

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

February 2019

Kristi Friesen, Registered Dietitian at Project Open Hand

THESE SITES ARE OPEN MONDAY THROUGH FRIDAY

Alexis Apartments Meal Time 11:00- 11:45 AM	390 Clementina St. Bus Line 8, 12 27,30, 45	415-495-9541 Site Coordinator 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 Site Coordinators Scott Schoverling, Pedro Mendes
**Mission YMCA Meal Time 11:40 AM -12:20 PM	4080 Mission St. Bus Line 14, 23, 49	415-452-7565 Site Coordinator 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 Site Coordinator 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 Site Coordinator Marina Cahua, Fred Holt
**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 Site Coordinator Helen Wong Wei Meng Friday
**Sunset Senior Center Meal Time: 11:45 AM -12:15 PM	1290 5 th Ave. Bus Line 6, 7, 43,44, N	415-759-9507 Site Coordinator 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 Site Coordinator 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 Site Coordinators Wendy Cohen M-F, 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 Site Coordinators Eduardo Cruz, Dave Gesek, Cynthia Aguirre, Juan Cahua-Salazar
**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 Site Coordinators Oscar Gonzales., Kelly Wong, Mei Wong
**Visitacion Valley Meal Time: 11:30-12PM	66 Raymond Ave. Bus Line: 8, 9, 56, T	415-297-4607 Site Coordinators Jose Chavez M-F Pilar Dexter Weekend
**Swords To Plowshares- Stanford Lunch: 12-1PM	250 Kearny St 2, 3, 8, 30, 38, Montgomery Bart	415-603-9387 Site Coordinators Maqbool Khan, Ben Clyburn Mina Katimin weekend

**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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Eating Right with Less Salt

February is the month to focus on your heart health, and one important step is reducing sodium (salt) in your diet. Here are some ideas for reducing salt, without reducing flavor.

Focus on Fresh Foods.

Many foods in their original form, such as fruits, vegetables, fresh meats, poultry, fish, dry beans, eggs, milk, yogurt and grains like rice are naturally low in sodium. Include these foods more often in meals and snacks.

Eat Processed & Prepared Foods Less Often.

Processed foods tend to be higher in sodium. Eat these foods only occasionally or in smaller amounts: pizza, bacon, hot dogs and luncheon meats; and ready-to eat foods, like canned chili and soups.

Cook More Often at Home.

This way you are in control of how much salt is added. Even if package instructions say to add salt to the water before boiling, it isn't required and can be skipped. When using canned vegetables, be sure to drain and rinse the vegetables to reduce the amount of salt (or buy no added salt options).

Try New Flavors.

Skip the salt and try salt-free seasonings such as herbs, spices, garlic, vinegar, black pepper or lemon juice.

Read Food Labels.

The Nutrition Facts label will help you find lower sodium options. Compare the amount of sodium listed and select the product with the lower amount. Look for foods labeled “low sodium,” “reduced sodium,” or “no salt added.”

Use Caution with Condiments.


Soy sauce, ketchup, pickles, salad dressing and seasoning packets are often high in sodium. Try using less! Sprinkle only a small amount from a seasoning packet, not the entire amount.

Allow Your Taste Buds to Adjust

Like any change, it can take time for your taste buds to adapt to less salt. Foods lower in sodium may taste differently at first, but over time it's possible to acquire a taste for foods with less salt.

