

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		
**Visitation 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

Max Schroder, Registered Dietitian

How to Include Vegetables into your Breakfast Routine

The USDA recommends eating four to five ½-cup servings of vegetables each day for optimal health. That may seem overwhelming, but with practice, it is possible include vegetables throughout the day to make it more manageable. Your body will thank you for the increased fiber, vitamins, minerals and nutrients. Let’s start with breakfast.

Breakfast Hash. Try making eggs in this delicious way. Include 1-2 of the following:

- ¼ onion, sliced
- Pre-roasted cubed sweet potatoes, butternut squash, or cauliflower (idea: use leftovers from last night’s dinner)
- Greens such as spinach, kale, arugula, or chard
- Mushrooms, sliced
- Bell peppers, broccoli, or any other vegetable



Directions: Sauté onion in 2 tbs olive oil for about 10 minutes until soft and getting a little brown, add in ½ cup of any of the options listed above, cook for 5 minutes, then make a space in the middle to crack an egg, cover for 4-5 minutes until done.



Pumpkin yogurt. This one is super easy, requiring only a can of plain pumpkin. Combine:

- ¼- ½ cup pumpkin
- ½ cup plain yogurt
- ¼ tsp cinnamon
- ½ tsp brown sugar
- Add a handful of chopped walnuts or pecans for added protein and fiber.

Warm open-face sandwich. On a slice of toasted whole grain bread, you can layer any of the following:

- Slice of cheese
- Sautéed greens
- Avocado slice
- Raw or cooked onion
- Grated or sliced beets
- Sliced radishes
- Any other vegetable – use your imagination!



Project Open Hand
meals with love

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		Baked Tilapia Brown Rice White Bean Ragout Fruit of the Day 1	Beef Bourguignon Mashed Potatoes Peas Fruit of the Day 2	Chicken Thigh Rosemary Onion Sauce Brown Rice Garden Mixed Vegetables Fruit of the Day 3	Roasted Pork Loin Herbed Polenta Ratatouille Fruit of the Day 4	Roasted Pork Loin Marinara Sauce Bulgur Pilaf Garden Vegetables Fruit of the Day 5
Spiced Chicken Thigh Salsa Verde Quinoa Pilaf Corn Succotash Fruit of the Day 6	Baked Tilapia Mushroom Dill Sauce Whole Wheat Rotini Eggplant & Peppers Fruit of the Day 7	Beef Fricasee Brown Rice Brussel Sprouts Fruit of the Day 8	Turkey Meatloaf Marsala Sauce Mashed Potatoes Provencscale Veg Fruit of the Day 9	BBQ Pork Stew Herbed Polenta Capri Mixed Vegetables Fruit of the Day 10	Rosemary Chicken Thigh Mushroom Herb Sauce Bulgur Pilaf Braised Cabbage Fruit of the Day 11	Chicken Cacciatore Stew Spanish Brown Rice Green Beans Fruit of the Day 12
Tandoori Chicken Thighs Brown Rice Eggplant & Peppers Fruit of the Day 13	Beef Stroganoff Whole Wheat Egg Noodles Peas & Carrots Fruit of the Day 14	Baked Tilapia Wine Cream Sauce Mashed Parsnips Carrots Fruit of the Day 15	Roasted Chicken Thigh Chimichurri Sauce Quinoa Pilaf Garden Vegetables Fruit of the Day 16	Turkey Bolognese Whole Wheat Rotini Brussel Sprouts Fruit of the Day 17	Roasted Pork Loin Red Mole Sauce Spanish Brown Rice Southwest Beans Fruit of the Day 18	Chicken Mushroom Stew Whole Wheat Egg Noodles Carrots Fruit of the Day 19
Baked Tilapia Mustard Cream Sauce Bulgur Pilaf Cabbage & Onions Fruit of the Day 20	Chicken Tikka Masala Turmeric Brown Rice Brussel Sprouts Fruit of the Day 21	Sweet & Sour Pork Vegetable Fried Rice Stir Fry Vegetables Fruit of the Day 22	Turkey Meatloaf Roasted Garlic Sauce Whole Wheat Rotini Roasted Vegetables Fruit of the Day 23	Chicken Drumsticks Chimichurri Sauce Spanish Brown Rice Eggplant & Peppers Fruit of the Day 24	Spicy Beef Stew Mashed Sweet Potatoes Capri Mixed Veg Fruit of the Day 25	Chicken Breast Paprikash Sauce Whole Wheat Egg Noodles Braised Cabbage Fruit of the Day 26
Roasted Pork Loin Ginger Orange Sauce Carrots & Green Beans Fruit of the Day 27	Roasted Chicken Breast Curry Coconut Sauce Turmeric Brown Rice Stir Fry Vegetables Fruit of the Day 28	Rosemary Chicken Thigh Mushroom Sage Gravy Mashed Potatoes Carrots Fruit of the Day 29	Beef Fajita Stew Brown Rice & Beans Garden Mixed Vegetables Fruit of the Day 30	Baked Tilapia Sherry Cream Sauce Whole Wheat Rotini Brussel Sprouts Fruit of the Day 31	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!*