1 tbsp
 lemongrass (minced, if you can't find lemongrass, sub with 1 Tbsp. lime juice) 1
 tbsp
 Splenda Brown Sugar blend 1 tbsp
 salmon filets (4-ounces each, skinless) 4

NUTRITION FACTS

4 Servings

Serving Size: 1 Filet

Calories: 225

- ◆ **Total Fat** 12g
- ◆ **Saturated Fat** 2g
- ◆ **Trans Fat** 0g
- ◆ **Cholesterol** 80mg
- ◆ **Sodium** 200mg
- ◆ **Total Carbohydrate** 2g
- ◆ **Dietary Fiber** 0g
- ◆ **Total Sugars** 3g
- ◆ **Protein** 26g
- ◆ **Potassium** 0mg
- ◆ **Phosphorus** 0mg

NAP NEWSLETTER

ROTA Benefit Issuance Schedule

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

FEB. 01, 2023 WED	M-Z
FEB. 02, 2023 THU	Elderly./Special Needs Clients/ A-L
FEB. 03, 2023 FRI	OPEN DAY
MAR. 01, 2023 WED	Elderly./Special Needs Clients/ A-L
MAR. 02, 2023 THU	M-Z
MAR. 03, 2023 FRI	OPEN DAY

TINIAN Benefit Issuance Schedule

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

FEB. 01, 2023 WED	Elderly, Special Needs Clients
FEB. 02, 2023 THU	A-L
FEB. 03, 2023 FRI	M-Z
MAR. 01, 2023 WED	Elderly, Special Needs Clients
MAR. 02, 2023 THU	A-L
MAR. 03, 2023 FRI	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

FEBRUARY 2023

FEB. 01, 2023	WED	Case Record ID ending with '1 & 2'
FEB. 02, 2023	THU	Case Record ID ending with '3 & 4'
FEB. 03, 2023	FRI	Case Record ID ending with '5 & 6'
FEB. 06, 2023	MON	Case Record ID ending with '7 & 8'
FEB. 07, 2023	TUE	Case Record ID ending with '9 & 0'

MARCH 2023

MAR. 01, 2023	WED	Case Record ID ending with '1 & 2'
MAR. 02, 2023	THU	Case Record ID ending with '3 & 4'
MAR. 03, 2023	FRI	Case Record ID ending with '5 & 6'
MAR. 06, 2023	MON	Case Record ID ending with '7 & 8'
MAR. 07, 2023	TUE	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 Vegetables with your NAP coupons at the following Authorized Retailers:

1. GREEN CONSUME MARKET II
2. MING YANG SUPERMARKET
3. AFETNA SUPERMARKET
4. LUCKY STORE –ROTA
5. PACIFIC SOURCE
6. PAYLESS SUPER FRESH TRUCKLOAD STORE

NAP CONTACT INFORMATION:

Certification Unit	(670) 237-2801-6
	(670) 237-2870-4
FAX	(670) 664-2851
	(670) 237-2842
Administration	(670) 237-2843
FAX	(670) 664-2850
Website:	
www.cnminap.gov.mp	
Email:	
support@cnminap.gov.mp	
Accounting	(670) 237-2851-3
Benefit Issuance & Claims Account-ability	(670) 237-2813-15
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



To all NAP recipients or representative, 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 (No Initial Name)
4. Signature