

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.

PROJECT OPEN HAND

Community Nutrition Program

August 2019

Kristi Friesen, Registered Dietitian at Project Open Hand

Calcium & Vitamin D: The Bone Builders

Calcium and Vitamin D are important at any age! They work together to help keep your bones healthy and strong. Your bones store most of the calcium in your body. However, to get the calcium from your diet into your bones, you need vitamin D. Calcium and vitamin D are also important for keeping your heart healthy, protecting your immune system, and maintaining nerve function. Vitamin D is known as the “sunshine vitamin,” because your body can make vitamin D when your skin is exposed to sunlight. However, since we’re often bundled up in cloudy San Francisco, many residents may not make enough vitamin D from the sun. Your doctor can tell you if you need to be getting more vitamin D.

How much is needed? The Recommended Daily Allowance (RDA):

If you are:	Vitamin D	If you are:	Calcium
Adults 70 and under	600 International Units (IU)	Female 19-50 OR Male 19-70	1000 mg
Adults over 70	800 IU (more needed!)	Female over 50 OR Male over 70	1200 mg

What are good sources?

Vitamin D Foods	Amount (IU)	Calcium Foods	Amount (mg)
3 ounces salmon	390-450	1 cup milk	300
3 ounces canned tuna	200	1 cup raw leafy greens	120
2 eggs (with yolks)	80	½ cup cooked leafy greens	120
1 cup vitamin D fortified milk	120	3 ounces salmon	200
Vitamin D fortified foods (cereal, juice, milk products)	Check the label!	3 ounces firm tofu	250

Pay attention to your food sources of these important nutrients and be sure you get enough every day!



Project Open Hand
meals with love

THESE SITES ARE OPEN MONDAY THROUGH FRIDAY

SITE COORDINATOR

Alexis Apartments Meal Time 11:00- 11:45 AM	390 Clementina St. Bus Line 8, 12 27,30, 45	415-495-9541 Tracy Mak
**Castro Senior Center Meal Time 11:45 AM -12:15 PM	110 Diamond St. Bus Line 24, 33, F, K, L, M	415-863-3507 Scott Schoverling Rex Rowland
**Mission YMCA Meal Time 11:40 AM -12:20 PM	4080 Mission St. Bus Line 14, 23, 49	415-452-7565 Ivania Baltodano
**Potrero Hill Neighborhood House Meal Time 11:45 AM -12:30 PM	953 DeHaro St. Bus Line 10, 19, 48	415-826-8080 Dolores Maghari
**Project Open Hand AWD Site only Meal Time 10:30-12:30	730 Polk St. Bus Line: 19, 31, 38, 47, 49	415-603-9387 Marina Cahua, Fred Holt, Mina Katimin
**Richmond Senior Center Meal Time: 11:45 AM-12:15 PM	6221 Geary – 3 rd Fl Bus Line 1, 29, 31, 38	415-405-4673 Helen Wong, Hong Nguyen Wei Meng Friday
**Sunset Senior Center Meal Time: 11:30 AM -12:00 PM	1290 5 th Ave. Bus Line 6, 7, 43,44, N	415-447-2310 Larry Jenkins
**Telegraph Hill Neighborhood Center 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

**Aquatic Park (closed Saturday) Meal Time 12-12:45 PM	890 Beach St. Bus Line 19,28, 30, 47,49	415-603-0190 Wendy Cohen, Dennis Pash M-F, Helen Wong Sundays
Curry Senior Center Breakfast 8:30-9:30AM Lunch 1030 AM -1230 PM	333 Turk St. Bus Line 7, 9, 19,27, 31	415-292-1086 Oscar Gonzalez, Dave Gesek, Eduardo Cruz, Queenie Lew, John Henderson
**Downtown Senior Center 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 Maqbool Khan, Juan Cahua-Salazar Mei Wong, Tracy Mak, Thomas O’Keefe
**Visitacion Valley Meal Time: 11:30-12PM	66 Raymond Ave. Bus Line: 8, 9, 56, T	415-297-4607 Jose Chavez Pilar Dexter
**Swords To Plowshares- Stanford Lunch: 12-1PM	250 Kearny St 2, 3, 8, 30, 38, Montgomery Bart	415-603-9387 Ben Clyburn How Ming Lai

