



NAD Newsletter

VOLUME 38 NO 09 SEPTEMBER 2020

Easy Tips to Prepare Healthy Meals at Home

COVID-19 is causing closures, quarantine, and “social distancing” protocols across the nation. For many, this means cooking more meals at home, and possibly limited access to grocery stores. The good news is that home-made meals are often healthier than eating out—you can control exactly how much butter, salt, etc. goes into your meal. Read on for more tips making healthy meals at home.

When you can't find *exactly* what you need at the store, it's important to find flexible recipes where you can easily sub in different vegetables, proteins, and grains, depending on what you have on hand.

Things like stir-fry, soups, stews, frittatas, and meatloaf are versatile dishes that can use almost any combination of vegetables, protein, and grains.

When putting together a meal, use the [Diabetes Plate Method](#) to build balanced meals with appropriate portion sizes.



Filling half your plate with vegetables will provide fiber, vitamins, and minerals you need to stay healthy. Any vegetables will do—fresh, frozen, or canned.

A small portion of protein in one quarter of your plate is all you need to stay full and satisfied. Choose lean proteins that are low in saturated fat like chicken, turkey, fish, and lean cuts of beef and pork.

Finish off your meal by filling one quarter of your plate with a carb-rich food like whole grains, beans, starchy vegetables like potatoes or corn, or fruit. Limiting carb foods to one quarter of your plate helps keep portions in check to prevent spikes in blood glucose.

You can use this same formula when putting together mixed dishes like soup or casserole—it should be made up of mostly vegetables, one quarter protein, and one quarter carb foods.



Balsamic Chicken with Mushrooms



INGREDIENTS

- **chicken breasts** (boneless, skinless) 1 lbs
- **olive oil** 1 tbsp
- **all-purpose flour** 1/4 cup
- **margarine** (trans-fat-free) 1 tbsp
- **white** (button) mushrooms (sliced) 10 oz
- **black pepper** 1/4 tsp
- **balsamic vinegar** 1/3 cup
- **low sodium chicken broth** (fat-free, less sodium) 1/2 cu

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. 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.
5. 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 with mushrooms

Amount per serving Calories 240

Total Fat 9g

- Saturated Fat 2g

Cholesterol 65mg

Sodium 150mg

Total Carbohydrate 12g

- Dietary Fiber 1g

- Total Sugars 4g

Protein 27g

Potassium 480mg

<https://www.diabetesfoodhub.org/recipes/balsamic-chicken-with-mushrooms.html?home->

ROTA Benefit Issuance Schedule

September 01 Tuesday	A-L
September 02 Wednesday	M-Z
September 03 Thursday	OPEN DAY
October 01, 2020, THUR	A-Z plus OPEN DAY

TINIAN Benefit Issuance Schedule

Sept. 01, Tue	Manamko, Special Clients, Pregnant
Sept 02, Wed	M-Z
Sept 03, Thu	A-L
Sept. 08, Tue	OPEN DAY
Oct. 05, Mon	Manamko, Special Clients, Pregnant
Oct. 06, Tue	A-L
Oct. 07, Wed	M-Z

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

SEPTEMBER 2020

SEPT 01, 2020	TUE	Case Record ID ending with '1'
SEPT 02, 2020	WED	Case Record ID ending with '2'
SEPT 03, 2020	THU	Case Record ID ending with '3'
SEPT 04, 2020	FRI	Case Record ID ending with '4'
SEPT 08, 2020	TUE	Case Record ID ending with '5'
SEPT 09, 2020	WED	Case Record ID ending with '6'
SEPT 10, 2020	THU	Case Record ID ending with '7'
SEPT 11, 2020	FRI	Case Record ID ending with '8'
SEPT 14, 2020	MON	Case Record ID ending with '9'
SEPT 15, 2020	TUE	Case Record ID ending with '0'
SEPT 16, 2020	WED	OPEN DAY

OCTOBER 2020

OCT 01, 2020	THU	Case Record ID ending with '1'
OCT 02, 2020	FRI	Case Record ID ending with '2'
OCT 05, 2020	MON	Case Record ID ending with '3'
OCT 06, 2020	TUE	Case Record ID ending with '4'
OCT 07, 2020	WED	Case Record ID ending with '5'
OCT 08, 2020	THUR	Case Record ID ending with '6'
OCT 09, 2020	FRI	Case Record ID ending with '7'
OCT 13, 2020	TUE	Case Record ID ending with '8'
OCT 14, 2020	WED	Case Record ID ending with '9'
OCT 15, 2020	THU	Case Record ID ending with '0'
OCT 16, 2020	FRI	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

HH No.	Income	Saipan Benefit	Tinian Benefit	Rota Benefit
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. JOETEN DANDAN SUPERMARKET
2. 999 MARKET
3. FRIENDLY MARKET
4. 3K'S MARKET (TINIAN)
5. SUNSHINE VARIETY SHOP (ROTA)

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

