

COVID-19 SERVICE UPDATE: Sites listed below are open for takeout or dine-in congregate meals. Select sites are open to distribute frozen meals once a week to encourage shelter in place.

Clients can come to 730 Polk Street, 1st floor Monday through Friday from 1-4pm to pick up 5 frozen meals for the week. Meals also include milk and fruit. For any questions regarding pick up meals, please call 415-447-2379 during the 1-4pm pick up window.

Site information below is subject to change.

****This site only serves participants age 60+. All other sites serve Adults with Disabilities age 18 to 59, and participants 60+.**

Aquatic Park	890 Beach St.
Hot Lunch 11:30 AM -12:30 PM Monday through Friday (<i>Takeout or dine-in</i>)	
Castro Senior Center	110 Diamond St.
Hot Lunch 11:30 AM – 12:30 PM Monday through Friday (<i>Takeout or dine-in</i>)	
**Curry Senior Center	333 Turk St.
Hot Breakfast 8:30-9:30AM Daily Hot Lunch 10:30 AM -12:30 PM Daily (<i>dine-in only</i>)	
Downtown Senior Center	481 O'Farrell St.
Hot Breakfast 9:00-10:00AM Daily Hot Lunch 11:00- 12:00 PM Daily (<i>Takeout or dine-in</i>)	
IT Bookman Community Center	446 Randolph St.
Hot Lunch 11:30 AM – 12:30 PM Monday through Friday (<i>Takeout or dine-in</i>). <i>This site is closed on the 4th Friday of every month.</i>	
Richmond Senior Center	6221 Geary – 3 rd Floor
Hot Lunch 11:30am – 12:30pm (Monday through Friday (<i>dine-in only</i>))	
Ruth Brinker Meal Site	730 Polk St.
Hot Lunch 10:30-12:30 Monday through Friday (<i>Takeout or dine-in</i>)	
Swords To Plowshares- Stanford	250 Kearny St
Hot Lunch: 11:30 AM-12:30 PM Daily (<i>Takeout or dine-in</i>)	
Telegraph Hill Neighborhood Center	660 Lombard St.
Hot Lunch 11:30 AM – 12:30 PM Monday through Friday (<i>Takeout or dine-in</i>)	
Visitacion Valley	66 Raymond Ave.
Hot Lunch 11:30 AM – 12:30 PM Daily (<i>Takeout or dine-in</i>)	

The nutrition requirements for menu planning for the Community Nutrition Program are designed to meet the dietary guidelines for Americans 2015.

Vitamin C: 1/3 DRI* each meal (25 mg)
Vitamin A: 1/3 of DRI at least 3 times per week (250 micrograms)
3 oz meat or meat alternative
1-2 servings of Vegetables
1 serving of fruit or fruit juice
1-2 servings of grain (½ from whole grains)
1 serving of low-fat milk or milk alternative
Dessert and fat are optional.
(*Dietary Reference Intake)

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In order to meet these guidelines each meal must contain the following:

PROJECT OPEN HAND

Breakfast Menu

Ryan Farquhar, MPH, RDN at Project Open Hand

April 2024

Seasonal Shopping for Produce

It is important to pay attention to what season we are in when shopping for produce. While the California climate is excellent for some crops to grow year-round, other fruits and vegetables have a peak harvest season.

During a Harvest Season

When produce is in its peak harvest season, it will be found in high volumes at grocery stores and farmers' markets. This surplus pushes stores to lower produce prices and offer various deals to sell more of the produce before it goes bad. It's best to plan multiple recipes to match the seasons to maximize these savings and experiment with new foods throughout the year.

Tip: A farmers' market is a great place to buy local produce in season. Farmers usually offer lower prices at the market as they don't have to pay for packaging and transport by directly selling to you. If you have CalFresh, you can also utilize the Market Match program for additional benefits assistance when shopping at the farmers' market.

Out-of-Season Produce

Produce that is out of season can still be in the grocery store. However, it will be more expensive than when in season. This price is caused by the increased cost of shipping the produce from other areas (even other countries) where the produce may still be growing. This added cost for the stores will increase the price of out-of-season fruits and vegetables.

Favorite Fruits and Vegetables Not in Season?

Excess produce grown in season will usually be dried, canned, or frozen! If you are looking for a favorite food, check out if they have any preserved foods. But check how these foods are preserved, as they may have added sugar or sodium! Usually, frozen fruits and vegetables have fewer preservatives added, but you can still find dried and canned products low in preservatives if you take the time to read their labels.

