

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](http://www.openhand.org).

# PROJECT OPEN HAND

## Community Nutrition Program

# July 2019

Yessica Arias, Nutrition Assistant Intern at Project Open Hand

### Managing Chewing Difficulties

<u>THESE SITES ARE OPEN MONDAY THROUGH FRIDAY</u>		<u>SITE COORDINATOR</u>
<b>Alexis Apartments</b> Meal Time 11:00- 11:45 AM	390 Clementina St. Bus Line 8, 12 27,30, 45	415-495-9541 Tracy Mak
<b>**Castro Senior Center</b> 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
<b>**Mission YMCA</b> Meal Time 11:40 AM -12:20 PM	4080 Mission St. Bus Line 14, 23, 49	415-452-7565 Ivania Baltodano
<b>**Potrero Hill Neighborhood House</b> Meal Time 11:45 AM -12:30 PM	953 DeHaro St. Bus Line 10, 19, 48	415-826-8080 Dolores Maghari
<b>**Project Open Hand AWD Site only</b> 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
<b>**Richmond Senior Center</b> Meal Time: 11:45 AM-12:15 PM	6221 Geary – 3 <sup>rd</sup> Fl Bus Line 1, 29, 31, 38	415-405-4673 Helen Wong, Hong Nguyen Wei Meng Friday
<b>**Sunset Senior Center</b> Meal Time: 11:45 AM -12:15 PM	1290 5 <sup>th</sup> Ave. Bus Line 6, 7, 43,44, N	415-759-9507 Larry Jenkins
<b>**Telegraph Hill Neighborhood Center</b> Meal Time: 12:00 – 12:45 PM	660 Lombard St. Bus Line 8, 30, 45	421-6443 ext. 14 Raymond Cheung

<u>THESE SITES ARE OPEN 7 DAYS A WEEK AND HOLIDAYS</u>		
<b>**Aquatic Park</b> (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
<b>Curry Senior Center</b> 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
<b>**Downtown Senior Center</b> 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
<b>**Visitacion Valley</b> Meal Time: 11:30-12PM	66 Raymond Ave. Bus Line: 8, 9, 56, T	415-297-4607 Jose Chavez Pilar Dexter
<b>**Swords To Plowshares- Stanford</b> 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)

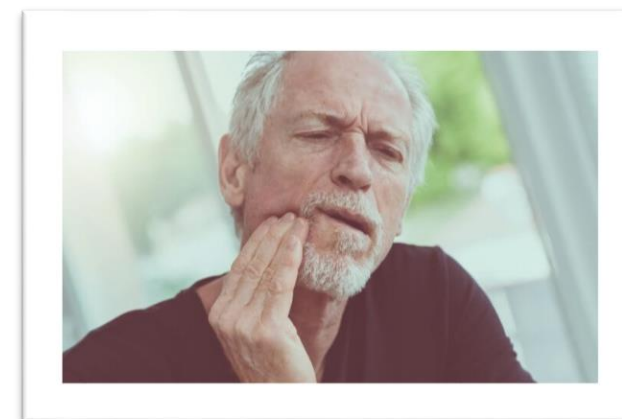
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We may take the act of eating for granted, but it is a complex process that requires effort and work from different body parts. There are four stages: **1) ingestion, 2) digestion, 3) absorption, 4) elimination.** This month we will focus on ingestion.

You may notice that when you look at food and smell it, you start to produce more saliva. This is because the ingestion process starts before you put food into your mouth. Saliva helps because it keeps your bites moist and then make the swallowing easier.



Once you have food inside your mouth, almost as an involuntary motion, the chewing mechanism starts. While your jaw moves up and down and side to side, your tongue presses and holds food in place for grinding and crushing it with your teeth and then swallowing. However, have you wondered why do people or even yourself have difficulties with chewing/swallowing? How can people cope with these issues?

A chewing problem appears for different **reasons**: loosened teeth, poorly fitting dentures, dry mouth, damage to facial muscles, impairments in the brain and nerves, etc. It is common to see these causes in elderly people because the body and its functions naturally change as we age.

Treatment for chewing/swallowing difficulties depend on the symptoms but if they go untreated, malnutrition may arise. Some of the **signs** of these difficulties are: spitting out pieces of food, coughing, choking or excessive drool, pocketing food in cheeks or under the tongue. Also if the person says “the food gets stuck” or “goes down the wrong way”, has pain when swallowing, refusing certain foods and medications, eating very slowly or leaving meals uneaten.

If you know someone or if you have a hard time with the ingestion of food, it is important to **check with a health practitioner**, and talk with family and friends about these difficulties.

Another way to cope with this condition and **lowering the risk of malnutrition** is through modifications in preparing and cooking techniques. The chart below shows some tips for texture modification.



