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. 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 415-447-2379 during the 1-4pm pick up window.

Site information below is subject to change.

**This site serves Adult with Disabilities ages 18-99**

**Aquatic Park**  890 Beach St.
Hot Lunch: 11:30 AM -12:30 PM Monday through Friday  (Takeout or dine-in)

**Castro Senior Center**  110 Diamond St.
Hot Lunch: 11:30 AM – 12:30 PM Monday through Friday  (Takeout or dine-in)

Curry Senior Center  333 Turk St.
Hot Breakfast 8:30-9:30AM Daily  (Takeout or dine-in)
Hot Lunch 10:30 AM -12:30 PM Daily  (Takeout or dine-in)

**Downtown Senior Center**  481 O’Farrell St.  (Takeout or dine-in)
Hot Lunch 11:00- 12:00 PM Daily  (Takeout or dine-in)

**IT Bookman Community Center**  446 Randolph St.
Hot Lunch: 11:30 AM – 12:30 PM Monday through Friday  (Takeout or dine-in).
This site is closed on the 4th Friday of every month.

**Project Open Hand**  AWD Site only  730 Polk St.
Hot Lunch: 10:30-12:30 Monday through Friday  (Takeout or dine-in)

**Richmond Senior Center**  6221 Geary – 3rd Floor
5 Frozen lunch meals distributed on Thursdays 10:30 am – 12:00pm

**Swords To Plowshares- Stanford**  250 Kearny St.
Hot Lunch: 11:30 AM-12:30 PM Daily  (Takeout or dine-in)

**Telegraph Hill Neighborhood Center**  660 Lombard St.
Hot Lunch: 11:30 AM – 12:30 PM Monday through Friday  (Takeout or dine-in)

**Visitacion Valley**  66 Raymond Ave.
Hot Lunch: 11:30 AM – 12:30 PM Daily  (Takeout or dine-in)

The nutrition requirements for meal 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:** 12 mg

**Vitamin A:** 3/4 of RDI at least 3 times per week

**3 oz meat or meat alternative**

**1 serving of vegetables**

**1/2 serving of grain (½ from whole grains)**

**1 serving of low fat milk or milk alternative**

Dessert and fat are optional.

Vitamin A: 1/3 of DRI at least 3 times per week

2 servings of fruit or fruit juice

Healthy fats should be eaten in moderation. Avocados, nuts, and oily fish are great sources of healthy fats. Nuts are an especially good choice.

Let’s get one thing straight: Snacking is not a bad thing. Snacking is necessary and encouraged to keep you fueled and focused to take on your busy day. Properly planned healthy meals and snacks can aide in the prevention of overeating, help us maintain a healthy weight, keep blood sugar balanced, improve mood, and help keep us energized.

**Interested in trying a pattern of Small Frequent Meals?**

Eat breakfast daily within one to two hours after you wake up, then eat again every two to four hours, for a total of five to six meals per day. Balanced snacking will help to control hunger and allow you to incorporate more nutrients into your diet.

Follow these 3 tips to keep you on track and stay there.

1. **Eat Regularly:** (every 2 - 4 hours)

This will replenish your energy stores and prevent blood sugar drops that can leave you feeling lightheaded, irritable, and anxious.

2. **Aim For Balanced Meals:** A balanced meal includes 1/2 of your plate coming from vegetables, the other 1/4 from protein, and 1/4 from whole grain carbohydrates. A balanced snack includes 1/2 protein and 1/2 fiber (fruit or vegetable).

3. **Plan Ahead:** Having healthy snacks at your fingertips is essential when your stomach starts to rumble. Make sure to have some nuts, trail mix, PB & J sandwich, or other snacks on hand. Here is an example of what a great meal plan might look like scheduled out for the day! Please note that the timing is based on a 6AM wake up time and can be adjusted as needed.

Below are some examples of what to eat:

•Foods that are high in protein include hard-boiled eggs, lean meats (chicken, turkey, and salmon) tofu, edamame, Greek yogurt, milk, and non-dairy milk alternatives.

•Whole grains including oats, barley, quinoa, brown rice, and farro are excellent choices.

•Dietary fiber keeps your digestive system running smoothly and helps keep you full in between meals. Many foods rich in fiber include lentils, beans, plant-based protein, fruits, and vegetables.

**Stay connected with Project Open Hand:**

Facebook.com/ProjectOpenHand

Twitter: ProjectOpenHand

Instagram.com/ProjectOpenHand
### PROJECT OPEN HAND BREAKFAST MENU AUGUST 2023

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

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Turkey Potato Hash Almond Berry Oatmeal Bake Fruit of the Day</td>
<td>Turkey Potato Hash Almond Berry Oatmeal Bake Fruit of the Day</td>
<td>Spinach &amp; Tomato Frittata Sausage &amp; Black Bean Hash Whole Wheat Bread Fruit of the Day</td>
<td>Scrambled Eggs Butternut Squash &amp; Kale Whole Wheat Bread Margarine &amp; Jelly Fruit of the Day</td>
<td>Turkey Sausage Casserole Avocado Salsa Whole Wheat Bread Fruit of the Day</td>
<td>Turkey Sausage Breakfast Hash Oatmeal with Blueberries Fruit of the Day</td>
<td></td>
</tr>
</tbody>
</table>

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**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 Friessen, 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!

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.

**This Menu Is Subject To Change Without Notice.**

Visit us at www.openhand.org