

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

Kristi Friesen, Registered Dietitian

January 2020

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
**IT Bookman Community Center Meal Time 12:00- 1:00 PM	446 Randolph St Bus Line 28R, M	415-586-8020 TBD
**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	415-603-0190 Marina Cahua, Fred Holt, Shan Rong Yang
**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	415-603-9387 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, Juan Cahua, 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 Daniel Ambrosio, Mei Wong, Yuk, Chan, Tracy Mak
**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

**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

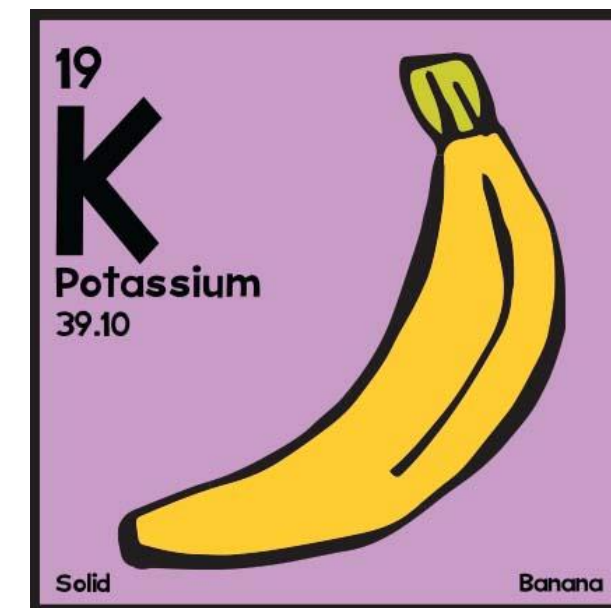
Potassium- Good for your Heart

What is potassium? It is a mineral and electrolyte that we need to get from our diet daily. Our body function relies on having the right balance of potassium concentration inside and outside of our cells for nerve signals, muscle contraction, and heart function.

Potassium and sodium work together, getting enough potassium and limiting sodium is very important for maintaining blood pressure levels.

How much do I need? The established adequate intake (AI) for adults is 4,700 mg per day.

What foods have it? The richest sources of potassium are fruits and vegetables. Here are a few common sources:



Food	Serving	Potassium (mg)
Banana	1 medium	422
Potato, baked with skin	1 medium	926
Orange	1 medium	327
Tomato	1 medium	237
Raisins	½ cup	598
Spinach, cooked	½ cup	420

Research supports that a high intake of dietary potassium can lower blood pressure, and aid in disease prevention of stroke, osteoporosis, and development of kidney stones. The results of the Dietary Approaches to Stop Hypertension (DASH) trial have been informative on learning about the connection between dietary potassium and blood pressure levels.

In certain cases of medication use or some stages of kidney disease, potassium may need to be limited. Ask your healthcare provider if you need additional information about your own dietary potassium needs.

Fill half your plate with veggies and include several servings of fruit daily to meet your potassium needs!



