

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		
**Visitation 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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PROJECT OPEN HAND

Community Nutrition Program

Cecilia Cruz, Registered Dietitian at Project Open Hand

July 2021

Dietary Fiber

What is dietary fiber?

Fiber is the indigestible part of plant foods such as fruits, vegetables, whole grains, and legumes. There is no fiber in animal products such as milk, eggs, meat, poultry, and fish. Although fiber is not digested, it is beneficial for its ability to act like an internal brush getting rid of bad stuff in the body.



Fiber:

- Slows the absorption of sugar in the body
- Supports colorectal healthy by keeping bowel movements regular
- Helps rid unwanted cholesterol from the body
- Helps maintain a healthy body weight by keeping you feeling full and satisfied longer
- Feeds our healthy gut bacteria

Types of Fiber: There is no need to track the types of fiber you eat, both are important and should be include in your daily diet!

Soluble : Dissolves in water & forms a gel-like product.

Aids digestion, lowers cholesterol, blood sugar levels & increases healthy gut bacteria.

- Apples
- Barely
- Beans
- Carrots
- Citrus fruit
- Oats

Insoluble : Does not dissolve in water.

This form of fiber stimulates bowel movements, helps body process waste better & prevents constipation.

- Beans
- Nuts
- Wheat bran
- Whole- wheat flour
- Vegetables
- Berries

Remember that fiber needs water to move through the body. A high fiber diet without enough fluid may cause constipation. Be sure to drink plenty of water!



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
This Menu Is Subject To Change Without Notice. Milk Is Served Every Day	visit us at www.openhand.org		White Fish Cakes Bell Pepper Relish 1 Quinoa Pilaf Carrots Fruit of the Day	Roasted Turkey Breast Red Mole Sauce 2 Brown Rice & Beans Broccoli Fruit of the Day	Beef & Turkey Meatballs Mushroom Herb Sauce 3 Whole Wheat Rotini Garlic-Herb Carrots Fruit of the Day	Spiced Chicken Thigh Salsa Verde 4 Quinoa Pilaf Garden Mixed Vegetables Fruit of the Day
Roasted Pork Loin Red Wine Sauce 5 Mashed Parsnips Carrots Fruit of the Day	Baked Cod Sweet & Sour Sauce 6 Brown Rice Pilaf Stir Fry Vegetables Fruit of the Day	Chicken Jambalaya 7 Brown Rice Spicy Green Beans Fruit of the Day	Turkey Meatloaf Chausseur Sauce 8 Mashed Potatoes Winter Vegetables Fruit of the Day	Moroccan Beef Stew 9 Brown Rice Pilaf Broccoli Fruit of the Day	Beef Fajita Stew 10 Brown Rice & Beans Carrots & Green Beans Fruit of the Day	Roasted Chicken Thigh Paprikash Sauce 11 Whole Wheat Rotini Brussel Sprouts Fruit of the Day
Baked Cod Turkish Split Pea Sauce 12 Turmeric Brown Rice Capri Mixed Veg Fruit of the Day	Chicken Drumsticks Red Pepper Sauce 13 Brown Rice Pilaf Carrots Fruit of the Day	Beef Bourguignon 14 Mashed Potatoes Carrots & Green Beans Fruit of the Day	Chicken Thigh 15 Mashed Sweet Potatoes Bean & Kale Ragout Fruit of the Day	Pork Chile Verde 16 Brown Rice Capri Mixed Veg Fruit of the Day	Soy Garlic Chicken 17 Sesame Garlic Brown Rice Broccoli & Cauliflower Fruit of the Day	Roasted Chicken Thigh Creamy Basil Sauce 18 Quinoa with Feta Garlic Herb Carrots Fruit of the Day
Chicken Thigh 19 Herbed Polenta Creole Veg Fruit of the Day	Salmon Fish Cakes Mushroom Ragout 20 Brown Rice Capri Mixed Veg Fruit of the Day	Braised Pork Loin Zesty Tomato Sauce 21 Pasta w/Greens Carrots Fruit of the Day	Chicken Drumsticks Turkey Gravy 22 Whole Wheat Rotini Braised Cabbage Fruit of the Day	Spicy Beef Stew 23 Sesame Garlic Brown Rice Carrots & Green Beans Fruit of the Day	Roasted Turkey Breast Mushroom-Dijon Sauce 24 Brown Rice Pilaf Brussel Sprouts Fruit of the Day	Chicken Tikka Masala 25 Brown Rice w/Ginger Carrots Fruit of the Day
Chicken Drumsticks Ginger BBQ Sauce 26 Mashed Sweet Potatoes Cauliflower Lentil Tagine Fruit of the Day	Beef Birria 27 Brown Rice & Beans Carrots & Green Beans Fruit of the Day	Pork Mole 28 Brown Rice Carrots & Broccoli Fruit of the Day	Chicken Breast 29 Brown Rice Veggies w/Coconut Fruit of the Day	Baked Cod Dijon Sauce 30 Quinoa Pilaf Cabbage & Kale Saute Fruit of the Day	Chicken Tinga 31 Brown Rice Garden Mixed Vegetables Fruit of the 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!