Instead of:	Try:
<b>Fresh fruit</b>	Smoothies; soft canned fruits like applesauce, peaches and pears
<b>Raw vegetables</b>	Veggie soups; creamed and mashed cooked vegetables
<b>Meat</b>	Ground meat; other high- protein foods like eggs, milk, cheese, and yogurt; and foods made with milk, like pudding and cream soups
<b>Sliced bread</b>	Cooked cereals, rice and bread pudding.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Wild Rice Soup Cacciatore Sauce <b>Roasted Pork Loin</b> Whole Wheat Penne Mixed Vegetables Seasonal Fruit <b>1</b>	Garden Salad Cilantro Dressing <b>Thai Beef w/ Basil</b> Brown Rice Carrots Seasonal Fruit <b>2</b>	Broccoli Soup <b>Balsamic Onion Sauce</b> <b>Chicken Thigh</b> Whole Wheat Penne Capri Mixed Veg Seasonal Fruit <b>3</b>	Tomato Basil Soup <b>Hamburger on Whole Wheat Bun</b> Three Bean Salad Seasonal Fruit Chocolate Cake <i>Happy 4<sup>th</sup> of July!</i> <b>4</b>	Italian Pasta Salad Parmesan Dressing <b>Creamy Basil Sauce</b> <b>Tilapia Filet</b> Quinoa Pilaf Green Beans Seasonal Fruit <b>5</b>	Sweet Potato Salad <b>Chicken Gumbo</b> Dirty Brown Rice Carrots Seasonal Fruit <b>6</b>	Coleslaw <b>Chicken Drumsticks</b> Brown Rice Provençale Veg Seasonal Fruit <b>7</b>
Romaine Salad Balsamic Dressing <b>Marinara Sauce</b> <b>Beef Patty</b> Whole Wheat Penne Brussel Sprouts Seasonal Fruit <b>8</b>	Marinated Veg Salad Honey Mustard Dressing <b>Turkey Goulash</b> Whole Wheat Macaroni Green Beans Seasonal Fruit <b>9</b>	Garden Salad Parmesan Dressing <b>Chicken Stew</b> Brown Rice Garden Mixed Veg Seasonal Fruit <b>10</b>	Bean & Corn Salad Southwest Ranch <b>Tilapia Filet</b> <b>Roasted Red Pepper Sauce</b> Spanish Brown Rice Braised Cabbage Seasonal Fruit <b>11</b>	Split Pea Soup <b>Mushroom Herb Sauce</b> <b>Chicken Thigh</b> Mashed Potatoes Carrots Seasonal Fruit <b>12</b>	Mushroom Soup <b>Beef &amp; Lentil Stew</b> Whole Wheat Egg Noodles Green Beans Seasonal Fruit <b>13</b>	Chickpea Salad Balsamic Dressing <b>Pork Chile Verde</b> Brown Rice Corn Succotash Seasonal Fruit <b>14</b>
Black Bean Soup <b>Chicken Drumsticks</b> <b>Tikka Masala Sauce</b> Quinoa Pilaf Green Beans Seasonal Fruit <b>15</b>	Broccoli Carrot Salad Thousand Island Dressing <b>Tilapia Filet</b> <b>Paprikash Sauce</b> Whole Wheat Penne Glazed Carrots Seasonal Fruit <b>16</b>	Sweet Potato Soup <b>Roasted Pork Loin</b> <b>Apple Sauce</b> Brown Rice Brussel Sprouts & Carrots Seasonal Fruit <b>17</b>	Garden Salad French Dressing <b>Moroccan Beef Stew</b> Couscous Pilaf Green Beans Seasonal Fruit <b>18</b>	Quinoa Salad Balsamic Dressing <b>Chicken Thigh</b> Creamy Herb Polenta Creole Vegetables Seasonal Fruit <b>19</b>	Summer Vegetable Soup <b>Turkey Meatloaf</b> <b>Onion Gravy</b> Mashed Potatoes Capri Mixed Veg Seasonal Fruit <b>20</b>	Cilantro Cabbage Slaw <b>Chicken Fajita Stew</b> Whole Wheat Tortilla Southwest Beans Seasonal Fruit <b>21</b>
Sweet Potato Salad <b>Tilapia Filet</b> <b>Cubana Sauce</b> Brown Rice Seasonal Fruit <b>22</b>	Tortilla Soup <b>Chicken Drumsticks</b> <b>Salsa Verde</b> Spanish Brown Rice Carrots Seasonal Fruit <b>23</b>	Minestrone Soup <b>Beef Ranchero Stew</b> Bulgur Pilaf Brussel Sprouts Seasonal Fruit <b>24</b>	Romaine Salad Caesar Dressing <b>Chicken Thigh</b> <b>Garlic Sauce</b> Whole Wheat Penne Braised Cabbage Seasonal Fruit <b>25</b>	Lentil-Spinach Soup <b>Caribbean Pork Stew</b> Quinoa Pilaf Mixed Vegetables Seasonal Fruit <b>26</b>	Borscht <b>Turkey Meatloaf</b> <b>Marsala Sauce</b> Mashed Potatoes Green Beans Seasonal Fruit <b>27</b>	Marinated Veg Salad <b>Chicken Tikka Masala</b> Biryani Brown Rice Carrots Seasonal Fruit <b>28</b>
Corn & Chile Soup <b>Chicken Thigh</b> <b>Red Mole Sauce</b> Brown Rice & Beans Brussel Sprouts Seasonal Fruit <b>29</b>	Broccoli Carrot Salad Honey Mustard Dressing <b>Beef Ropa Vieja Stew</b> Brown Rice Corn Succotash Seasonal Fruit <b>30</b>	Garbanzo Kale Salad Balsamic Dressing <b>Tilapia Filet</b> <b>Mustard Cream Sauce</b> Whole Wheat Penne Eggplant & Peppers Seasonal Fruit <b>31</b>				<b>This Menu Is Subject To Change Without Notice.</b>  <b>Milk Is Served Every Day</b>

visit us at [www.openhand.org](http://www.openhand.org)

**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!