



# NAP Newsletter

VOLUME 41 NO. 04 APRIL 2023

## Changes in the NAP Coupons



Effective April 01, 2023, NAP will have a “New Series” of NAP Coupons that is **ONLY** valid for one month. For instance **APRIL COUPONS** are only valid from **APRIL 01, 2023 to APRIL 30, 2023**. Coupons are no longer valid for three months by quarter.

In order for the NAP Office to be able to identify monthly redeemed coupons, coupons are needed to be identified by each colors each month. Therefore, NAP recipients are urged to study the coupons once received to avoid any misunderstandings.

## Balsamic Chicken with Mushrooms



### INGREDIENTS

- ✦ boneless, skinless chicken breast (divided into 4 (4-oz) portions) 1 lbs
- ✦ olive oil 1 tbsp
- ✦ all-purpose flour 1/4 cup
- ✦ trans-fat-free margarine 1 tbsp
- ✦ sliced mushrooms 10 oz
- ✦ black pepper 1/4 tsp
- ✦ balsamic vinegar 1/3 cup
- ✦ low sodium chicken broth 1/2 cup

### DIRECTIONS

1. Place the chicken breast in a plastic bag and pound thin with a mallet.
2. Heat olive oil over medium-high heat in a skillet.
3. Dredge the chicken in flour and coat it on both sides. Add the chicken to the pan and sauté 5 minutes per side. Remove the chicken from the pan and set aside. .
4. Dredge the chicken in flour and coat it on both sides. Add the chicken to the pan and sauté 5 minutes per side. Remove the chicken from the pan and set aside. .
5. Melt the margarine in the pan. Add the mushrooms and pepper and cook for 5 minutes. Add the balsamic vinegar to the pan and bring it to a boil to reduce the liquid.
6. Add the chicken broth to the pan and simmer 2 more minutes. Add the chicken breast back to the pan and simmer for 5 minutes.

### NUTRITION FACTS

**4 Servings**

**Serving Size: 1 Chicken breast**  
**Calories: 240**

- ◆ **Total Fat** 9g
- ◆ **Saturated Fat** 1.9g
- ◆ **Trans Fat** 0g
- ◆ **Cholesterol** 65mg
- ◆ **Sodium** 160mg
- ◆ **Total Carbohydrate** 12g
- ◆ **Dietary Fiber** 1g
- ◆ **Total Sugars** 5g
- ◆ **Protein** 0g
- ◆ **Potassium** 480mg
- ◆ **Phosphorus** 255mg

# NAP NEWSLETTER

## ROTA Benefit Issuance Schedule

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

<b>APR. 03, 2023 MON</b>	M-Z
<b>APR. 04, 2023 TUE</b>	Elderly./Special Needs Clients/ A-L
<b>APR. 05, 2023 WED</b>	OPEN DAY
<b>MAY 01, 2023 MON</b>	Elderly./Special Needs Clients/ A-L
<b>MAY 02, 2023 TUE</b>	M-Z
<b>MAY 03, 2023 WED</b>	OPEN DAY

## TINIAN Benefit Issuance Schedule

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

<b>APR. 03, 2023 MON</b>	Elderly, Special Needs Clients
<b>APR. 04, 2023 TUE</b>	A-L
<b>APR. 05, 2023 WED</b>	M-Z
<b>MAY 01, 2023 MON</b>	Elderly, Special Needs Clients
<b>MAY 02, 2023 TUE</b>	A-L
<b>MAY 03, 2023 WED</b>	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

### APRIL 2023

<b>APR. 03, 2023</b>	<b>MON</b>	Case Record ID ending with '1 & 2'
<b>APR. 04, 2023</b>	<b>TUE</b>	Case Record ID ending with '3 & 4'
<b>APR. 05, 2023</b>	<b>WED</b>	Case Record ID ending with '5 & 6'
<b>APR. 06, 2023</b>	<b>THU</b>	Case Record ID ending with '7 & 8'
<b>APR. 10, 2023</b>	<b>MON</b>	Case Record ID ending with '9 & 0'

### MAY 2023

<b>MAY 01, 2023</b>	<b>MON</b>	Case Record ID ending with '1 & 2'
<b>MAY 02, 2023</b>	<b>TUE</b>	Case Record ID ending with '3 & 4'
<b>MAY 03, 2023</b>	<b>WED</b>	Case Record ID ending with '5 & 6'
<b>MAY 04, 2023</b>	<b>THU</b>	Case Record ID ending with '7 & 8'
<b>MAY 05, 2023</b>	<b>FRI</b>	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. CNMI FARMERS COOPERATIVE ASSOCIATION
2. LUCKY DE MARKET
3. RONGHUI MARKET
4. HOME & GARDEN SUPPLY
5. FRUITS & VEGETABLE VENDOR (SULYMAN)

### NAP CONTACT INFORMATION:

<b>Certification Unit</b>	(670) 237-2801-6 (670) 237-2870-4
<b>FAX</b>	(670) 664-2851
<b>Administration</b>	(670) 237-2800
<b>FAX</b>	(670) 664-2850
<b>Website:</b>	<a href="http://www.cnminap.gov.mp">www.cnminap.gov.mp</a>
<b>Email:</b>	<a href="mailto:support@cnminap.gov.mp">support@cnminap.gov.mp</a>
<b>Accounting</b>	(670) 237-2851-3
<b>Benefit Issuance &amp; Claims Account-ability</b>	(670) 237-2813-15 (670) 237-2860-62/2864
<b>CASHIER</b>	(670) 237-2863
<b>Retail &amp; Redemption Unit</b>	(670) 237-2821-3
<b>Management Evaluation Unit</b>	(670) 237-2831-7 (670) 483-2021 (670) 483-2020
<b>Tinian Office</b>	(670) 433-9330
<b>Rota Office</b>	(670) 532-4627

### LOW-CARB VEGETABLES RANKED FROM LOWEST TO HIGHEST CARBS

 SPINACH 1 CUP: 1.0 g	 GARLIC 1 CLOVE: 1.0 g	 KALE 1 CUP: 1.4 g	 ROMAINE LETTUCE 1 CUP: 1.6 g
 CELERY 1 STALK: 1.9 g	 CUCUMBER 1/2 CUP: 5.9 g	 MUSHROOMS 1/2 CUP: 2.2 g	 CAULIFLOWER 1/2 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: 4.9 g	 BROCCOLI 1/2 CUP: 6.6 g	 CABBAGE 1 CUP: 8.8 g	 CARROTS 1 LARGE: 8.8 g
 PEAS 1/2 CUP: 12.5 g	 CORN 1/2 CUP: 55.6 g	 SWEET POTATO 1 CUP: 20.7 g	 RED POTATO 1 MEDIUM: 33.9 g

EatingWell

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