

COVID-19 SERVICE UPDATE: Sites listed below are open for takeout or dine-in congregate meals with proof of vaccination. Select sites are open to distribute frozen meals once a week to encourage shelter in place. We require all participants to wear a mask and follow social distancing protocols for the safety of our staff and volunteers.

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 415-447-2310 during the 1-4pm pick up window.

Site information below is subject to change.

Frozen Meal Tips from Chef Adrian: “Freezing is a safe way to increase the shelf life without losing the nutrients or benefits. Below are a few ideas on how to preserve the integrity of ingredients in our meals.”

- Allow your frozen meal to thaw in the refrigerator for a day (or up to 3 days) before microwaving. This allows the cooking time to be less and the vegetables won’t be overcooked.
 - Remove the frozen vegetables from your still frozen meal prior to cooking the meal so that you can cook the components (protein, starch, veggies) for different lengths of time. Veggies can also be heated separately in a steamer rather than microwaved. Heat the meals in the oven or toaster oven. Preheat oven to 350 °F, transfer to an oven-proof dish and heat for 10-15 minutes.
- **This site serves Adult with Disabilities ages 18-59**

**Aquatic Park		890 Beach St.
Hot Lunch 11:30 AM -12:30 PM Monday through Friday		(Takeout or dine-in with proof of vaccination)
**Booker T. Washington		800 Presidio Ave
5 Frozen lunch meals distributed on Wednesdays 10:30 am – 12:00pm		
**Castro Senior Center		110 Diamond St.
Hot Lunch 11:30 AM – 12:30 PM Monday through Friday		(Takeout or dine-in with proof of vaccination)
Curry Senior Center		333 Turk St.
Hot Breakfast 8:30-9:30AM Daily		(Takeout or dine-in with proof of vaccination)
Hot Lunch 10:30 AM -12:30 PM Daily		
**Downtown Senior Center		481 O’Farrell St.
Hot Breakfast 9:00-10:00AM Daily		(Takeout or dine-in with proof of vaccination)
Hot Lunch 11:00- 12:00 PM Daily		
**IT Bookman Community Center		446 Randolph St
Hot Lunch 11:30 AM – 12:30 PM Monday through Friday		(Takeout or dine-in with proof of vaccination)
**Project Open Hand	AWD Site only	730 Polk St.
Hot Lunch 10:30-12:30	Monday through Friday	(Takeout or dine-in with proof of vaccination)
**Richmond Senior Center		6221 Geary – 3 rd Floor
5 Frozen lunch meals distributed on Thursdays 10:30 am – 12:00pm		
**Telegraph Hill Neighborhood Center		660 Lombard St.
5 Frozen lunch meals distributed on Mondays 10:30am -12:00pm		
**Visitacion Valley		66 Raymond Ave.
7 Frozen meals distributed on Saturdays 10:30am- 12:00pm		

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

Breakfast Menu

Kevin Liu, Registered Dietitian at Project Open Hand

August 2022

Is calcium udderly necessary?

Many people drink cow’s milk and eat dairy in other forms such as cheese, yogurt, and butter. Milk has held a special importance in human societies. For the Fulani of West Africa, a single drop of milk was responsible for the beginning of world, and milk is even written into the story of our cosmos—our galaxy—the Milky Way.

However, milk has not been without controversy. As industrialization made milk more prevalent, it also resulted in sicker cows and outbreaks of illness related to poor quality milk. With the advent of pasteurization, a heating process that eliminated pathogens and extended shelf life, milk was rendered safe. Nevertheless, concerns were voiced regarding the potential negative effects of pasteurization on nutritional content.

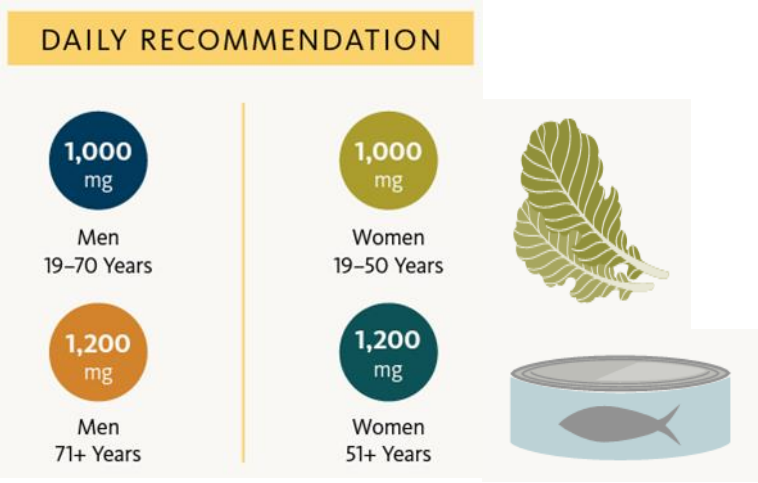
In addition to milk’s rich history, milk is also rich in calcium, which is a mineral that is important to get enough of in our diets. Calcium is a structural component of bones and teeth and helps the human body regulate nerve transmission and muscle contraction.