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>	<p>Wild Rice & Vegetable Soup Rosemary Chicken Thigh 1 Mushroom Sage Gravy Mashed Potatoes Carrots Seasonal Fruit</p>	<p>Cilantro Cabbage Slaw Beef Fajita Stew 2 Brown Rice Tex-Mex Beans Seasonal Fruit</p>	<p>Macaroni Salad Creamy Herb Dressing Baked Tilapia 3 Sherry Cream Sauce Whole Wheat Penne Brussel Sprouts Seasonal Fruit</p>	<p>Vegetable Barley Soup BBQ Glazed Chicken 4 Drumsticks Baked Beans Cabbage & Onions Seasonal Fruit</p>	<p>Bean & Corn Salad Cilantro Dressing Turkey Chili 5 Whole Wheat Macaroni Green Beans Seasonal Fruit</p>
<p>Veggie Gumbo Soup Chicken Thigh 6 Brown Rice Creole Veg Seasonal Fruit</p>	<p>Golden Lentil Dahl Garlic Beef w/Veg 7 Whole Wheat Egg Noodles Brussel Sprouts & Carrots Seasonal Fruit</p>	<p>Garbanzo Kale Salad Parmesan Dressing Chicken Lentil Stew 8 Bulgur Pilaf Green Beans Seasonal Fruit</p>	<p>Greek Pasta Salad Balsamic Dressing Baked Tilapia 9 Puttanesca Sauce Mashed Potatoes Carrots Seasonal Fruit</p>	<p>Mushroom Soup Turkey Meatloaf 10 Whole Wheat Penne Mediterranean Vegetables Seasonal Fruit</p>	<p>Corn & Potato Chowder Chicken Thigh 11 Cauliflower Lentil Tagine Quinoa Pilaf Seasonal Fruit</p>	<p>Garden Salad Ranch Dressing Irish Pork Stew 12 Mashed Potatoes Braised Cabbage Seasonal Fruit</p>
<p>Sweet Potato Soup Chicken Drumsticks 13 Quinoa Pilaf Cabbage & Kale Sautee Seasonal Fruit</p>	<p>Romaine Salad Feta Herb Dressing Turkey Goulash 14 Whole Wheat Macaroni Brussel Sprouts Seasonal Fruit</p>	<p>Marinated Vegetable Salad 15 Balsamic Dressing Baked Tilapia White Bean Ragout Brown Rice Seasonal Fruit</p>	<p>Broccoli Soup Beef Bourguignon 16 Mashed Potatoes Peas Seasonal Fruit</p>	<p>Garden Salad Italian Dressing Chicken Thigh 17 Rosemary Onion Sauce Brown Rice Seasonal Fruit</p>	<p>Lentil Vegetable Soup Roasted Pork Loin 18 Ratatouille Creamy Herb Polenta Seasonal Fruit</p>	<p>Barley Salad French Dressing Chicken Tinga 19 Spanish Brown Rice 4 Way Mixed Veg Seasonal Fruit</p>
<p>Black Bean Soup Spiced Chicken Thigh 20 Salsa Verde Quinoa Pilaf Corn Succotash Seasonal Fruit</p>	<p>Garden Salad Thousand Island 21 Baked Tilapia Mushroom-Dill Sauce Whole Wheat Penne Eggplant & Peppers Seasonal Fruit</p>	<p>Coleslaw Beef Fricassee 22 Brown Rice Brussel Sprouts Seasonal Fruit</p>	<p>English Pea Soup Turkey Meatloaf 23 Marsala Sauce Mashed Potatoes Provençale Veg Seasonal Fruit</p>	<p>Roasted Vegetable Salad Balsamic Dressing 24 BBQ Pork Stew Creamy Herb Polenta Capri Mixed Veg Seasonal Fruit</p>	<p>Minestrone Soup Rosemary Chicken 25 Thigh Mushroom Herb Sauce Bulgur Pilaf Braised Cabbage Seasonal Fruit</p>	<p>Barley Salad Cilantro Dressing 26 Enchilada Casserole Spanish Brown Rice Carrots Seasonal Fruit</p>
<p>Carrot & Ginger Soup Tandoori Drumsticks 27 Brown Rice Eggplant & Peppers Seasonal Fruit</p>	<p>Tomato Basil Soup Beef Stroganoff 28 Whole Wheat Egg Noodles Peas & Carrots Seasonal Fruit</p>	<p>Quinoa Salad Italian Dressing 29 Baked Tilapia Wine Cream Sauce Mashed Parsnips Carrots Seasonal Fruit</p>	<p>Greek Pasta Salad Feta Herb Dressing 30 Falafel Patty Tzatziki Sauce Whole Wheat Dinner Roll Mediterranean Vegetables Seasonal Fruit</p>	<p>Romaine Salad Caesar Dressing 31 Turkey Bolognese Whole Wheat Penne Brussel Sprouts Seasonal Fruit</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.

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!