Spring March, April, May	Summer June, July, August	Fall September, October, November	Winter December, January, February
→ Asparagus → Avocados → Blueberries → Citrus → Cherries → Rhubarb	→ Avocados → Blueberries → Eggplant → Green Beans → Melons → Peaches → Pears → Rhubarb	→ Eggplant → Green Beans → Melons → Peaches → Pears → Persimmons → Pomegranates → Pumpkins	→ Citrus → Grapefruit → Leeks → Sweet Potatoes → Yams → Winter Squash

Not sure where your nearest Farmer' Market is? Look it up at: <https://www.sfenvironment.org/farmers-markets-in-sf>



Project Open Hand
meals with love



PROJECT OPEN HAND BREAKFAST MENU APRIL 2024

Nourish & engage our community by providing meals with love to the sick and the elderly.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Southwest Scrambled Eggs Housemade Salsa Hash Brown Whole Wheat Bread Margarine & Jelly Orange 1	Breakfast Frittata Hash Brown Whole Wheat Bread Margarine & Jelly Applesauce 2	Scrambled Eggs Sweet Potato Hash Whole Wheat Bread Margarine & Jelly Banana 3	Basil Frittata Hash Brown Whole What Bread Margarine & Jelly Orange 4	Cinnamon Raisin Oatmeal Turkey & Potato Hash Whole Wheat Bread Margarine & Jelly Applesauce 5	Scrambled Eggs Breakfast Potatoes Whole Wheat Bread Margarine & Jelly Banana 6	Enchilada Casserole Breakfast Succotash Whole Wheat Bread Margarine & Jelly Orange 7
Scrambled Eggs Breakfast Hash Whole Wheat Bread Margarine & Jelly Banana 8	Banana Baked Oats Turkey Sausage Sweet Potato Hash Applesauce 9	Scrambled Eggs Sweet Potato Hash Whole Wheat Bread Margarine & Jelly Banana 10	Blueberry Baked Oats Breakfast Hash Orange 11	Scrambled Eggs Sweet Potato Hash Whole Wheat Bread Margarine & Jelly Banana 12	Cinnamon Raisin Oatmeal Turkey Sausage Breakfast Potatoes Orange 13	Turkey Sausage & Egg Casserole Breakfast Hash Whole Wheat Bread Margarine & Jelly Fruit Cup 14
Southwest Scrambled Eggs Housemade Salsa Hash Brown Whole Wheat Bread Margarine & Jelly Orange 15	Breakfast Frittata Hash Brown Whole Wheat Bread Margarine & Jelly Applesauce 16	Scrambled Eggs Sweet Potato Hash Whole Wheat Bread Margarine & Jelly Banana 17	Basil Frittata Hash Brown Whole What Bread Margarine & Jelly Orange 18	Cinnamon Raisin Oatmeal Turkey & Potato Hash Whole Wheat Bread Margarine & Jelly Applesauce 19	Scrambled Eggs Breakfast Potatoes Whole Wheat Bread Margarine & Jelly Banana 20	Enchilada Casserole Breakfast Succotash Whole Wheat Bread Margarine & Jelly Orange 21
Scrambled Eggs Breakfast Hash Whole Wheat Bread Margarine & Jelly Banana 22	Banana Baked Oats Turkey Sausage Sweet Potato Hash Applesauce 23	Scrambled Eggs Sweet Potato Hash Whole Wheat Bread Margarine & Jelly Banana 24	Blueberry Baked Oats Breakfast Hash Orange 25	Scrambled Eggs Sweet Potato Hash Whole Wheat Bread Margarine & Jelly Banana 26	Cinnamon Raisin Oatmeal Turkey Sausage Breakfast Potatoes Orange 27	Turkey Sausage & Egg Casserole Breakfast Hash Whole Wheat Bread Margarine & Jelly Fruit Cup 28
Southwest Scrambled Eggs Housemade Salsa Hash Brown Whole Wheat Bread Margarine & Jelly Orange 29	Breakfast Frittata Hash Brown Whole Wheat Bread Margarine & Jelly Applesauce 30				visit us at www.openhand.org	This Menu Is Subject To Change Without Notice. Milk Is Served Every Day

Please Note: Our menu meets 1/3 DRI for all target nutrients except Vitamin D and Magnesium. The Project Open Hand dietitian will provide nutrition education about how to ensure you are meeting your daily Vitamin D and Magnesium needs.

Community Nutrition Program

730 Polk St. San Francisco CA 94109
 Office Hours: M-F 9:00am – 5:00pm
 Phone: 415.447.2300

Adrian Barrow, Executive Chef
Kristi Friesen, Registered Dietitian
Erika Wong, CNP Associate Director
Raymond Chong, CNP Manager
Erica Corte, CNP Manager
Miriam Aguilar, Manager, CNP Data & AWD HDM

The Community nutrition program is funded by: City of San Francisco’s Department of Disability and Aging Services, U.S.D.A., Project Open Hand, & participants.

In the rare instance a menu has more than 1000 milligrams of sodium, it will be labeled a high sodium meal.

Comments, Suggestions, Feedback?

We would love to hear from you! Please fill out a meal comment card the next time you dine with us and turn it in to your site coordinator.

- ✓ You need to be 60 years of age or older to be eligible for our senior lunch program
- ✓ You need to be 18-59 to be eligible for the adults with disabilities program
- ✓ Bring picture ID for proof of age.
- ✓ All new participants are asked to complete an Intake. While voluntary, the data on the Intake is strictly used to compile statistics in order to obtain government funding for the program.
- ✓ We appreciate any voluntary contribution for the meal program. The contributions will be used toward the nutrition program operations. Regardless of contribution, it will not affect services you receive.
- ✓ Smiles are encouraged!