Hence, calcium is necessary, but does not have to come from cows; we can acquire it from sources other than dairy. These sources include:

FOODS

Sardines, canned (3 oz)	324 mg
Orange juice, with calcium (1 cup)	300 mg
Soy milk, (1 cup)	300 mg
Tofu, regular, with calcium (3 oz)	298 mg
Collards, boiled (1 cup)	266 mg
Spinach, boiled (1 cup)	245 mg
Soy nuts, (1 cup)	237 mg
Turnip greens, boiled (1 cup)	197 mg
Pink salmon with bone, canned (3 oz)	181 mg
Red kidney beans, boiled (1 cup)	169 mg
Great northern beans, canned (1 cup)	139 mg
Navy beans, canned (1 cup)	123 mg
Pinto beans, canned (1 cup)	103 mg

CALCIUM



As a general rule, calcium from leafy greens of the kale family (broccoli, bok choy, cabbage, mustard, and turnip greens) is readily absorbed. Spinach is also fairly rich in calcium, as you can tell from the list above, but its calcium is not very readily absorbed. Either way, the best way to get enough calcium is to eat a variety of calcium rich foods.

Calcium supplements may be needed for individuals with difficulty consuming enough calcium from food, but keep in mind that no multivitamin/mineral tablet contains 100% of the recommended daily intake of calcium. A number of different calcium supplements exist, but calcium carbonate is generally the most economical and should be taken with meals for ideal absorption.

World Plant Milk Day is on August 22. Plant-based milk is lactose-free, so for those who like milk as a beverage but do not tolerate dairy well, try a plant-based milk! Most brands are fortified with calcium and as such are a good source of calcium.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Scrambled Eggs Breakfast Hash English Muffin Margarine/Jelly Fruit of the Day 1	Almond Oatmeal Bake Roasted Sweet Potatoes Fruit of the Day 2	Sausage & Black Bean Hash Scrambled Eggs Avocado Cream Whole Wheat Tortilla Fruit of the Day 3	Breakfast Chilaquiles Breakfast Hash Whole Wheat Bread Margarine/Jelly Fruit of the Day 4	Scrambled Eggs Sweet Potato Hash English Muffin Margarine/Jelly Fruit of the Day 5	Black Bean Corn Casserole Avocado Salsa Whole Wheat Tortilla Fruit of the Day 6	English Muffin Breakfast Casserole Breakfast Hash Fruit of the Day 7
Southwest Scrambled Eggs Hash Brown English Muffin Margarine/Jelly Fruit of the Day 8	Scrambled Eggs Sweet Potato Hash Whole Wheat Bread Margarine/Jelly Fruit of the Day 9	Breakfast Enchilada Casserole Salsa Housemade Whole Wheat Bread Margarine/Jelly Fruit of the Day 10	Baked Eggs & Vegetables English Muffin Margarine/Jelly Fruit of the Day 11	Strawberry Oatmeal Bake Turkey Sausage Sweet Potato Hash Fruit of the Day 12	Tomato & Spinach Scramble Hash Brown English Muffin Margarine/Jelly Fruit of the Day 13	Potato & Cheddar Breakfast Casserole Sweet Potato Hash Whole Wheat Bread Margarine/Jelly Fruit of the Day 14
Scrambled Eggs Breakfast Hash English Muffin Margarine/Jelly Fruit of the Day 15	Almond Oatmeal Bake Roasted Sweet Potatoes Fruit of the Day 16	Sausage & Black Bean Hash Scrambled Eggs Avocado Cream Whole Wheat Tortilla Fruit of the Day 17	Breakfast Chilaquiles Breakfast Hash Whole Wheat Bread Margarine/Jelly Fruit of the Day 18	Scrambled Eggs Sweet Potato Hash English Muffin Margarine/Jelly Fruit of the Day 19	Black Bean Corn Casserole Avocado Salsa Whole Wheat Tortilla Fruit of the Day 20	English Muffin Breakfast Casserole Breakfast Hash Fruit of the Day 21
Southwest Scrambled Eggs Hash Brown English Muffin Margarine/Jelly Fruit of the Day 22	Scrambled Eggs Sweet Potato Hash Whole Wheat Bread Margarine/Jelly Fruit of the Day 23	Breakfast Enchilada Casserole Salsa Housemade Whole Wheat Bread Margarine/Jelly Fruit of the Day 24	Baked Eggs & Vegetables English Muffin Margarine/Jelly Fruit of the Day 25	Strawberry Oatmeal Bake Turkey Sausage Sweet Potato Hash Fruit of the Day 26	Tomato & Spinach Scramble Hash Brown English Muffin Margarine/Jelly Fruit of the Day 27	Potato & Cheddar Breakfast Casserole Sweet Potato Hash Whole Wheat Bread Margarine/Jelly Fruit of the Day 28
Scrambled Eggs Breakfast Hash English Muffin Margarine/Jelly Fruit of the Day 29	Almond Oatmeal Bake Roasted Sweet Potatoes Fruit of the Day 30	Sausage & Black Bean Hash Scrambled Eggs Avocado Cream Whole Wheat Tortilla Fruit of the Day 31			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. The Project Open Hand dietitian will provide nutrition education about how to ensure you are meeting your daily Vitamin D 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 Molina, Program Director
Raymond Chong, CNP Sites Manager
Erika Wong, CNP Sites Manager
Miriam Aguilar, CNP Assistant Manager

The Community nutrition program is funded by: the Office on The Aging, 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!*