

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.

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.

**Castro Senior Center	110 Diamond St.
Frozen lunch meals distributed on Thursday 10am-12pm, 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 12:00-12:30pm	
**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 11:30 am – 12:15pm	
**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 -1:30pm	

****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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PROJECT OPEN HAND

Community Nutrition Program

Kristi Friesen, Registered Dietitian at Project Open Hand

August 2020

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.

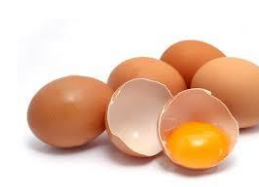
How much is needed? The Recommended Daily Allowance (RDA):

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>This Menu Is Subject To Change Without Notice.</p> <p>Milk Is Served Every Day</p> <p>visit us at www.openhand.org</p>						
Chicken Thigh 3 Cheddar Grits Creole Vegetables Fruit of the Day	Garlic Beef w/Veg 4 Whole Wheat Egg Noodles Brussel Sprouts & Carrots Fruit of the Day	Chicken Lentil Stew 5 Bulgur Pilaf Green Beans Fruit of the Day	Baked Tilapia 6 Puttanesca Sauce Mashed Potatoes Carrots Fruit of the Day	Turkey Meatloaf 7 Zesty Tomato Sauce Whole Wheat Pasta Mediterranean Vegetables Fruit of the Day	Curry Beef Stew 1 Bulgur Pilaf Capri Mixed Vegetables Fruit of the Day	Roasted Chicken Breast 2 Paprikash Sauce Whole Wheat Egg Noodles Brussel Sprouts Fruit of the Day
Chicken Drumsticks 10 Quinoa Pilaf Cabbage & Kale Sautee Fruit of the Day	Turkey Goulash 11 Whole Wheat Macaroni Brussel Sprouts Fruit of the Day	Baked Tilapia 12 Brown Rice White Bean Ragout Fruit of the Day	Beef Bourguignon 13 Mashed Potatoes Peas Fruit of the Day	Chicken Thigh 14 Rosemary Onion Sauce Brown Rice Garden Mixed Vegetables Fruit of the Day	BBQ Chicken Drumsticks 8 Brown Rice and Beans Garden Mixed Vegetables Fruit of the Day	Turkey Chili 9 Whole Wheat Macaroni Green Beans Fruit of the Day
Spiced Chicken Thigh 17 Salsa Verde Quinoa Pilaf Corn Succotash Fruit of the Day	Baked Tilapia 18 Mushroom Dill Sauce Whole Wheat Rotini Eggplant & Peppers Fruit of the Day	Beef Fricassee 19 Brown Rice Brussel Sprouts Fruit of the Day	Turkey Meatloaf 20 Marsala Sauce Mashed Potatoes Provenscale Veg Fruit of the Day	BBQ Pork Stew 21 Herbed Polenta Capri Mixed Vegetables Fruit of the Day	Roasted Chicken Thigh 15 Marsala Sauce Brown Rice Pilaf Green Beans Fruit of the Day	Irish Pork Stew 16 Whole Wheat Rotini Brussel Sprouts Fruit of the Day
Tandoori Chicken Thighs 24 Brown Rice Eggplant & Peppers Fruit of the Day	Beef Stroganoff 25 Whole Wheat Egg Noodles Peas & Carrots Fruit of the Day	Baked Tilapia 26 Wine Cream Sauce Mashed Parsnips Carrots Fruit of the Day	Roasted Chicken Thigh 27 Chimichurri Sauce Quinoa Pilaf Garden Vegetables Fruit of the Day	Turkey Bolognese 28 Whole Wheat Rotini Brussel Sprouts Fruit of the Day	Rosemary Chicken Thigh 29 Mushroom Herb Sauce Bulgur Pilaf Capri Mixed Vegetables Fruit of the Day	Chicken Tinga 23 Spanish Brown Rice Carrots Fruit of the Day
Baked Tilapia Filet 31 Mustard Cream Sauce Bulgur Pilaf Cabbage & Onion 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.</p>					

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!