



NAP Newsletter

VOLUME 38 NO 07 JULY 2020

Reminders: Household Responsibilities

A. The Adult Head of Household or its Authorized Representative is responsible to report any changes to the NAP Office regarding their household. Examples of this changes are:

1. Increase or decrease of Income
2. Increase or decrease in household
3. Residential relocation
4. Payment of lump sum such as Land Compensation, retro-active, life insurance, etc.
5. Any other changes that was not reported when the last application was filed.

B. Adult Head of household or its Authorized representative is responsible to buy **ONLY** eligible items with the coupons. For inquiries on eligible item listings please call 237-2818,21-23.

C. Coupons can **ONLY** be used at the Authorized Retailers. Authorized Retailers are the stores the NAP Office have approved and authorized them to accept coupons.

D. Always present you NAP Identification Card plus a Valid Picture ID when using the coupons at the authorized retailer.

E. Lastly, if your household will receive PUA and FPUC, you must report to the Certification Unit. They are countable unearned income.

Important Notification:

Households are reminded to fully endorse the reverse side of each coupon with the complete NAP Identification No.



B1234567890

NAP IDENTIFICATION NO.

9999-99

VALID PHOTO ID NO.

John Doe

PRINT NAME

John Doe

SIGNATURE

“Spaghetti” and Meatballs

Nutrition Facts

Serving Size: 4

2 meatballs

1 cup spaghetti squash

1/2 cup sauce

Amount Per Serving

Calories 320

Total Fat 11g

Saturated Fat 4g

Trans Fat 0g

Cholesterol 125 mg

Sodium 270 mg

Total Carbohydrates 25 g

Dietary Fiber 4g

Total Sugar 9g

Protein 29 g

Potassium 930 mg

Phosphorus 340 mg

INGREDIENTS

1 small spaghetti squash

1 lbs. very lean ground beef (95% lean)

1/4 cup plain bread crumbs

3 tbsp grated, reduced-fat Parmesan cheese (divided)

3/4 cup water (plus extra for cooking squash, divided)

2 tbsp chopped fresh parsley

1 eggs

1 tsp garlic powder

1/2 tsp black pepper

2 cup low-sodium spaghetti sauce



DIRECTIONS

1. Fill a soup pot with 1 inch water and place whole squash in water. Bring to a boil over high heat, cover, 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 table-spoon Parmesan cheese just before serving.

ROTA Benefit Issuance Schedule

July 06, 2020 Monday	A,B,C,D,E,F
July 07, 2020 Tuesday	G,H,I,J,K,L
July 08, 2020 Wednesday	M,N,O,P,Q
July 09, 2020 Thursday	R,S,R,U,V,W,X,Y,Z
August 03, Monday	A,B,C,D,E,F
August 04 Tuesday	G,H,I,J,K,L
August 05 Wednesday	M,N,O,P,Q
August 06 Thursday	R,S,R,U,V,W,X,Y,Z

TINIAN Benefit Issuance Schedule

Jul 06, Mon	Manamko, Special Clients, Pregnant
Jul 07, Tues	A-K
Jul 08, Wed	L-Z
July 09, Thurs	OPEN DAY
Aug 03, Mon	Manamko, Special Clients, Pregnant
Aug 04, Tues	L-Z
Aug 05, Wed	A-K
Aug 06, Thur	OPEN DAY

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
Subject to change in case of Emergency

<i>JULY 2020</i>		
JULY 01, 2020	WED	Case Record ID ending with '1'
JULY 02, 2020	THU	Case Record ID ending with '2'
JULY 06,2020	MON	Case Record ID ending with '3'
JULY 07, 2020	TUE	Case Record ID ending with '4'
JULY 08, 2020	WED	Case Record ID ending with '5'
JULY 09, 2020	THU	Case Record ID ending with '6'
JULY 10, 2020	FRI	Case Record ID ending with '7'
JULY 13, 2020	MON	Case Record ID ending with '8'
JULY 14, 2020	TUE	Case Record ID ending with '9'
JULY 15, 2020	WED	Case Record ID ending with '0'
JULY 16, 2020	THUR	OPEN DAY
<i>AUGUST 2020</i>		
AUG 03, 2020	MON	Case Record ID ending with '1'
AUG 04, 2020	TUE	Case Record ID ending with '2'
AUG 05, 2020	WED	Case Record ID ending with '3'
AUG 06, 2020	THU	Case Record ID ending with '4'
AUG 07, 2020	FRI	Case Record ID ending with '5'
AUG 10, 2020	MON	Case Record ID ending with '6'
AUG 11, 2020	TUE	Case Record ID ending with '7'
AUG 12, 2020	WED	Case Record ID ending with '8'
AUG 13, 2020	THU	Case Record ID ending with '9'
AUG 14, 2020	FRI	Case Record ID ending with '0'
AUG 17,2020	MON	OPEN DAY

ORIENTATION ANNOUNCEMENT

Due to Corona-Covid 19 Virus which requires social distances, NAP Office does not requires 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.dcca.gov.mp/nap>
 Make sure you read all the contents and acknowledge the last page to ensure you understood the Orientation Paper.

OTHER VITAL INFORMATIONS

***INCOME AND MAX BENEFIT LEVEL
Valid up to September 30, 2020***

<i>HH No.</i>	<i>Income</i>	<i>Saipan Benefit</i>	<i>Tinian Benefit</i>	<i>Rota Benefit</i>
1	\$1,041	\$283	\$299	\$344
2	\$1,410	\$519	\$546	\$629
3	\$1,778	\$743	\$782	\$901
4	\$2,146	\$944	\$998	\$1,150
5	\$2,515	\$1,121	\$1,180	\$1,360
6	\$2,883	\$1,345	\$1,417	\$1,544
7	\$3,251	\$1,487	\$1,569	\$1,808

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

1. WELCOME SUPERMARKET
2. DAYSTAR FISH STORE
3. JOETEN Hafa ADAI SHOPPING CENTER
4. LUCKY STORE II MART
5. 3K'S MARKET

NAP CONTACT NOS.

Administration	237-2842
FAX	237-2843 664-2850
Accounting	237-2851-3
Benefit Issuance & Claims Account - ability Unit	237-2812-15 237-2860-64
Retail & Redemption Unit	237-2821-3
Certification Unit	237-2801-6 237-2870-4 664-2851
FAX	
Management Evaluation Unit	237-2831-7 483-2021 483-2020
Tinian Office	433-9330
Rota Office	532-9354

Additional Contact No. for the Caseworkers:

Moises Muna 284-5300
Swingly Ringlen 284-5304
Melvin Sablan 284-5306
Thelma Ada 284-5308
Maria C. Lizama 284-5309
George Lisua 284-5307
Raymond Cruz 284-5305
Jennifer Iginoef-Ruben 284-5303
Vanessa Andres 284-5301
Frances Castro 284-5302