

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, 1<sup>st</sup> 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**

<b>**Aquatic Park</b>		890 Beach St.
Hot Lunch 11:30 AM -12:30 PM Monday through Friday		(Takeout or dine-in with proof of vaccination)
<b>**Booker T. Washington</b>		800 Presidio Ave
5 Frozen lunch meals distributed on Wednesdays 10:30 am – 12:00pm		
<b>**Castro Senior Center</b>		110 Diamond St.
Hot Lunch 11:30 AM – 12:30 PM Monday through Friday		(Takeout or dine-in with proof of vaccination)
<b>Curry Senior Center</b>		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		
<b>**Downtown Senior Center</b>		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		
<b>**IT Bookman Community Center</b>		446 Randolph St
Hot Lunch 11:30 AM – 12:30 PM Monday through Friday		(Takeout or dine-in with proof of vaccination)
<b>**Project Open Hand</b>	<b>AWD Site only</b>	730 Polk St.
Hot Lunch 10:30-12:30 Monday through Friday		(Takeout or dine-in with proof of vaccination)
<b>**Richmond Senior Center</b>		6221 Geary – 3 <sup>rd</sup> Floor
5 Frozen lunch meals distributed on Thursdays 10:30 am – 12:00pm		
<b>**Telegraph Hill Neighborhood Center</b>		660 Lombard St.
5 Frozen lunch meals distributed on Mondays 10:30am -12:00pm		
<b>**Visitacion Valley</b>		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

Lunch 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.

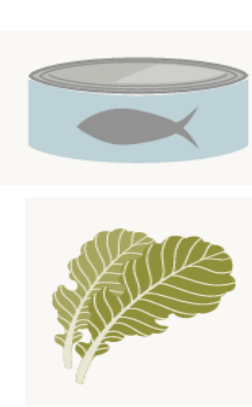
In addition to milk’s rich history, one cannot deny that milk is rich in calcium, a mineral that is important to get enough of in our diets. Calcium is a structural component of bones and teeth and helps the human body regulate nerve transmission and muscle contraction.

