

## PROJECT OPEN HAND Community Nutrition Program

Kristi Friesen, Registered Dietitian at Project Open Hand

### Homemade Salad Dressing: Easy as 1,2,3

Salad dressing from the store can be a great item to stock in your pantry to encourage you to eat more vegetables daily. However, some pre made dressings can contain more salt or sugar than you would like to be consuming, and can be expensive to boot!

Follow this easy guide to making your own salad dressing. You can make a jar and keep it ready for salads all week in the refrigerator, or make just enough for your own salad bowl.

By only making what you need, this will reduce food waste and save you money as well.



#### The Basic Formula:

- **2 parts oil**
- **1 part acid**
- **Seasonings & flavorings to taste:**  
*start small, taste your dressing and add as needed*



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- Olive Oil
- Sesame Oil
- Walnut Oil
- Canola Oil
- Avocado Oil

- Balsamic Vinegar
- Rice Vinegar
- Apple Cider Vinegar
- Lemon Juice
- Lime Juice

- Dried or Fresh Basil
- Italian Seasoning
- Ground or Fresh Garlic
- Ground or Grated Ginger
- Dijon Mustard
- Hot Sauce like Tabasco

*Try different spices & herbs for variety, find what works best for you. The possibilities are endless!*

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, 1<sup>st</sup> 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.

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**\*\*Castro Senior Center** 110 Diamond St.  
Frozen lunch meals distributed on Thursday 10am-12:30pm, out front of building

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**\*\*Downtown Senior Center** 481 O'Farrell St. 15819  
Breakfast 9:00-10:00AM Monday through Friday  
Frozen lunch meals distributed on Fridays from 9:00-10:00am & 10:30am -12:00pm

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**\*\*IT Bookman Community Center** 446 Randolph St  
Frozen lunch meals on distributed on Thursdays 10:15am-12pm

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**\*\*Project Open Hand AWD Site only** 730 Polk St.  
Meal Time 10:30-12:30 Monday though Friday

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**\*\*Richmond Senior Center** 6221 Geary – 3<sup>rd</sup> Fl  
Frozen lunch meals distributed on Thursdays 10:30 am – 12:00pm

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**\*\*Telegraph Hill Neighborhood Center** 660 Lombard St.  
Frozen lunch meals distributed on Mondays 10:30am -12:00pm

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**Curry Senior Center** 333 Turk St.  
Breakfast 8:30-9:30AM Daily  
Lunch 1030 AM -1230 PM Daily

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**\*\*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
	<b>Beef Birria</b> Brown Rice & Beans Carrots & Green Beans Fruit of the Day <b>1</b>	<b>Pork Mole</b> Brown Rice Carrots & Broccoli Fruit of the Day <b>2</b>	<b>Chicken Breast</b> Brown Rice Veggies w/Coconut Fruit of the Day <b>3</b>	<b>Baked Cod</b> <b>Dijon Sauce</b> Quinoa Pilaf Cabbage & Kale Sauté Fruit of the Day <b>4</b>	<b>Chicken Tinga</b> Brown Rice Garden Mixed Vegetables Fruit of the Day <b>5</b>	<b>Turkey Meatloaf</b> Caponata Sauce Whole Wheat Rotini Green Beans Fruit of the Day <b>6</b>
<b>Chicken Breast</b> Mushroom Alfredo Whole Wheat Rotini Broccoli & Carrots Fruit of the Day <b>7</b>	<b>Chicken Chilaquiles</b> Brown Rice Garden Mixed Vegetables Fruit of the Day <b>8</b>	<b>Beef &amp; Lentil Stew</b> Mashed Sweet Potatoes Green Beans Fruit of the Day <b>9</b>	<b>Baked Cod</b> Orzo Pilaf w/Peas Garden Mixed Vegetables Fruit of the Day <b>10</b>	<b>Turkey Picadillo</b> Brown Rice Broccoli Fruit of the Day <b>11</b>	<b>Turkey Bolognese</b> Whole Wheat Rotini Brussel Sprouts Fruit of the Day <b>12</b>	<b>Cumin Spiced Chicken Thigh</b> Golden Lentil Dahl Ginger Brown Rice Capri Mixed Vegetables Fruit of the Day <b>13</b>
<b>Chicken Thigh</b> <b>Rosemary-Onion Sauce</b> Brown Rice Garden Mixed Vegetables Fruit of the Day <b>14</b>	<b>Roasted Pork Loin</b> <b>Zesty Tomato Sauce</b> Whole Wheat Rotini Cabbage & Onions Fruit of the Day <b>15</b>	<b>Chicken Caciatore</b> Whole Wheat Rotini Garlic Herb Carrots Fruit of the Day <b>16</b>	<b>Baked Cod</b> <b>Parsley Sauce</b> Brown Rice Artichoke Provencal Fruit of the Day <b>17</b>	<b>Beef Curry</b> Sesame Brown Rice Broccoli & Carrots Fruit of the Day <b>18</b>	<b>Roasted Chicken Thigh</b> <b>Cacciatore Sauce</b> Wild Rice Pilaf Capri Mixed Vegetables Fruit of the Day <b>19</b>	<b>Pork &amp; Chickpea Stew</b> Brown Rice Broccoli Fruit of the Day <b>20</b>
<b>Braised Pork Loin</b> Turmeric Brown Rice Green Beans Fruit of the Day <b>21</b>	<b>Beef Stroganoff</b> Whole Wheat Rotini Brussel Sprouts & Carrots Fruit of the Day <b>22</b>	<b>Turkey Meatloaf</b> <b>Marsala Sauce</b> Whole Wheat Rotini Broccoli & Cauliflower Fruit of the Day <b>23</b>	<b>Chicken Lentil Stew</b> Quinoa Pilaf Brussel Sprouts Fruit of the Day <b>24</b>	<b>Baked Cod</b> Brown Rice w/Beans Peppers & Onions Fruit of the Day <b>25</b>	<b>Roasted Turkey Breast</b> Quinoa Pilaf Carrots & Green Beans Fruit of the Day <b>26</b>	<b>Chicken Pomodoro Stew</b> Whole Wheat Rotini Capri Mixed Vegetables Fruit of the Day <b>27</b>
<b>Baked Cod</b> <b>Mushroom Ragout</b> Dirty Brown Rice Garden Mixed Vegetables Fruit of the Day <b>28</b>	<b>Chicken Drumsticks</b> Baked Beans w/Kale Garden Mixed Vegetables Fruit of the Day <b>29</b>	<b>BBQ Pork w/Pineapple</b> Brown Rice Cabbage & Carrots Fruit of the Day <b>30</b>			visit us at <a href="http://www.openhand.org">www.openhand.org</a>	<b>This Menu Is Subject To Change Without Notice.</b> <b>Milk Is Served Every Day</b>

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!