

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.

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

- 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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PROJECT OPEN HAND

Lunch 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
<ul style="list-style-type: none"> → Asparagus → Avocados → Blueberries → Citrus → Cherries → Rhubarb 	<ul style="list-style-type: none"> → Avocados → Blueberries → Eggplant → Green Beans → Melons → Peaches → Pears → Rhubarb 	<ul style="list-style-type: none"> → Eggplant → Green Beans → Melons → Peaches → Pears → Persimmons → Pomegranates → Pumpkins 	<ul style="list-style-type: none"> → 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 COMMUNITY NUTRITION PROGRAM 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
Garden Salad Honey Mustard Dressing Beef Stroganoff Whole Wheat Rotini Broccoli Orange	Garden Salad Caesar Dressing Baked Chicken Thigh Brown Rice White Bean Spinach Applesauce	Sweet Potato Salad Pork & Black Bean Mole Quinoa Broccoli Banana	Garden Salad Avocado Herb Dressing Baked Salmon Couscous & Quinoa Ratatouille Orange	Macaroni Salad Turkey Chili Brown Rice Broccoli Banana	Garden Salad Feta & Herb Dressing Chicken & Mushroom Stew Polenta Butternut Squash Orange	Garbanzo & Kale Salad Garlic & Herb Chicken Breast Creamy Tomato Sauce Quinoa & Brown Rice Carrots Fruit Cup
Broccoli Carrot Salad Beef & Barley Stew Sweet Potatoes Orange	Mixed Greens Salad Ranch Dressing Mustard Chicken Thigh Brown Rice Veggies ragout Applesauce	Three Bean Salad Chicken, Broccoli, & Cheddar Stew Whole Wheat Rotini Banana	Garden Salad 1000 island Dressing Baked Cod Macanese Curry Herbed Bulgur Orange	Potato Egg Salad Chipotle Beef & Turkey Meatloaf Red Mole Sauce Quinoa & Brown Rice Garden Mixed Vegetables Banana	Garden Salad Southwest Ranch Dressing Pork & Barley Stew Carrots Orange	Broccoli Carrot Salad Balsamic Chicken Breast Alfredo Sauce Whole Wheat Rotini Root Vegetables Fruit Cup
Garden Salad Avocado Herb Dressing Beef Birria Brown Rice Carrots Orange	Quinoa Salad w/ Chickpeas Chicken Thigh Marinara Sauce Whole Wheat Rotini Garden Vegetables Applesauce	Garden Salad Caesar Dressing Pork & Chickpea Stew Quinoa & Brown Rice Cauliflower Banana	Garden Salad Lemon Dressing Garlic Herb Salmon Whole Wheat Rotini Artichoke & Spinach Ragout Orange	Corn & Tomato Salad Turkey Patty Green Curry Sauce Quinoa & Brown Rice Root Vegetables Banana	Taco Salad Chicken Tinga Brown Rice Garden Vegetables Orange	Garden Salad Ranch Dressing Garlic & Herb Chicken Breast Cacciatore Sauce Barley & Vegetables Fruit Cup
Macaroni Salad Beef Stew Brown Rice Broccoli Orange	Garden Salad Honey Mustard Dressing Cumin Spiced Chicken Thigh Tikka Masala Quinoa & Brown Rice Carrots Applesauce	Barley Salad Smokey Chicken & Lentil Stew Mashed Parsnips & Sweet Potatoes Garden Vegetables Banana	Garden Salad Avocado Herb Dressing Baked Cod Dijon Sauce Brown Rice Lentil Tomato Ragout Orange	Sweet Potato Salad Turkey Goulash Polenta Broccoli Banana	Garden Salad Russian Dressing Pork, White Bean & Artichoke Stew Brown Rice Carrots Orange	Quinoa Salad w/ Feta & Chickpeas Garlic & Herb Chicken Breast Mushroom Sage Gravy Mashed Parsnips & Sweet Potatoes Fruit Cup
Garden Salad Balsamic Dressing Beef & Lentil Ragout Whole Wheat Rotini Garden Vegetables Orange	Taco Salad Chicken Thigh Salsa Verde Brown Rice Sweet potatoes Applesauce					This Menu Is Subject To Change Without Notice. Milk Is Served Every Day visit us at www.openhand.org

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!