

Founded in 1985, **Project Open Hand** is a nonprofit organization that provides meals with love to seniors, adults with disabilities, and critically ill neighbors. Our food is like medicine that helps our clients get stronger and lead healthier lives. Every day, we prepare 2,500 nutritious meals and provide more than 200 bags of healthy groceries to our clients. We serve San Francisco and Oakland, engaging more than 125 volunteers every day to nourish our community. Learn more at [www.openhand.org](http://www.openhand.org).

# PROJECT OPEN HAND

## Community Nutrition Program

# April 2020

Kristi Friesen, Registered Dietitian

**THESE SITES ARE OPEN MONDAY THROUGH FRIDAY**

**SITE COORDINATOR**

<b>Alexis Apartments</b> Meal Time 11:00- 11:45 AM	390 Clementina St. Bus Line 8, 12 27,30, 45	415-495-9541 Tracy Mak
<b>**Castro Senior Center</b> Meal Time 11:45 AM -12:15 PM	110 Diamond St. Bus Line 24, 33, F, K, L, M	415-863-3507 Scott Schoverling
<b>**IT Bookman Community Center</b> Meal Time 12:00- 1:00 PM	446 Randolph St Bus Line 28R, M	415-586-8020 Hong Nguyen
<b>**Mission YMCA</b> SITE CLOSED TEMPORARILY	4080 Mission St. Bus Line 14, 23, 49	415-452-7565 Ivania Baltodano
<b>**Potrero Hill Neighborhood House</b> SITE CLOSED TEMPORARILY	953 DeHaro St. Bus Line 10, 19, 48	415-826-8080 Dolores Maghari
<b>**Project Open Hand AWD Site only</b> Meal Time 10:30-12:30	730 Polk St. Bus Line: 19, 31, 38, 47, 49	415-603-0190 Marina Cahua, Fred Holt, Shan Rong Yang
<b>**Richmond Senior Center</b> Meal Time: 11:45 AM-12:15 PM	6221 Geary – 3 <sup>rd</sup> Fl Bus Line 1, 29, 31, 38	415-405-4673 Helen Wong, Yuk Chan Wei Meng Friday
<b>**Sunset Senior Center</b> SITE CLOSED TEMPORARILY	1290 5 <sup>th</sup> Ave. Bus Line 6, 7, 43,44, N	415-447-2310 Larry Jenkins
<b>**Telegraph Hill Neighborhood Center</b> Meal Time: 12:00 – 12:45 PM	660 Lombard St. Bus Line 8, 30, 45	421-6443 ext. 14 Raymond Cheung

**THESE SITES ARE OPEN 7 DAYS A WEEK AND HOLIDAYS**

<b>**Aquatic Park</b> (closed Saturday) SITE CLOSED TEMPORARILY	890 Beach St. Bus Line 19,28, 30, 47,49	415-603-9387 Wendy Cohen, Dennis Pash M-F, Helen Wong Sundays
<b>Curry Senior Center</b> Breakfast 8:30-9:30AM Lunch 1030 AM -1230 PM	333 Turk St. Bus Line 7, 9, 19,27, 31	415-292-1080 Oscar Gonzalez, Dave Gesek, Eduardo Cruz, Juan Cahua, Queenie Lew, John Henderson
<b>**Downtown Senior Center</b> Breakfast 9:00-9:45AM (Monday – Friday) Meal Time 11:30-12:15	481 O'Farrell St. Bus Line 2, 3, 8, 27, 31, 38,45	415-535-4763 Daniel Ambrosio, Mei Wong, Tracy Mak
<b>**Visitation Valley</b> Meal Time: 11:30-12PM	66 Raymond Ave. Bus Line: 8, 9, 56, T	415-297-4607 Jose Chavez Pilar Dexter
<b>**Swords To Plowshares- Stanford</b> Lunch: 12-1PM	250 Kearny St 2, 3, 8, 30, 38, Montgomery Bart	415-603-9387 Ben Clyburn

**\*\*This site serves Adult with Disabilities ages 18-59**

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)

Stay connected with Project Open Hand:



facebook.com/ProjectOpenHand  
twitter.com/ProjectOpenHand  
instagram.com/ProjectOpenHand

**Looking for a Good Recipe Website?**



**EatFresh makes shopping and home cooking easy!**

- Find healthy, inexpensive, and quick recipes
- Print, save, share, and text recipes to your mobile phone
- Learn lifestyle tips to keep you healthy and feeling your best
- Ask a question in the online community forums or ask a dietitian
- Learn basic cooking skills and how to substitute ingredients to use what you already have at home
- View the website in English, Spanish or Chinese

Go to [www.eatfresh.org](http://www.eatfresh.org) right now and start exploring!



