



NAP Newsletter

VOLUME 38 NO 06 JUNE 2020

Households to Receive Maximum Allotments

The Nutrition Assistance Program was awarded a grant to provide supplemental benefits to those affected by Coronavirus using funds from the Family First Coronavirus Response Act (FFCRA), Public Law 116-127 and Coronavirus Aid, Relief, and Economic Security (CARES) Act, HR 748. As approved by USDA-Food and Nutrition Service, the Nutrition Assistance Program will utilize the Covid-19 funding to implement 'Supplemental Allotments', herein referred to as 'Emergency Allotments'. Emergency allotments provide maximum allotments to newly certified and ongoing households from June 2020 to August 2020.

As an example, a household of four who was entitled to \$546 in NAP benefit allotment would receive an additional \$398 in Emergency allotment benefits. This provides the respective household the maximum allotment of \$944 for household size of four for June to August 2020. Households who are already receiving the maximum allotment are not entitled for emergency allotments.

Because the FFCRA and CARES Acts require that the accounting of the grants are recorded separately, a new coupon type was developed for Emergency Allotment coupons so that expenditure of the grants can be tracked and reported separately.

Effective June 2020, the Nutrition Assistance Program will be issuing emergency allotments to eligible households depicting the label 'Emergency Allotment' on the coupon.

The emergency allotment coupons were created with 'Local' and 'Regular', except that there will be an additional coupon type: \$1 Regular Emergency Allotment coupon.

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
<i>John Doe</i>
SIGNATURE

Easy Egg Salad

INGREDIENTS

- ground black pepper
 - 1/4 tsp
- Dijon mustard
 - 1 tsp
- light mayonnaise
 - 1/4 cup
- [hard-boiled eggs](#)
 - 6 large
- celery (diced)
 - 1 stalks



DIRECTIONS

- 6 Servings
- Serving Size 1/3 CUP
 - Amount per serving
 - Total Fat 4.5g
 - Saturated Fat 1g
 - Trans Fat 0g
 - Cholesterol 90mg
 - Sodium 150mg
 - Total Carbohydrate 2g
 - Dietary Fiber 0g
 - Total Sugars 1g
 - Added Sugars 0g
 - Protein 5g
 - Potassium 90mg
 - Phosphorus 40mg

DIRECTIONS

1. Cut hard boiled eggs in half and remove three of the yolks from the 6 eggs (you should end up with 6 egg whites and 3 egg yolks total). Add to a medium bowl and lightly mash with a fork.3.
2. Add the remaining ingredients and stir to combine.
3. Store in an airtight container in the refrigerator for up to one week.



NAP CONTACT NOS.

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

INCOME AND BENEFIT LEVEL

HH No.	Income	Saipan	Tinian	Rota
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

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.

Additional Contact No. for the Caseworkers:

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

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

<i>JUNE 2020</i>		
JUNE 01, 2020	MON	Case Record ID ending with '1'
JUNE 02, 2020	TUE	Case Record ID ending with '2'
JUNE 03, 2020	WED	Case Record ID ending with '3'
JUNE 04, 2020	THU	Case Record ID ending with '4'
JUNE 05, 2020	FRI	Case Record ID ending with '5'
JUNE 08, 2020	MON	Case Record ID ending with '6'
JUNE 09, 2020	TUE	Case Record ID ending with '7'
JUNE 10, 2020	WED	Case Record ID ending with '8'
JUNE 11, 2020	THU	Case Record ID ending with '9'
JUNE 12, 2020	FRI	Case Record ID ending with '0'
JUNE 15,2020	MON	OPEN DAY
<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

ROTA Benefit Issuance Schedule

06/01/20 MON	Senior Citizen, SSI, and M-Z
06/02/20 TUE	A-L
07/01/20 WED	A-L
07/02/20 THU	Senior Citizen, SSI, and M-Z

TINIAN Benefit Issuance Schedule

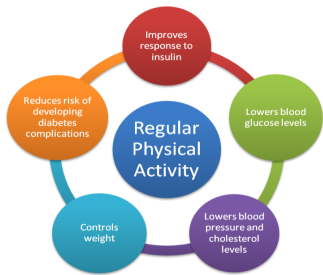
06/01-04/20	Mon-Thu	For detailed of issuance check DCCA-Tinian Office
07/01-02/20 07/06-07/20	Wed-Thu Mon-Tue	
For detailed of issuance check DCCA-Tinian Office		

SAFETY SIDEBAR

Make an appointment to see your doctor before starting an exercise program. If you have certain diabetic complications, like nerve damage, [eye disease](#), and [kidney disease](#), your doctor may recommend very specific ways to exercise.

Because exercise typically has a blood glucose lowering effect, if you are taking insulin or certain medications called sulfonylureas and glinides, you need to pay particular attention to their blood glucose levels before, during, and after exercise. Talk to your doctor about taking certain measures to prevent blood sugar emergencies. If you are not taking these medications, you do not need to worry about your [blood sugar going too low](#) due to exercise, but you can still test your blood sugar to learn how exercise impacts your body over time.

Once you've gotten approval to [start a fitness program](#), follow these tips to stay safe while you exercise:



- **Keep a log.** Use an exercise log to track your exercise activities and your blood sugar levels before and after exercise.
- **Stay hydrated.** Drinking water before, during, and after exercise is important for reducing your risk of dehydration associated with erratic blood sugars and heat stroke.
- **Warm up and cool down.** The ADA recommends a warmup of 5 to 10 minutes of aerobic activity (walking, cycling, etc.) at a low-intensity level and gentle stretching for an additional 5 to 10 minutes. The cool-down should also last 5 to 10 minutes until heart rate has returned to pre-exercise levels.
- **Dress appropriately.** Wear well-fitting shoes and socks and breathable and weather-appropriate clothing to prevent foot problems and heat stroke. Consider a visit to your podiatrist before starting an exercise program.
- **Breathe normally.** When strength training, do not hold your breath, as it can affect your blood pressure and cause you to feel lightheaded. See your doctor for medical clearance before starting resistance or strength training.
- **Start slow.** If you're new to exercise, or if you've been inactive for a long time, start off by going easy on yourself, increasing tempo, distance, and time as you gradually build your stamina over time.
- **Save your breath.** A slight shortness of breath is normal during cardio training, but laboring to catch your breath is not. You should be able to carry on a conversation while you exercise.
- **Carry a phone.** If exercising outdoors, always have access to emergency medical service via a cell phone or other means of communication.

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

1. HAN NAM SUPERMARKET
2. MING YANG SUPERMARKET
3. HERMAN'S MODERN BAKERY
4. AQUASMITH-ROCK HEART, INC
5. MING MING SUPERMARKET

<https://dlife.com/exercise-diabetes-control/>