

COVID-19 SERVICE UPDATE: No sites are open for congregate meals at this time. Select sites are open for hot meal TO GO meal, or to distribute 7 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 during this time.

Clients can come to 730 Polk Street, 1st floor Monday through Friday from 1-4pm to pick up 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.

These sites are closed temporarily: Alexis Apartments, Mission YMCA, Potrero Hill Neighborhood House, Sunset Senior Center, Aquatic Park, Swords to Plowshares Stanford.

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.

**Castro Senior Center		110 Diamond St.
Frozen lunch meals distributed on Thursday 10am-12:30pm, out front of building		
**Downtown Senior Center		481 O’Farrell St.
Breakfast 9:00-10:00AM Monday through Friday Frozen lunch meals distributed on Fridays from 9:00-10:00am & 10:30am -12:00pm		
**IT Bookman Community Center		446 Randolph St
Frozen lunch meals on distributed on Thursdays 10:15am-12pm		
**Project Open Hand	AWD Site only	730 Polk St.
Meal Time 10:30-12:30 Monday though Friday		
**Richmond Senior Center		6221 Geary – 3 rd Fl
Frozen lunch meals distributed on Thursdays 10:30 am – 12:00pm		
**Telegraph Hill Neighborhood Center		660 Lombard St.
Frozen lunch meals distributed on Mondays 10:30am -12:00pm		
Curry Senior Center		333 Turk St.
Breakfast 8:30-9:30AM Daily Lunch 1030 AM -1230 PM Daily		
**Visitacion Valley		66 Raymond Ave.
Frozen meals distributed on Saturdays 9:30am -1pm		

****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

PROJECT OPEN HAND

Community Nutrition Program

Gloria Madlansacay, Culinary Nutrition Technician at Project Open Hand

The Bean Scene



A **legume** refers to any plant from the Fabaceae (fab-AY-see-eye) family that would include its leaves, stems, and pods

Pulses include beans, lentils, and peas. For example, a pea pod is a legume, but the pea inside the pod is the pulse = edible seeds.

Bean~efits

Legumes & Pulses are excellent sources of dietary fiber, protein, B vitamins and many other important vitamins and minerals.

Why is fiber important? It promotes gut health, aids in digestion, helps manage blood sugar levels, promotes fullness and helps us maintain healthy cholesterol levels.

Here are some ideas for adding legumes to your diet:

- soups or stews that include legumes and grains
- salads made with beans and nuts or seeds
- a peanut butter sandwich on whole-grain bread
- hummus with whole-wheat pita bread
- tofu or tempeh with brown rice or quinoa
- tofu stir-fry with whole-grain noodles and peanuts
- beans and brown rice



Reducing the gas factor:

- Change the water several times during soaking
- Use fresh water to cook the beans
- Simmer beans slowly, until they are tender and digestible
- Try canned beans as canning process breaks down the gas-producing carbs into digestible form (look for low sodium options!)
- Add beans gradually to your diet
- Drink plenty of water
- Exercise regularly

POH includes these awesome ingredients in meals often for a nutrition boost. Join us today!



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
This Menu Is Subject To Change Without Notice. Milk Is Served Every Day	visit us at www.openhand.org		Chicken Drumsticks Turkey Gravy 1 Whole Wheat Rotini Braised Cabbage Fruit of the Day	Salmon Fish Cakes Mushroom Ragout 2 Brown Rice Capri Mixed Vegetables Fruit of the Day	Roasted Turkey Breast Mushroom Dijon Sauce 3 Brown Rice Pilaf Brussel Sprouts Fruit of the Day	Chicken Tikka Masala 4 Brown Rice with Ginger Carrots Fruit of the Day
Chicken Drumsticks 5 Ginger BBQ Sauce Mashed Sweet Potatoes Cauliflower & Lentil Tagine Fruit of the Day	Beef Birria 6 Brown Rice & Beans Carrots & Green Beans Fruit of the Day	Pork Mole 7 Brown Rice Carrots & Broccoli Fruit of the Day	Roasted Chicken Breast 8 Brown Rice Vegetable Curry w Coconut Fruit of the Day	Baked Trout 9 Dijon Sauce Quinoa Pilaf Tuscan Cabbage & Kale Sauté Fruit of the Day	Chicken Tinga 10 Brown Rice Garden Mixed Vegetables Fruit of the Day	Turkey Meatloaf 11 Whole Wheat Rotini Caponata Vegetables Fruit of the Day
Roasted Chicken Breast 12 Mushroom Alfredo Sauce Whole Wheat Rotini Broccoli & Carrots Fruit of the Day	Chicken Chilaquiles 13 Brown Rice Garden Mixed Vegetables Fruit of the Day	Beef & Lentil Stew 14 Mashed Sweet Potatoes Green Beans Fruit of the Day	Baked Trout 15 Orzo Pilaf w Peas Garden Mixed Vegetables Fruit of the Day	Turkey Picadillo 16 Brown Rice Broccoli Fruit of the Day	Turkey Bolognese 17 Herbed Polenta Brussel Sprouts Fruit of the Day	Cumin Spiced Chicken Thigh 18 Golden Lentil Dahl Turmeric Brown Rice Kale Sauté Fruit of the Day
Roasted Chicken Thigh 19 Rosemary Onion Sauce Brown Rice Garden Mixed Vegetables Fruit of the Day	Roasted Pork Loin 20 Zesty Tomato Sauce Whole Wheat Rotini Spicy Cabbage & Onions Fruit of the Day	Chicken Cacciatore Stew 21 Whole Wheat Rotini Garlic Herb Carrots Fruit of the Day	Baked Trout 22 Parsley Sauce Brown Rice Artichoke Provencal Ragout Fruit of the Day	Beef Curry 23 Sesame Brown Rice Broccoli & Carrots Fruit of the Day	Roasted Chicken Thigh 24 Cacciatore Sauce Wild Rice Pilaf Carrots Fruit of the Day	Pork & Chickpea Stew 25 Brown Rice Broccoli Fruit of the Day
Braised Pork Loin with Tomato 26 Turmeric Brown Rice Green Beans Fruit of the Day	Beef Stroganoff 27 Whole Wheat Rotini Brussel Sprouts & Carrots Fruit of the Day	Turkey Meatloaf 28 Marsala Sauce Whole Wheat Rotini Broccoli & Cauliflower Fruit of the Day	Smokey Chicken & Lentil Stew 29 Bulgur Pilaf Brussel Sprouts Fruit of the Day	Baked Trout 30 Brown Rice & Beans Hungarian Peppers & Onions Fruit of the 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!