*Always a good idea to learn new ways to eat nutritious foods at home & ideas for eating more veggies!*



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY		
<p><b>This Menu Is Subject To Change Without Notice.</b></p> <p><b>Milk Is Served Every Day</b></p>	<p>visit us at <a href="http://www.openhand.org">www.openhand.org</a></p>	<p><b>Chicken Lentil Stew 1</b> Bulgur Pilaf Green Beans Fruit of the Day</p>	<p><b>Turkey Meatloaf 2</b> <b>Zesty Tomato Sauce</b> Whole Wheat Penne Mediterranean Veg Fruit of the Day</p>	<p><b>Baked Tilapia 3</b> <b>Puttanesca Sauce</b> Mashed Potatoes Carrots Fruit of the Day</p>	<p><b>Chicken Thigh 4</b> Cauliflower Lentil Tagine Quinoa Pilaf Fruit of the Day</p>	<p><b>Irish Pork Stew 5</b> Mashed Potatoes Braised Cabbage Fruit of the Day</p>		
		<p><b>Chicken Drumsticks 6</b> Quinoa Pilaf Cabbage &amp; Kale Sauté Fruit of the Day</p>	<p><b>Turkey Goulash 7</b> Whole Wheat Macaroni Brussel Sprouts Fruit of the Day</p>	<p><b>Chicken Thigh 8</b> <b>Rosemary Onion Sauce</b> Brown Rice Garden Mixed Vegetables Fruit of the Day</p>	<p><b>Beef Bourguignon 9</b> Mashed Potatoes Peas Fruit of the Day</p>	<p><b>Baked Tilapia 10</b> White Bean Ragout Brown Rice Fruit of the Day</p>	<p><b>Roasted Pork Loin 11</b> Ratatouille Creamy Herb Polenta Fruit of the Day</p>	<p><b>Chicken Tinga 12</b> Spanish Brown Rice 4 Way Mixed Veg Fruit of the Day</p>
		<p><b>Spiced Chicken Thigh 13</b> <b>Salsa Verde</b> Quinoa Pilaf Corn Succotash Fruit of the Day</p>	<p><b>Baked Tilapia 14</b> <b>Mushroom Dill Sauce</b> Whole Wheat Penne Eggplant &amp; Peppers Fruit of the Day</p>	<p><b>Beef Fricassee 15</b> Brown Rice Brussel Sprouts Fruit of the Day</p>	<p><b>Turkey Meatloaf 16</b> <b>Marsala Sauce</b> Mashed Potatoes Provencal Veggies Fruit of the Day</p>	<p><b>BBQ Pork Stew 17</b> Creamy Herb Polenta Capri Mixed Veggies Fruit of the Day</p>	<p><b>Rosemary Chicken Thigh 18</b> <b>Mushroom Herb Sauce</b> Bulgur Pilaf Braised Cabbage Fruit of the Day</p>	<p><b>Enchilada Casserole 19</b> Spanish Brown Rice Carrots Fruit of the Day</p>
		<p><b>Tandoori Drumsticks 20</b> Brown Rice Eggplant &amp; Peppers Fruit of the Day</p>	<p><b>Beef Stroganoff 21</b> Whole Wheat Egg Noodles Peas &amp; Carrots Fruit of the Day</p>	<p><b>Baked Tilapia 22</b> <b>Wine Cream Sauce</b> Mashed Parsnips Carrots Fruit of the Day</p>	<p><b>Falafel Patty 23</b> <b>Tzatziki Sauce</b> Whole Wheat Dinner Roll Mediterranean Veggies Fruit of the Day</p>	<p><b>Turkey Bolognese 24</b> Whole Wheat Penne Brussel Sprouts Fruit of the Day</p>	<p><b>Roasted Pork Loin 25</b> <b>Red Mole Sauce</b> Spanish Brown Rice Southwest Beans Fruit of the Day</p>	<p><b>Chicken Mushroom Stew 26</b> Whole Wheat Egg Noodles Carrots Fruit of the Day</p>
		<p><b>Baked Tilapia 27</b> <b>Mustard Cream Sauce</b> Bulgur Pilaf Cabbage &amp; Onions Fruit of the Day</p>	<p><b>Chicken Tikka Masala 28</b> Indian Spiced Quinoa Brussel Sprouts Fruit of the Day</p>	<p><b>Sweet &amp; Sour Pork 29</b> Vegetable Fried Rice Stir Fry Vegetables Fruit of the Day</p>	<p><b>Turkey Meatloaf 30</b> <b>Roasted Garlic Sauce</b> Whole Wheat Penne Roasted Vegetables Fruit of the Day</p>			

**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!