

For More Information

Please contact Den Tucker,
Breast Cancer Services Coordinator.

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Project Open Hand was founded in 1985 by Ruth Brinker, a retired meal service manager who began preparing meals in a church basement for seven people with AIDS. The first grassroots response to the nutritional needs of people with AIDS in the nation, Project Open Hand continues to be a model for similar organizations around the world. In 1998, Project Open Hand furthered its reach by providing daily congregate lunches to seniors. And now, Project Open Hand successfully provides meals for homebound people living with any critical illness or other debilitating condition.



Project Open Hand

meals with love

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Project Open Hand
*Breast Cancer
Nutrition Services*



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PROJECT OPEN HAND

Meals With Love

Project Open Hand has been serving women with breast cancer since 2000, when we began our Homebound Critically Ill (HCI) program to serve people in our community who were suffering from illnesses other than HIV/AIDS. We were then awarded grants from the Avon Foundation, Susan B. Komen and other funders to expand our services to more women living with breast cancer. These grants have allowed us to dedicate a staff person to provide outreach to women with breast cancer, work with other breast cancer service providers, provide meals and support to a greater number of women and their families, and to extend this support throughout the duration of the cancer and its treatments.



Who Qualifies

No matter the age or income level, anyone who has a current breast cancer diagnosis and is in active treatment, is eligible — including dependents between the ages of 5–18. Clients must reside in San Francisco or Alameda counties.

client can choose between delivered meals OR pick up fresh groceries at one of our locations in San Francisco or Oakland. Also included are nutrition education, support and follow-up with the program coordinator — all cost free to the client.

How to Qualify

Project Open Hand requires certification documentation from the primary care physician confirming the diagnosis and treatment, with a client intake follow-up by phone or fax. Meals can be provided as soon as the next day. There is no waiting list.

Where?

Meals are delivered in Alameda or San Francisco counties only. Groceries are not delivered, but available for pick up at our grocery centers in San Francisco or Oakland.

Nutrition Services Program

Meal services include a choice between a daily home-delivered hot meal or seven frozen meals delivered all on one day. The

When?

Depending on the meal plan selected, deliveries can be daily or once weekly with seven frozen meals. Delivery times generally fall within a two hour window. Please call Den Tucker, Breast Cancer Program Coordinator to discuss the hours of the grocery program, 415-447-2321.