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



DAILY RECOMMENDATION

1,000 mg

Men  
19–70 Years

1,000 mg

Women  
19–50 Years

1,200 mg

Men  
71+ Years

1,200 mg

Women  
51+ Years

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, to get good overall nutrition, it is worthwhile 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 calcium-fortified to have similar calcium content as dairy milk.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Macaroni Salad <b>1</b> <b>Garlic &amp; Herb Chicken Breast</b> Marinara Sauce Herbed Polenta Garlic Herb Carrots Fruit of the Day	Garden Salad <b>2</b> Italian Dressing <b>Turkey Picadillo</b> Cuban Style Yellow Rice Cauliflower Fruit of the Day	Mixed Green Salad <b>3</b> Thousand Island Dressing <b>Baked Salmon</b> <b>Veracruz Sauce</b> Cuban Style Yellow Rice Succotash Fruit of the Day	Roasted Sweet Potato Salad <b>4</b> <b>Chicken Thigh</b> <b>Paprikash Sauce</b> Whole Wheat Rotini Capri Mixed Vegetables Fruit of the Day	Potato & Egg Salad <b>5</b> <b>Chicken Tikka Masala</b> Biryani Brown Rice Garden Mixed Vegetables Fruit of the Day	Garbanzo, Tomato & <b>6</b> Cucumber Salad Ranch Dressing <b>Pork &amp; Black Bean Stew</b> Veggie Brown Rice Garden Mixed Vegetables Fruit of the Day	Garden Salad <b>7</b> Lemon Dressing <b>Beef Fajita Stew</b> Brown Rice & Beans Capri Mixed Vegetables Fruit of the Day
Garden Salad <b>8</b> Italian Dressing <b>Baked Salmon</b> <b>Lentil Ragout</b> Quinoa Pilaf Capri Mixed Vegetables Fruit of the Day	Mixed Greens Salad <b>9</b> Balsamic Dressing <b>Pork Loin with Rosemary &amp; Onion</b> Chasseur Sauce Wild Rice w/ Veggies Root Veg Chickpea Hash Fruit of the Day	Garden Salad <b>10</b> Feta & Herb Dressing <b>Beef &amp; Artichoke Ragout</b> Herbed Polenta Brussel Sprouts Fruit of the Day	Barley Salad <b>11</b> <b>Smokey Chipotle Chicken Thigh</b> Cajun Kidney Beans & Greens Charleston Red Rice Garden Mixed Vegetables Fruit of the Day	Garden Salad <b>12</b> Russian Dressing <b>Turkey Jambalaya</b> Brown Rice & Orzo Pilaf Broccoli Fruit of the Day	Green Bean & Corn Salad <b>13</b> <b>Chicken Breast</b> <b>Mushroom Alfredo Sauce</b> Whole Wheat Rotini Kale Pesto Fruit of the Day	Garden Salad <b>14</b> Lemon Dressing <b>Turkey Meatloaf</b> <b>Turkey Gravy</b> Mushroom Barley Pilaf Capri Mixed Vegetables Fruit of the Day
Garden Salad <b>15</b> Balsamic Dressing <b>Pork &amp; Mushroom Adobo</b> Butternut Squash & Kale Quinoa Garlic Herb Carrots Fruit of the Day	Roasted Sweet Potato Salad <b>16</b> <b>Beef Fricassee</b> Whole Wheat Rotini Garden Mixed Vegetables Fruit of the Day	Coleslaw <b>17</b> Southwest Ranch Dressing <b>Honey Mustard Chicken Drumstick</b> Brown Rice Pilaf Corn with Mushrooms & Greens Fruit of the Day	Garden Salad <b>18</b> Ranch Dressing <b>Turkey Chili</b> Cheddar Grits Capri Mixed Vegetables Fruit of the Day	Quinoa Salad <b>19</b> Lemon Dressing <b>Baked Salmon</b> Sesame Brown Rice Kung Pao Tofu & Veggies Fruit of the Day	Garden Salad <b>20</b> Italian Dressing <b>Balsamic Yogurt Chicken Thigh</b> Roasted Garlic Sauce Brown Rice Pilaf Capri Mixed Vegetables Fruit of the Day	Sesame Chickpea Salad <b>21</b> <b>Chicken Pomodoro</b> Whole Wheat Rotini Spicy Green Beans Fruit of the Day
Garden Salad <b>22</b> Italian Dressing <b>Roasted Pork Loin w/ Rosemary &amp; Onions</b> Mushroom Sage Gravy Brown Rice Pilaf Garlic Herb Carrots Fruit of the Day	Garden Salad <b>23</b> Lemon Dressing <b>Beef Chili Colorado</b> Mexican Brown Rice & Beans Garden Mixed Vegetables Fruit of the Day	Garden Salad <b>24</b> Balsamic Dressing <b>BBQ Chicken Drumstick</b> Baked Beans w/ Kale Brown Rice Pilaf Garden Mixed Vegetables Fruit of the Day	Crunchy Peanut Satay <b>25</b> Salad <b>Mediterranean Turkey Burger</b> Artichoke & Spinach Cream Sauce Wild Rice Pilaf Broccoli & Cauliflower Fruit of the Day	Garden Salad <b>26</b> Honey Mustard Dressing <b>Baked Salmon</b> Butternut Squash Kale Quinoa Moroccan Tagine Fruit of the Day	Garden Salad <b>27</b> Honey Mustard Dressing <b>Sage Roasted Chicken Thigh</b> Cacciatore Sauce Mushroom Barley Pilaf Broccoli & Cauliflower Fruit of the Day	Romaine Salad <b>28</b> Caesar Dressing <b>Turkey Salisbury Steak</b> <b>Mushroom Sage Gravy</b> Brown Rice Pilaf Winter Vegetables Fruit of the Day
Chopped Vegetable Salad <b>29</b> Italian Dressing <b>African Macanese Chicken Curry</b> Red Pepper Brown Rice Broccoli Fruit of the Day	Black Bean & Corn Salad <b>30</b> Southwest Ranch Dressing <b>Hoisin Pork Medallion</b> Vegetable Fried Brown Rice Orange Tofu & Edamame Stir fry Fruit of the Day	Garden Salad <b>31</b> Ranch Dressing <b>Beef Bourguignon</b> Whole Wheat Rotini Brussel Sprouts & Carrots Fruit of the Day			visit us at <a href="http://www.openhand.org">www.openhand.org</a>	<b>This Menu Is Subject To Change Without Notice.</b>  <b>Milk Is Served Every Day</b>

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!*