****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)

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>This Menu Is Subject To Change Without Notice.</p> <p>Milk Is Served Every Day</p>	visit us at www.openhand.org		Garden Salad Ranch Dressing 1 Turkey Chili Whole Wheat Macaroni Glazed Carrots Seasonal Fruit	Tuscan Bean Soup Roasted Pork Loin 2 Creamy Herb Polenta Ratatouille Seasonal Fruit	Garden Salad French Dressing 3 Mushroom Sage Gravy Veggie Loaf Mashed Potatoes Braised Cabbage Seasonal Fruit	Cabbage Soup Marinara Sauce 4 Chicken Thigh Whole Wheat Penne Carrots Seasonal Fruit
Garden Salad Thousand Island Dressing 5 Mushroom Dill Sauce Turkey Meatloaf Brown Rice Brussel Sprouts Seasonal Fruit	Carrot & Ginger Soup Chicken Breast 6 Puttanesca Sauce Eggplant & Zucchini Bulgur Pilaf Seasonal Fruit	Quinoa Salad Italian Dressing 7 Beef Bourguignon Mashed Potatoes Green Beans Seasonal Fruit	Cilantro Cabbage Slaw Baked Tilapia 8 Sweet & Sour Sauce Stir Fry Vegetables Vegetable Fried Rice Seasonal Fruit	Tomato Soup Chicken Tetrazzini 9 Whole Wheat Macaroni Carrots Seasonal Fruit	Vegetable Barley Soup Irish Pork Stew 10 Whole Wheat Egg Noodles Green Beans Seasonal Fruit	Macaroni Salad BBQ Glazed 11 Chicken Drumsticks Baked Beans Braised Cabbage Seasonal Fruit
Wild Rice Soup Cacciatore Sauce 12 Roasted Pork Loin Whole Wheat Penne Mixed Vegetables Seasonal Fruit	Garden Salad Cilantro Dressing 13 Thai Beef w/ Basil Brown Rice Carrots Seasonal Fruit	Broccoli Soup Balsamic Onion Sauce 14 Chicken Thigh Whole Wheat Penne Capri Mixed Veg Seasonal Fruit	Three Bean Salad Cilantro Dressing 15 Vegetable Curry Brown Rice Pilaf Seasonal Fruit	Italian Pasta Salad Parmesan Dressing 16 Creamy Basil Sauce Baked Tilapia Quinoa Pilaf Green Beans Seasonal Fruit	Sweet Potato Salad Chicken Gumbo 17 Dirty Brown Rice Carrots Seasonal Fruit	Coleslaw Chicken Drumsticks 18 Brown Rice Provençale Veg Seasonal Fruit
Romaine Salad Balsamic Dressing 19 Marinara Sauce Beef Patty Whole Wheat Penne Brussel Sprouts Seasonal Fruit	Marinated Veg Salad Honey Mustard Dress 20 Turkey Goulash Whole Wheat Macaroni Green Beans Seasonal Fruit	Garden Salad Parmesan Dressing 21 Chicken Stew Brown Rice Garden Mixed Veg Seasonal Fruit	Bean & Corn Salad Southwest Ranch 22 Baked Tilapia Roasted Red Pepper Sauce Spanish Brown Rice Braised Cabbage Seasonal Fruit	Split Pea Soup Mushroom Herb Sauce 23 Chicken Thigh Mashed Potatoes Carrots Seasonal Fruit	Mushroom Soup Beef & Lentil Stew 24 Whole Wheat Egg Noodle Green Beans Seasonal Fruit	Chickpea Salad Balsamic Dressing 25 Pork Chile Verde Brown Rice Corn Succotash Seasonal Fruit
Black Bean Soup Chicken Drumsticks 26 Tikka Masala Sauce Quinoa Pilaf Green Beans Seasonal Fruit	Broccoli Carrot Salad Thousand Island Dressing 27 Paprikash Sauce Baked Tilapia Whole Wheat Penne Glazed Carrots Seasonal Fruit	Sweet Potato Soup Roasted Pork Loin 28 Apple Sauce Brown Rice Brussel Sprouts & Carrots Seasonal Fruit	Garden Salad French Dressing 29 Moroccan Beef Stew Couscous Pilaf Green Beans Seasonal Fruit	Quinoa Salad Balsamic Dressing 30 Chicken Thigh Creamy Herb Polenta Creole Vegetables Seasonal Fruit	Summer Vegetable Soup 31 Turkey Meatloaf Onion Gravy Mashed Potatoes Capri Mixed Veg Seasonal Fruit	

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!