

How Much Sodium is okay?



The 2015-2020 Dietary Guidelines for Americans recommend that Americans consume less than 2300mg per day as a part of a healthy eating pattern. Some people may benefit from consuming less sodium, for example someone with high blood pressure may want to limit their intake to 2000mg or even 1800mg per day. Ask your health care provider for a daily sodium goal, based on your own needs.

It's good to keep in mind that more than 70% of the sodium in the average American diet comes from processed foods and restaurant meals. (Center for Disease Control and Prevention, 2017). If you eat processed foods daily, it's easy to go over your recommended limit.

Fresh and frozen fruits, vegetables, and meats are naturally low in sodium. The more that you can cook from scratch, the better you can do at limiting your sodium intake.

Here's a few tips to make small steps towards changes:

- Check labels at the store. One slice of bread can contain anywhere from 80 to 230mg of sodium.
- Foods that contain 140mg or less per serving are defined as low sodium.
- Check your favorite hot sauces & condiments! Some condiments can have up to 800mg sodium per serving.
- Try alternatives: lemon juice, balsamic vinegar, fresh & dried spices, garlic, or nutritional yeast are low sodium options to kick up the flavor.
- Don't fill up on salty snacks. Try unsalted nuts or trail mix, fresh fruit or vegetables when you need something between meals.
- Project Open Hand meals are low in sodium to support your daily goals!

In addition to low sodium foods, eating high potassium foods can help lower your blood pressure. One more reason to say yes to more veggies!

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)

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Baked Trout Salsa Verde 1 Coconut Brown Rice Sweet Potato Hash Fruit of the Day	Chicken Thigh Bell Pepper Relish 2 Sweet Potato Grits 4 way Mixed Vegetables Fruit of the Day	Turkey Picadillo 3 Brown Rice Garden Mixed Vegetables Fruit of the Day	Beef Bourguignon 4 Mashed Potatoes Capri Mixed Vegetables Fruit of the Day	Pork Mole 5 Brown Rice Roasted Garden Vegetables Fruit of the Day	Roasted Chicken Breast Chimichurri Sauce 6 Brown Rice Pilaf Peas & Carrots Fruit of the Day	Roasted Chicken Thigh Red Pepper Sauce 7 Brown Rice Cauliflower, Olive & Lentil Tagine Fruit of the Day
Beef with Eggplant 8 Brown Rice Pilaf Garden Mixed Vegetables Fruit of the Day	Baked Trout 9 Wheat Berry Pilaf Peppers & Onions Fruit of the Day	Chicken Thigh Ginger Orange Sauce 10 Sesame Brown Rice Brussel Sprouts Fruit of the Day	Vegetable Curry 11 Brown Rice Fruit of the Day	Turkey Meatloaf 12 Zesty Tomato Sauce Herbed Polenta Cabbage & Onions Fruit of the Day	Chicken Tikka Masala 13 Brown Rice w Ginger & Veggies Broccoli Fruit of the Day	Roasted Turkey Breast Zesty Herb Puree 14 Turkish Split Pea & Veg Stew Eggplant, Zucchini & Onions Fruit of the Day
Beef Birria 15 Brown Rice & Beans Eggplant & Peppers Fruit of the Day	Turkey Casserole 16 Whole Wheat Macaroni Garden Mixed Vegetables Fruit of the Day	Falafel Patty Tzatziki Sauce 17 Brown Rice Mediterranean Vegetables Fruit of the Day	BBQ Pork 18 Spanish Rice & Beans Carrots & Green Beans Fruit of the Day	Chicken Thigh 19 Cheddar Grits Creole Vegetables Fruit of the Day	Roasted Chicken Breast Creamy Pesto Sauce 20 Whole Wheat Rotini Carrots & Broccoli Fruit of the Day	Chicken Chilaquiles Herb Sauce 21 Garden Mixed Vegetables Fruit of the Day
Yogurt & Herb Drumstick 22 Cilantro Chile Brown Rice Corn Succotash Fruit of the Day	Tomato Glazed Turkey Meatloaf Marsala Sauce 23 Whole Wheat Egg Noodles Garlic Herb Carrots Fruit of the Day	Chicken Lentil Stew 24 Bulgur Pilaf Brussel Sprouts Fruit of the Day	Roasted Pork Loin 25 Mashed Potatoes Caponata Vegetables Fruit of the Day	Baked Tilapia 26 Brown Rice Veggies w/Coconut Fruit of the Day	Baked Tilapia Chimichurri Sauce 27 Brown Rice Capri Mixed Vegetables Fruit of the Day	Chicken Tinga Herb Sauce 28 Brown Rice Pilaf Capri Mixed Vegetables Fruit of the Day
					visit us at www.openhand.org	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.
- ✓ 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!