Healthy adults should aim for less than 2,300mg of sodium per day. Adults with prehypertension or hypertension would benefit from further reduction to 1,500mg per day.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				Romaine Salad Ranch Dressing Chicken & Eggplant Provencal Brown Rice Pilaf Brussel Sprouts Seasonal Fruit	Garbanzo Bean & Kale Salad Balsamic Dressing Beef Bourguignon Mashed Potatoes Mixed Vegetables Seasonal Fruit	Curried Cabbage Soup Roasted Pork Loin Chasseur Sauce Quinoa Pilaf Green Beans Seasonal Fruit
Potato & Onion Soup Roasted Chicken Drumsticks Paprikash Sauce Brown Rice Braised Cabbage Seasonal Fruit	Cilantro Cabbage Slaw Mongolian Chicken Stew Scallion Brown Rice Green Beans Seasonal Fruit	Tomato Eggplant Soup Roasted Pork Loin Marsala Sauce Brown Rice Brussel Sprouts & Carrots Seasonal Fruit	Garden Salad Honey Mustard Dressing Baked Tilapia Sweet & Sour Sauce Bulgur Pilaf Mixed Vegetables Seasonal Fruit	Garden Salad Balsamic Dressing Turkey Meatloaf Mushroom Sage Gravy Mashed Potatoes Peas & Carrots Seasonal Fruit	Borscht Soup Sour Cream Beef Stroganoff Whole Wheat Macaroni Kale Sautee Seasonal Fruit	Marinated Vegetable Salad Balsamic Dressing Hoisin Glazed Chicken Thigh Brown Rice Green Beans Seasonal Fruit
Garden Salad Caesar Dressing Roasted Chicken Thighs French Country Sauce Brown Rice Peas & Carrots Seasonal Fruit	Pea Soup Roasted Beef Patty Onion Gravy Mashed Sweet Potatoes Green Beans Seasonal Fruit	Sweet Potato Salad Herb Mustard Dressing Roasted Tilapia Puttanesca Sauce Whole Wheat Penne Mixed Vegetables Seasonal Fruit	Potato & Onion Soup Chicken & Red Bean Stew Spanish Brown Rice Corn Succotash Seasonal Fruit Valentine's Day Cake 	Cilantro Cabbage Slaw Roasted Pork Loin Salsa Verde Brown Rice Carrots Seasonal Fruit	Lentil Vegetable Soup Turkey Meatballs Marinara Sauce Whole Wheat Penne Carrots Seasonal Fruit	Romaine Salad Balsamic Dressing Hearty Beef Stew Bulgur Mixed Vegetables Seasonal Fruit
Curried Cabbage Soup Roasted Chicken Thigh Cacciatore Sauce Whole Wheat Penne Mixed Vegetables Seasonal Fruit & President's Day Cake	Romaine Salad Southwest Ranch Dressing Beef & Lentil Stew Brown Rice Green Beans Seasonal Fruit	Tuscan Bean Soup BBQ Chicken Drumsticks Creamy Polenta Braised Cabbage Seasonal Fruit	Cilantro Cabbage Slaw Baked Tilapia Caponata Sauce Whole Wheat Penne Glazed Carrots Seasonal Fruit	Garden Salad Italian Herb Dressing Turkey Meatloaf Marsala Sauce Mashed Sweet Potato Peas & Carrots Seasonal Fruit	Marinated Vegetable Salad Balsamic Dressing Chicken & White Bean Stew Whole Wheat Macaroni Carrots Seasonal Fruit	Sweet Potato Soup Herb Roasted Pork Loin Apple Sauce Brown Rice Broccoli Seasonal Fruit
Tortilla Soup Herb Roasted Chicken Thighs w/ Salsa Verde Spanish Brown Rice Southwestern Beans Seasonal Fruit	Black Bean & Corn Salad Southwest Ranch Dressing Baked Tilapia Bulgur Pilaf Ratatouille Seasonal Fruit	Garden Salad Balsamic Dressing Turkey Bolognese Whole Wheat Penne Peas & Carrots Seasonal Fruit	Golden Lentil Soup Vegetable Curry w/Tofu Brown Rice Green Beans Seasonal Fruit			This Menu Is Subject To Change Without Notice. Milk Is Served Every 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.
- ✓ Voluntary, confidential donations that help keep this program running are gratefully appreciated. However, no one will be turned away for inability or unwillingness to make a donation.
- ✓ Smiles are encouraged!